

The Good Life™

The official newsletter publication created, produced, and sent to you by Tiffany Crate, owner and director of [TLC Fitness Consulting](#).



There we sat, eighty some of us, transfixed on the speaker at the lectern, whose message was riveting. His radiant orange garment was a spectacular contrast to the stark, white, artificially lit walls and ceilings of the room. Though he mostly spoke in Cambodian, he translated his message in broken English every few minutes. As I sat on the hard, wood bench, listening to him, it occurred to me that although I could not understand his Cambodian words, it was somehow just as easy to focus on him in those moments as it was when he spoke in English.

Unlike our frenetic American style of speaking with hand gestures and dynamic facial expressions, his manner was slow... his peaceful countenance unchanging... when he looked at you across all the other's heads, you felt captured by his calm. I held very still for fear that the smallest rustling movement would hinder my comprehension of his unique method of sharing a loving concept that I, too, espouse. But hearing the message in *his* teaching style sounded fresh to me on this late summer evening. With effective silence between phrases, his advice was simple:

“You cannot take care of your family... if you do not take care of *yourself*. You must take care of your *mind*. When you take care of your mind, you take care of your *body*. If you look around for people who hurt themselves, you don't have to look far... you see yourself.”

“If you want big peace in the world, you must *take care of yourself first*. Pay attention to everything you do. This is how you take care of yourself. This is meditating... at home, at work, anyplace. When you are walking, be careful how you walk. When you are sitting, be careful how you are sitting. When you stand, pay attention to how you stand. When you are sleeping, pay attention to sleep, breathing in and breathing out, until you fall asleep. Then you wake up... fresh.”

In Pursuit of Excellence,

Tiffany Crate, M.S., C.P.T.
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Inside this issue:

Editorial by Tiffany
TLC News
Intuitive Eating - Register Now
60 Minutes Of Exercise
Green Card Award
Fun with Research
Delicious Quote
Success Story
Q & A Time
Recipe Box
Retail Pro Shop

TLC News

Tiffany Crate To Appear In Career World Magazine— The October issue of the magazine will focus on careers in the health and fitness industry. Tiffany will be spotlighted as an example of an entrepreneurial, self-employed fitness coach.

Intuitive Eating Classes will begin October 11 and 12. Back by popular demand, IE Veterans will now be able to take the Advanced course, while “rookies” can enroll in the Introductory level. This time, courses will be held

as teleclasses. TLC Fitness Consulting is the premier source for this information in Chicago. **See the special section below for details.**

Encyclopedia of Chicago History— Tiffany Crate wrote an article, “Athletic and Health Clubs,” for the Encyclopedia, which the Newberry Library has published. Along with other contributors to the publication, Crate will attend a reception on October 4th to celebrate the completion of this five-year project.

Intuitive Eating

The Dynamic Un-dieting Recovery Model

There are events in your life that are so **big**, so **life-altering**, that you thank your lucky stars you were in the right place, at the right time, to take advantage of it. This is one of those rare times.



Fitness is Just A Phone Call Away

Register soon— spaces fill up fast! Classes start in mid-October.

How many of the following statements sound like the words you say to yourself?

- I'll start tomorrow.
- From now on, I'm not going to eat _____.
- If it weren't for my _____, I could lose weight.
- If I am strict enough and hard enough on myself, maybe I'll change.
- There's just too much stress in my life for me to handle managing my weight right now.
- Life will be better when I lose weight.
- Other people make this difficult for me, it's hard to even try.
- I don't trust myself with food, so I have to keep dieting.

These are just a fraction of the examples of defeating self-talk that dieters are all too familiar with.

The primary focus of the Intuitive Eating Series is to educate you on the physical, mental, and emotional issues around weight management and to give you back your power after all the deprivation diets you have been on.

For the first time in your life, you will address the true reasons you let food rule your existence.

Ultimately, nearly all attempts at dieting fail. “Dieting is not just about eating— it is an entire way of life and life has a very different meaning for people when they become dieters,” warns Janet Polivy, Ph.D., a professor of psychology and psychiatry at the University of Toronto. “Their self-image and self esteem become tied up in the process,” For this reason, dieters are driven by their subconscious to meet their emotional needs, especially when deprivation is present.

Why is dieting so destructive?

- Dieters tend to use food to calm their emotions, thus dieting leads to feelings of guilt, falsification of food, weight fluctuations, and binge eating.
- Food is a major aspect of weight management and food plays a major role in many important and enjoyable aspects of our lives.
- Upon birth, an infant is a demand feeder, eating when hungry and stopping when full.
- Once introduced to the table, the true response to needing food is replaced by externally controlled eating, dictated by another individual— the parent.
- Food is used as an emotional pacifier, rather than as energy. “Oh, you're sad? Let's have some cookies and

- milk and make it all better!"
- One's size, health, or cultural beliefs make one's self image unacceptable and a "diet" is introduced.
- Deprivation becomes a lifestyle and "diet deprivation backlash" is the inevitable result.
- Diets have a 98% failure rate as dieters cycle on and off various diets, losing and regaining weight, while their self-esteem spirals downward.

