

The Good Life

official newsletter publication of TLC Fitness Consulting

January 2004

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

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Now in the thick of the new year, gads of people are looking in the rearview mirror at the holiday food, alcohol, and missed workouts. “I’m back on the Atkins diet again,” they say with a sigh, “It worked for me last year.” No offense, but if it worked so well for you last year, why do you need to do it again? I’ll tell you why: Because it was so unnatural and exhausting, you couldn’t stick to it and eventually hit the wall of the *backlash binge*. I know, some of you are reading this and saying, “I *realize* I can’t stay on it *forever*. I just do it for a while to get some weight off.”

May I ask a question? Why torture yourself time after time with this nonsensical, yo-yo eating approach? I’m sure I’d go batty if I were practicing this kind of eating! It’s not the kind of diet our species evolved on, so why would it satisfy you now? It lacks several major components of a well-balanced, natural, calming diet. To boot, an Atkins-type diet has major health risks associated with it including osteoporosis, kidney stones, heart disease, muscle loss, mental dysfunction, ketosis, and dehydration.

Here’s my proposal: Since it is much easier to simply eat small amounts of delicious, healthy food whenever hunger strikes, why not choose this route? I call it *eating intuitively* and it’s what my most successful clients have learned to do. Those of us who listen to our bodies—feeding ourselves tasty, earthy food every day—maintain our ideal weight and body composition over time. And you know what? We never feel deprived or anxious about food and we don’t ever have to “go on a diet to get some weight off.” Doesn’t that sound refreshing?

We would love for you to discover this easy lifestyle, too! If you’re thinking, “I have no idea how to do that and there’s too much contradictory information out there,” then stop heeding the trashy advice in magazines and television news spots, and seek help from a professional with credentials. Whoever you go to for professional assistance, I wish you all the best success because there’s nothing like being at your personal ideal weight and feeling light and springy— all the time and forever.

In Pursuit of Excellence,

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

The most happenin' news at TLC Fitness Consulting is the exciting **“Kick In The Pants” lifestyle change contest**. Those who have registered are all psyched up to compete for the **\$1,000 cash prize!** You can still register in the next two weeks, so read the details after this section and call **(773) 252-6511** to claim your spot today.

A brand new product is available at the TLC Retail Pro Shop: **Exercise Companion CD**. One of the tools that will be 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 equipment you use.

Later this month, TLC will again offer the popular **“Motivational Matters” teleclass** to teach people all the ways they can have fun getting or keeping themselves in shape this winter! Are you in a rut? Do you need a spark to light your flame within? Want some really usable ideas for making your health and fitness plan fun? This teleclass elicits much enthusiasm from participants, who say they love the positive attitude we advocate, the many games and reward systems we teach them for making workouts fun and challenging, and our encouragement to simply get moving in whatever way, shape, or form suits their life situation! Watch for an upcoming email announcement with the exact date and time. The “Motivational Matters” teleclass can be purchased on the TLC web site tlcfitness.net.

Encyclopedia Authorship— Tiffany was commissioned in 1999 to write an article for the Encyclopedia of Chicago History, a multi-volume publication being published by the Newberry Library later this year. Entitled **“Fitness and Athletic Clubs,”** Tiffany's article depicts Chicago's rich contribution to the evolution of health clubs in America. In fact, Chicago has been the most influential hub of this industry! The Encyclopedia is in the final stage of publication and Tiffany recently put her stamp of approval on the column format of her article. Very exciting!

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.

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, “The Facts On Fat”, call me today. **(773) 252-6511**

“Kick In The Pants” Lifestyle Change Contest

It's the chance of a lifetime contest! You can't lose!

**** Win \$1,000 cash or get in shape tryin' ****
How would you like to be 1 of only 10 people
competing to win **\$1,000 cash** and **\$270 of fitness equipment?**

TLC Fitness Consulting is hosting a rare contest for you to get in great shape... forever.

See how many of the following 6 questions apply to you and then [call \(773\) 252-6511, ext. 2](tel:7732526511) to hear all the details.

