

The Good Life

This official newsletter publication was created, produced, and sent to you by
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A recent trip to Jamaica reminded me of the stark contrast in body image ideals between Americans and peoples of the Caribbean. The degree of self loathing that many Americans, especially women, experience regarding their bodies is somewhat unique to our culture, whereas Islanders see the beauty and attraction in lots of body types— not just the rare, waif-like, model type that “graces” (poisons?) the covers of women’s magazines. Every time I travel to the Caribbean, I am refreshed by the widespread acceptance of and love for normal female bodies. A strong, athletic build is adored. A healthy level of body fat is appealing. Hips and thighs and breasts are flaunted by women and revered by men.

At a book club meeting last month, we discussed the media’s effect on women’s sense of self-worth and strength. Author Myrna Blyth depicts the current day scenario in her book, “Spin Sisters,” in which she writes, “All the mags tell us we must keep trying. They make us feel that we are fat, frumpy, and fading fast.” One top beauty advisor told Ms. Blyth, “We hold up the ideal to women, an ideal she can never achieve— but we want her to keep trying.” *Well, that’s about as shamelessly blatant as it gets.* To all the women present at our meeting, one man spoke as a representative of his male counterparts, “Listen, we don’t care if you’re 150 pounds or 160 pounds, and honestly, we don’t notice the difference!” Bravo! In other words, if you exercise and your weight is in a healthy range for your height and you feel and act energetic, you are beautiful.

Though the media may be wickedly manipulative, those who subscribe to their nonsense are almost as guilty. I mean, really— keep buying the latest diet book and the jars of cellulite cream and you bet they’re gonna continue advertising unattainable fantasies to us! Consider this: Why is it that American women want to be so unnaturally *small*? Is there an underlying psychological reason that women want to make themselves *so thin, so insignificant in size*? Is it perhaps an unconscious attempt to *belittle themselves*? We create our own reality; have women in our culture psychologically beaten themselves up so badly that they unconsciously try to make their outward appearance *frail and feathery* to match their low self esteem? Here’s another thought: Why do we often hear people say, “What a beautiful, big baby!” when a woman shows off her newborn infant, but we never hear *big and beautiful* in the same sentence when referencing an attractive, adult woman? Healthy, active, normal weight women should be *proud* of their physiques.

If the diet trend you used last month or last year worked so well for you, then why do you need to do it again? Unless that wonderful diet enabled you to keep the weight off and not regain it, then it failed you. A “diet” is a bandage that does not address the root of the problem— that’s why dieters have to keep dieting! Until you find a permanent way to eat normally and settle at a comfortable body weight, you will always feel the need to “diet.” In July and August, TLC Fitness Consulting will offer Chicago’s premier Intuitive Eating program to women and men who want to take back control over their relationship to food and *never need to diet again*. If that sounds heavenly to you, please read the details

in the special section below and join us for a life-altering journey.

In Pursuit of Excellence,

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

The Menopause Remedies Teleclass drew rave reviews from participants who gleaned a fresh and factual understanding of how the adrenal system affects every aspect of the body. If you missed the teleclass this time, be sure to attend next time it's offered!

Participant Cathryn Taylor says, *"For someone like me without a medical background, the information was clearly presented and helped me feel more knowledgeable and better able to manage my own health care."*

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— next month, we will unveil our exciting 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?

To hear more details about **Fitness By Phone®** and to receive a copy of the recent Chicago Tribune article featuring Tiffany's phone coaching, call today. (773) 252-6511

Although The Good Life is sent out from an AOL email address, please **use Tiffany's personal email address** tiffany@tlcfitness.net for any correspondence.

Intuitive Eating Class Series

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 _____.

I've tried before and not succeeded, so why would it be different now?

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.

I deserve a little treat now and then.

Life will be better when I lose weight.

Well, there goes my diet, may as well give up.

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.

And 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 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 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 Learning Intuitive Eating So Necessary?

**Because Diets Don't Work!
If They Did, Everyone Would Be Skinny.**

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.

Who makes a good participant?

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.

What will the series 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

When is it?

The series will consist of (6) 60-minute sessions on Tuesday evenings, from 6 - 7 pm, July 13 - August 17.

What is the cost?

The cost for the Intuitive Eating Class Series is \$200.00 per person. Space is limited, so you must pre-register at your earliest convenience! *The cost for registering after July 5 will be \$215.00.* To register, 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 Intuitive Eating Class Series. 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.

Where will classes be held?

