

# 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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Sweet summer is winding down and autumn is rapidly approaching! Whenever the seasons change, it's a good reminder to check in with ourselves regarding the choices we are making in our eating habits. As a nutrition counselor, I inform clients about the antibiotics, hormones, and pesticides that are present in commercially raised meat. My advice is to eat as close to a vegetarian diet as is comfortable for an individual. If you are a meat-eater, my advice is to buy and eat only organically raised meats to avoid ingesting harmful substances. What are antibiotics doing in meat anyway? The answer is that farmers give antibiotics to their livestock to prevent the infections that are commonplace in unsanitary, overcrowded factory farms. This abusive use of antibiotics in livestock decreases the effectiveness of them for humans, leading to longer illness and delayed recovery, according to the Institute for Agriculture and Trade Policy (IATP).

McDonald's Corporation has announced that it will phase out antibiotic use in meat production by 2004. That *sounds* good, but when we dig a little deeper, we discover that McDonald's is implementing its plan only with its *direct* meat suppliers, not its *indirect* ones. We also find out that McDonald's poultry comes from direct suppliers while beef and pork providers are indirect and therefore will not have to comply with the restriction.

So in reality, the effect of McDonald's supposed antibiotic phase-out plan is miniscule! Granted, it's a step in the right direction, but one cannot help wondering if the McDonald's Corporation is attempting to "look" as if it's more conscientious than it is... if the company truly cared about ethics in human and animal welfare, it would see to it that all of its various meats were raised organically without antibiotics. To find an organic meat resource near you, visit [www.organicfoodnetwork.net](http://www.organicfoodnetwork.net).

In Pursuit of Excellence,

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## TLC News

I am proud to announce the grand unveiling of **TLC Fitness Consulting's spanking-new web site!** You'll find that you can utilize it in a variety of ways. You can read details about each service TLC provides, including Fitness By Phone®, Conventional Training, Nutrition Counseling, Teleclasses, Special Clinics, Group Training, and more. You can read about Tiffany's background, credentials, and philosophy of coaching. You can obtain free training information that you can put to use right away in your own exercise and nutrition regimen. And soon, the Pro Shop will offer on-line ordering with the ability to handle credit card purchases! So take a look at all the useful gifts you can buy for people on your holiday gift list. Registering on-line for TLC teleclasses will also be available.

The URL is...  
[TLCfitness.net](http://TLCfitness.net)

**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 to objectively deliver the results you want, at an affordable cost, no matter where you are, and best of all, it's FUN!

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

### Delicious Quote

“Out here our only security was the never-failing cycle of morning dawn and setting sun. It amazed me that the world's most insecure race, according to my standards, suffered no ulcers, hypertension, or cardiovascular disease.”

— Marlo Morgan, from a story about the Australian Aboriginal

### 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 2003 Green Card to...

**Judy Tullman!**

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

## **Nutrition Class Series**

### 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 fresh September air.

### What information will the series cover?

the macronutrient food categories, our prehistoric nutrition heritage, evolution of food availability and choices, a clear focus on what a grocery store is, foods that should be staples in your kitchen, fast and easy plans for eating sensibly, food is the strongest drug available, how each of the macronutrient foods affect our endocrine systems differently, why we get cravings, how we can choose to break the simple-carb binge cycle, intuitive eating, 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, food brand comparisons, a closer look at supplements, figuring out how much food you actually need to achieve and maintain your ideal weight, the problem with excessive animal products, why vegetarians live longer and healthier lives, Syndrome X, recipes.

### 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 or Wednesdays, exact dates to be announced soon.

### What is the cost?

The cost for the Nutrition Class Series is \$160.00 per person. Space is limited to five participants, so 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. 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 be learning with you soon!

## **Q & A Time — Your Questions Answered**

Q: "I had a tuna melt sandwich at Whole Foods Market today. Was that a good or a bad choice?"

— S.G., in Chicago

A: Well, let's pick it apart, one component at a time. First, the tuna— the concern I have

for you is the high level of mercury in tuna, a large predator fish. Tuna is notorious for its mercury levels causing serious health problems in those who consume it on a regular basis (once or more per week). If I myself were a meat eater, I wouldn't partake in it. Next, let's consider the mayonnaise, which delis tend to use liberally. That's a whopping amount of saturated fat and calories that isn't really necessary to make the sandwich taste better. We could improve this sandwich by putting a very small amount of mayo into the tuna, or use a vegan mayo that is made of canola oil (no trans fats!), or not use any mayo at all. Whole Foods Market is so conscientious about promoting vegan alternatives to dairy and eggs that the deli staff probably has some healthier mayo alternative available for those who ask for it. Or, you could forego the mayo altogether since the cheese melted on top is so rich and gives the same gooey, fatty feeling in the mouth as mayonnaise does. I think it's overkill to use both the mayo and the cheese, which is likely a full-fat cheese. Speaking of cheese, you could request a reduced fat cheese or a soy cheese, which are just as tasty on a sandwich that has several components in it, and this step also will save you a lot of calories. Now, let's consider the bread. S.G. told me it was white sour dough bread, so I suggested that he ask for a hearty, whole grain bread next time, which will provide lots more vitamins, minerals, and fiber than the white stuff will. White bread contains calories but negligible nutrients while truly whole grain bread is tastier, has more texture, and is more nutritious. Next, let's talk about the portion size of the sandwich. When I asked S.G. how big the sandwich was, he held his hands apart ten inches or so. That's a big sandwich. I suggested eating half of it, and taking the remainder home for dinner. Finally, I asked him if the sandwich had any vegetables in it. He said it did not. How about asking the sandwich maker to put some lettuce and tomato on that tuna melt so you can get two types of vegetables into your daily intake? Remember— always strive to eat eight to ten different types of fruits and vegetables each day!

