



Weekly Tip:

Too often I hear people use their health as a reason NOT to engage in regular exercise, Pregnancy, age, arthritis, and the like are relied on as anti-exercise excuses.

The truth of the matter is that regular exercise that is adapted to your injury or illness will actually help you heal and or cope with what your body is going through.

Anyone—and I mean EVERYONE can exercise, some may have to adapt more than others and some may have to be careful not to aggravate an injury, but there is no good excuse to refrain from getting and staying active.

Regular activity is a required part of a healthy lifestyle, no matter what your limitations are. If you are unsure of what is safe for you—consult your doctor but whatever you do, don't assume you can't. There is just no such thing as can't when it comes to being active.

Muscle Bound

Well it is that time of year—I love this season, it is always so exciting! Not only is the weather absolutely perfect with the changing colors and crisp air, it is filled with that glorious autumn scent that I find so invigorating! Weather aside. It is an exciting time for so many other reasons!

The kids are heading back to school and are actually excited about it. New seasons are beginning for sports and other activities and we can all actually sink back into our regular routines that for many of us are a great source of peace and stress relief!

For me, this season marks the beginning of a new work year as new Fitness Classes are beginning and new private clients start planning for the winter. One thing that never seems to escape my notice however is the difference

between which of my classes fill faster than the others and which are often not even run at all due to lack of interest.

Most often, our cardio programs like step aerobics and boot camps are always full with both new and returning participants—the ones that lag behind are the strength-based classes like toning, sculpting, yoga and Pilates. It is a phenomenon that never ceases to amaze me.

The majority of my clients as most of you know are women although all classes are co-ed and it seems to me that women more than men actually shy away from anything to do with their muscles and I am not really sure why that is.

It is true that most women are usually interested in fat reduction. They come to me to lose weight and burn fat so they gravitate towards cardio-based programs that serve that purpose but perhaps what they don't realize that there is an even better way to meet their fat-loss goals and that is through their muscles!

You see, the more muscle you have, the more efficient your body works. The more efficient your body works, the faster your metabolism and the more body fat you will burn. Simply stated—muscle burns fat. If you work on building, toning and strengthening your muscles along with increasing your cardiac output through aerobic activity, you will give your body the best chance ever to work the way it was designed and get you to where you want to be.

Perhaps women are afraid of 'bulking up'. Fortunately for us, without intense and vigorous specialized training, that is just not possible. Our bodies are not designed to

reach body-builder proportions with basic regular training. Look at me - I am far from Swarzeneger-like size and I engage in muscle building routines more than anyone I know.

A weekly or even twice a week strength-focused routine is certainly not going to change your dimensions but what it will do is make you stronger, leaner and healthier. It will encourage fat loss, and efficient body function, increase your metabolism and give you a well-toned and defined physique. I just can't see the down-side and yet it is still the least popular activity for fitness-focused women.

If you want a well-balanced lifestyle you must include regular physical activity. Regular activity should be well balanced just like your diet and other aspects of your lifestyle. Be sure to include aerobic activity along with muscle work for strength and endurance and don't forget your flexibility and co-ordination which can be found through activities like Yoga and Pilates.

When choosing your fitness program this fall—make sure you include it all for the best results! After all, you deserve the best!

Recipe Corner

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



Ruby Red Borscht

A food processor takes this traditional soup to an easy-to create, nutritious dish your family will love this fall!

In a large soup or crock pot, place 1 pound of cubed pork that has been diced very fine. Fill pot to 1/2 with water and bring to a boil until pork is cooked through—stir occasionally so pork does not stick together. Add 4 beets that have been peeled and shredded. Bring stock back to a boil for about 15 minutes. Add 4 cups of crushed or diced tomatoes and 4 medium potatoes and a whole white onion that have been finely chopped. Bring back to a boil. Add 2 cups of shredded cabbage (purple or green) and 2 cups of shredded carrots. Bring to a boil then reduce to a simmer seasoning with fresh garlic, salt and pepper. Thin to desired consistency with water.

Serve hot with a dollop of sour cream (non fat of course)!

This hearty soup freezes and cans well.

What's in the bag?

Back to school for many of us means back to school lunches. 200 days of wondering what to pack and trying to find a balance between what they will eat and what is good for them. So how is a mom supposed to do it? How do you ensure that your child is getting the best nutrition in their lunch while packing them stuff that won't come back home day after day?

Well my best advice for any mom (and dad and even spouses who pack the lunch for their significant other) is choice. I always give my kids a choice in what they eat. The trick is to make sure that they are choosing between two (no more or they get overwhelmed) healthy items. If you ask them to choose between Pepsi and orange juice, you are just setting them up for failure! That's like saying, 'Do you want a candy bar or a carrot stick' and you don't have to be a rocket scientist to know the answer to that one.

For my clients, especially those with kids I always recommend a kitchen purge—and what better time of year than the back-to-school fall season? Go through your cupboards and pantries and simply get rid of any product you wouldn't want to see your child snack on day in and day out. If it is not there—they cannot choose it.

I know you are thinking 'but I spent so much money—I can't just throw out food!' and I do hear that a lot but consider this exercise a lesson in planning—for you! With budgets growing thinner everyday, why would any responsible parent spend what little they have on things they DON'T want their kids to eat? Think about it and don't do it again.

Once the junk is gone you can then start planning, preparing and shopping for the things you don want them to eat. If you have more time than money—buy vegetables in bulk and keep them cut, washed and stored in your fridge. If the reverse is true, you can buy prepackaged veggie treats.

'Would you prefer carrots or celery in your lunch today? An apple or an orange? Chocolate milk or orange juice? Tuna or Egg Salad in your sandwich?' Suddenly you have a nutritious healthy lunch packed and since they had some input into it—they are actually more likely to eat it.

Now don't get me wrong—there is nothing wrong with a treat in the lunch bag, I do it myself. Puddings, cheese and crackers and the such are always available. My daughter gets ONE treat in her bag but even her treats have some nutritive value and are never the candy-bar kind. Think outside the box as well, substitute whole wheat tortillas for bread once in awhile, and think of healthy foods that look and feel like treats like yogurt cups, tubes, cheese strings, raisins mixed with a few chocolate chips, and nuts of all types if the school allows them.

Take your child shopping and let them help you—after all mom, it is their lunch!