

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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Ready and raring to go, the remainder of May has much to offer us. A delicious time of year, it's full of flowers, rain showers, and summer planning. Heck, we live for this stuff! Life is short, and each morning we wake up, it's essential to live it with the conviction that we each have much to offer back to the universe. This month, remember that what goes around comes around...project joyful energy in your interactions with others, and for each person with whom you come in contact, think of at least one attribute that person possesses that helps make your day better.

How do you typically respond when someone asks you, "How's it going?" Do you immediately think of all the things you're doing that you wish you weren't? Or all the places you'd rather be than where you are at that moment? Do you assume that because you're "at work," you can't enjoy yourself? Do you immediately comment on how rainy and gloomy it is outside or, if it's beautiful and sunny, do you comment that you aren't able to enjoy the weather because you are indoors at work? If any of this rings true for you, try on these thoughts:

"I am doing my job today to make this place (your work place) better."

"I can do my work with a spring in my step and a smile on my face."

"I come in contact with a lot of people...I might as well make them glad to be around me!"

"My coworkers and I spend a lot of time together...I ought to make it enjoyable for us all."

"I'm going to drive to/from work with the windows down, the breeze in my face, and the sun on my arm!"

"It's beautiful outside! The people sailing their boats on the lake today sure are blessed."

"It's really rainy out there...what a great day to be working indoors."

And to the next person who asks, "How's it going?" you could say, "It's a good day to be alive."

In Pursuit of Excellence,

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

TLC News

Teleclasses are becoming the wave of the future for learning and [TLC Fitness Consulting](#) is on the cutting edge! You simply phone into a designated bridge line that is provided to you when you sign up for a class. It doesn't matter where you are when you "attend" the teleclass! At the end of May, I will be offering two very popular teleclasses.

Fat Loss: Facts & Fallacies is back by popular demand and this time, we plan to make it even better than the last! Past participants love the interactive format with the chance to ask questions about the information presented, so my colleague Debi and I are going to allot extra time to answering your questions this time around. You are guaranteed to learn something you didn't know and we aim to make physiology fun and useful to you.

The Vegetarian Way is the perfect way to get new ideas for vegetarian eating, as well as brand names, store locations, product substitutions, and shopping hints. We have a lot of fun in this class, and you will come away with a wealth of knowledge and inspiration you can put to use immediately!

Read the "Teleclasses" section of this issue for more details and registration instructions.

Fitness By Phone® Coaching has taken off flying and it's revolutionizing personal training! Backed by 20 years of research, Fitness By Phone® uses technology to expeditiously deliver the results you want, at an affordable cost, no matter where you are, and best of all, it's FUN!

"I've worked out independently for 10 years and couldn't lose excess body fat. Now, after 17 weeks on Tiffany's Fitness By Phone® Program, I've lost 15 pounds! The program has taught me that weight loss is a science, not a hopeful guessing game. Thank you, Tiffany!"

— Cynthia, 55, Writer

To hear more details about Fitness By Phone® and to receive my FREE special report, The Importance of Strength Training For Fat Loss, call me today. [\(773\) 252-6511](tel:7732526511)

Many new 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

"The essentially powerless attitude I had had previously—the attitude that life is something that happens to you and that all you can do is make the best of it—is in some ways a victim position, giving power to people and things outside of myself. Using creative visualization, I began to realize that the power rested in me, that I could choose to create my life the way I wanted it to be. It was very empowering and freeing."

— Shakti Gawain, *Living In the Light*

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 May 2003 Green Card to...

Sue Cahill!

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

Teleclasses — informational, interactive, and Extremely Helpful

This month, I will be offering two teleclasses. This is a really fun way to learn and people love the fact that they can phone into the teleclass no matter where they are! Whether you're in-between appointments or errands, or sitting stuck in traffic, you can take advantage of the opportunity to learn about a subject you find interesting.

- 1) Fat Loss: Facts & Fallacies — \$20.00**
1 hour long
Friday, May 30
12:00 Noon CST

This highly informational, interactive, and fun teleclass will be hosted by me and my colleague Debi Lander. The last time we offered this teleclass, participants' feedback clearly told us we needed to bring it back by popular demand! They loved the opportunity to ask questions and get answers, so we're going devote even more time to answering your questions this time around. Here are just a few things you can expect to learn:

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

- 2) The Vegetarian Way — Free**
1 hour long
Saturday, May 31
9:00 am CST

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

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

You must pre-register for the teleclass/es of your choice by emailing me at TCrate1781@aol.com or calling (773) 252-6511 at your earliest convenience. The Vegetarian Way is FREE this time, so all you need to do is register.

Fat Loss: Facts & Fallacies is \$20.00 and must be paid for in advance. Make check payable to:

TLC Fitness Consulting P.O. Box 118216 Chicago IL 60611

Once you have registered and paid, you will receive notification of the telephone number and bridge line to phone into for the teleclass one week prior to the seminar. We'll also include the Do's and Don'ts of Teleconferencing so all newcomers will feel comfortable. I guarantee you will enjoy every minute of it... hope to "hear" you there!