Learning Intuitive Eating is essential because diets don't work! If they did, everyone would be skinny.

So who makes a good participant for the Intuitive Eating class? Anyone who is ready to stop dieting forever and regain the power that you relinquished when you were a small child. If you have tried your last "diet," if you are fed up with living a lifestyle of deprivation and backlash bingeing, and you have hit "dieting rock bottom," then Intuitive Eating is for you.

But if you cannot resist trying just one more diet, please... go do it and get it out of your system, and when that diet fails you like all the others have, and you recognize that repetitive dieting is ruining your life, you will finally be ready for this class and Tiffany Crate will still be here, ready to teach you the lifesaving concept of Intuitive Eating.

Intuitive Eating is a teleclass. That means you can be literally any place in the world and still attend class! You simply call a special telephone number at the designated class time and, voila, class is in session. The cost of placing the call is whatever your long-distance phone company charges you. You'll love the convenience of learning from wherever you happen to be— no traffic to battle and no fear of arriving late to class. You could even take class while relaxing in your pajamas, if you wish!

The Introductory series will consist of:

- An exploration of the fears that cause you to defer to food, rather than turning to it for nourishment and enjoyment
- Positive support and encouraging experimentation
- An environment that makes it easier for you to be honest with yourself

- Introduction to and utilization of the Hunger Scale
- Implementation of self-directed actions, rather than actions externally dictated by others
- Learning and understanding the nutrition content of the main food categories and their satiation capacity (both physically and psychologically)
- Practicing the construction of balanced meals that fill you until it's time to eat again
- Figuring out how much food you actually need to achieve and maintain your ideal weight
- Education on the physiology behind hunger, cravings, and contentment
- Learning to eat normal meals that honor you and make you feel good
- Weekly assignments that keep you involved in the journey toward permanent self-empowerment

The Advanced series will consist of:

- A focus on personality styles
- A study of environmental triggers for emotional eating
- The mental checklist of logical steps to take when you are walking toward food, but aren't hungry
- Further exploration of your personal TQQ's: the timing, quality, and quantity of food combinations that carry you for 3-4 hours
- Repetitive practice of implementing your personal TQQ's
- A more in-depth study of the macronutrient groups and specific nutrition information
- Learning how to take responsibility for your actions

*Note: The prerequisite for the Advanced class is the Introductory class.

Introductory Level
(6) 60-minute sessions
Monday evenings, 7:30 - 8:30 pm
October 18, 25
November 1, 8, 15, 22

Advanced Level
(6) 60-minute sessions
Tuesday evenings, 6:00 - 7:00 pm
October 12, 19, 26
November 9, 16, 23

The cost for the Intuitive Eating Class Series is \$200.00 per person. Space is limited, so please call **(773) 252-6511** today to register.

A very special opportunity... You will return to a relationship with food that literally pulls you out of the deep, dark chasm of dieting misery.

Why You Can Fit 60 Minutes Of Exercise Into Your Day

The following calculations illustrate how it is possible to fit ONE HOUR OF EXERCISE into your day...

Starting out with 24 hours in the day, we subtract 8 hours for sleep, 1 hour for self-prep/hygiene, and 1 hour for eating, leaving us with 14 hours.

From this 14 hours, we further subtract 8 hours for work, 1 hour for commuting, and 4 hours for family time, leaving us with 1 hour for...

Exercise!

Clearly, you can fit ONE HOUR OF EXERCISE into your day without sacrificing sleep, family time, work time, food, or hygiene.

In fact, the calculations are generous—allowing 1 hour for commuting, 1 hour for self-prep/hygiene, and 4 hours for home life or family time. Many people do not need that much time for all those activities (the average time a working mother spends with her child is just over 2 hours per day!). Many people do not require a whole hour for commuting. As for eating time, many folks don't even eat breakfast or they eat it on the go. And sure, you might take an hour for lunch,

but the actual time spent eating your food is scant.

Granted, some days you have to do errands or personal appointments, which take up time not allotted for in the calculations, BUT such activities can simply substitute for some of the ones considered above that you don't need so much time for.

So, logically, you can EXERCISE FOR ONE HOUR A DAY!

Keep a log of your daily activities for one week so that you can find out where you are wasting your time. For most people, time is wasted on mindless T.V., video games and Internet exploring, sitting in unnecessary traffic, or talking on the phone unnecessarily.

