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# *Livin' Up 2 ... Your FULL Potential!*

## *How to NOT put on those pounds this winter*

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It happens every year, the leaves fall, the clouds roll in, the chill ensues, and we all hibernate ... with lots of comfort food. Here are some tips to keep you from getting carried away this winter!

- **Portion Control**—I know you've heard it a million times ... **BUT it is a habit** and a discipline that *really* pays off by keeping the pounds off!
- **Skip the Bread**—We love our bread, but these empty calories provide very little. At *least* start with cutting the amount of bread in

half, i.e. eat only the top bun. This one step can save 50—100 calories!

- **Don't Drink Calories**—O.K., I know there are times where you just cannot pass it up, **DISCIPLINE** yourself with some rules. Maybe have 1 soda (or beer or wine) after 2 glasses of water, etc.

These three tips are a great start to **CONTROLLING** yourself. **Life doesn't have to be NO PLAY**, but keep yourself in check and you'll obtain great self-satisfaction through your self-control!

### **Tips:**

- 1) **Skip the appetizer**
- 2) **Ask for a To-Go box** as soon as food arrives and put half to take home (saves calories and money)
- 3) **Once you TRAIN your stomach** to recognize when it's full, less bread will **NO LONGER** be a "drag."
- 4) **Examine drink alternatives** - flavored teas, lemon in your water (add Splenda®)



### **DEAL of the WEEK**

Bring this **COUPON** & receive

**1 FREE Personal Training Session**

**New members ONLY**

### *Quote of the Month*

**"Neither progress without a goal, nor a goal without a measure of progress, ignite motivation."**

- Albert Bandura

When you decide to make changes in your life set *definite, measurable* goals and enjoy *watching* your progress! **Don't let yourself off the hook**, that is one great benefit of measurement.

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*We improve your life!*

## Top 5 LOW-COST Healthy Foods

One of the concerns on everyone's mind these days is MONEY. A major drawback to eating healthy AND low calories foods is that they are often

**"Tasty options that stretch your dollar and NOT your waistline."**

more expensive (among the many other challenges for *poor* "diet" food).

Thus, this guide will

hopefully provide you with some inexpensive, tasty options that can stretch your dollar and not you and **your families' waistline.**

### 1. Eggs -

Depending on your desired level of caloric intake, this can be either just egg whites, some combination of egg whites with some whole eggs, or the whole eggs, this is a protein rich food sources that is unparalleled in nutritional value and very inexpensive. Examples of preparation include boiled, deviled (with light mayo or mostly mustard), omelets, and the Protein Pancake recipe at the end of this section.



### 2. Pasta with added protein - One example of this is the brand Barilla PLUS™



pasta. This is a whole grain pasta that has added protein and omega-3 content, thus provides a more balanced alternative that regular pasta.

### 3. LITE Yogurt or Cottage



Cheese - There are several options for both of these which include either **lite, fat free, or even "carb control."** Each of these

options allow for a healthy and low calorie snack that is very inexpensive. These can be combined with a measured small amount of granola or whole grain crackers to add to the substance.

### 4. Celery or other Fresh

Veggies - Not only is this group extremely healthy and low calorie, but also relatively inexpensive if you discipline yourself to **create "snack packs"** in zip-lock baggies for easy access.



### 5. Canned chicken - This is a great alternative to having to purchase and prepare chicken breasts. The recipe for a great low calorie chicken salad is also at the end of this section. Eat this chicken salad by itself, on celery, on whole grain crackers, or even on one slice of bread.

Armed with these ideas, this allows you to take out the excuse of expense for dieting and move yourself one step closer to following that healthy lifestyle that is just waiting for you to claim it!

#### Protein Pancake

1 serving recipe

- 2 egg whites
- 10 grams of protein powder



- 1 Splenda® Packet

Combine & blend ingredients in blender, cook in pre-heated pan on medium with no-stick spray. About 45 seconds each side. Overcooking makes them dry. Top with light cool whip and cinnamon or chocolate sprinkles for an extra treat.

#### Chicken Salad

2-3 servings recipe

- 1 can chicken
- 1 Tbsp spicy mustard
- 2 Tbsp light mayo
- 1 celery stalk, diced
- 1 dill pickle, diced
- 1/8 cup walnuts

Rinse chicken in can & drain excess water. Combine & mix all of the ingredients. ENJOY!



## Mother of 3 Livin' Up 2 Her Full Potential!



**Lani Best** is a true success story and an inspiration to mothers and fitness aspirants in Marysville! I interviewed her so that others can learn from her success.