Q & A Time — Your Questions Answered

Q: "I'm trying to lose body fat. How can I figure out how much of eat food category (protein, carbs, fat) to eat when I'm preparing or ordering food?"

— Marc S., in Nevada

A: First of all, it's a good idea to use a salad plate, which is smaller, rather than a dinner plate. This will automatically help reduce your caloric intake. Next, picture your plate as a peace sign divided into thirds. One third should be protein, i.e., tofu, beans or lentils, nuts and seeds, or (if you eat animal products) low-fat meats and fish, dairy, or eggs. Another third should be vegetables or fruit. Choose several types of vegetables and/or fruits at each meal and go for bright colors to ensure as many nutrients as possible, the more colorful, the better— red, yellow, orange, and green. The final third of your plate should contain whole grains and starches like barley, wild rice, quinoa, millet, sweet potatoes, or whole wheat pasta.

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

Fun with Research

Dr. Gary R. Hunter of the University of Alabama at Birmingham and colleagues placed 26 men and women, aged 61 to 77 years, on a three-times-per-week resistance training program. After 25 weeks of resistance training three times per week, both men and women improved their strength by an average of 15% and 16%, respectively, and lost about 4.4 pounds of total body fat, on average. But while the men didn't appear to lose any fat from their midsections, the women lost about 15 cubic centimeters of abdominal fat, even though both groups lost equal amounts of overall body fat.

Tiffany's Commentary: It was not noted whether the researchers tracked what the subjects ate during the study. If most or all of the men increased their caloric intake during the study period, that could translate to less average fat loss for the men as a group, since calories consumed must be less than calories burned in order to lose fat. Anecdotally speaking, over the years some people who took up resistance training told me that they felt, psychologically, like they needed to eat more, or more often, because they were doing all that extra activity by lifting weights, even though they might not actually feel hungrier than usual. Interestingly, men have been known to gain and lose fat in the abdominal region more easily than women, yet they certainly didn't in this study. This study's findings alone cannot be taken too seriously until more studies just like it are repeated and arrive at the same results. Repeatability reigns supreme in scientific research.

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**

[Green Kamut](#) — a beautiful, bright green powder you can mix into water for a refreshing,

liquid, super food on-the-go. Harvested from organically grown wheat grass, alfalfa, and other grasses, Green Kamut is chock-full of antioxidants, phytochemicals, minerals, protein, and chlorophyll. In a nut shell, this is the stuff we evolved on and this is what your body craves daily. **\$18.00**

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**

Nutrition Bites



FACT: Caffeine has a half-life of an average of 4 hours, so it will take your body 4 hours to rid itself of half the amount of caffeine that you've consumed. After 8 hours, your body will contain one-quarter of the original amount and, after 12 hours, your body will still contain one-eighth of what you first drank. — *ACE Fitness Matters, September/October 2002.*

Recipe Box

Guacamole Tofu Sandwich

1/2 an avocado
1/4 cup shredded rice or soy cheese (I prefer Lisanatti Rice Cheeze brand mozzarella style)
cayenne pepper to taste
sea salt to taste
5 grape or cherry tomatoes, chopped
1/3 of block extra firm tofu, sliced into 1/4 inch slabs
1/3 cup marinara sauce
a few lettuce leaves of your choice (I prefer Mache)
2 slices multigrain bread

Combine the first 5 ingredients to make the guacamole and set aside. Place the marinara sauce and tofu slabs in a single layer in a small, nonstick frying pan on medium heat. Over the course of 10 minutes or so, flip the tofu slabs a few times and prevent the marinara sauce from sticking to the sides of the pan. Expect much of the sauce to be absorbed into the tofu and/or evaporate. Toast the bread and then spread the guacamole on both slices. Lay the tofu slabs and the lettuce leaves between the 2 slices of guacamole-covered toast. The sandwich will be layered so that from top to bottom, it goes: bread, guac, lettuce, tofu, guac, bread. Slice the sandwich in half diagonally for easier eating!

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...

“Signal Button.” The Signal Button turns the heart rate zone alarm on or off during exercise. Having the Signal Button turned ON is very helpful because it alerts you when your heart rate falls below or rises above your target heart rate (THR) zone. If your heart rate goes outside of your lower or upper limits while exercising, the Signal Button will start beeping, at which point you would glance at your heart rate to see what it is. If you are below your lower limit, you can work harder (speed up, or use bigger movements or more

resistance) to get up into your THR zone. If you are above your upper limit and feel all right (aside from breathing heavily), you can just keep going at your current intensity. But if you are above your upper limit and are feeling ill (headache-y, faint, nauseous, overheated), you can reduce your intensity (slow down, or use smaller movements or less resistance) until the beeping alarm stops or you feel better.

Having the Signal Button turned OFF is helpful when you are exercising in close proximity to other people who would otherwise get annoyed if your Signal Button were beeping! Plus, there are times when you might not care whether you're outside of your THR zone, so why have your monitor beeping at you?

When the Signal Button is turned OFF, your heart rate display will still blink, so when you glance at your wrist receiver, you will quickly notice whether you're in your THR zone or not— even without the beeping.

To turn your Signal Button ON or OFF during exercise, simply press and momentarily hold the UPPER LEFT button. Voila!

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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