

The Good Life

official newsletter publication of TLC Fitness Consulting

April 2003

This issue was created, produced, and sent to you by
Tiffany Crate, owner and director of [TLC Fitness Consulting](#).

In this issue:

Editorial by Tiffany
TLC News
Delicious Quote
Green Card Award
Q & A Time
Fun With Research
Running Club Starts in 2 Weeks

Retail Pro Shop
Nutrition Bites
Recipe Box
S120 Feature of the Month
Spread The Good Life
Your Comments Requested
Unsubscribe Information

Happy Spring! After a very cold, dry winter, we have arrived! My fellow gardeners and nature-lovers surely share in the joy of watching young shoots emerge from the earth, pastel blossoms decorate the bare trees, and the grass turn bright, emerald green. If you're a runner or a power walker, you rejoice in being able to finally exercise under nature's ceiling, rather than in a stuffy gym. Such excitement!

This Sunday, April 6th, I will participate in the National M.S. Walk for the 14th year in a row. I always look forward to this event for so many reasons: it is an ever-growing, successful effort to raise research and support funds for the National Multiple Sclerosis Society, it is a celebration of the ability to use my legs (in order to raise money for those who can't), and it is usually my first event of the running season calendar, and that spells Springtime to me!

Fresh air and birds chirping puts a spring in your step and cheer in your heart. Think about how good you feel after a workout... you feel charged up and exhilarated! Your stressful problems seem more manageable after a vigorous workout. You feel lighter, springier, and refreshed. Who wouldn't want another dose of this stuff?

In Pursuit of Excellence,

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TLC News

March was a very busy month indeed for TLC Fitness Consulting. The reason I love my job is that I get to reach and teach in a variety of ways. Since people are individuals with unique circumstances and needs, it's always fun and challenging to create programs that help people move closer to their desired lifestyles. In early March, I gave a lecture on Nutrition and Pregnancy at Baxter Healthcare. Producing a healthy baby is not a matter of luck— a fetus' health is dependent on the choices a woman makes each day of her pregnancy, and even before conception. The man's choices and habits also play a significant role in pregnancy outcome.

Later that week, my colleague Debi and I hosted a teleconference class on Fat Loss: Facts and Fallacies. It was well attended by all sorts of people who were interested in learning more about how our bodies deal with fat physiologically, from the moment it goes into our mouths, to the digestion and storage of it, to the burning up of fat through life processes and physical activity. If you missed it this time around, you'll definitely want to attend next time!

In mid-March, I was back at Baxter Healthcare again, this time giving a lecture on The Vegetarian Way. What a wonderful group of people attended this fun and informative discussion! Being vegetarian is rewarding in so many ways and it delights me that an increasing number of people want to move their eating habits in this direction.

The last week of March I took a vacation in France to visit my friends who live there. It's essential to experience a change of scenery and routine now and then and I can definitely say that I felt relaxed and rejuvenated. The fitness industry there is much smaller than in the United States. The French are inclined to participate in team sports for physical activity and enjoyment, but not many people engage in autonomous exercise endeavors for fitness' sake. On the plus side, they eat smaller portions of food than do Americans and walk more for transportation. On the down side, smoking is much more prevalent and refined white bread is consumed by most people instead of whole grain.

Fitness By Phone® coaching has taken off flying and it's revolutionizing personal training! Backed by 20 years of research, Fitness By Phone® uses technology to deliver the results you want, at an affordable cost, no matter where you are, and best of all, it's FUN!

"This is finally something tangible! I feel great! I'm so motivated to do my workouts because the activity monitors tell me exactly how effective my workout was!"

— Cathryn, 45, Business Executive

To hear more details about Fitness By Phone® and to receive my FREE special report, A Home Workout That Works, call me today. [\(773\) 252-6511](tel:7732526511)

Many new retail items are available through TLC. You can buy a gift for someone, or treat yourself. Check out what's new in the Retail Pro Shop in this issue!

Delicious Quote

"You must eliminate the distractions in your life: bad habits that are harmful to your mental and physical health, possessions you do not need, empty socializing, and entanglement with "friends" and family members that drains your energy."

— Nancy Anderson, *Work With Passion*

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 April 2003 Green Card to...

Steven DeMar!

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

Q & A Time — Your Questions Answered

“What do you recommend for a pre-workout meal?”

A small quantity of complex carbs, simple carbs, and protein, such as a carrot and some tofu, or an apple and some cheese (soy, rice, or dairy). Many people do not need a snack right before their workout and actually feel best exercising on an empty stomach. If this is the case, it's wise to have a small snack right away after your workout in order to bring your blood sugar back up, and replace some of the glycogen in your muscles. People who work out hard and then don't eat something afterwards risk getting a headache, becoming irritable, or feeling so famished that they overeat at their next meal.