I challenge you to take a good, hard look at how you are currently spending your time. I guarantee you that you will think differently about time in general and EXERCISE TIME specifically!

Time is wasted on mindless T.V., video games, Internet exploring, and talking on the phone unnecessarily.

Green Card Award

The "Green Card" is a very special award. The recipient of a Green Card has earned this distinction by exhibiting a commitment to exercise and good nutrition as a way of life, come rain or shine, happy times or stressful times, striving to meet the health and fitness goals that have been set, and modifying those goals when necessary. A Green Card recipient has a positive attitude, revels in the accomplishment of goals that were set, yet takes in stride the times when s/he has fallen short of meeting those goals because s/he knows that life throws curve balls sometimes and just because you go through a rough stretch doesn't mean you can't pick up tomorrow where you left off.

These characteristics make such a person a joy to know and coach! Most importantly, the recipient of the coveted Green Card Award pursues excellence, lives life to the fullest, is grateful, and is genuinely interested in others' happiness.

I am proud and honored to present the September 2004 Green Card to...

Liz Shulman!

Congratulations, Liz! It is my privilege to know and work with you! Keep up your excellent habits. They will continue to serve you well.

Fun With Research

Chromium Picolinate Does Not Affect Fat Loss

Here we are, ten years after chromium picolinate took the weight loss industry by storm, and the facts remain: no substantial research supports the use of chromium supplements to attain body fat loss.

Preliminary studies done in the 1980s suggested that increases in lean body mass and decreases in percent body fat occurred with chromium supplementation.

Chromium is an essential trace mineral that functions in metabolism by working with the hormone insulin. Together, they facilitate the uptake of glucose (food energy) into cells, and the release of its energy. When chromium is lacking, insulin action is impaired and a diabetes-like condition may result, including high blood pressure, insulin insensitivity, glucose intolerance, and elevated cholesterol.

Natural chromium is found in whole grains, brewer's yeast, egg yolks, and meats. The estimated safe and adequate daily dietary intake (ESADDI) for chromium is 50 to 200 micrograms (mcg). Americans eat about 25 to 90 mcg a day. It is this dietary deficiency coupled with chromium picolinate's possible muscle-building, fat-burning effect, that spurred the health food industry to promote chromium supplementation as a

"remedy."

Researchers have studied chromium's relationship to blood glucose levels and blood lipid (fat) levels, as well as how much chromium is absorbed and excreted in different populations. To date, findings from these studies are inconclusive.

In evaluating the worth of scientific research, we must always consider the methodology of the experiment, the population which was used, the source of the research funds, and whether the study was reported in a peer-reviewed journal.

Because of the variety of methodology, validity, and reliability among the many studies which have looked at chromium's effect on body composition, there is a great deal of ambiguity surrounding the effects of and need for chromium supplementation.

In spite of marketing claims, the available research does not support chromium picolinate supplementation as an aid for fat loss, increased lean body mass, or to compensate for dietary deficiencies of this trace mineral.

— *excerpted from an article written by Tiffany Crate for the River North News, August 23, 1997*

Delicious Quote

"Learning to trust your intuition is an art form and it takes practice to perfect. You don't learn to do it overnight. You have to be willing to make mistakes, to try something and fail, and then try something different the next time.

One important step in learning to hear and follow your intuition is simply to practice 'checking in' regularly. At least twice a day (and much more often, if possible—once an hour is great), take a moment or two to relax and listen to your gut feelings.

Whenever you feel your body is in pain or discomfort, it is usually an indication that you have ignored your feelings."

— *Shakti Gawain, Living In The Light*

Success Story

“Intuitive Eating totally changed my way of thinking and feeling about food. I am not eating on an emotional level anymore. This class opened my eyes to many myths about food and I realized things about myself and my relationship with food, even up to the last class. I look forward to taking the Advanced Intuitive Eating Course!”

— Monica Witt,
Infant Massage Therapy Instructor

“I am not eating on an emotional level anymore.”

Q & A Time — Your Questions Answered

Q: “Tiffany, because of my teaching schedule, I eat breakfast very early—6 AM. I get hungry around 10 AM but cannot take my lunch break until noon. What are some midmorning snacks I can have that will hold me over until I eat lunch at noon?”

— *Liz Shulman, in Evanston IL*

A: Liz, the objective for you is going to be choosing snacks that are only 150 to 200 calories, which will satiate you for about two hours, at which point you will be ready to eat again at noon. The food choice should have some protein and or fat; an all-carbohydrate snack won't satiate you as long. Here are a bunch of ideas for that 10 AM snack:

- A Boca burger comes in a plastic pouch which

you heat in the microwave for 2 minutes. You can either heat it at work and have it hot or heat it at home in the morning and eat it at room temperature at 10 AM.

