

The Good Life™

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



Say what you mean and mean what you say.

Remember that old adage? It succinctly reminds us that words function to facilitate human interactions and this sentiment fits perfectly with TLC Fitness Consulting's ongoing theme for 2006— Focus On Function. Consider salutations: if you tend to go through your day on autopilot, mumbling “Hey,” or “What’s up?” to people, you have lost sight of the importance of salutations, which are determinants of how our interactions flow.

People today have a habit of treating the phrase “How are ya?” merely as a salutation no different from “Hello” or “Good Morning” when in fact it is not a statement nor an exclamation, but a question. However, because the meaning of “How are you?” has morphed into a mere acknowledgement of another's presence, we often do not expect the recipient of such a salutation to give a personalized answer, do we? It is helpful to be *genuine and present* in our greetings and in our answers to others' greetings.

We all would do well to think about the *kind* of salutation we should use, depending on the person we are addressing, the circumstances, and the relationship with that individual. For example, if we are meeting someone for the first time, it isn't necessary to ask, “Hi, how are you?” but stating, “It's a pleasure to meet you” fits the relationship better. If we are just passing through a room and simply want to acknowledge another's presence, there is no reason to use a question like, “How's it going?” as our salutation. After all, we won't be sticking around to hear the answer! A more appropriate salutation might be, “Hello!” or “Have a nice evening.”

However, if we are going to interact with the person whom we are greeting, it might make sense to use a salutation that will generate some sort of information about the person's state of being or about the surroundings, for example, “How are you feeling today?” or “What do think about this weather?” Focus on the person's response; don't just go through the motions. The appropriate salutation makes others happy to be around us, it exudes vibrancy, and it inspires!

In Pursuit of Excellence,

Tiffany Crate, M.S., C.P.T.
Master Fitness By Phone® Coach

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TLC News

Listen to Tiffany on the Radio, September 18!

Highly sought for her expertise on perimenopause, adrenal exhaustion, nutritional hormone balancing, and exercise training, Tiffany Crate will be a guest on "Living Your Personal Best," an internet radio program. Mark your calendars now and watch for an email announcement with the program link. Listeners simply patch into the radio program via their computers at 3:00 pm CT.

"Tropical TLC" Vacation Itinerary in Brief

If you're looking for an active, relaxing vacation of a lifetime, look no further! How does the hottest destination in Costa Rica sound to you? The week-long experience will "wow" you with memorable activities that give you a fresh perspective on life!



Spectacular, colorful Costa Rica awaits YOU!

Here's an overview of the Tropical TLC trip:

Saturday— fly into Tamarindo, relax and play at the pool, make dinner at "home"

Sunday— aquacize class, breakfast, pool and beach, lunch at Lola's, weightlifting at the gym, beach powerwalk, dinner at Copacabana

Monday— breakfast, surfing lessons, lunch at Tropical Fruit Bar, pool and beach, shopping, cardio class at the gym, make dinner at home

Tuesday— aquacize class, breakfast, Rainforest zip-line canopy tour, lunch at Sugar Beach Hotel, beach powerwalk, weightlifting at the gym, dinner at El Jardin



Allen Lungo owns Vacation Rentals of Tamarindo

Wednesday— breakfast, surfing lessons, lunch at Witch's Surf Rock, pool and beach, horseback riding, cardio class at the gym, make dinner at home

Thursday— breakfast, depart for Arenal volcanoes, lunch at Mystique, check-in at Observatory Lodge, massages and hot springs, dinner, volcano-watching at night

Friday— breakfast, rappelling/canyoning, lunch at Pure Trek, shopping in La Fortuna, pool, dinner at La Mansion, volcano-watching at night

Saturday— breakfast, depart for USA

Keep a close watch for more information to come— Tiffany's current clientele will have first dibs on securing a spot for the maiden voyage later this year!

Crate's Marketing Expertise Highlighted at Personal Trainers' Symposium

On June 11, 2006, veteran Fitness and Lifestyle Coach Tiffany Crate gave a presentation on marketing to over 100 personal trainers at the Midwest Strength and Conditioning Symposium.

In addition to sharing the secrets of her success with publishing TLC's bimonthly health and fitness newsletter, Crate conveyed that the most successful fitness coaches are authoritative, innovative, inspirational leaders who create and maintain a close connection with people through building a virtual community.

Crate was asked to return as a presenter at next year's Symposium to share more of her expertise.

