

The Good Life

official newsletter publication of TLC Fitness Consulting

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

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Happy Summer! Is this time of the year incredible or what? It's great to be alive. No matter who we are, we have blessings to count. Some days, everything goes our way, the world seems right, and as we skip through the day, perhaps we forget to count our blessings. Other days, everything goes wrong, we feel like a magnet for disaster, and it's easy to forget about our blessings. But any day is the right time to remember how good it is to be ourselves! With all our blessings, all our curses, and everything in-between.

In the spirit of taking full advantage of all the sweet things in this lifetime, I want to thank anyone who is reading The Good Life right now. You are the reason I produce this thing! If there were no one interested in receiving and reading it, The Good Life wouldn't exist. So I am grateful. Writing each issue is a sweet pleasure for me and it is my blessing that there are so many people who enjoy it. Thank you!

In Pursuit of Excellence,

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TLC News

I am pleased to announce that **TLC Fitness Consulting has a spanking-new web site!** The grand unveiling will occur in the next couple of weeks and by the time the August issue of The Good Life rolls out, you will be able to visit the web site and utilize it in a variety of ways. The Pro Shop will have on-line ordering with the ability to handle credit card purchases. You will be able to read details about each service TLC provides,

including Fitness By Phone®, Conventional Training, Nutrition Counseling, Teleclasses, Special Clinics, Group Training, and more. You can read about Tiffany's background, credentials, and philosophy of coaching. You can obtain free training information that you can put to use right away in your own exercise and nutrition regimen.

This August, TLC will offer a **Beginner's In-line Skating Clinic** for those who want to learn fundamental skills for skating safely and effectively. This clinic will consist of two sessions, each lasting one hour. Read the Special Clinic section below for details.

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

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

Many useful 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

"Man never made any material as resilient as the human spirit."

— *Bern Williams*

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 July 2003 Green Card to...

Cindy Martis!

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

Special Clinic — Beginner's In-line Skating

Who makes a good participant?

Men and women who do not yet know how to skate, but want to learn fundamental skills for skating safely and effectively. Participants will learn and practice many skating skills such as balancing, basic striding, stopping, bobbing, turning, and how to handle staircases

and ramps.

Where will we meet?

We will meet at Recreation Park, which is one exit north of the Belmont exit off of Lake Shore Drive in Chicago. Recreation Park offers a variety of terrain for practicing these skills.

When is it?

The clinic will consist of (2) one-hour sessions that will take place on consecutive Sunday mornings, August 17 and August 24 at 9:00 am.

What is the cost?

The cost for the In-line Skating Clinic is \$40.00 per person. You must pre-register at your earliest convenience! To do so, please send a check made payable to TLC Fitness Consulting to P.O. Box 118216 Chicago IL 60611. Specify on the memo line of your check that you are registering for the In-Line Skating Clinic. Additionally, leave a message on (773) 252-6511, ext. 2 with your name, telephone number and email address so that we can contact you right away.

What if I don't have my own skates?

If you do not have your own skates, you will need to rent them. Londo Mondo has 3 locations and rents skates for \$20.00 per day, or \$7.00 per hour. If you rent for two days, you get the third day free. We recommend that you pick up your rental skates on Saturday afternoon or evening so that you can come straight to the Clinic on Sunday morning, ready to go.

Thank you and we hope to be skating with you next month!

Q & A Time – Your Questions Answered

Q: “I heard that to lose fat, it’s better to run fast and slow intervals rather than just run at medium speed the whole time because the body is kind of like a car— it uses up more fuel when you keep changing speed. Is this true?”

— M.S., in Chicago

A: You *will* burn up more fuel by doing an interval workout of alternating fast and medium speeds, but it’s not simply because you keep changing your speed— it’s *because you are spending more of the workout time running at a higher speed*, which burns more calories than does a medium speed. Calories burned are directly correlated with intensity of exercise. The higher the intensity of work, the higher your heart rate, and the more calories you burn. If you do two workouts of equal duration, but the first one is at a medium speed the whole time and the second one consists of alternating periods of fast and medium speeds, the second workout will certainly burn more fuel because it required more work. However, if you follow the interval format every time you work out, you will eventually find yourself in a state of burnout. High intensity workouts cannot be done effectively day after day without paying a price.

So you must mix up your workout formats. Suppose you’re running three days per week. The first week, I recommend you do the interval format on Monday and Friday and the medium speed format on Wednesday. The second week, do the medium speed format on Monday and Friday and the high intensity interval format on Wednesday. The

third week would look just like the first week and the fourth week would look just like the second week...this way, you'll avoid burnout from overexercising. Additionally, this same regimen can be applied to any type of cardio workout, whether you use cardio machines, swim, in-line skate, or whatever.

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

Fun with Research

Nocturnal leg cramps common in many older persons (and some younger folks, too) might be prevented by taking a B vitamin supplement, according to a study from Taipei Wan Fang Hospital in Taiwan. The subjects took either a placebo or a B complex supplement containing 50 milligrams of vitamin B1, 250 milligrams of vitamin B12, and 5 milligrams of vitamin B2. After three months, 86% of the patients taking supplements reported remission of leg cramps, with a significant reduction in the frequency, duration, and intensity of the cramps, while no significant reductions in leg cramps were noted in the placebo group. — *Journal of Clinical Pharmacology, 1998; 38:1151-1154.*

Commentary: Vitamin B1 is also called thiamin. It is crucial to brain and nerve function and is used to release energy from carbohydrate, among other functions. You can get Vitamin B1 from your diet by regularly eating whole grains, nuts and seeds (especially sunflower), dried or fresh beans, as well as meat.