1. Do you wish you had a motivating, knowledgeable mentor and coach to give you a good kick in the pants?
2. Have you said the words, "I'm *sick and tired* of being *sick and tired*" every New Year's?
3. Do you long to be at your healthy body weight, but can't seem to get there by yourself?
4. Do you need a professional to give you the formula for success and then follow you as you progress through it?
5. Have you tried diet after diet, lost some weight sometimes, but always gained it back?
6. Have you sworn to yourself that if a qualified fitness coach would just tell you exactly what to do, day-by-day, you would follow it to a "T"?

You, my friend, now have that opportunity of a lifetime.
I told you "You can't lose!"
How so?

Because even if you aren't the winner of the \$1,000 cash, you'll get in better shape anyway.

**And with Tiffany Crate in charge,
you know it's a bona fide, high-quality event.**

You recently received a special email from Tiffany describing the contest in detail. Read it thoroughly or [call \(773\) 252-6511, ext. 2](tel:7732526511) to hear all the details.

Here's a brief description of the "Kick In The Pants" contest...

Only 10 people can compete in the contest, so you have a better chance at winning the \$1,000 cash. You must enroll in a paid 12-week Fitness by Phone® program and begin anytime during the month of January 2004. Your **odds** of winning **are incredibly high!**

All contestants must be new Fitness by Phone® clients. You don't even have to reside in Chicago since Fitness By Phone® can be done **no matter where in the world you are!** **You just need a phone!**

You must be ready to lose weight and get in shape.

Contestants must get their **weight and body measurements, blood pressure, resting heart rate, and cholesterol levels checked** at the beginning of the contest, again at the 6-week mark, and at the end of the contest.

Before and after photos must be taken.

Contestants must submit 3 measurable health goals they will commit to achieving during the 12 week contest.

Contestants will then be enrolled in and coached using the Fitness by Phone® program, including use of the Caltrac monitor, Polar Heart Rate Monitor, Be Fit Now Motivational CD, and Fitness Diaries.□

Contestants must submit a short essay on how the FBP program helped them achieve their goals and improved their health and fitness.

The dramatic results that can be gained from using this proven, innovative, and fun FBP program **can be seen in Cindy's story:**

"I worked out independently for 10 years and couldn't lose excess body fat. After 24 weeks on Tiffany's Fitness By Phone® Program, I lost 25 pounds! After I graduated from the FBP program, I continued to use Tiffany's methods and now, my total loss is 28 pounds. The program has taught me that weight loss is a science, not a hopeful guessing game. Thank you, Tiffany!" — Cynthia, Writer, 55

Judging, done by Tiffany Crate, Exercise Physiologist, **will take into account** changes in lifestyle and health habits, body weight, body size measurements, blood pressure, cholesterol, and resting heart rate, as well as the essay.

The winner will be announced within two weeks of the end of the contest in late April/early May 2004. A **money order for \$1,000** will be presented to the winner to spend any way you wish! Plus, the **winner will get to keep their training tools (a \$270 value)**, including the Caltrac, Polar HR monitor, and Be Fit Now CD. All told, you will **recuperate the money you spent on the program, and then some!** Moreover, **you'll look and feel better than ever!**

Even if you aren't the contest winner, you'll be in excellent shape at the end of the 12 weeks.

You can get more information about Fitness By Phone® by visiting TLCfitness.net and clicking on the Fitness By Phone® link or by calling Tiffany to discuss it.

Whatever you do— don't dawdle! Spaces will fill up FAST.

**Sign up for the “Kick In The Pants” contest today!
You can't lose!**

Remember, the game is good for you, and you're good for the game!

So, let the games begin, y'all!

(773) 252-6511

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. You can **purchase** them **with your credit card** 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**

[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. **\$25.00**

[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

“Animals don’t know anything about vitamins. They determine the nutritive value with their instinct, palate, and olfactory faculties acting for them in place of judgment.”

— *George Sinclair, 1869*

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 January 2004 Green Card to...

Laura Boton!

Congratulations, Laura! 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, can you give me ideas for incorporating into my diet the healthy fats you recommend?”

— *H.B., in Joliet, IL*

A: Absolutely! Incorporating healthy fats such as olive oil, avocado, nuts and seeds, and beans and lentils is really easy. First, know that a healthy eating plan should include about 25% fat. That means that a person who is 130 - 160 pounds needs 43 - 53 grams of fat per day. Knowing this, let’s imagine you get hungry, on average, about 3 times per day (Remember to only eat when you are feeling hunger pangs!). So each meal would include about 14 - 18 grams of fat.

