



Weekly Tip:

If you grew up poor like I did, you understand that food is not always plentiful. If you are feeding your family on a limited budget you understand the cost of every serving. The last thing we ever want to do is waste food.

Too many people grew up and now teach their children to finish everything on their plates for these specific reasons, but what we do instead is teach them and ourselves to eat when we are no longer hungry. A huge contribution to the expanding waistlines of North America.

Instead of forcing yourself and your children to clean their plates, perhaps the solution would be to use smaller plates or place smaller portions on the plate.

You can always have more if you are still hungry but by overloading your helping and then refusing to waste, you are setting yourself and your children up for a lifetime of unhealthy

Accountability to self

I have many clients that come to me and say that they know what they need to do, they just need someone to be accountable to. Most often these clients do really really well until we get to the end of our time together.

What happens then is usually quite predictable, they end up doing what they have always done and bad habits start to take over - again. The reason? Well, without anyone to be accountable to they return to doing the things that they know are bad for them because they no longer have anyone to tell them not to.

This is my most frustrating scenario to deal with and ultimately I am blamed for not doing more for them, not doing my job. When in reality, I have done all I can but the one thing I cannot teach another is how to be accountable to themselves.

Without feeling any personal responsibility to themselves, without feeling any accountability to yourself, you can never do what is best for you, you can never change a lifestyle from self-indulgence to health-conscious.

Unless you have the ability or the desire to do for you, you cannot expect anyone else to do it for you. Weight loss ultimately comes down to what you eat, what you don't eat and what you both do and don't do.

No one can be with you 24/7 telling you to put down the ice cream or potato chips and pick up the salad. No one can be with you daily kicking your ass out the door to go for a walk or head to the gym. No one can do those things for you, no one can be with you - EXCEPT YOU. Ultimately the success or failure of any program comes down to one thing, one person and that is you.

If you want to be more accountable to yourself and set yourself up for success, the first thing you have to do is decide why you want to change. If your goal is weight loss, why do you want to lose it? How important is it? Are you doing it for your health? Your family? Your self-esteem? Your husband? Who are you working for? If you aren't working for yourself, you already have one strike against you because you are the only person that is with you all the time you are the only one who knows the truth of what you do

Once you decide that you want change for yourself, you have to decide how important it is to you? Is it something you just want to sit back and talk about, something you prefer to wish for than to work for?

A lifestyle change takes dedication and hard work, it means doing the unfamiliar instead of relying on old habits. It means getting uncomfortable and learning new behaviors instead of relying on old comforts. Are you willing to do that? Are you willing to clean out your cupboards throwing away junk food? Are you willing to give up your weekly Big Mac and go to Subway instead? Are you willing to sweat instead of sit?

What it really comes down to, at the end of the day are you willing to look yourself in the eye and hold yourself accountable to the truth. Are you willing to admit that the hot fudge sundae was a mistake or will you shrug it off because no one else saw you eat it?

Accountability to self is hard, but if you can do it - it will be the secret to your success! You owe it to yourself.

Recipe Corner

Delicious and nutritious snack and meal ideas that are perfect for the whole family!
Straight from Michelle's kitchen!

Summer Creamsicle Pie

This cool summer treat will be a sure win for young and old alike!

- 18 ounce package fat free cream cheese
- 18 ounce container fat free orange yogurt
- 3 packets Equal
- 1/4 teaspoon vanilla extract
- 1 small pack sugar free orange gelatine
- 1 cup light whip cream
- 1 low fat graham cracker crust



Beat cream cheese and yogurt until smooth. Add sweetener and vanilla extract and continue mixing. Sprinkle gelatine in mixture and continue beating. Fold in whip cream. Pour into crust and chill for at least 2 hours. Garnish with Mandarin Oranges.

If you cannot find orange yogurt—use vanilla yogurt blended well with 1 teaspoon of grated orange rind or 1 tbsp. orange juice.

Michelle's Blog:

www.butterflyconsultations.com/blog

Bottoms Up!

One of the most common questions I get in the summertime is surprisingly the most common question I also receive at Christmastime. What do these two drastically different seasons have in common? More frequent social gatherings and often, an increase in alcohol consumption.

So the question I am asked is—What is the healthiest alcoholic beverage to drink? Or which drink is better suited for a weight-loss program. Honestly—my answer is none, but unfortunately that is an unrealistic answer so I often give advice in a qualified manner as to which drinks are the worst and which are the least worst :)

A small part of alcohol is immediately stored as fat but the majority is actually utilized and consumed for energy immediately—sound good right? Wrong.

If your body burns the alcohol you are drinking as immediate fuel, it isn't burning your stored fat like it is supposed to which is NOT a good thing.

Beers at a BBQ sound like a Manitoba cliché and for good reason. Beer is the most common summer beverage of choice (alcoholic beverage that is. Unfortunately a single regular beer contains between 100 and 150 calories each. A six-pack will contain almost half of your daily caloric requirements and offer NO nutrients in return. Light beer has between 60 and 100 calories per bottle—unfortunately it also has less calories which means people tend to drink more bottles and actually consume more calories over all.

Fruity mixed summer cocktails like margaritas and Mai Tais have sugary sweet syrups for flavor on top of the 40—60 calories per ounce of spirits added. Making them a very unhealthy choice for summer although no less popular.

Other popular mixed drinks like a Rum and coke for instance also increase our intake of empty sugary calories due not only to the alcohol but the mix. Even if you use calorie-free or diet colas, your increased intake of sugar-substitutes like aspartame can be very unhealthy and change your body's metabolism over time. If you choose to mix with fruit juice like a Screwdriver, your sugar intake can sky rocket along with your summer waistline. Wine and coolers also have very high sugar cocktails and offer over 120 calorie per drink with no nutritive value!

Feeling discouraged? Don't be, the key is all in moderation and educated choices. An ounce of hard liquor gives you 40—60 calories. So mixing your drink with water or ice like a martini is a healthier choice and due to its strength may keep your consumption down. If you choose to drink however, remember to do it responsibly and with consideration to your health and the health and safety of others.