

The Good Life

official newsletter publication of TLC Fitness Consulting

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This issue was created, produced, and sent to you by
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The holiday season is notorious for throwing active, healthy people off track from their good health habits. For those who do not already exercise and eat right, holiday haste makes them even more deconditioned. Too often, people fall into a nasty habit of putting their health maintenance last, thinking they're being selfish if they put it at the top of their priority list, but this is frankly preposterous! If you aren't at the top of your game, how can you properly care for and give yourself to those you love? It doesn't have to be this way! Planning, recording data, and rewarding yourself will make you an exception to the rule that the average American gains 7+ pounds between Thanksgiving and New Year's. Pull out your day planner and make exercise appointments for yourself for the next 6 weeks. Write in the time, length, and type of exercise for each session you plan to do between now and New Year's week. You might make a minimum goal of 90 to 120 minutes of exercise per week. Or your goal could be just to get in 3 sessions. If you want to be honest with yourself, record your workout data. Use motivational tools like a heart rate monitor and a Caltrac accelerometer to track your progress. Another way to track progress is to record feedback numbers from the cardio machines you use.

Need some ideas to make your fitness plan fun? Start with music— it's incredibly motivating! Exercise turns into a breeze when you listen to your favorite motivating music! For others, money talks, so choose a pal to engage in a little friendly competition with you. Set up a time line for achieving certain goals like doing cardio exercise 4 times each week for 50 minutes, lifting weights for 30 minutes 3 times each week, or eating 8 types of fruits or vegetables each day. Which ever person fails to meet her or his own goals puts an agreed upon amount of money in the kitty, and at the end of the set time line, spend the money together on activities or things you both enjoy. How about this— keep track of the mileage you cover in all your cardio workouts by using a map of the United States and some colored thumbtacks. All cardio machines display distance traveled. Put a tack on the map where you live and another tack at a faraway destination you'd like to go to. Each week, put another tack in the map to represent the miles you traveled toward your destination. If you do your walking or jogging outside, get a pedometer for measuring distance traveled.

Be grateful for whatever parts of your body you are capable of moving! Whatever tricks and tools you choose to use, I wish you all things merry and bright.

In Pursuit of Excellence,

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TLC News

November was a jam-packed month! I spent the first week teaching fitness classes at Breezes Punta Cana in the Dominican Republic. I do this at a variety of resorts in the Caribbean, and this was one of my favorite places— I recommend it.

The Nutrition Class Series that I hosted in my home was a smash hit! It took place on all four Tuesday nights throughout November. In addition to learning lots of weighty stuff, the group shared lots of laughs and some participants' pants are now too big for them, due to implementing the behavioral changes suggested in class. Participant Julie Magaziner raves,

"The class was great! You made it very easy to grasp the fundamentals of nutrition and really piqued my interest to learn even more. The hands-on food preparation time and recipes were also amazing. I never used to cook, but I do now, with these easy and yummy recipes. I have even shared this knowledge with my friends and family!"

If you missed the boat on this popular class, be sure to claim your space when it's offered again after the New Year.

In mid-November, I traveled to Los Angeles to attend the annual conference of the Association of Fitness By Phone® Coaches and I am proud to say I was named the "2003 Rookie of the Year"! I do declare, *What an honor!* I worked really hard all year to earn this coveted distinction and it feels GREAT to be recognized by my fellow cutting-edge coaches. While I have been in business as a Health and Fitness Coach for 14 years, it was just one year ago that I began to implement phone coaching services and joined the Association of Fitness By Phone Coaches. And what an exciting year it's been!

Just before the Thanksgiving holiday, my colleague Debi Lander and I hosted our "Motivational Matters" teleclass to teach people all the ways they can have fun keeping themselves in shape during the six weeks of holiday chaos! This class elicited much enthusiasm from the participants, who said they loved the positive attitude we advocated, the many games and reward systems we taught them to make working out fun and challenging, and our encouragement to simply maintain their current level of fitness and body weight because weight *loss* during the holidays is a tall order! The Motivational Matters teleclass will be offered again after the New Year.