Julie: How much weight have you lost?

Lani: **I've lost 55 pounds including "baby weight" since December.**

Julie: What was your biggest motivator to embark on a new fitness program?

Lani: My motivator this time was that I am not having any more children and I wanted my body back. During the third pregnancy I gained more weight than the other times.

Julie: How many children do you have? How do you maintain focus and schedule with kids and working full-time?

Lani: I have three children now, who are 5 years, 3.5 years, and 7.5 months. I talked to my hus-

band to get him 100% behind me. I put my workouts first priority in my schedule behind work. I can wash clothes, clean the house and dishes anytime. I made it a priority.

Julie: How has having accountability with a trainer &/or group classes helped you?

Lani: It has been a tremendous help. The biggest thing has been the strength training, giving me the strength, muscle, and definition. It also gives me accountability for at least 3 times a week. It helps me to set realistic goals. When I cannot make class, I can come to the weight room and do the exercises on my own, so I never miss.

**"The easier you make it to grab food when you head out the door, the easier it is to stay on track."**

What has been effective keeping you on track?

Lani: **There's a lot of things actually.**

Setting a goal is important. I picked a number to give me a long term goal to go for. I gauged my progress by clothing. **That's very motivating.**

The next thing is diet, because there *is* a lot of will power and sacrifice involved in it, is to have stuff ready. **Don't wait until that**

day to get food. Go to the grocery store get your vegetables, cut them up, and put them in containers. Grill all of your chicken breast for the week.

The easier you make it for you to grab the food when you head out the door, the easier it is to stay on track.

Stay off the scale. **Don't get on the scale every day.** As women our weight fluctuates quite a bit. I mean you obviously want to know your progress, **but don't be jumping on the scale every day.**

**You've got to push yourself!** Keeping a journal helps, especially in the beginning. It helps you remember.

Switching things up, jogging, do the elliptical, do the bike, and take it outside.

**This is ALL great advice from Lani, and YOU can do it, too!**

 Julie Rengert  
Ph.D. Candidate

To see Lani's full Interview Video, visit:

[www.5alarmfitness.com](http://www.5alarmfitness.com)  
**click on "what-we-do"**



## Mental Wellness = HAPPINESS

A powerful idea that best captures how to BE happy is to make the conscious *CHOICE* to focus our attention on the positive:

- Actions we need to take to get/achieve what we want
- Being grateful for our many Blessings
- Noticing opportunities that come our way

Sometimes (in fact most of the time) we are not even aware of the fact that we perpetuate negative mental states and perceptions of circumstances. We CAN, if we choose to, dictate the nature of our thoughts.

This is what differentiates the human brain from the animal brain. We ARE NOT at the mercy of instincts *IF (and ONLY IF)* we decide to take conscious, deliberate control over the thoughts that inhabit our minds and dictate our actions<sup>1</sup>.



It may take a “wake up call” to snap us out of it, or we can simply *decide* that we are tired of “playing victim” and allowing others to embrace opportunity while we are stuck in our “pity party.” It does take willpower to make the change, but believe me, IT IS WORTH IT!

American society has conditioned us to get what we want now, instant gratification. This has further trained our brains to rely more on the instinctual drives, and less on our ability to override these instincts (with our neocortex) and make rational choices that are in our best interest.

HOWEVER the great news is that we can retrain our cerebral cortex to kick in again and HELP us accomplish what we want by making choices that help us reach our goals. Even better news is that a nutritionally balanced diet and exercise HELP you to be able to engage the cortex and retrain your brain.

Journaling this process is a great way to hold yourself accountable and see how you are progressing.

Here's a **sample** journal that will get you started with this exciting process:

**Rule #1** that I will use today to recognize & change negative thoughts:

Every time I see any traffic event that makes me mad I will catch myself and say: “I have complete control over my emotions, and apparently that individual is in a hurry because of an emergency. I am just grateful that no one was hurt.”

Now, on to my next task for the day. I am so excited to be productive!

The only person that you hurt getting angry, stressed, sad, or upset is yourself. And *fortunately* YOU are the one that can change that. This is not to say there is NO room for grieving, just know when “Enough is enough.”

It really is UP TO YOU!

24 Hour  
Access!

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Note: <sup>1</sup> For a great discussion on how this works when dieting visit:  
<http://thefatlossdoc.com/2009/09/17/weight-loss-on-the-brain/>

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