

The Good Life™

The official newsletter publication created, produced, and sent to you by Tiffany Crate, owner and director of [TLC Fitness Consulting](#).



As a child in the early 1970s, I was taught by my mom to notice the arrival of the cicadas each summer. I like the sound of cicadas. Their choppy, helicopter-like buzzing from the tree tops is quite soothing as background music. They help make summertime in the Midwest complete! While the cicadas' estimated time of arrival is mid-July, it's fun to anticipate their debut date, as it changes slightly from year to year.

There's just so much to look forward to in summer, and it seems to slip by so quickly! Mulberries, strawberries, and late sunsets in June... Independence Day, Tiger Lilies, and blueberry picking in July... Skating lakeside, peach pie, and the Air and Water Show in August... Homegrown tomatoes, concerts at Ravinia, and Chrysanthemums in September.

Live in the moment! This is it, folks. Most of us are speeding along the busy boulevards to our futures, but nothing is stopping us from arranging our lives in a way that is conducive to living in the moment. If you don't stop to smell the flowers (literally!) because you feel silly, or you foolishly assume they will still be there tomorrow, you will find yourself sorrowfully standing amidst the falling leaves and setting sun in October, wondering where summer went.

Living in the moment doesn't just happen magically— you will not one day “find” yourself skating along a river walk or suddenly “find” yourself at the Botanic Gardens. Living in the moment often requires scheduling the sweetness of summer into our lives. So plan to grill vegetables for dinner tonight and then look forward to it all day long. Drive yourself and your skates over to the river or the lake. Scan the Ravinia schedule and mark your calendar with a few concerts. Keep seasonal fresh flowers in vases around the house. Have your weekend morning coffee outside in the fresh air. Get up really early one day and watch the sun rise while you're out walking.

Living in the moment is what separates the *lovers of life* from the *living life-ers!*

In Pursuit of Excellence,

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TLC News

Tiffany Crate Interviewed By Career World Magazine— The October issue of the magazine will focus on careers in the health and fitness industry. Tiffany will be spotlighted as an example of an entrepreneurial, self-employed fitness coach.

Intuitive Eating Class Series will begin July 13. What a breath of fresh air, to be able to eat what you desire, when you want it, and feel good about it! TLC Fitness Consulting is the premier source for this information in Chicago. **See the special section below for details.**

Brand New Look— we're proud of the classy, new format of The Good Life newsletter! Special thanks to Robert Butta for his design skills and patience. We believe everything in life should keep getting better, don't you think so?



Fitness is Just A Phone Call Away

Intuitive Eating

The Dynamic Un-dieting Recovery Model

There are events in your life that are so **big**, so **life-altering**, that you thank your lucky stars you were in the right place, at the right time, to take advantage of it. This is one of those rare times.

How many of the following statements sound like the words you say to yourself?

- I'll start tomorrow.
- From now on, I'm not going to eat _____.
- If it weren't for my _____, I could lose weight.
- If I am strict enough and hard enough on myself, maybe I'll change.
- There's just too much stress in my life for me to handle managing my weight right now.
- Life will be better when I lose weight.
- Other people make this difficult for me, it's hard to even try.
- I don't trust myself with food, so I have to keep dieting.

These are just a fraction of the examples of defeating self-talk that dieters are all too familiar with.

The primary focus of the Intuitive Eating Series is to educate you on the physical, mental, and emotional issues around weight management and to give you back your power after all the

**It's not too late to register!
Class starts Tuesday, July 13th.**

deprivation diets you have been on. **For the first time in your life, you will address the true reasons you let food rule your existence.**

Ultimately, nearly all attempts at dieting fail. "Dieting is not just about eating— it is an entire way of life and life has a very different meaning for people when they become dieters," warns Janet Polivy, Ph.D., a professor of psychology and

Learning Intuitive Eating is essential because diets don't work! If they did, everyone would be skinny.

psychiatry at the University of Toronto. "Their self-image and self esteem become tied up in the process," For this reason, dieters are driven by their subconscious to meet their emotional needs, especially when deprivation is present.

