



**Michelle Budiwski**

Nutritionist  
&  
Certified Fitness Instructor

[Contact Me!](#)

WEEK 3

SEPTEMBER 28, 2010

## Weekly Tip:

When beginning a new fitness program, many people can get discouraged to see very little movement on the scale.

Weight is not a great indicator of progress because it is completely subjective, it can change at will depending on many things including body composition. As muscle replaces fat, your weight may not change but your measurements will!

If you really want to gauge your progress, throw your scale out the window and invest in a \$2 flexible tape measure.

You will be amazed to see that while your weight may not have decreased, your size may have!



## Black Jack Habits



Research has shown that it takes 21 days to break a bad habit and replace it with a good one. And the truth is, you can't break a old habit UNLESS you replace it with a new one.

This is true for anything including smoking, drinking, poor eating, not exercising, swearing, ANYTHING that you want to stop doing. It is usually easy to figure out what we DON'T want to do anymore but the first step in changing needs to be deciding on what we DO want to do.

It is easy to say that you want to eat better, but unless you decide what that actually means and put it into action, chances are [pretty decent that, you will just keep saying, "I want to eat better."

Just think blackjack. Blackjack is the universal symbol for 21—so

tape a couple of playing cards to your bathroom mirror to remind yourself every morning that your goal isn't for a lifetime, it is only for 21 days! After that, you will have a new habit, one that you won't want to break!

Make a weekly meal plan full of healthy choices every Sunday for three weeks. Replace your unhealthy eating habit with one of planning your meals—not only will your waistline thank you, you will also trim your budget!

Sign up for a 1-month fitness class (not a gym with no set schedule but a class that runs at least 3 times per week with set times) and pay in advance so you are committed. Not exercising will be replaced with well exercising!

If stopping smoking is your goal, do some math and figure out how much money you spend on cigarettes in 21 days, find something you have always wanted or wanted to do in that price range, tape a picture of it on your mirror next to your playing cards and buy it after 21 days on not smoking. Every time you want a cigarette, replace your craving with a glass of water. 21 days of increased water consumption will help flush those toxins and create a new healthy habit!

For myself, I am using this method currently to help myself stop swearing (a terrible habit). I know that after 21 days, I will have broken this habit and replaced it with.... SMILING instead!

## Sweet



One of the most common questions I am asked is about sugar and sugar substitutes. With all of the promotion behind alternative choices like Splenda, equal and the like it can be pretty confusing to decide what is best for you. And your family.

Surprisingly, I give the same advice to everyone, even my Type II diabetic clients. Natural

sweeteners like raw sugar, honey, molasses and even stevia are always your best option, and should always be used in moderation.

I can and will never recommend any chemical substitute for a natural product unless it is medically necessary and when it comes to sweeteners, this holds true. Your body is designed to

## enough?

metabolize these naturally sweet products and that is what you want. Sugars that can be broken down quickly and easy and don't change the way that your body functions— unlike substitutes.

If you choose to use a sweetening product—remember that it is only your taste buds you are trying to please. Use sparingly and infrequently for optimal

# Recipe Corner

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



## Michelle's Veggie Lasagna

They won't even know it is healthy.

**Sauce:** Sauté in olive oil, chopped onions, celery, green, red and yellow peppers that have been diced. Add fresh mushrooms, garlic, basil and oregano to taste. Add crushed tomatoes (fresh or canned) and water or chicken broth to make a saucy consistency. Let simmer.

Combine pre-boiled or thawed from frozen chopped spinach with 1% cottage cheese at a 1-1 ratio. Mix well.

Use 1 package of pre-shredded mozza/cheddar cheese.

Prepare whole wheat lasagna noodles in salted water.

In a lightly sprayed lasagna pan, layer all ingredients in this order. Sauce, noodles, spinach mix, noodles, sauce, cheese, noodles sauce. Bake covered at 350°F for 45 minutes. Uncover, sprinkle remaining cheese and cook for 15 minutes longer. Let cool for 10 minutes before serving! Pairs well with a lightly dressed salad and avoid the traditional high-fat Caesar.

## The core of the matter

I am sure that almost everyone has heard of 'Core Exercises' but do you really know what they are and why you need them? Through all of the advertising for machines, programs and classes, even I don't always take the time to explain. Let me rectify that.

When you hear the word 'Core' it is referring to both your abdominals and lower back muscles. Like every other body part and muscle group, your abs are no exception—they have a counterpart that needs to be strengthened and toned just as they are and too often in our strive for a 6-pack, we forget that.

You always want to work opposite muscles equally so they can balance each other. If your abdominals are weaker than your back, or your back weaker than your abs, you will have poor posture, poor balance, be susceptible to injury and

back pain and as the winter approaches, even see more slips and falls!

Every well-balanced fitness program will include core exercises and some, like Yoga and Pilates concentrate almost specifically on those muscles. While these types of exercises aren't specifically designed for weight loss, they will assist with it as you increase your muscle mass and become stronger.

People at any age and any fitness level can do core exercises—they can be as varied as your imagination. Some of my favorites have names like Superman crunches, Active Cat, Cat-Cows, Crunches and the dreaded V-sit!

If posture, circulation, balance, muscle tone and strength are things that you would like to improve in your life, I highly recommend a program. It doesn't have to be expensive, formal or even take place outside of your home.

There are many great home-DVDs on the market and fitness classes offered. You shouldn't need expensive equipment (maybe hand-weights, resistance bands and/or stability balls as you progress). Just remember that any core exercise should be done correctly and slowly to maximize return and limit risk.

Have fun and always remember that you are beautiful to the core!



If you would like to unsubscribe from future newsletters, please click [HERE](#)