“When do you think is the best time to workout?”

There is no best time for everybody. I encourage my clients to workout when they feel like it. Their schedule and their natural biorhythms dictate when exercise will feel the best. When people try to exercise at a time that doesn't jive with their natural clock or their daily routine, it feels awful. Moreover, calories burned are calories burned, no matter what time of day you work out. Your body doesn't care when the calories are burned off, so long as you are burning up sufficient calories most days of the week to balance the calories you are eating.

Do you have a question for Tiffany? Email her at TCrate1781@aol.com.

Fun with Research

Researchers at the American Institute for Cancer Research may have uncovered one reason why overweight, inactive individuals have a higher risk for many cancers: the increase in levels of insulin and other hormones often associated with excess weight (components of a condition known as “metabolic syndrome”). Insulin and other growth factors encourage cells to divide more rapidly. In many overweight, inactive people, the tissues are constantly exposed to high levels of insulin, which causes their cells to reproduce quickly and often.

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**

Green Kamut — a beautiful, bright green powder you can mix into water for a refreshing, liquid, super food on-the-go. Harvested from organically grown wheat grass, alfalfa, and other grasses, Green Kamut is chock-full of antioxidants, phytochemicals, minerals, protein, and chlorophyll. In a nut shell, this is the stuff we evolved on and this is what your body craves daily. **\$18.00**

TLC T shirt — the TLC Fitness Consulting logo is classy and professional-looking... what better way to show off your commitment to an active lifestyle? Bright-blue lettering on a black shirt. **\$15.00**

Nutrition Bites



Escalating obesity rates coincide with Americans’ hunger to dine out. The more meals a person eats in restaurants, the higher the calorie content of the diet. A look at the trends in calorie consumption and percent of meals eaten outside the home from 1978 to 1995 reveals that: restaurant meal consumption has risen from 6% to 20% and average daily calories consumed has also risen from 1,807 cal/day to 2,043 cal/day. — *USDA, Away-From-Home-Foods Increasingly Important to The Quality of American Diet*

Recipe Box

Smoothie

- 3/4 cup water (use Rejuvelac instead if you can get to Karyn’s at 1901 N. Halsted St. in Chicago)
- 1/4 cup apple juice
- 1 small frozen banana (Peel BEFORE freezing)
- 1 scoop Genisoy vanilla soy protein powder
- 1 Tbsp. lecithin granules (sold in the bulk section at Whole Foods market and other health stores)
- 1 Tbsp. ground flax seed or flax seed oil

Combine all ingredients in the blender and enjoy. If you are not hungry first thing in the morning, put the smoothie in a Tupperware container to take with you. In the winter, it can be kept cold in your car until you’re ready to drink it. If you have a refrigerator at work, store it in there until you become hungry. Even if it’s left at room temperature for a few hours, it tastes great!

S120 Feature of the Month

Those who use the Polar S120 heart rate monitor will find this section helpful. The S120 does so much, many people aren't aware of all its features! This month...

"Time 1 and Time 2." The S120 has 2 time settings, which is very helpful when you are traveling. I just spent a week in France and as soon as my plane landed there, I switched the main screen of my S120 to Time 2 (France). As soon as my plane touched down in Chicago again, I switched it back to Time 1. Assuming your main screen currently displays Time 1, here's how to set up Time 2:

1. Press the upper right button 2 times. The screen reads "Options."
2. Press the red button once. The screen reads "Exe Set."
3. Press the lower right button once. The screen reads "Watch Set."
4. Press the red button once. The screen reads "Alarm."
5. Press the upper right button once. The screen reads "Time 1."
6. Press the red button once. "Time 1" is flashing. Press either of the scroll buttons to switch it to "Time 2."
7. Press the red button once. "12 hr" is flashing. If you desire 24 hr format, switch it now.
8. Press the red button once. "AM" or "PM" is flashing. Use the scroll buttons to set it on AM or PM.
9. Press the red button once. Hours are flashing. Use the scroll buttons to set the correct hours.
10. Press the red button once. Minutes are flashing. Use the scroll buttons to set the correct minutes. Press the red button once. Nothing is flashing.
11. Press and hold the lower left button to return to the main screen.
12. You are now looking at the main time and date screen and Time 2 is displayed. When Time 2 is displayed, a "2" will be displayed in the lower right corner of the screen. When Time 1 is displayed, nothing appears in the lower right corner. To switch back and forth between Time 1 and Time 2, simply press and hold the lower right button.

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 TCrate1781@aol.com.

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