Why is dieting so destructive?

- Dieters tend to use food to calm their emotions, thus dieting leads to feelings of guilt, falsification of food, weight fluctuations, and binge eating.
- Food is a major aspect of weight management and food plays a major role in many important and enjoyable aspects of our lives.
- Upon birth, an infant is a demand feeder, eating when

- hungry and stopping when full.
- Once introduced to the table, the true response to needing food is replaced by externally controlled eating, dictated by another individual—the parent.
- Food is used as an emotional pacifier, rather than as energy. “Oh, you’re sad? Let’s have some cookies and milk and make it all better!”
- One’s size, health, or cultural beliefs make one’s self image unacceptable and a “diet” is introduced.
- Deprivation becomes a lifestyle and “diet deprivation backlash” is the inevitable result.
- Diets have a 98% failure rate as dieters cycle on and off various diets, losing and regaining weight, while their self-esteem spirals downward.

So who makes a good participant for the Intuitive Eating class? Anyone who is ready to stop dieting forever and regain the power that you relinquished when you were a small child. If you have tried your last “diet,” if you are fed up with living a lifestyle of deprivation and backlash bingeing, and you have hit “dieting rock bottom,” then Intuitive Eating is for you.

But if you cannot resist trying just one more diet, please... go do it and get it out of your system, and when that diet fails you like all the others have, and you recognize that repetitive dieting is ruining your life, you will finally be ready for this class and Tiffany Crate will still be here, ready to teach you the lifesaving concept of Intuitive Eating.

The series will consist of:

- An exploration of the fears that cause you to defer to food, rather than turning to it for nourishment and enjoyment
- Positive support and encouraging experimentation

- An environment that makes it easier for you to be honest with yourself
- Introduction to and utilization of the Hunger Scale
- Implementation of self-directed actions, rather than actions externally dictated by others
- Learning and understanding the nutrition content of the main food categories and their satiation capacity (both physically and psychologically)
- Practicing the construction of balanced meals that fill you until it’s time to eat again
- Figuring out how much food you actually need to achieve and maintain your ideal weight
- Education on the physiology behind hunger, cravings, and contentment
- Learning to eat normal meals that honor you and make you feel good
- Weekly assignments that keep you involved in the journey toward permanent self-empowerment

The class series will be (6) 60-minute sessions on Tuesday evenings, from 6:00 -7:00 pm, July 13 - August 17. Classes will be held in the peaceful backyard confines of Tiffany Crate’s home, in the Humboldt Park neighborhood within Chicago.

The cost for the Intuitive Eating Class Series is \$200.00 per person. Space is limited, so please call (773) 252-6511 today to register.

A very special opportunity... it will be an intimate group, so you’ll get plenty of personal attention; it will be in the comfort of Tiffany’s home, in her beautiful gardens; and you will empower yourself to return to a relationship with food that is nurturing, feels natural, and literally pulls you out of the deep, dark chasm of dieting misery.

Intermediate In-line Skating Clinic

When is it?

The clinic will take place on Sunday morning, July 25 from 9:00 - 10:00 am.

Who makes a good participant?

Men and women who can stand up on skates and move a little bit, 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.

You’ll be amazed at how much better you feel on skates by the end of the hour!

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. The parking lot is a cash lot; you pay a parking kiosk

and place a ticket on your dash board; 50 cents per hour.

What is the cost?

The cost for the In-line Skating Clinic is \$30.00 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. Additionally, leave a message on (773) 252-6511 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

“Since Tiffany is such a great educator, I was in very good hands. She provides a non-intimidating environment through her encouraging words and her skill-building class format.”

— **Becky Youngberg, 37**, HR Director

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. Pick up your rental skates the day before so that you can come straight to the Clinic on Sunday morning, ready to go.

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 2004 Green Card to...

Mimi Duginger!