With the unveiling of my new web site, TLCfitness.net, I have changed my email address to tiffany@tlcfitness.net. Watch for an email alerting you to this change.

Fitness By Phone® coaching is becoming to personal training what Step Reebok and Spinning are to group exercise. In fact, it's revolutionizing the personal training world! Fitness By Phone® uses technology and a veteran trainer's expertise to objectively deliver the results you want, at an affordable cost, no matter where you are, and best of all, it's FUN! **Why not give someone the gift of a Fitness By Phone® session?**

To hear more details about Fitness By Phone® and to receive my FREE special report, Maintaining Fitness During The Holidays, call me today. [\(773\) 252-6511](tel:7732526511)

Holiday Shopping Ideas

The **Retail Pro Shop** at TLCfitness.net is open, just in time for your **holiday shopping!** We have many items to choose from, so you're guaranteed to find a great gift for just about anybody. And remember— reduce your shopping efforts by getting the same product for a few people on your list who don't know each other!

Heart rate monitors, Training Fans, Caltracs, Stretch-out Straps, and my Nothing But Legs video are just a few of the **hot gifts that exercisers covet**. All the items that are in the

Retail Pro Shop section of this newsletter are also on the web site Pro Shop. So pick out what you want to buy here in the newsletter and then go to my web site and pay the easy way, by credit card.

Tiffany's Top Ten Holiday Gift Ideas

Items 1 - 6 are available through TLC Fitness Consulting

1	Caltrac activity monitor	6	Fitness By Phone® gift certificate
2	Polar S120 HR monitor	7	Be Fit Now workout CD (LLchoices@aol.com)
3	Training Fan	8	Weightlifting Gloves
4	Stretch-out Strap	9	Stability Ball
5	Nothing But Legs video	10	CD Walkman

The URL is TLCfitness.net

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 any of these products directly through TLC Fitness Consulting by calling (773) 252-6511 or emailing tiffany@tlcfitness.net. And soon, you will be able to purchase them on the TLC web site, TLCfitness.net!

[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. **\$90.00**

[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. **\$120.00**

[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

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

Delicious Quote

“Remember— the game is good for you and you're good for the game!”

— Liz Lafferty, *The Pocket Coach*

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 December 2003 Green Card to...

Erin Drury!

Congratulations, Erin! 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

Q: “Tiffany, in the late evening, I've been eating a lot of nuts or trail mix and I can't seem to stop after just one handful. I know these are high in calories and I think this habit might be contributing to my recent weight gain. Why do I feel the need to eat so many handfuls?”

— J.M., in Chicago

A: It can be argued that food is the strongest drug available to us, since it causes a cascade of chemical and hormonal effects throughout the body, much of which you don't even notice, unless your food choices cause you severe digestive upset. However, the food choices we make at one meal largely influence what we choose to eat in the following hours because the resultant chemical and hormonal changes dictate how we feel and behave. I call these “low-grade feeding symptoms.” Ideally, we want to eat in a way that gives us positive feeding symptoms like contentment, rejuvenation, satiation, and clear thinking.

When J.M. asked me her question, I immediately wondered what she might be eating for dinner because if she were making well-balanced choices at dinner, she wouldn't have such a strong craving for large quantities of nuts, seeds, and dried fruit (which contain a

wealth of nutrients, but are calorie-dense, so must be eaten in small quantity). She told me the dinner she had the night before was two slices of millet bread with shredded rice cheese and avocado on top of each. This is a commendable combination but it's still missing two things: 1) sufficient calories and, 2) a variety of vegetables or fruit.

The whole grain bread, rice cheese, and avocado provide mainly protein and fat but are lacking in adequate fiber and water content, which fill the stomach and give longer-lasting satiation throughout the evening. Raw or lightly cooked vegetables or fruit are nutrient-dense, bulky in fiber, high in water, yet are calorically low. By the way, a serving of nuts is 1/4 cup— that's one or two little handfuls. Beyond that amount, you are overdoing it.

