

The Good Life

official newsletter publication of TLC Fitness Consulting

February 2004

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

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Weight loss is not a linear process— it happens in spurts and it takes time. Your cells must adjust to the new demands being placed on them. Additionally, your life schedule changes from week to week, affecting your caloric intake and burnage. Consider this: weight gain does not happen overnight; it takes months or years to get out of shape. Getting back in shape doesn't happen overnight, either. Being patient and persistent is challenging, but the payoff is so worth it! What an incredible feeling!

When you undertake a vigorous training program of exercise and diet modification, you are changing your body at the cellular level, altering the function of each and every cell in your body such that you become, physically, a new person! That isn't the sort of change you can see happening right away on the outside. Rather, it is change from the inside-out. Think how long it takes for a smashed finger nail to grow out. The new nail starts growing way up under the cuticle where you can't see it, right? Likewise, weight loss and fat reduction start deep inside your cells, where magnificent biochemical changes take place without you even knowing it!

On February 29, TLC Fitness Consulting will host the ever-popular teleclass, "Fat Loss: Facts and Fallacies" which provides participants with solid, science-based information about the physiology of fat metabolism— information that the general media fails to offer. Whether you are trying to lose weight or are simply fascinated by physiology, you'll want to put that teleclass in your schedule, for sure.

Weight loss is a science and you have control over it. Even if you make a bunch of poor choices in your eating habits one week, you can still choose to burn off calories and stress through exercise. Likewise, when you let exercise fall to the bottom of your priorities for several days or injure yourself and can't exercise, you still have free will to eat sensibly. Make success your destiny!

In Pursuit of Excellence,

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

Tribune Feature Article— Tiffany Crate will be featured in a special health and fitness section of the Chicago Tribune on **Tuesday February 10th!** The article will highlight the benefits and flat-out fun of her **Fitness By Phone® Coaching program.** Fitness is just a phone call away!

Winter Teleclasses are here. Read the details in this issue of The Good Life. Register at [TLC Fitness Consulting](#).

Valentine's Day is upon us. **Why not give someone the gift of a Fitness By Phone® session?** You can purchase a single session for your loved one. Tiffany will address their personal health and fitness issues creatively and professionally.

The **"Kick In The Pants" Lifestyle Change Contest** is already entering its second month and the contestants are giving each other a run for their money— literally! At the conclusion of the 12-week contest, the winner will receive **\$1,000.00 cash and \$270.00 of fitness equipment.** Stay tuned for Kick In The Pants news...

To hear more details about **Fitness By Phone®** and to receive my FREE special report, "The Carbo Controversy", call me today. **(773) 252-6511**

Although The Good Life is still being sent out from an AOL email address, please use my personal email address tiffany@tlcfitness.net for any correspondence.

Winter Teleclasses

Fitness is just a phone call away!

Call today, don't delay...

Registration Deadline February 10, 2004

Register at [TLC Fitness Consulting](#)

February Offers 3 Different Teleclasses

- The Vegetarian Way—
- Motivational Matters—
- Fat Loss: Facts and Fallacies—

Teleclasses are the cutting edge of education and TLC Fitness Consulting leads the way with strong, enlightening, and energetic topics. The beauty of a teleclass is that **no matter where in the world you are, you can phone in to learn** about a subject that interests you and come away from the class with information and tools you can use immediately! A teleclass is an **interactive class conducted over the telephone.** You simply call the designated "bridgeline" at the designated time, enter the secret PIN code you'll be given, and voila... class is in session! If you have background noise where you are, you can mute yourself out. When you want to ask a question or make a comment, you can un-mute yourself to be heard.

Each one is so powerful, you'll want to register for them all! On that note, we're offering a **volume discount incentive**— the more you sign up for, the more you save. **Read on to pick the teleclasses that interest you** and then **register online at [TLC Fitness Consulting](#).** Go to the "Teleclasses" page and make your purchase. **Your credit card information is handled securely by Paypal.**

"The Vegetarian Way"

Date: Friday, February 13, 2004

Time: 1:00 pm, CT (1 hour)

Cost: \$20.00

Register at [TLC Fitness Consulting](#)

This special teleclass is great for both the veteran vegetarian as well as the omnivore who's interested in learning more about The Vegetarian Way. When I've given this lecture in the past, participants raved about the ideas I offered for incorporating more delicious plant foods and recipes into their eating styles and the specific brand names I suggested they try. Here are some of the topics that will be covered:

- Definitions and Terms
- Health Benefits
- Ecological Reasons
- Live Enzymes
- Are Supplements Necessary?
- Trends
- What About Protein?
- Benefits of Soy
- Special Concerns
- Dining Out With Omnivores
- Recipes & Brand Names
- Pesticides, Antibiotics, & Hormones in Meat

"I feel so much healthier now that I know what I should be eating. My diet used to consist of all low-fat, high sugar foods. I was getting hungry every 2-3 hours and cranky when I would not get my sugar fix. Since I started eating most of my foods from the portfolio diet, and eliminating caffeine from my diet as well, I have been more happy, less hungry and have lost weight. I love that you took me back to the basics of what the body actually needs— no gimmicks attached. The foods and recipes you introduced to us are delicious and I have been completely satisfied— even more so than when I was eating junk— imagine that. Thanks again, and please let me know when there will be a follow-up class or series of classes again."