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

Fun With Research

The Importance Of Exercise For Men

A 10-year study of almost 1,300 men, average age 52 years, was conducted by researchers in Finland. At the outset of the study, all of the men were free of cardiovascular disease, lung disease, and cancer. At the ten-year mark, it was found that those who had

performed well on a maximum oxygen uptake test (VO2 Max) and could exercise longer were more likely to be alive at the end of the study. The sad news: the men who had performed poorly were 3 times more likely to die from any cause.

— *Archives of Internal Medicine, 2001; 161, 825-831*

Delicious Quote

“Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our Light, not our Darkness, that most frightens us.

We ask ourselves, who am I to be brilliant, gorgeous, talented?
Actually, who are you not to be?

You are a child of God. Your playing small does not serve the world.
There is nothing enlightening about shrinking
so that other people won't feel unsure around you.
We were born to make manifest the glory of God that is within us.

It is not just in some of us; it is in everyone.
As we let our own Light shine,
we unconsciously give other people permission to do the same.
As we are liberated from our own fear, our presence automatically liberates others.”

— Nelson Mandela, in his 1994 election speech

Success Story

“A little over a year ago, I came down with bronchial pneumonia. After a couple months of coughing, sheer exhaustion, and lots of medication, I finally recovered. On the tail-end of my illness, Tiffany was telling me that perhaps if I had taken better care of myself, I wouldn't have gotten so sick in the first place. We swiftly came to the topic of nutrition.

Although I have been a vegetarian over the last 12 years, I hadn't been paying enough attention to consuming a wide variety of fruits and vegetables. Simply eating, say, half a grapefruit and half a banana instead of just one of those entire fruits by itself, was a more effective and

beneficial way to introduce more fruit nutrients into my diet. Likewise with vegetables, now my salads consist of much more varied ingredients, compared to how I had prepared them in the past. And I continually strive to try new produce in order to have all sorts of vitamins, minerals, and phytochemicals every day.

The result? I have literally not been sick since (16 months!) and my energy level is at an all-time high. Thanks for the invaluable advice, Tiffany! I am indeed reaping the benefits.”

— Suzanne Massicot, 32,
Mother, English Teacher

“Simply eating, say, half a grapefruit and half a banana, instead of just one of those entire fruits by itself, was a more effective and beneficial way to introduce more fruit nutrients into my diet.”

Q & A Time — Your Questions Answered

Q: “Tiffany, if low carb diets like Atkins are a bunch of nonsense, why is it that some people lose weight while following them?”

— James, in West Virginia

A: James, what is often not mentioned in the advertising of such a diet is that its caloric content is lower than what many people in our culture typically eat. Consumers who follow the daily meal plans laid out in low carb diets end up eating a fairly low-calorie diet, and when that happens, they lose weight. No matter what type of food is restricted (carbs, fat, or protein), fewer calories consumed equals weight loss!

“Most people trying to lose weight are going to restrict the total number of calories they consume. They lose weight and see their cholesterol levels drop, and they attribute it to cutting out the carbs, when in reality, they’re probably eating less fat, too, and fewer calories in general,” says Felicia Greer, PhD., assistant professor of exercise physiology at the University of California, Davis.

The contention that omitting starchy (bread, potatoes, and pasta) and sugary (candy, desserts, and sugary drinks) carbs assists in weight loss is rightfully accurate for a few reasons: 1) cutting all these foods out of your diet means you will be eating less, 2) when you reduce the amount of simple carbohydrates in your diet, you affect a

smaller insulin response, which makes you less likely to store calories as fat, and 3) limiting sugar and starch breaks the simple carb craving cycle that results when insulin surges, blood sugar level drops rapidly, and cravings for more simple carbs rise again, causing people to eat too many calories.

Moreover, many low carb diet plans instruct the consumer to omit an evening meal each day. Well, anyone who eats 25% to 33% less food each day is destined to lose weight!

