

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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In the past several years, a new diet rage swept the media, claiming that "carbs are the source of weight gain." Currently, we are bombarded with radio commercials for Ultra Carb which purports to block carbohydrate absorption to help people lose weight. The main ingredients in such products are bean and wheat germ extracts that are thought to stop or slow carbohydrate absorption by inhibiting a digestive enzyme that breaks down starch. The upshot of this theory is that if the starch passes through your system undigested, you will lose weight.

Nutrition scientists have serious doubts about this logic, pointing out that the commercials craftily leave out certain special instructions that come with the product like "do not eat at night." Well, of course the users lose fat when they omit an entire meal each day! This kind of habit creates a calorie deficit and is responsible for the weight loss people experience. Users are also discouraged from eating simple carbs like white breads, sugared drinks, pasta, potatoes, etc. But these are foods all of us should limit or abstain from anyway, whether we need to lose weight or not! Furthermore, people who exercise vigorously need adequate complex carbohydrates to fuel their workouts, replenish their muscle glycogen stores, and sustain their energy during their post-exercise burn.

It is not possible to work out day after day, not eat any carbohydrates, and still be healthy. Those who refrain from carbs or who take a carb-blocker for a prolonged period risk developing various medical conditions including kidney stones, osteoporosis, ketosis, dehydration, impaired immune function, fatigue, and feelings of deprivation. This is just one example of the many topics to be discussed in my upcoming Nutrition Class Series. It has been my observation that many people have only some of the pieces to the puzzle when it comes to nutrition, and the media sure keeps me busy— there are so many misleading health stories for me to dispel and help clients make sense of. I guarantee that if you sign up for the Nutrition Series, you will walk away armed with a whole new perspective of food.

From now until the end of time on this planet, one fact will remain true: the human body functions best when a variety of foods that are low in fat, diverse in color, and fresh from the earth are consumed in small amounts.

In Pursuit of Excellence,

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

— Last chance to register —

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; and three, because in addition to information-packed lectures, Tiffany will teach you how to make some of her signature recipes right in her kitchen!

Who makes a good participant?

Anyone who is hungry for valid nutrition information that dispels the contradictory propaganda the media pushes on the general public. Are you sick and tired of being confused by the mixed messages you receive from magazines, television news, and bestsellers? This educational series is for you. It will feel like a breath of crisp November air.

What information will the series cover?

our prehistoric nutrition heritage and the evolution of food availability and choices
the macronutrient food categories and how each of the macronutrients affects our endocrine systems differently
a clear focus on what a grocery store is and foods that should be staples in your kitchen
fast and easy plans for eating sensibly and plenty of recipes
why we get cravings and how we can choose to break the simple-carb/fat binge cycle
eating intuitively
why you shouldn't omit entire food groups from your diet plan
why you must allow yourself to have some of your favorite unhealthy foods
strategies for eating sensibly and dropping excess body fat
figuring out how much food you actually need to achieve and maintain your ideal weight
the problem with excessive animal products and why vegetarians live longer and healthier lives
Syndrome X
a closer look at supplements
and much more...

Where will we meet?

We will meet in the home of Tiffany Crate, which is located in the Humboldt Park neighborhood within Chicago.

When is it?

The series will consist of (4) 90-minute classes that will take place from 6:00 to 7:30 pm, on Tuesdays throughout November (November 4, 11, 18, 25).

What is the cost?

The cost for the Nutrition Class Series is \$160.00 per person. Space is limited, so you must pre-register at your earliest convenience! *The cost for registering after October 24 will be \$180.00.* 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 Nutrition 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.

Incentive:

If you recruit a friend to participate as well, and that friend mentions your name when registering, you yourself will receive a \$20.00 discount off your own registration fee.

Thank you and I hope to have you in class!

“Motivational Matters” Teleclass

My colleague, Debi Lander, and I will host a joint educational teleclass called "MOTIVATIONAL MATTERS". This will be an interactive class conducted over the telephone. Please send us your motivational questions and struggles, so we can offer suggestions. It will be timed perfectly at the beginning of the holiday season to help you keep your health and fitness endeavors a priority during the hectic, fast-paced season! Handouts will be provided to all who register. The cost for this teleclass is \$20.00. The tentative date is November 9, 2003.

TLC News

With the unveiling of my new web site, TLCfitness.net, I have changed my email address to Tiffany@TLCfitness.net. All subscribers to The Good Life newsletter will receive an email alerting them to this change.