In the peaceful backyard confines of Tiffany Crate's home, in the Humboldt Park neighborhood within Chicago.

This is going to be a very special opportunity— one, because it will be an intimate group, so you'll get plenty of personal attention; two, because it will be in the comfort of Tiffany's home, in her beautiful gardens; and three, because 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.

Beginner's In-line Skating Clinic

Here's what one beginner Skater had to say about her experience:

"TLC's dynamic in-line skating clinic is exciting, unique and most of all, fun! This instruction is essential for beginners and can prove very favorable for those who want to brush up on their skating skills. With skates, an open mind, and a professional fitness instructor with an enormous amount of experience and positive energy, you are bound to succeed!"

—Memorie Knox, Media Correspondent

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.

If you think you'll be the only one there who can't even stand up on skates, please know that this clinic is exactly for people like you! You won't believe 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.

When is it?

The clinic will take place on Sunday morning, June 27 from 9:00 - 10:00 am.

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 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 the day before 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 soon!

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 June 2004 Green Card to...

Aggie Dziedziech!

Congratulations, Aggie! 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

Exercise Intensity, Endurance, and Comfort

Researchers at the University of Illinois at Urbana-Champaign and Iowa State University put 60 physically fit women and men through a treadmill test in which speed and intensity were gradually increased until the participants felt too tired to continue. The scientists discovered that the point at which the subjects wanted to stop was when they were working so hard that they crossed over the threshold from aerobic exercise to anaerobic exercise. At that point, lactic acid builds up in the muscles and prompts discomfort.

Study author Steven Petruzello, Ph.D., notes that previous studies have shown that exercising at or just below this threshold provides the same health benefits as going above it.

— Health magazine, June 2004

Commentary: The treadmill test used in this study is what we exercise physiologists call a "VO₂ Max Test." The medical community calls it a "stress test." The results of this particular study are anything but new— we have known for many decades that reaching anaerobic threshold shifts metabolism, instigating the accumulation of lactic acid in the muscles and the intense desire to quit moving. However, the applications of this relatively old knowledge is important in the personal training industry. To get clients in better shape, we teach them to format their cardio workouts such that they undulate between a comfortably challenging intensity level and an uncomfortable, slightly anxious intensity level. By alternating moderate and high intervals, you are able to endure a longer workout, which gives you the benefits of increased longevity and greater calories burned, while briefly exposing yourself to higher demands necessary for increasing your fitness level.

If all your workouts feel as though you're working at maximum capacity and you always feel anxious to stop, then you are working too hard, too often. Back off every few minutes to an intensity that feels like "cruise control."

Delicious Quote

*"The compulsion to be right
is one of the most self-destructive cancers of the mind
that could possibly exist."*

— Jackie Jaye-Brandt, in her book "Un-Dieting"

Success Story

"I have learned more in the last ten months training with Tiffany than I have in the last ten years since I started exercising regularly! Thanks to Tiffany's extensive knowledge and experience, I now have flexible and balanced workout routines which can be done in an hour (fitting my busy schedule) and deliver the results I was seeking. She's a great teacher who tailors workouts to fit my "mood," and keeps me motivated to achieve optimal workouts. Most importantly, I have more energy and have regained the motivation to live a healthy lifestyle."

— Joan Skinner, 35 Business Manager

Q & A Time – Your Questions Answered

Q: “Tiffany, I’ve been exercising to lose the fat on my lower abdomen. Instead, my butt has become smaller and that’s not what I wanted to happen. Are there exercises I can do to lose abdominal fat?”

– Carol, in Chicago, IL

A: Carol, what you are asking me is whether you can “spot reduce” your abdominal fat, to the exclusion of other areas of your body. Many people erroneously think they can do certain exercises to get rid of fat on a particular area, be it the hips, the upper arms, the back, or the calves. In your case, you might think that sit ups and other ab exercises might make your abdominal fat go away.

Spot reduction is not possible, unfortunately. Our genetics and our gender are the primary determinants of where we tend to store the most fat. Being a woman automatically dictates that you carry fat on your lower abdomen. Most men carry fat a little higher around their middle. To lose fat, we must create a caloric deficit through more physical activity and less food eaten. When we lose body fat, it comes off where it wants to come off and there is nothing we can do to dictate where it burns off the most. So if your abdomen is your most stubborn trouble spot, it’s always going to be your worst trouble spot. Doing strength exercises for the muscles underneath that abdominal fat will make the ab muscles stronger, but will do nothing to reduce the fat there. Similarly, one who endeavors to lose fat from the buttocks cannot do it via butt exercises like squats, lunges, or leg lifts. If spot reduction were possible, then many more regular exercisers would have “perfect” bodies (according to cultural dictum). The only way to spot reduce is through liposuction surgery. Whether you’re a good candidate for that can be determined by a qualified liposuction surgeon.

