

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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An interesting conversation took place recently. While mingling at a party, I found myself talking with two people. One of them was a graduate of my Fitness By Phone® coaching program. She lost 25 pounds in 24 weeks. The other person was someone I've known for a couple of years, during which time he has frequently commented on his current physical state, expressing his discomfort with being overweight and sedentary. He was fascinated by the other person's success, complimenting her on how much weight she lost last year, and how fantastic she looks for her age. She and I responded to his remarks practically in sync: "You can do it, too, you know!"

He shook his head and talked some more about how much he hates being overweight, how uncomfortable it is, how fit he was in college, and how his current condition does not reflect his true self. "This is not me. I used to be totally fit... cut, even." We again implored him to look at how tangible fitness can be: "You can start immediately! Absolutely nothing is in your way. Just get out outside and start walking. You'll feel great!"

He related to us how he has been telling his girlfriend for a year now, "We have to join a gym, we *have* to join a gym!" The woman and I again spoke almost simultaneously. "You don't *have* to join a gym to get fit and lose weight. You can step out the front door and walk for as long as you feel like it. You can do push-ups, sit-ups, squats, and lunges, and walk up and down the staircase for exercise! And the weather is gorgeous now, too. It's nicer to be outside!"

He continued on about his pain, "I keep telling my girlfriend, we have to lose weight! I just haven't been able to do it."

It was time to give this guy some tough love. "You don't have to wait for your girlfriend to get in shape with you. You don't have four broken limbs stopping you from moving. You're completely able-bodied! And paying a gym won't magically make it happen. Even cutting back on portion sizes can begin at your very next meal."

Lots of people talk as though something or someone is preventing them from getting in shape, but the hard, cold truth is this: they are *keeping themselves* in a comfortable rut of complacency. Although being overweight for years can be familiar and non-threatening, the prolonged suffering it causes is not worth it. As unfamiliar as it may feel to take that walk or refuse that second helping, do it. Take responsibility. Stop making excuses. You just might lose 25 pounds in 24 weeks...

In Pursuit of Excellence,

Tiffany Crate, M.S., C.P.T.
Master Fitness By Phone® Coach
(773) 252-6511, tiffany@tlcfitness.net

TLC News

Grand Prize Announcement, “Kick In The Pants” Contest— after 12 weeks of hard work and progress, we have a winner! The Grand Prize goes to **Jim Bodine**, of South Haven, Michigan. Mr. Bodine received a cashier’s check for \$1,000.00, another \$270.00 of exercise equipment, and a new body. He plans to use the cash prize on landscaping for his family’s home. A huge pat on the back to you, Jim!

Second Prize— upon reviewing the contestants’ results, it was decided that a second prize was in order... **Denise Skocy**, of Joliet, Illinois, was awarded with \$135.00 of exercise equipment and a new body. She is now vacationing in the Caribbean. That’s how to do it, Denise!

Their Results— you can view both Jim’s and Denise’s inspiring results below. How would you like to make that kind of stuff to happen to YOU in just 12 weeks? You can! **Fitness by Phone®** is the cutting edge of the personal training industry.

Congratulations to all the KITP contestants. Your hard work and dedication have been outstanding! Thank you for your participation. Keep the flame alive!

To hear more details about **Fitness By Phone®** and to receive a copy of the recent Tribune article featuring Tiffany’s phone coaching, call today. [\(773\) 252-6511](tel:7732526511)

Menopause Remedies Teleclass, May 14— TLC will host this unique interactive teleclass on **proven natural menopause remedies** for those who want to learn how to ease the transition into menopause without symptoms. Tiffany will co-host this very special teleclass with her colleague, Dr. Marc Margiotta, naprapath. Dr. Margiotta earned a postgraduate certification in Functional Medicine through Biohealth Diagnostic Laboratories in San Diego, CA, specializing in women’s hormone issues. His knowledge of menopause and its related symptoms is extensive; he has assisted many menopausal women with nutrition modification and natural supplements. **Read the special Teleclass section below for details.**

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.

“Kick In The Pants” Lifestyle Change Contest Prize Announcements & Stats

Below are the pertinent details on our KITP winners. Once you read their accomplishments, you’ll want to find out how you, too, can become a Fitness by Phone® client. For a fully detailed report on their results, simply email your request to Tiffany at tiffany@tlcfitness.net.

Contestant: Jim Bodine, Grand Prize Winner!
Age: 43
Height: 5’5
Goals: decrease body fat, lose inches, lose weight

Jim lost 14 pounds, 11.375 inches, and 3% body fat, for a total % change of 26.1%.

Jim also decreased his resting pulse 7 bpm, his cholesterol 30 mg/dL, his LDL cholesterol 32 mg/dL, and his triglycerides 22 mg/dL.