A vital function of Vitamin B12 is to maintain the myelin sheaths that insulate nerve cells from each other. The most nutrient-dense sources of Vitamin B12 are animal sources like meat, eggs, and dairy, so vegans should take a B complex supplement.

Vitamin B2 is also called riboflavin. The coenzymes of Vitamin B2 participate in many energy-yielding metabolic pathways, such as when cells form energy using oxygen or when fats are broken down and burned for energy. Dietary sources of B12 include dairy products and eggs, enriched grain foods like cereal, and meats. Mushrooms are rich in the B Vitamins.

So you can begin to see why a deficiency of the B Vitamins can cause muscle cramps. I want to drive home the point that we should always rely first on getting vital nutrients from our daily food intake by choosing to eat mostly whole, fresh foods from the plant kingdom—8 to 10 different types of vegetables or fruits each day—and then also take a high quality multi supplement. Think of meat, eggs, and dairy as accompaniments, not main dishes.

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 TCrate1781@aol.com.

[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

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



For the last ten years, I have lamented the fact that the standardized Nutrition Facts label that appears on most food packaging does not include the number of fat grams that come from "trans fatty acids" or "trans fats." Why? Because trans fats are just as harmful to health as are saturated fats, and many authorities believe they are even more detrimental.

Well, this week, the media has been all aglow with the news that the standard Nutrition Facts label will soon reveal this very important piece of information! In the near future, you will see on the label not only the terms Total Fat and Saturated Fat, but also Trans Fats. While the Facts label currently does not reflect this information, the informed consumer knows that the Ingredients section of food labels lists trans fats as "hydrogenated vegetable oil" and "partially hydrogenated vegetable oil."

What are trans fats and why do they exist? Trans fats are fats that originally were relatively healthy plant oils, but were artificially pumped with hydrogen atoms (hence the term hydrogenated oil) to make certain food products stiffer and hold up better at room temperature. Examples of such foods include margarine (especially stick margarine), baked goods and pastries, salty snack foods like chips and processed crackers, and many, many other processed, packaged junk. Trans fats are rampant in the American diet, but those who are attempting to eat "close to the earth" will be able to make informed decisions about

the types of fats they choose to consume. Remember, if you simply avoid and minimize processed foods, you will automatically abstain from trans fats!

Recipe Box

Buck-eye Stew

32 oz. vegetable broth (I prefer the organic varieties that come in a vacuum-packed box)
1 carrot, sliced thin diagonally
5 or 6 cloves of shallots, chopped
olive oil (for sautéing)
3/4 cup buckwheat groats (in bulk foods section of a health food store like Whole Foods Market)
a big handful of spinach leaves
white pepper to taste
sea salt to taste
fresh dill to taste
1/4 tsp. cinnamon
1/8 tsp. nutmeg
1/4 tsp. turmeric
15 oz. can black-eyed peas, drained

Put the vegetable stock in a large pot over medium heat. Next, heat up a frying pan over medium-high heat, and when it gets hot, drizzle some olive oil in it. Place the carrots and shallots in the pan and sauté them until the shallots turn a little brown and the carrots get a little softer. When done, transfer the shallots and carrots to the pot of vegetable stock and add the buckwheat groats. Meanwhile, rinse and tear up the spinach leaves, discarding any tough stems. Add them to the pot. Sprinkle all the seasonings into the pot, stirring occasionally. Add the black-eyed peas last, and continue to warm the stew, but reduce the heat to low. It is important that you wait until the end of the cooking process to add the peas because they are already cooked and will turn mushy if you cook them too long in the stew.

You can make all sorts of variations of this stew with whatever you have in the refrigerator and cabinets. Be creative. You will learn what combinations of foods and seasonings you like best! If you don't have access to stores that sell organic veggie broth, you can get Swanson's vegetable broth at stores like Jewel or Dominick's, and it comes in a can rather than a box. If you don't have access to buckwheat groats, use any complex grain like brown rice or whole wheat pasta. The total prep and cook time is around 30 minutes. This stew makes about 4 servings. It tastes better each day that it is stored in the refrigerator. It will keep for up to 4 days.

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...

"Recording a Workout File." When you want to record your heart rate information into a file in your monitor, simply follow these steps:

- 1) Be sure you're wearing your transmitter, which goes around your rib cage just below your chest.
- 2) When you've broken a sweat, press the red Start button to begin measuring your heart rate. As long as you are sweaty enough to transmit a signal, your heart rate should appear

on your monitor. At this point, you are simply measuring your heart rate, not recording it yet.

3) To record your heart rate data, you must press the red Start button again. Immediately, you will see a stopwatch timer running on your monitor. The time of day will still show at the top of the screen. The monitor is now recording your heart rate data into a file.

4) To pause the recording (to use the restroom, answer the phone, etc.), press the lower left Stop button once. You will notice that the Stop Watch stops. When you are ready to resume recording, press the red Start button. You will notice the Stop Watch begin to run again.

5) When your workout has ended and you wish to stop recording altogether and store the data away as a file, press the lower left Stop button two times. Notice that your monitor returns to the main screen showing date and time. Your heart rate data has now been saved as a file.

6) To retrieve the workout file, press the upper right button once. "File" appears on the screen. Press the red button once. The screen displays Exe Set and alternates showing the date of the workout and the time of day that you started the workout. Press the red button again. The screen displays the duration of the workout as well as your average and max heart rates.

7) Note: Your monitor stores only one file! The next time you record a workout, it will record over the last file. So if you are keeping a diary of your heart rate data, be sure to write down the data from the file mode before you record another workout.

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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