Here’s the bottom line, James: Americans tend to eat more simple carbohydrates than they should in the first place. Substituting whole grain foods for refined flour foods is a smart way to get the nutrients that are in the grains without an insulin surge and they are filling! As for sweets, if you really want to have some of your favorite, go ahead! —but keep it to a couple of bites, knowing that there will always be more available tomorrow (America, the Land of Plenty), if you want more. Thus, no need to overindulge today.

Fit and healthy cavemen didn’t need an Atkins diet because they automatically, intuitively ate the way humans are designed to— lots of fresh produce and whole grains, complemented with healthy fats and lean proteins, eating when hungry and stopping when satisfied.

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

Nutrition Bites

“Just because it’s on the shelf at the grocery store doesn’t mean it’s edible!”

Starting in 2006, manufacturers of conventional foods and some dietary supplements will be required to list trans fat quantities on food labels. Current labeling law does not require this piece of information, but some products do list it by choice, usually because the manufacturers want to point out that their product doesn’t have trans fat in it.

What is it about trans fat that is unhealthy? Well, the chemical composition is difficult for the

body to digest and assimilate, leaving behind free radicals that promote cancer and aging of cells. Trans fats raise the level of low-density lipoprotein (LDL) cholesterol, which is the deleterious type; they interfere with the function of high-density lipoprotein (HDL) cholesterol, which is the helpful type; a high intake is associated with increased waist circumference (the most risky place to store fat); and trans fats are linked to certain cancers,

the development of diabetes, abnormal fetal brain development, and atherosclerotic cardiovascular disease.

If they're so harmful, why do food manufacturers use them? Because trans fats make food products sturdier at room temperature (which improves their texture), prevent rancidity, and last longer on the shelf. But, as I like to say, "Just because it's on the shelf at the grocery store doesn't mean it's edible!" Sure, we can probably get away with eating little bits of trans fats over the course of our lives, but when they're consumed daily in a variety of foods, you have yourself an insidious problem in the works.

It's easy to identify trans fats on the

ingredient lists of food labels— just look for the words hydrogenated and partially hydrogenated vegetable oils in all sorts of foods like crackers and chips, baked goods, cereals, powdered drink mixes, dressings, sauces, fried foods, and just about all packaged snack foods, whether soup, breakfast bars, and even some sports "energy" bars.

Because so many Americans eat large quantities of the aforementioned foods, most trans fat intake goes unnoticed. So watch labels for hydrogenated oils, limit your consumption of packaged snack foods and drinks in general, and replace those items with more fresh, wholesome, earthy foods that haven't been processed.

Recipe Box

Tofu Mediterranean

1 package extra-firm tofu, cut into 1/2 inch cubes
 1 Tbsp. olive oil
 13 oz. marinara sauce
 ground cinnamon, to taste
 ground ginger, to taste
 white pepper, to taste
 1 Tbsp. sunflower seeds
 big handful baby spinach, snipped up with culinary scissors
 1.7 oz. crumbled feta cheese (garlic herb variety)
 fresh dill, snipped

Place a nonstick frying pan over medium heat. Add the olive oil and marinara sauce to it. Drain off the liquid from the package of tofu. Slice the tofu into 1/2 inch cubes and place them in the pan in a single layer so that they are all in contact with the bottom of the pan. Move the sauce around the cubes to coat them well. Snip up the spinach and set aside. Sprinkle the cinnamon, ginger, white pepper, and sunflower seeds into the pan, stir everything, and place the lid on the pan for about 3 minutes. Add the spinach and stir, again forming a single layer of cubes across the pan, and cover the pan for another 3 minutes. Add the feta cheese and stir again. Place the lid on the pan, lower the heat, and let stand for about 5 minutes. Transfer the entire mixture to a serving dish. Snip up the dill directly over the top of the mixture, both for presentation and for taste!

You'll wow your companions with this taste and texture sensation. I always do!

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 + taxes, shipping & handling

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 + taxes, shipping & handling

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**

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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