Contestant: Denise Skocy, 2nd Prize Winner!
Age: 27
Height: 5'1
Goals: decrease body fat, lose inches, lose weight

Denise lost 15 pounds, 9 inches, and 2% body fat, for a total % change of 18.9%.

Denise also decreased her resting pulse 12 bpm, her cholesterol 18 mg/dL, and her smoking habit from 1 pack/day to 1/2 pack/day.

Special Teleclass: Proven Natural Menopause Remedies

Ladies, 40 years and older! Do you suffer from menopause symptoms? Do you want to prevent symptoms from occurring in the first place? Would you like a solution that is free of side-effects? If so, mark your calendar now for May 14 at 12:00 pm Central Time. Get relief NOW! Tiffany will host this very special teleclass with guest speaker, Dr. Marc Margiotta.

Teleclasses are the cutting edge of education and TLC Fitness Consulting leads the way with strong, enlightening, and energetic topics. The advantage of a teleclass is that **no matter where in the world you are, you can phone in to learn** about a subject that interests you and come away from the class with information and tools you can use immediately! A teleclass is an **interactive class conducted over the telephone**. You simply call the "bridgeline" phone number at the designated time, enter the secret PIN code you'll be given, and voila... class is in session! If you have background noise where you are, you can mute yourself out. When you want to ask a question or make a comment, you can un-mute yourself to be heard.

Who makes a good participant?

Women who are perimenopausal (40 years of age or older) and would like to learn how they can prevent or ease menopause symptoms naturally through modification of eating habits and proven, effective supplementation. Dr. Margiotta will provide participants with solid, science-based information about specific foods and natural substances that he successfully prescribes for his menopausal patients. If you are curious to learn about a safe, effective alternative protocol to hormone replacement therapy (HRT), you will benefit from this teleclass.

Younger women (30 - 40 years) are also encouraged to attend since Dr. Margiotta's expertise on this subject is hard to come by and you can begin implementing the nutrition portion of the protocol NOW in order to prevent menopause symptoms in the future.

When is it?

Friday, May 14, 12:00 - 1:00 pm, CT.

What is the cost?

The cost for the Proven Natural Menopause Remedies teleclass is \$30.00 per person. You must pre-register at your earliest convenience! To do so, please call (773) 252-6511 and leave a message with your name, telephone number and email address so that we can contact you right away with further registration instructions.

Thank you and we hope to hear you in class on May 14!

Special Offer

Reduced Price HR Monitors— would you like a slightly used, cleaned, and disinfected Polar S120 heart rate monitor? We have a few! Normally priced at \$138.00 with taxes, shipping, and handling, **these are only \$80.00**. You save a cool \$58.00! Contact Tiffany today because they'll go fast. (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** 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

New Advanced In-line Skate Group

Who makes a good participant?

Men and women who are able to skate confidently, and want to use skating as an effective, fun, and exhilarating workout. Participants will learn how to pace themselves, maintain proper posture, increase speed and distance, and even perform some tricks, if desired! This is NOT a group for beginner skaters; we go fast and vigorously. If you want to learn how to skate, please see the section below, "Beginner's In-line Skating."

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. From there, we will skate on the Lakefront Path. 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 skate group will consist of (6) sessions that will take place on a combination of Tuesday evenings, from 6:00 - 7:00 pm, and Sunday mornings, from 9:00 - 10:00 am. Dates are as follows:

Tuesdays, June 8, 15, 22, 29, 6:00 - 7:00 pm

Sundays, June 13, 27, 9:00 - 10:00 am

What is the cost?

The cost for the In-line Skate Group is \$90.00 per person. You must pre-register at your earliest convenience! To do so, please pay online at [TLC Fitness Consulting](#). Click on the Advanced In-line Skate Group button. Your credit card information is handled securely by Paypal. Additionally, leave a message on (773) 252-6511 with your name, telephone number and email address so that we can contact you right away to confirm your registration.

What if I don't have my own skates?

If you do not have your own skates yet, you will need to buy some. It is important that you purchase high-quality skates, and Tiffany recommends the brand K-2, followed by the brand Soloman. Londo Mondo has 3 locations and sells these brands. Buying poor-quality skates is asking for trouble... they're rough, loud, uncomfortable, and they break. Save yourself the trouble and buy a good pair.

Special Clinic – Beginner’s In-line Skating

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.

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 consist of (2) one-hour sessions that will take place on consecutive Saturday mornings, June 12 and 19, 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 pay online at [TLC Fitness Consulting](#). Go to the Clinics page and click on the Add to Cart button for the Skate Clinic. Your credit card information is handled securely by Paypal. 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 Saturday morning, ready to go.

Thank you and we hope to be skating with you in June!

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 2004 Green Card to...

Carl Hillman!

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

Delicious Quote

"There's no place like home"

— Dorothy, in *The Wizard Of Oz*

Q & A Time — Your Questions Answered

Q: "Tiffany, what causes the physical sensation of hunger pangs?"

