



Weekly Tip:

What is your excuse to avoid exercise? Come on be honest—we all have them. Just remember that if you are using age or injury to avoid being active, you need to stop excusing and start exercising! Get clearance from your doctor and find activities that you CAN do. Remember, we exercise coma patients, we exercise patients in palliative care and nursing homes. We exercise people with severe injury and disability. Whatever your issue is, it is not bad enough to leave you completely inactive—there ARE things that you can do to use your muscles, to use your body and keep it working as best you can.

Being uncomfortable is NOT a reason to stop. We all need to step out of our comfort zones and push ourselves just a little bit harder—if we don't we will never change where we are in life and if we don't move forward, we slide backwards. There is no standing still in life.

Throw out your scale!

If I was asked to for my single best piece of weight loss advice it would be this: Throw out your damn scale and stop thinking about losing weight!

The more you obsess about weight, the more you think about it and focus on it, the harder it will be to lose any of it. Think back a couple of years to when the book, "The Secret" was released. As overly marketed and promoted as I think it was, it did sell the philosophy that I actually live by—what you think about you bring about. So if all you think about is weight—what do you think you will attract?

What I would recommend in my single simplified approach to weight loss is to instead focus on improving your overall health and with that focus, your weight will take care of itself.

Try to imagine your body as a well designed machine because essentially that is exactly what it is, no different than a car for instance. A car has systems that work both independently and interdependently. It requires proper fuel, maintenance and operation to maintain its longevity and responds negatively to abuse—are we as people really much different?

Just like the engineers at Ford or Chrysler, the professionals at the World Health Organization and Health Canada have determined how much of what kind of fuel and maintenance that our bodies need to operate at their optimum but instead of gas, oil and coolant, their recommendations come in the form of food and exercise.

Our bodies, when working at their best, burn fat, build muscle and work towards our ideal weight—isn't that what we all want? To be lean, mean, healthy machines? It isn't about diets and deprivation, it is about being healthy and letting your body do what it was meant to do.

So what is the proper kind of fuel we need, in what amounts? Well that is where (and yes I am going back to grade 7 health) the Canada Food Guide. Depending on our age and gender, this guide tells us exactly what we need to get the proper amounts of vitamins, minerals and nutrients to get us where we need to be.

The four food groups: Whole grains, fruits & vegetables, milk & dairy and meat & alternatives haven't changed much over the years, but our acknowledgement of them has. When was the last time you considered them at meal time?

Do you know how many servings of each you need a day? Do you know what a serving is? I promise that if you make the leanest healthiest choices to eat your recommended servings of each group each day, keeping your saturated fat intake at or below 3 tablespoons (40g), you will get better results than stepping on a scale every day and dieting your way to where you want to be.

The other form of proper maintenance that we often forget about is also no different than the car parked in the garage. If it never runs, it loses its ability too. The oil turns to sludge and eventually needs an overhaul. Your body is no different.

Regular exercise, being active everyday and including 150 minutes of aerobic activity (think pounding heart and breaking a sweat) a week—you can avoid the sludge and overhaul that your inactive pals may face from their post n the couch.

Step off the scale and step on a walking path. Stop the diet and start the balanced eating. Simple and yet not easy advice to follow but I guarantee you it is the one piece of advice that could change your life and get you to your goal!

Recipe Corner

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



Creamy gluten-free rice pudding

I absolutely LOVE rice pudding—it is such a decadent and delicious treat that only seems sinful! You can adapt it to so many flavours and consistencies—it can meet anyone's tastes and being gluten free, you don't have to worry about allergies if serving to guests! Rarely do you see a rice pudding with whole grain rice, but since that is all I use, I wouldn't make it any other way!

Simmer 1 cup uncooked long-grain brown or wild rice and 1/2 cup of honey in 8 cups of skim or 1% milk for about 1 hour, stirring frequently until rice is tender—let sit for 10 minutes.

While cooling, in a small bowl beat 3 eggs with 1/4 cup skim milk and 2 teaspoons of vanilla and 1/4 tsp salt. Add 1/2 tsp cinnamon and 1/4 tsp nutmeg and stir into rice mixture. If desired, add 1/2 cup of raisins that have been soaked for an hour in warm water.

Return mixture to the stove top on medium heat stirring constantly for about 10 minutes to allow eggs to cook but not solidify. Pour into a 9x13 baking dish, cover with plastic wrap, leaving corners open to vent steam. Refrigerate for 1 hour. Remove and stir—recover with plastic wrap sealed tightly and let chill—overnight is best!

Stir well before serving and enjoy! Serves 12!

Michelle's Blog:

www.butterflyconsultations.com/blog

How are you feeling?

Do you know that it is almost impossible to be physically healthy without being emotionally healthy as well? As human beings, our health involves so much more than just one aspect. Physical, emotional (psychological), social and spiritual health are all interrelated and are dependent on each other. To keep it simple let's take a quick look at the connection between emotional and physical health. Think about how you feel when you are happy. Do you have more energy? Do you take better care of yourself do you exercise and eat properly? Now think about the opposite. What do you feel like when you are down? Do you get depressed often? Angry? Hurt? When you are feeling these negative emotions, how do they effect you emotionally? Are you less likely to go out—do you just want to stay home alone? Do you even feel like answering

the phone? How do you care for yourself—do you eat properly? Exercise? Do you find it difficult to even shower or dress? Do you find yourself looking in the mirror and just stop caring? You don't have to be clinically depressed to have these effects of negative emotions although if they are long-lasting, reoccurring frequently or you are unable to snap out of them after a short period, you may want to see a professional to be sure. Our emotions change our behavior and our behaviors determine our physical health. It is very difficult to engage in positive healthy actions when we don't care very much about anything, let alone ourselves. Even if it is only a few hours or a day, the damage our emotions can do can be long-lasting. when you are feeling down—what do you do to console yourself? It is a long running joke that women going through a relationship breakup console themselves with ice cream or chocolate cake but where exactly did

that stereotype come from? For too many, it is based in truth. Do you console yourself with high-fat or sugary comfort foods? Alcohol? Over-eating and over indulging, even just one day can throw your entire metabolism out of sync and effect your weight and health. To put it in perspective, a single small container (you know the one's that sell for about \$6) of Chocolate Chip Cookie Dough Ice Cream which holds only 2 cups of the frozen comfort food (be honest—have you ever eaten the WHOLE container?) has 310 calories with 20g of fat and 24g of sugar. If you did console yourself with the whole thing you would consume over 1200 calories, 80g of fat and over 90g of sugar in a single sitting. It is VERY easy to sabotage a whole week in a moment of emotional weakness so if you are prone to doing this, look for ways to stay aware and replace your method of consolation with a healthier choice. Remember: Motion changes Emotion!

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