Intuitive Eating teleclass series conducted over the phone

6-week series, October 18 - November 22, Wednesdays, 7:00 - 8:00 pm

Also known as “un-dieting,” Intuitive Eating emphasizes your control over what you eat and replaces the power of food as a dictator with your power as the eater!

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 _____.
- I've failed in the past, so why would it be different now?
- 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.
- I deserve a little treat now and then.
- Life will be better when I lose weight.
- Well, there goes my diet, may as well give up.
- 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.

Who makes a good participant?

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.

Learning Objectives

- 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 emotionally)
- 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 natural 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

Why is learning Intuitive Eating so necessary?

Because diets don't work! If they did, everyone would be skinny. If that diet of yours worked so well in the past, why do you have to do it again?

Intuitive Eating is a teleclass.

The teleclass series will consist of (6) 60-minute sessions on Wednesday evenings, from 7:00 - 8:00 pm, October 18 - November 22. A teleclass 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 LIVE in session. The cost of placing the call is whatever your long-distance phone company charges you, although many people use their cell phone minutes to place the call. 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!

Here's what people are saying about it...

“It's been an experience very different from any “diet” that I have tried in the past. The Hunger Scale is extremely effective in assessing my hunger— I am able to efficiently space out my meals without feeling deprived. It's liberating to know there won't be another fad diet around the corner, waiting for me to fail at.”

— **Angie Britt, Occupational Therapist**

“The Intuitive Eating class helped me because I now feel like I have control over when and what I eat. I haven't had to give up the foods I love, and it is empowering for me to be able to decide how much food I want to eat. I feel more connected to my body and enjoy eating more, now that I understand what exactly I need the food for. I need food to help me live a good, enjoyable life!”

— **Liz Shulman, English and Foreign Language Teacher**

“The concepts of anti-deprivation, satiety and variety have acted in unison to help me integrate the first positive key life style change in my eating habits. Tiffany helped me recognize the extent to which I have a ‘dieter's mentality.’ What a miserable way for a food lover to live life!

Because eating has now become more fulfilling, I think it is helping to reduce at least one of the causes of my emotional eating and constant foraging.”

— **Ellyn Bank, Educator and Homemaker**

What does it cost? How do I register?

\$200.00 per person. Space is limited!
www.tlcfitness.net—> Nutrition Consulting—> Intuitive Eating. Pay safely by credit card through Paypal.

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 2006 Green Card to...

Amy Shulman!

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

Delicious Quote

“What you do, you become.

When you change your movement patterns, you change your personality. Therefore, when you begin to exercise regularly, BIG changes occur in you.”

— Dr. Jim Gavin,
psychologist, author, and lifestyle fitness coach

Earn a FREE Consult with Tiffany!

Most everybody would like a little guidance and support with something in life:

- breaking the diet-binge cycle
- setting up exercise goals
- creating a menu plan
- sculpting a particular area of the body
- sprucing up & organizing your schedule

The first person to email me a response to this offer with the subject line, “**I want your expertise**” will receive a complimentary 30-minute telephone consult. You must be a new client. If you are the first respondent, you will be notified by September 14 and your consult session will be scheduled.

Good luck!
tiffany@tlcfitness.net

The Men's Den

Why excess fat settles in the gut region and what you can do about it

"I've got to do something about this gut!" is a common lament among men and a top reason they come to me for fitness help. Why does excess fat accumulate in the abdominal region?

The male, or android, fat distribution pattern is primarily in the torso, especially the waist. Abdominal fat cells are large in comparison to other fatty areas of the body and they have relatively high enzyme activity which means that fat is easily stored in and released from this region. When calories consumed exceed calories expended, this is the area where most men pack on the pounds.

Abdominal fat is a sign of insulin resistance, the precursor to diabetes. When you are insulin-resistant, your cells cannot readily take in fuel and thus, they starve while the unused fuel gets stored as body fat. Poor eating habits and lack of exercise are the primary causes of insulin resistance. Chronic fatigue or energy highs and lows go hand-in-hand with excess fat and insulin resistance.

Body fat is a dumping ground for toxins. As years of unhealthy living habits accrue, fat cells can become wrought with toxins. Water then accumulates around the cells to dilute the level of toxicity. This water retention adds to the total girth of the midsection.

Finally, the outward protrusion of the abdomen is further exaggerated by the presence of old, impacted fecal matter in the colon.

Without getting into more complex issues of organizing your priorities and your life's schedule, there are three simple things you can do to "cut the gut."