— R.F., in *Chicago, IL*

A: R.F., God doesn't make junk... and hunger pangs are just one example of the miraculous signals our bodies give us to make us take action. Hunger pangs are the result of peristaltic contractions of the stomach organ and hydrochloric acid seeping into the stomach lining. Peristaltic contractions only occur in smooth muscle tissue (such as the stomach organ or the intestines) and are involuntary; that is, you cannot will smooth muscle tissue to contract— it does it on its own, thanks to regulation by physiological factors. In the case of the stomach, the contractions are prompted when blood glucose levels decrease, when the layer of food left on the stomach's inner lining reduces to about a half-inch thick, allowing hydrochloric acid present in the stomach to seep into the stomach's lining.

How long food remains in the stomach depends on the type and volume of food ingested at your last meal. After a balanced meal containing some carbohydrate, some protein, and some fat, the stomach usually empties within 3 - 4 hours, which is why we get hungry roughly 3 or 4 times per day (16 waking hours / 4 hours = 4 cycles of stomach filling and emptying). If nothing is ingested, hunger pangs reach their maximum intensity within 3 - 4 days, and then become progressively weaker.

True starvation is devastating to all aspects of health, but in terms of the integrity of the digestive organs specifically, it causes a gradual decrease in the ability of the stomach lining to absorb nutrients. A vicious cycle results, wherein nutrients aren't being ingested, so tissues begin to degrade, and if any nutrients are eventually ingested, they are poorly absorbed due to deterioration of the organs' linings.

So listen to your body's signals— when you feel the beginning of hunger pangs, have a small, balanced meal. Eat slowly and chew thoroughly. Stop eating when you are no longer feeling physical hunger.

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



Nutrition Bites



How do you relate to food? When folks come to me for a nutrition analysis and eating program, they first complete an extensive survey about their eating habits and verbally describe to me the approach they take with eating in general. I go through the many information with a fine-toothed comb. During this process, clients often tell me about all the foods they avoid. In fact, people quite eagerly report the lengths to which they'll go to omit various foods they perceive as "bad." In essence, many people perceive food as a burden, an obstacle, and a constant source of anxiety in their lives. What strikes me is this: clients rarely tell me about all the "good" foods they make an effort *to include* in their diet.

What we have here is misdirected good intentions. Make no mistake, part of the reason that 60+% of Americans are overweight or obese is because they erroneously focus their attention on omitting certain foods while failing to actively seek out and eat the "good" foods which most positively affect health, mental well-being, weight maintenance, and energy level. If you strive to incorporate the list of foods that should be staples in your everyday diet, you simply won't have room nor desire for the junk previously craved.

Try these 3 simple steps to automatically lose weight and feel great:

1. Build your meals around 3 different types of vegetables and fruits per meal (9 per day).
2. Incorporate a plant protein into every meal (cooked beans, tofu, lentils, whole grains).
3. Include plant fats as condiments at every meal (avocado, nuts and seeds, oils such as olive, sunflower, canola, safflower, or walnut).

When my clients learn to improve the way they *relate* to food, they stop agonizing, begin to enjoy eating, and actually lose weight. What a concept, eh? If you'd like to have your nutrition habits analyzed and get a detailed eating plan, contact me at (773) 252-6511 or tiffany@tlcfitness.net.

Recipe Box

Carrot Walnut Bread

4 cups carrots, grated
1 1/2 cups walnuts, ground
1/2 cup coconut, shredded
1/2 cup sunflower oil (or safflower or canola oil)
3/4 cup honey
1 cup all purpose flour, sifted
1 cup stone-ground whole wheat flour, sifted
2 whole eggs and 3 egg whites, beaten
1 Tbsp. vanilla extract
2 tsp. baking powder
1 tsp. baking soda
1 tsp. ground cloves
1 Tbsp. ground cinnamon
1 tsp. salt

Preheat the oven to 350 °F. In a large mixing bowl, sift together flour, salt, baking powder, baking soda, cinnamon, cloves, and salt. In a medium mixing bowl, mix together the eggs, honey, and vanilla.

Slowly add the egg mixture to the flour mixture, mixing only until there are no more dry areas. Add in the carrots, walnuts, and coconut.

Grease and flour 2 bread pans. Divide the batter equally into the pans and bake for about 55 minutes. Check the loaves at the 45 minute mark by inserting a wooden shish kabob stick into the bread. The stick should come out clean. If it doesn't, continue baking to the 55 minute mark.

This is a scrumptious, healthier version of the usual sugar- and fat-loaded carrot cake that most of us are familiar with. I love the cream cheese frosting that typically goes on top of a carrot cake as much as the next person does, but I love this naked bread just as well. So, forego the frosting and enjoy this recipe instead. Mmmmm, yummy!

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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