Fitness By Phone® coaching is becoming to personal training what Step Reebok and Spinning are to group exercise. In fact, it's revolutionizing the personal training world! Fitness By Phone® uses technology and a veteran trainer's expertise to objectively deliver the results you want, at an affordable cost, no matter where you are, and best of all, it's FUN! **Why not give someone the gift of a one-hour Fitness By Phone® session?**

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

Holiday Shopping Ideas

Some parts of the web site are still under construction, with the **Retail Pro Shop** opening soon, just in time for your **holiday shopping!** We have many items to choose from, so you're guaranteed to find a great gift for just about anybody. And remember—reduce your shopping efforts by getting the same product for a few people on your list who don't know each other! **Heart rate monitors, Training Fans, Caltracs, Stretch-out Straps, and my Nothing But Legs video** are just a few of the **hot gifts that exercisers covet**. All the items that are in the Retail Pro Shop section of The Good Life are also on the web site Pro Shop. So pick out what you want to buy here in the newsletter and then either send your check in now, or pay by credit card on the web site.

The URL is TLCfitness.net

Delicious Quote

“If you do not find time for physical activity, you will find time for illness.”

— Dr. Edward J. Roccella, coordinator of the National High Blood Pressure Education Program

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 October 2003 Green Card to...

Jan Rose!

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

Q & A Time — Your Questions Answered

Q: “Tiffany, why do you tell me to use two different cardio machines during my 45 minute workout instead of just one machine the whole time?”

— J.A., in Chicago

A: “Physiologically, switching machines part-way through your workout requires your body to call upon a whole different combination of muscles, which will give you a more thorough workout and prevent overuse of any particular muscle/s. It gives your metabolism a good kick start when you ask your muscles to “switch gears.” Mentally, it prevents boredom! When you stay too long on a given machine, you might tend to zone out from the monotony of it and gradually slow down, but when you suddenly switch to a completely different kind of machine, you mentally perk up and are reminded to push hard to keep going.

I also recommend that if a particular machine has the option of going backward as well as forward, you should take advantage of this by reversing direction every five minutes or so. Many elliptical trainers have this feature. Or, in the case of the Precor elliptical, you can change the incline of the cross ramp, which will give you many increments of variety. Since the resistance level is also adjustable, you can change the ramp/resistance combination to varying levels of difficulty. Experimenting with this will keep your workout from becoming stale and it will work all parts of you instead of the same parts over and over, to the neglect of other areas.”

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

Fun with Research

A low-fat vegetarian diet is as effective at lowering blood cholesterol levels as is the typical low-fat diet combined with statin drugs (drugs that lower cholesterol). Researchers at the University of Toronto placed 46 men and women with elevated blood cholesterol levels on either a vegetarian diet, a low-fat (non-vegetarian) diet, or a low-fat diet combined with 20 milligrams of lovastatin (Mevacor brand) every day for one month.

Results showed that the vegetarian diet group had an average decrease in cholesterol of 28.6%, which was about the same drop in the statin group. The low-fat diet only group showed only an 8% reduction in blood cholesterol. To boot, the vegetarian and statin groups also showed a similar reduction in C-reactive protein (CRP), a blood marker of inflammation associated with heart disease.

—*Journal of the American Medical Association 2003; 290:502-510*

Commentary: By no means is this news— it has been well established that a vegetarian eating style lowers cholesterol. But the benefits don't stop there. Since vegetarians tend to eat a wider variety and greater quantity of foods that are high in fiber and rich in essential plant nutrients and phytochemicals, they experience a lower incidence

of all lifestyle diseases, including diabetes, cancer, heart disease and strokes, obesity, hyperlipidemia (high blood lipids), and depression than do meat-eaters.

Since statin drugs have various unpleasant side-effects, doesn't it just make sense to lower your cholesterol the natural way? Statin drugs didn't exist in the caveman era, and guess what? Our caveman ancestors did not suffer from ANY of the diseases mentioned above. Want to know what they ate? Plants made up 60% of their diet (they ate 8-10 types of fruits and vegetables each day), dairy foods didn't exist, and meat was consumed as a side dish.

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 Tiffany@TLCfitness.net. And soon, you will be able to purchase them on the TLC web site, TLCfitness.net!