Plant oils like olive, canola, sunflower, and safflower are great for drizzling onto bread, toast, or canned beans (white, black, pinto, black-eyed peas) or lentils. A tablespoon of most oils is about 14 grams of fat. They also serve as ideal oils for making your own salad dressing, combined with balsamic vinegar, salt, pepper, and lemon juice.

Avocados are delicious either sliced as a condiment or mashed into guacamole. Sliced, you can put it on sandwiches, on salad, or on whole grain crackers. For guacamole, add in chopped cherry tomatoes, salt, cayenne pepper, and lime juice. Use guacamole on toast, as a vegetable dip, or as a sandwich spread. Limit serving size to 1/4 or 1/2 an avocado.

Nut and seed oils like flax, walnut, and peanut are wonderful in oatmeal, smoothies, and healthy baked goods (whole grain muffins, bars, granola). Whole nuts add great texture to salads, stews, and hot or cold cereal. Remember that a serving of larger nuts is just 1/4 cup, while a serving of small nuts or seeds is about 1 tablespoon.

Healthy fats are called “essential fats” because they are required for crucial bodily functions in all 11 organ systems. Without a regular supply of healthy fats in the diet, you will become malnourished, crave junk foods, feel listless, and possibly risk depression.

Unhealthy fats are also referred to as “structural fats” because they are generally converted to bodily fat. Examples include dairy, eggs, and many types of animal flesh. Keep these fats to a minimum in your diet.

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

Fun with Research

Erectile dysfunction as it correlates with lifestyle choices was the topic of interest when researchers at the Harvard School of Public Health in Boston mailed a questionnaire to a cross-section of 31,742 men aged 53 to 90 years. The respondents were asked about their sexual function, physical activity, body weight, smoking status, marital status, medical conditions, and medication use.

One-third of the men reported having had an incidence of erectile dysfunction in the previous three months and guess what? The problem was most common in men who were obese and least likely in those who exercised regularly. The incidence of erectile dysfunction was also higher in men who smoked, consumed, consumed alcohol, and spent considerable time watching television.

Commentary: Duh!! The secret to life is simple— when we exercise, eat close to the Earth, and avoid poisonous substances, everything falls into place, including sexual function. When we neglect exercise, fail to eat nourishing foods, and poison ourselves daily with toxic substances, daily existence becomes pretty crappy. Life is short. No matter what your gender, the above “scientific” finding is plain common sense.



Nutrition Bites

A few facts on fat... Fat takes from 6 to 8 hours to digest, so avoid eating large, fatty meals, as this will make you feel bloated and tired. Fifteen to 20 grams of fat per meal is about right for most people. It is important to include *some* fat in each meal to satisfy your immediate appetite, as well as keep you satiated for a few hours.

Very low-fat diets quickly cause exhaustion and sap the will to exercise. Moreover, when you're exhausted, you crave simple sugar and starch. This creates a vicious cycle of fatigue leading to a sedentary lifestyle, leading to weight gain and apathy, leading to emotional dysfunction and binge eating. Important vitamins, minerals, and fatty acids are delivered to our cells via the consumption of fat, which is why excluding it from your diet is so detrimental.

Pay attention to the labels of foods and drinks you like to consume and become familiar with their fat contents. The more you learn about your favorite foods, the better you'll be able to construct sensible meals for yourself.

Recipe Box

Gorgonzola Caprese Salad

sea salt, to taste
fresh ground black pepper, to taste
olive oil
balsamic vinegar
2 cups cherry tomatoes, quartered
4 oz. gorgonzola cheese crumbles
handful of basil, snipped up

This is really too simple! My husband and I put our own spin on the traditional Italian caprese salad by substituting gorgonzola cheese for fresh buffalo mozzarella and chopping up cherry tomatoes instead of using slices of big tomatoes. We really like it and it never fails to impress our guests.

Combine the tomatoes, basil, and gorgonzola in a bowl. Sprinkle in some sea salt and black pepper. Pour a splash each of balsamic vinegar and olive oil over the salad. Stir it up well and let it sit for a little while so the flavors meld.

Give it another stir just before serving. Then watch your guests' faces light up when they take their first bite!

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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