So, we turned a large, high fat mayo and cheese tuna melt on white bread into a healthier and tastier version by cutting the portion in half, reducing, replacing, or omitting the mayo, replacing the type of cheese used, adding lettuce and tomato, and putting it on a nitty gritty whole grain bread. Now that's what I call turning a "not so good" choice" into a "darned good" choice, S.G.!

Do you have a question for Tiffany? Email her at [TCrate1781@aol.com](mailto:TCrate1781@aol.com).

### **Fun with Research**

Getting people to cut back on portion sizes could be as simple as hanging a mirror on the wall. Researchers at Iowa State University in Ames hung a mirror up and then offered college students and grocery store shoppers fatty, reduced-fat, and fat-free foods. The result? People who ate while watching themselves ate less of the full-fat products than did people who ate without a mirror in sight. But mirror or no mirror, people ate the same amount of reduced-fat and fat-free foods.

*Commentary: The researchers wonder if self-focused attention leads people to "...examine themselves on one dimension after another until they inevitably discover ways in which they are inadequate." This negative self scrutiny results in reduced intakes of foods considered high in calories or "bad."*

*Self awareness, according to this study, appears to affect only those behaviors that people consider "wrong" or undesirable, but has little effect on self-regulation when it comes to foods thought to be healthy or "safe."*

*—Journal of Applied Psychology 1998;83:944-949*

(The above text was borrowed from *Nutrition Alert*, dietitian Elizabeth Somers' newsletter)

## 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](mailto:TCrate1781@aol.com). And soon, you will be able to purchase them on the TLC website!

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**

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**



Green tea is widely acknowledged as a health-promoting beverage in China and is gaining popularity here in the United States. But why exactly is it so beneficial? Following is a succinct description of the uniqueness of this fascinating tea which comes from the leaf of *Camellia sinensis*.

Green tea is rich in a protective class of chemicals called polyphenols, which are a kind of antioxidant, twenty times stronger than vitamin E! Antioxidants prevent free radicals from damaging cells, thereby slowing down aging and the development of serious diseases. How? Polyphenols neutralize enzymes that advance tumor growth while also deactivating other cancer promoters. Among women with breast cancer, those who are green tea drinkers tend to have milder forms of the disease than their non-green-tea-drinking counterparts. Moreover, those who continue to drink green tea after going into remission stay cancer-free longer. The flavonoid polyphenols in green tea work to keep the blood vessels healthy, preventing arterial plaque from developing. There are yet other components in green tea that have extraordinary antibacterial and anti-inflammatory properties, making it popular in bath and beauty products. It has far less caffeine than some other types of teas, but it's not caffeine-free. A compound called L-theonine has been isolated from green tea and appears to promote relaxation.

*Commentary: To reap the wonderful benefits of green tea, you need to drink a minimum of two cups a day, but preferably three or four cups. You can decaffeinate green tea further by pouring hot water over the leaves and discarding the water after 30 seconds. Caffeine is water soluble, so most of it seeps out and gets tossed with that first batch of water. Then you can proceed as usual with pouring a second pot of hot water into the leaves. Tea connoisseurs recommend that for an ideal tasting cup, you should steep green tea for no more than 3 minutes. As for the effectiveness of green tea "extracts" in bath and beauty products, it's rather sketchy; many variables can effect whether a particular product is worth seeking out and paying for— the consumer often doesn't know exactly which of the tea's components were isolated, how the "extract" was obtained, and how much of the desired compound was actually retained during the manufacturing of the product. Yes, the product may have a lovely green tea scent, but that's added perfume!*

## **Recipe Box**

### **Yogurt Berry Waffles**

2 slices of whole grain bread, toasted (one good brand is Brownberry "Health Nut")  
plain goat yogurt (I prefer Redwood Hills, available at Whole Foods)  
mixed berries of your choice (blueberries, raspberries, blackberries, strawberries)  
honey

These essentially are open-faced sandwiches that I consider a healthier version of waffles that are typically piled with whipped cream and syrupy fruit. The goat milk yogurt in this recipe has a tart, tangy taste that nicely juxtaposes the sweet berries and honey. I strongly recommend that you do not use flavored yogurt, as it will detract from the pure tastes of the toast and berries. The slices of the whole grain bread I suggested are rather small pieces, which I think are the perfect size.

After toasting the bread, spread a thick layer of goat yogurt on each slice of toast. Arrange plenty of mixed berries on top of the yogurt and drizzle a little bit of honey over the top.

## **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...

"Checking Alarm Status." Many people use their S120 as their alarm clock. When

you want to quickly check what time you set your alarm, and your monitor display is showing the main screen time and date, simply press and hold the Signal button, which is the upper left button. The alarm time will be displayed. Voila! To return to the main screen, press and hold the Stop button.

You cannot, however, change the Alarm Set time while you're in this screen. What I've described here is merely a way to efficiently check what time it is currently set for. If you would like to reset your alarm to a different time, follow the instructions in your manual on pages 20 and 21. We'll cover this task in the near future.

### **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](mailto:TCrate1781@aol.com).

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