—Katie, Chicago IL

"Motivational Matters"

Date: Sunday, February 15, 2004

Time: 7:00 pm, CT (1 hour)

Cost: \$20.00

Register at [TLC Fitness Consulting](#)

Tiffany will host this joint educational teleclass with her colleague, Debi Lander. It is timed perfectly in mid-February to help you keep your health and fitness endeavors a priority as the "resolutions" phase of the New Year tends to fizzle! Whether you're not exercising at all, or just need to break out of a rut and move your routine to the next level, you will be glad you attended. Whether it's your eating habits that need attention, or your activity level and exercise that require examination, we'll supply you with lots of fun, innovative, and motivating ideas and tools you can put to use immediately. You'll be amazed at the good stuff we have in store for you.

"I always thought of getting motivated as an arduous task, but I was pleasantly surprised with the very encouraging attitude that Tiffany and Debi had, and how many great ideas they gave us for making it all fun! I found myself taking notes the whole time."

—Nancy, Chicago IL

"Fat Loss: Facts and Fallacies"

Date: Sunday, February 29, 2004

Time: 7:00 pm, CT

Cost: \$20.00

Register at [TLC Fitness Consulting](#)

This highly informational, interactive, and fun teleclass never fails to exceed people's expectations. Tiffany will host this joint educational teleclass with her colleague, Debi Lander. Participants love the opportunity to ask questions and get answers. No more guessing games when it comes to losing body fat. The TRUTH starts here. Here are just a few things you can expect to learn:

- important dieting "don'ts" that many people "do"
- how many calories are in a pound of body fat and how you can create a fat loss map
- how your heart rate corresponds to calories burned
- why you must work out at a variety of intensities
- the secrets of people who maintain their body weight and composition over time
- the physiological reasons that diet deprivation makes you fatter than you were
- tips on how to make the right choices at home or at restaurants
- the physiology of fat
- weight maintenance.

"Learning about basal metabolic rate, as well as the foods indicated for each of the three macronutrient groups was so helpful! Also, the discussion about fat myths and why they're incorrect was invaluable. I'm going to tell others about future teleclasses— this one was GREAT!"

— Cindy, Joliet IL

Volume Discount Incentive

2 teleclasses $\$20 \times 2 = \40 , but you'll pay just \$30 (\$10 discount)
3 teleclasses $\$20 \times 3 = \60 , but you'll pay just \$45 (\$15 discount)

After the teleclasses, you will receive a rebate check for the discount.

Registration Deadline February 10, 2004
Register at [TLC Fitness Consulting](#)

Fitness is just a phone call away!

We look forward to "hearing" you there...

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. **\$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

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

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 February 2004 Green Card to...

Jim Bodine!

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

Delicious Quote

“To be happy at home is the ultimate result of all ambition.”

—Samuel Johnson (1709 -1784), English Writer

Product of the Month

Exercise Companion CD— One of the tools being used by contestants in the “Kick In The Pants” contest, this motivational CD pushes you to exercise harder and get far more out of your workout. Imagine having a personal trainer verbally motivating you through an entire cardio workout! It’s a dream come true! Invigorating background music and constant companionship with specific interval instructions will dramatically enhance your exercise sessions, no matter what kind of machine you use— even if you walk or run outdoors. \$30.00. Purchase online at [TLC Fitness Consulting](#).

Q & A Time — Your Questions Answered

Q: “Tiffany, why doesn’t an ‘active’ lifestyle suffice for exercise? Why do I need to do ‘cardio’ exercise that raises my heart rate into my personal aerobic training zone?”

— Erin, in Chicago, IL

A: First, what do you mean by an “active” lifestyle? Erin said her idea of an active lifestyle is being on your feet, taking care of two young children, running errands, and pretty much moving around until bed time.

That’s great, but it doesn’t elevate your heart rate into an aerobic training zone. The reason that you need to exercise vigorously most days of the week for about 60 minutes is that our species evolved doing that kind of intensive physical work and thus our bodies thrive on daily vigorous physical movement. Cavemen hauled, lifted, dug, ran, climbed, and swam daily. And incidentally, when they felt tired, they listened to their bodies and took a nap. We have the same physical engineering as our caveman ancestors, who had lean, strong, fast physiques. Cavemen didn’t get what we now call “lifestyle diseases,” like diabetes, cancer, and heart disease. They died from such things as accidents and wounds, starvation, animal bites, frost bite, drownings, and war. Today, people in our culture usually die from insufficient physical activity, overfeeding, and malnutrition. In short, people today are living short and dying long.