J.M., it's no wonder you are seeking out large quantities of calorie-dense trail mix hours after a dinner like that— you didn't eat enough calories at dinner and you didn't fill your stomach with enough bulky fiber and water. Try that same meal again, but this time, add some raw carrot, jicama, and celery (or whatever vegetables you like). I predict that you will feel full longer and experience favorable endocrine effects that leave you feeling calm and content in the hours before bed time.

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

Fun with Research

Many Americans are in denial about their body weight, reports the United States Department of Agriculture. Of those Americans who are overweight (body mass index between 25 and 30), 41% of them think their weight is just fine. But wait, that's not all... of those Americans who are obese (body mass index over 30), 13% of them say their weight is "...about right or EVEN TOO LOW."

Research shows that the weight distortion occurs more in those who are too heavy, since only 14% of normal-weight women and 4% of normal-weight men wrongly consider themselves overweight.

—*Amber Waves: The Economics of Food, Farming, Natural Resources, and Rural America 2003; 1:6.*

Commentary: The researchers conclude that designing a campaign to combat the rising obesity epidemic could be difficult when people are so misinformed about what a healthy weight looks like.



Nutrition Bites



Question— Which mineral do you think is the most common malnutrition problem in the United States today? The answer is iron. What is causing this deficiency? Poor dietary intake and nutritionally incomplete fad diets. Eight out of ten active women suffer from insufficient iron, the symptoms including fatigue, memory loss, sleep disturbances, reduced work performance, and increased susceptibility to colds and infections. Children are the next demographic of concern, including such symptoms as compromised athletic performance, reduced intelligence, lack of motivation, and reduced school performance.

Why are women and children most affected? There are several reasons. First, dietary iron is poorly absorbed to begin with; just 2% - 7% of non-heme iron from plant foods is absorbed and only 20% of heme iron from meat is absorbed. Second, rapid growth during infancy, childhood, and adolescence demands extra iron. Third, menstrual losses drain iron stores each month, while the developing fetus in a pregnant women and the concomitant expanding blood volume require greater iron intake. Fourth, women consume far fewer calories than men do and on days when they do eat more, it is often from junk food. Children, too, consume large quantities of nutrient-poor, "empty calorie"

junk. Men eat poorly as well, but they take in more calories, which affords them a greater opportunity to get iron, and they tend to eat more meat than women do, which provides more absorbable iron than plant foods do.

With Americans' eating habits being as bad as they are, and iron absorption from food being so low, it is understandable that iron is the number one malnutrition problem in the U.S. Symptoms of iron deficiency in adults are mainly temporary and correctible, but iron deficiency in infants and children can cause permanent damage.

What to do? As I always say, "Eight to ten types of fruits and vegetables every day!" Plus, seek out and create opportunities to consume iron-rich foods like green leafy vegetables, beans, and lentils. Get your serum ferritin tested to find out if you're iron-deficient, and if you are, talk to your doctor about the possibility of taking a high quality iron supplement.

Recipe Box

Citrus Heaven Magic Carpets

red grapefruit, peeled and sectioned, with all white skin removed
canned mandarin oranges
adriatic fig spread (or other mostly real fruit spread)
goat cheese
Rye Krisp crackers ("seasoned" variety)

Spread some goat cheese on the Rye Krisp crackers (Don't be stingy with it, ya hear?). Spread some fig spread on top of that. Each grapefruit sections' skin encasement need to be completely removed. Do this by breaking open the section, turning the flesh inside-out, and pulling the skin off. Break each grapefruit section into two pieces and place them on a cracker. Nestle a mandarin orange section in-between the grapefruit sections so that the fruit looks like three stripes— pink, orange, pink. These "magic carpets" can serve many roles: appetizers, a snack, or dessert. They are incredibly satisfying and people go ga-ga over their artistry as well as their taste and texture!

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 if you are traveling this holiday season. Time 1 represents the time zone where you live. Time 2 represents the time zone that you are traveling to. Switch the main screen of your S120 to Time 2 (the local time) as soon as you arrive at your destination. When you return home, switch 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 tiffany@tlcfitness.net.

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