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**

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. **\$21.00**

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



There's a new term in the world of nutrition that I'd like to introduce you to: prebiotics. No, not PRObiotics, but PREbiotics. That's right, prebiotics are the foods that can be converted to friendly probiotic bacteria in the intestines. Some examples of prebiotics are oatmeal, barley and other whole grains, dark green leafy vegetables, flax seeds, berries, bananas, and other fruit, legumes such as lentils, peas, beans, and chickpeas, and onions.

Commentary: I predict that it will be a short matter of time before we are hearing this term to the degree we now hear about probiotic supplements being essential to a healthy G.I. tract. Shortly after birth, our intestinal bacteria begin to proliferate. The good bacteria (probiotics) and the bad bacteria (E. coli and others) compete with each other for space and food. Another nasty organism that exists in the gut is yeast (Candida albicans). These various critters have differing preferences for food: the healthy bacteria prefer complex carbohydrates— like the ones mentioned above —that they can feed on and ferment in a helpful way, while the bad bacteria and yeast like simple sugar and refined flour foods that they can feed on and then produce offensive byproducts that insult our insides!

Since there is only so much room for all these critters to live happily, what you supply them with, that is, what you eat, determines whether the good guys prevail or the bad guys dominate. Eating lots of sugary, refined junk food is akin to supplying gangsters with guns and drugs. It's asking for trouble. On the other hand, if you eat fresh, wholesome vegetables, fruits, and whole grains and take a probiotic supplement, your friendly bacteria soldiers will reproduce beautifully. They ARE your immune system! You'll fend off colds, flus and other infections, your skin will clear up, your mood will improve, your digestive upsets and headaches will fade, and life will be more like a bowl of cherries (cherries are good prebiotics!).

Recipe Box

Garden Sandwich (open-faced)

Warning— this is deliciously addictive!

- 1/4 of a loaf of Nature's Path Millet and Rice manna bread (in the frozen bread section at Whole Food's Market)
- 1 Tbsp. Veganaise (this is a delicious, healthy version of mayonnaise you can find at Whole Food's Market or other health food stores)
- 1 large white mushroom, sliced
- 1/4 of a red bell pepper, sliced
- small handful of sunflower sprouts (or other sprouts if you prefer)
- 1/2 Tbsp. sunflower seeds (or other seeds if you prefer)
- 1/2 of an avocado, mashed
- ~3 cherry tomatoes, minced
- ground cayenne pepper (ground hot red pepper seasoning)
- Dulse flakes ("ready-to-use" red seaweed in the Asian section of health food stores)
- 1/4 tsp. sea salt

Combine the avocado, tomatoes, sea salt, red pepper, and Dulse flakes to make guacamole. Set this aside. To obtain 1/4 of a loaf of manna bread, cut the loaf in half "shortways" and then slice one of the halves crossways so you have a flat base upon which to build your open-face sandwich. Spread the

Veganise on the manna bread. The next layer is the mushroom, then the bell pepper, then the sprouts, then the sunflower seeds, and finally the guacamole on the very top, to help weigh it all down.

This is a rather tall sandwich, so biting into it is somewhat messy. I prefer to cut it up and eat it with a fork! This is so satisfying, so delicious, and so filling, you will be content and cheery for hours. Enjoy!

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...

"Entering User Data." These instructions are on page 17 in your S120 manual. Entering your personal data allows the S120 to determine your maximum heart rate (MHR) and heart rate zones.

1. Starting from the Main Screen (time and day), press the upper right scroll button two times. "Options" is displayed.
2. Press the red button once. "Exe Set" is displayed.
3. Press the upper right scroll button twice. "User Set" is displayed.
4. Press the red button once. "Birthday" is displayed. Month is flashing.
5. Use the scroll buttons to set the correct month.
6. Press the red button once. Day is flashing.
7. Use the scroll buttons to set the correct day.
8. Press the red button once. Year is flashing.
9. Use the scroll buttons to set the correct year.
10. "HR Max" is displayed. A three-digit number is flashing. This is your theoretical MHR.
11. If you want to accept the MHR the monitor determined for you, press the red button once, and then press the lower right Stop button once to return to the Main Screen.
12. If you want to change your MHR to some other number (because you are very familiar with what your real MHR is, due to exercising as hard as you can and noting your HR), use the scroll buttons to set your desired MHR. Press the red button once, and then press the lower left Stop button to return to the Main Screen.

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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