Here’s what vigorous aerobic exercise does for us: it increases the number of mitochondria (fuel power houses) in your trillions of cells so that the collective ability of all the cells makes the body more efficient; it increases lung capacity so that every breath you take brings in more oxygen to nourish your tissues and carries away metabolic byproducts; it strengthens your heart muscle so that each pump (heart beat) pushes a greater volume of blood through your vessels, allowing your heart to work less by beating slower; it increases the number of capillaries (the smallest type of blood vessel), which makes it possible to efficiently deliver more blood, oxygen, and nutrients to your cells; aerobic exercise often involves weight-bearing activity, which strengthens bones, and since bone marrow manufactures blood cells, strong healthy bones are capable of making more healthy blood cells. Add to all this the fact that cardio exercise disperses mental/emotional stress and boosts self-confidence and now I ask you, who wouldn’t want a daily dose of all this good stuff?

The bottom line of this issue, Erin, is that we know from decades of exercise science research— tens of thousands of studies —that cardio exercise increases longevity. Better

yet, it lengthens the healthy portion of one's life span and shortens the dying portion.

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

Fun with Research

Researchers at McMaster University in Ontario put 58 previously sedentary women on exercise bikes, sometimes in front of a mirror, other times with the mirror covered. They found that women who could see their reflections tended to feel more tired and were more moody than those who couldn't.

Commentary: Lead author Kathleen Martin Ginis, Ph.D., says that the mirrors may have made the women self-conscious, since they weren't used to seeing their bodies sweating and working hard.

— *Health*, January/February 2004



Nutrition Bites



American portion sizes are up to a third bigger than in other countries, contributing to our culture's collectively increasing waistline. In the last 20 years, portions have gone out of control— bagels and muffins are 3 times larger, steaks are twice as large, cookies are 8 times bigger, and pasta servings are 6 times bigger.

It is common to hear people say that the value of a meal is reduced if the portion is not gargantuan. "Biggie" soft drinks and "super-sized" fries and chocolate bars have gradually spoiled folks into expecting more and more. The size of an airline meal is frequently bawked at for being too small when in fact, it is just right! Your stomach is about the size of your fist... so your meal size should be about the same.

Actually, this phenomenon has not been gradual at all— although 20 years seems to us like a long time in terms of our life span, it is a mere snap shot in the history of humans on Earth, making it downright flabbergasting how fast an entire culture of millions of people transformed their perspective of portion size. There are several reasons Americans are fatter than ever: we're dining out more and restaurant meals are huge; we're eating more fast food; we duplicate those gargantuan meals at home; we underestimate how much we're eating by up to 700 calories; and food is everywhere and we eat when food is in front of us.

What to do? Wait until you have hunger pangs to eat; your body makes those feelings for a reason, so utilize them! When filling your plate, remember that your stomach is barely bigger than your fist so put only that much volume on the plate. Practice recognizing how good you feel when you have eaten only enough to fill the stomach and not overstuff it (what an awful feeling!). Notice how you are calm and revitalized when you eat a small meal, compared to when you overeat and fall into a food coma afterward— feeling lethargic, foggy, and drowsy.

Recipe Box

Butternut Squash Appetizer

1 butternut squash (or acorn squash)
sunflower oil (or olive or canola oil)
sea salt, to taste

Annie's Black Olive and Truffle salad dressing
ground nutmeg
1 small container plain goat milk yogurt
Nut Thins Hazelnut crackers (or other low-calorie brand you like)

Many people are unaware of how sweet and wonderful winter squashes are, regard them as weird-looking, erroneously assume they are unpalatable, and have no idea what to do with them. If that describes someone you know, this recipe will open a whole new world! Butternut squash in particular is sweet like candy. Acorn squash is only slightly less sweet. These squash appetizers are a healthy and delicious version of the popular Wheat Thins topped with Cheeze Whiz or other non-food spread.

Preheat the oven to 400 °F. To cook the squash, cut it in half lengthwise, leaving the seeds and pulp inside. Smear a little sunflower oil on a metal baking sheet/tray, only where the squash halves are going to lie (if you put oil all over the tray, it will burn up and smell). Place the squash halves cut side down on the baking tray where you smeared the oil. Bake them for about 25 minutes. When you can easily impale a sharp knife edge into the squash, it is done. Be sure to test-poke it in several places, since some areas may cook slower than others. If you spear a spot that's still firm, leave it in the oven for another ten minutes. Remove the tray from the oven and allow the squash to cool to room temperature. When it is cool enough to hold in your hands, scrape out the seeds and pulp from each half and discard. Now scrape out all the flesh and pile it into a bowl.

Arrange the Nut Thins crackers on a serving tray. Place a spoonful of squash on each cracker. Sprinkle a little sea salt over them. Place a dollop of plain goat milk yogurt on top of the squash. Carefully sprinkle with nutmeg (not too much— it's a strong taste!). Drizzle a tiny bit of black truffle/olive salad dressing over them.

These little disks of gastronomic pleasure are simple and fast to prepare. You can serve 50 of them on a tray as appetizers or make 6 or 8 just for yourself. Once the squash is cooked, it will keep in a plastic container in the refrigerator for a week, so there's no need to worry about it going to waste. It usually lasts a full week if you eat a little bit every day.

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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