Exercise. Thirty minutes flies by! Don't get bogged down in the useless "all or none" attitude, thinking that you have to exercise hard and long to make a difference. Just head out the door and walk briskly for 30 minutes— as many days as you can. You just might get the urge to break into a light jog every couple of minutes.

You might have heard that "exercise is like therapy." No, exercise is therapy! There is no

other form of therapy or medication that has so many benefits and no side-effects. The lift you get from moving vigorously is so unique, it has a special name— "exercise high." With so much to gain in the self-confidence and mental clarity departments, who wouldn't want a piece of this?

Eating habits. To rev up your energy and lose weight, eat close to the earth. Your approach will be two-pronged: one, increase fiber and water intake to provide your body with essential nutrients and clean out your colon; and two, decrease consumption of the 3 S's— simple sugar, starches, and saturated fat — to reduce quick-fix, empty-calorie cravings and energy crashes that cause weight gain. Use common sense and trust yourself to make the right decisions for your health.

Sleep. Make adequate sleep a high priority. It is well-established that people who are chronically sleep deprived battle excess weight. When you're under-rested, you are bound to crave quick-fix foods and drinks, which are typically low in nutrients but high in calories. When you start your day off like that, you automatically set yourself up for riding the vicious cycle of dysphoria, or general malaise.

When you're feeling crummy, your brain just wants to feel normal, so you tend to consume quick-fix foods like sugar, starch, or caffeine. However, the lift you get from these "pick-me-up" choices is temporary and followed by an energy crash or dip in mood. You find yourself reaching for quick-fixes again and this cycle continues throughout the day. When you go to bed, you tend to sleep restlessly, deep sleep cycles are disturbed, and you wake up feeling crummy again.

In short, sleep deprivation causes poor food choices and poor food choices cause sleep disturbances.

Men's bodies tend to respond quickly to just dietary changes or just increases in physical activity, so imagine what you could achieve if you implement all three steps outlined above! For personal guidance, call Tiffany at (773) 252-6511.

Ask Tiffany

Q: “Tiffany, what exactly is frozen shoulder syndrome?”

— Kay M., Chicago, IL

A: Kay, frozen shoulder, or adhesive capsulitis, describes a loss of motion in the shoulder. The inability to lift one’s arm above the head, reach across the body, or reach behind the back are the result, functionally speaking.

The term adhesive capsulitis refers to scar tissue adhesions that form inside and around the joint capsule due to lack of movement. Frozen shoulder is common among stroke victims because they are unable to move the shoulder through a full range of motion due to being paralyzed on one side. Or, an injury that is not

properly rehabilitated or surgery to the joint that results in a long period of immobilization can lead to frozen shoulder, too.

When range of motion is diminished, the tendons become weak and the capsule surrounding the shoulder joint thickens and contracts, allowing the upper arm bone inadequate space to move.

The prognosis for frozen shoulder varies depending on the individual’s particular circumstances. A person’s age, nutritional status, and level of motivation to get better, and whether the person is proactive in seeking physical therapy (or surgery, if necessary), all determine the outcome of the condition which can be resolved completely in some, but not all, cases.

Recipe Box

Arugula Salad with Goodies

2 cups arugula and baby spinach, mixed
 5 canned artichoke hearts
 4 cherry or grape tomatoes, halved
 1/2 c. canned white beans, drained
 1/4 c. fresh mozzarella, cut into small slabs
 2 Tbsp. slivered almonds
 2 Tbsp. dried cherries

Dressing

1 Tbsp. olive oil
 2 Tbsp. balsamic vinegar
 coarsely ground sea salt, to taste
 freshly cracked black pepper, to taste
 1/2 tsp. sugar
 1 Tbsp. lime juice

Drizzle the dressing over all ingredients in a small mixing bowl and toss thoroughly. Be sure to buy fresh mozzarella, usually with the words *ovolini* or *ciglieni* on the label, not the processed-style mozzarella. If you cannot find slivered almonds, get the whole ones and chop them up a little. The dressing ingredients are listed in amounts appropriate for one person, but it really makes sense to make a small jar full so you can get several uses out of it in a week or two. Fresh-cracked black pepper is essential. If you don’t have a pepper grinder, then it’s time to get one, for Heaven’s sake! The left-over artichoke hearts and white beans are conveniently stored in plastic containers in the frig and can be used the next day. No dried cherries? Just substitute dried cranberries. Enjoy!



The tricks to a really hearty salad are **chewy** and **crunchy** textures, **savory tasting fats**, and **ample protein**.

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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Fitness is Just A Phone Call Away!