But you know what, Carol? Bodies come in all sorts of beautiful shapes and I’d bet money that the people in your life don’t notice your abdominal fat the way you do. Moreover, picture all your favorite people and make a mental list of their best qualities. Now, I ask you— does the list include their awesome biceps, their tight buttocks, or their flat abdomen? I doubt it. You likely thought of their loyalty, their intellect, their sense of humor, or their patience. So you can rest assured that they probably don’t think about your extra abdominal fat very much! Keep exercising daily, Carol, and do it because it keeps you fit, healthy, and energetic!

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

Nutrition Bites

The Perks and Pitfalls of Coffee

I once saw a cartoon that portrayed a man sitting on the edge of an exam table while his new doctor asked him the usual questions.

“What do you usually have for breakfast, Mr. Jones?” the doctor inquires.

“Oh, I’ll have a couple things of coffee and...” the man begins with a listless expression.

“A couple cups of coffee...” mumbles the doctor as he jots down notes in the patient’s file.

“No, *pots*,” the man clarifies. “A couple of pots.”

The doctor’s face drops as he looks up from his clip board.

Those who drink coffee for the caffeine are attracted to it for the perks it provides them, but the benefits are short-lived while the pitfalls cause trouble galore. Caffeine makes people feel alert, concentrate better, and react faster. Short-term memory is sometimes also improved. But when you exceed your personal caffeine threshold, you

become too buzzed to think clearly and caffeine's stimulating effects remain in the body for up to 15 hours!

Insomnia, midday listlessness, and irritability are common side-effects of coffee. Like any addictive drug, you must not miss a dose if you want the perks to continue. Those with chronic muscle tension or muscular disorders are further harmed by the caffeine in coffee because like any other stimulant drug, caffeine causes the spine to become very rigid, the soft tissues tend to buckle up, and the spine loses its mobility.

Coffee also stains the teeth, erodes the stomach lining, causes diarrhea, and reduces the body's ability to absorb important minerals like calcium, iron, and magnesium by 90%. Yes, let's give ourselves osteoporosis along with that insomnia and irritability.

Though caffeine causes an initial decrease in appetite (Hooray, say the dieters) due to a rise in blood glucose, it also acts as a diuretic, causing you to excrete much fluid from your cells. The eventual drop in glucose and simultaneous dehydration make you feel mentally and physically fatigued. That's right, what goes up, must come down, and then what? You reach for some more coffee and the merry-go-round makes another turn.

Besides fatigue, dehydration also causes headaches, muscle soreness, and constipation. This general feeling of discomfort is called *dysphoria*.

Wouldn't it be easier to just not do the drug in the first place?

Recipe Box

Fast Veggie Omelet and Toast

1 tsp. olive oil
small pat of butter
1/2 a carrot, sliced thin
1/2 cup tomatoes, chopped
2 leaves kale, finely chopped
2 egg whites, 1 whole egg
sea salt, ground, to taste
black pepper, ground, to taste
1/3 cup cheese (either rice,dairy, or soy), shredded

2 Rye Krisp crackers, seasoned variety
1 slice whole grain bread
1 Tbsp. nut butter (soy, almond, cashew, peanut)
2 tsp. all-fruit preserves

Place a nonstick frying pan on medium heat. Chop and slice the vegetables. Put the oil and butter in the pan. Add the carrots and place the lid on the pan. Beat the eggs, salt, and pepper, and set aside. Add the kale to the pan and replace the lid. Shred the cheese if it wasn't bought already shredded. Add the tomatoes to the pan and replace the lid. Toast the bread, spread the nut butter and preserves on it, and set aside. Add the egg mixture to the pan, stir the vegetables through it, and leave the lid off. Put the Rye Krisps on your plate with the toast. When the omelet has partially set, flip it and then sprinkle the cheese on top. When the cheese has melted a bit, fold the omelet in half and place it on your plate.

What a well-rounded meal, anytime of day! Eat the Rye Krisps along with the omelet and enjoy the toast with nut butter and preserves as dessert. How satisfying and scrumptious!

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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