- 2 Rye Krisp crackers with hummus or baba gannouj
- A small container of Greek style yogurt
- raw vegetables and a chunk of cheese
- a few bites of strawberry yogurt with crushed pretzels in it
- 2 slices Smart Deli soy with Vegenaize
- a few bites yogurt with a 1/2 piece of fruit
- 1/8 cup nuts with a 1/2 piece of fruit

That ought to do it for you. Bon Appetite!

Do you have a question for Tiffany? Email her at tiffany@tlcfitness.net.

Recipe Box

Creamy Cashew Peaches

1/2 cup plain Greek style yogurt
1 cup peaches or nectarines, sliced
1/4 cup roasted, salted cashews
1 Tbsp. organic honey

Talk about Heaven!
Peaches are at their full peak of ripeness right now.

On a plate or in a bowl, place the peach slices. Spoon the Greek yogurt over them. Sprinkle the cashews on top of the yogurt. Finish off the presentation by drizzling the honey over the whole mound of goodness. Greek yogurt can be purchased at Whole Foods, Trader Joe's, or Greek grocery stores.

Retail Pro Shop

TLC Fitness Consulting has a variety of health and fitness products available. I only promote products that I myself use, enjoy, and believe in. You can **purchase them with your credit card at [TLC Fitness Consulting](#). Your credit card information is handled securely by Paypal.**

Caltrac Accelerometer — this high-tech piece of equipment accurately counts the calories you burn, as well as your basal metabolic rate (BMR). This product is used in my Fitness By Phone® coaching program and has revolutionized the personal training world. It is worn unobtrusively on your waistband, is easy to use, and provides you with immediate, objective feedback on the effectiveness of your workout. No more guessing games, wondering whether you're maximizing your efforts or just spinning your wheels to no avail. **\$105.00**

S120 Polar heart rate monitor — top of the line HR monitor measures and records your heart rate, giving you immediate, objective feedback on your exercise efforts. The S120 tells you how many minutes you exercised, what your average and max heart rates were during your workout, as well as how many minutes you spent in each of three heart rate zones. You can store your heart rate information away as a file for later retrieval. This product is used in my Fitness By Phone® coaching program. It's the best of the best. **\$138.00**

Training Fan — perfect for those who travel a lot or exercise in various environments. The size of a ruler and easy to toss in your luggage or gym bag, the Training Fan has 60 panels that are hinged at one end and spread out like a fan. The panels thoroughly illustrate exercises for three exercise scenarios: no equipment, minimal equipment, and big gym machines. Muscle groups are categorized and color-coded. No matter what your circumstances, you are guaranteed a complete, effective workout. Photos of models

demonstrating the exercises and detailed text provide safe instructions. **\$25.00**

“Nothing But Legs” Exercise Video — If you have a gym membership, but aren't using the weight room equipment, this video is perfect for you. Tiffany Crate, Exercise Physiologist, produced and starred in this unique instructional video. A complete lower body workout, NBL teaches you seven different exercises you can do on gym equipment. You'll work all major muscle groups in your lower body, including quadriceps, hamstrings, buttocks, inner/outer thighs, low back, and calves. Guidelines are given for wisely structuring your leg workout. **\$25.00**

Stretch-out Strap — Aaahh... just what you need to lengthen those short, tight, stiff muscles. The Strap comes with an instructional chart depicting many stretches you can do with it. The unique aspect of The Strap is that it has hand grip loops all the way down the length of it so you can get comfortable leverage for the most effective stretching. It travels well because it's practically weightless. Tiffany keeps hers near the bed to stretch her hamstrings and gluteals last thing before going to sleep, or first thing before getting up for the day. **\$23.00**

Exercise Companion CD — whether you're brand new to exercise or a veteran, this highly motivating companion CD will change your cardio workout in ways you can't imagine! The narrator talks you through an entire cardio workout, with vigorous background music, supplying you with energetic, motivational phrases. The amazing hook is that the messages on the CD not only push you to work harder than you otherwise would, but they instantaneously change your whole mental outlook about life! Even Tiffany uses the CD because it elevates her workout and her attitude. **\$30.00**

Help Spread The Good Life to Others

Do you like The Good Life? Is there someone who you think would enjoy The Good Life, too? I invite you to share their email address with me and I'll send them a FREE subscription to The Good Life, compliments of YOU! I will never abuse their email address, sell it, or share it with anyone else.

Your Comments

Do you have a comment, a question, or perhaps a suggestion? I welcome your comments, so please email them to me at tiffany@tlcfitness.net.

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