



Weekly Tip:

This holiday season...

Be a FOOD SNOB!

It's ok, you have my permission!

What this means is that if you don't love it—don't eat it! During the holidays with so many available goodies and buffets everywhere we go—it is incredibly easy to over-indulge. The trick is to plan for success ahead of time.

Skip over all of the dishes that are available all year long and choose those holiday favorites that are truly festive treats. Not only will you appreciate them more, you won't be filling up on basics and stuffing in the favorites for fear of missing out!

Don't be afraid of being rude if you don't sample every dish your hostess serves - trust me as long as you appreciate those you do eat, the rest doesn't matter. Don't feel as though you have to eat it all.

Be a snob—your waistline will thank you for it!

Effort + Time = Results

I think the title of this article says it all. Effort plus time equals results. It isn't magic it is math—did you know that? Flashing back to elementary school for the above equation you should recognize that you cannot have one part of it without the other two, it just doesn't work that way. And yet how many people believe that it does or at least that it should?

I see it all the time. I see someone work really hard at changing their lifestyle for awhile. They step on the scale, don't see the results that they want and then give up on their effort. What part of the equation did they not 'get'? Time. They gave the effort but not for long enough to see the results.

It also works the other way. People talk and talk and talk about what they want and what they are going to do. They study. They read. They attend meetings. They put so much time into their weight loss goals but when it comes down to the effort they still indulge in the same habits. Talking doesn't burn fat and if you don't work hard to change the behaviors that got you to where you are, no amount of time is going to get you the results that you want.

You have to have it all. You have to put some work into it. You have to change your eating habits and exercise behaviors. You have to change them for long enough to get the results that you want. Now here is the bonus. Just like a math equation, you can increase one and decrease the other and still get the same result! Think about it. $4+6=10$ but so does $6+4!$ If you have a shorter time frame

to get a certain result, you can increase the effort that you put in. If you really don't want to work that hard, you just need to do what you are doing for a longer period of time. That is it. That is the secret of weight loss. It is math, not magic.

The effort that you MUST put into any weight loss program consists of two parts. The first part is of course to balance your eating habits. This means cutting out processed, friend and refined foods and increasing your vegetables, whole grains and lean proteins. These need to be eaten in accordance with the Canada food guide. These servings should be split between 3 small meals and 3 snacks each day never going more than 2 or 3 hours between each.

Once these changes have been managed, calorie intake needs to be adjusted. How many calories you should be eating each day will depend on your activity level, your body size, your time frame and your result goal. Whatever this number is, it should never fall below 1500 calories per day unless you are under medical weight-loss supervision. It also should never be above 2000 calories a day—not if your goal is weight loss.

Once you have your eating habits where they need to be—and don't fool yourself, this is not an easy thing to do although it is quite simple. Once you have your diet in place, your body will start to react the way it is supposed to, your organs, your systems will start to get healthy and do what they were meant to do.

How much time it takes to balance

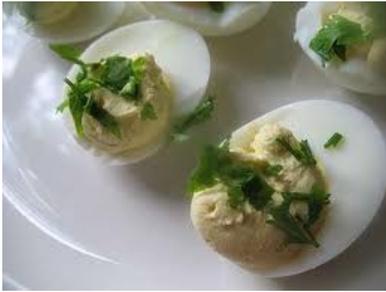
your diet in this way is up to you. How fast do you want results? How hard are you willing to work? Whatever your time frame, when you get there you are ready to start on the second part of your 'effort'. Exercise. This is where your time frame and willingness really need to be balanced. The faster you want results, the more willing you need to be to work hard. If you are not willing to do much in the form of sweat-breaking, then you have to be willing to wait longer for your results.

I wish there was a way that you could have one without doing the others—everyone wishes that there was a magic wand to wave to get instant results with no effort. Or that after a week of hard work that you could see amazing results. Wishing is great but the reality is that it doesn't work that way. You can not get the results that you want without the time and effort. I am sorry but you just can't.

What you can do though is set realistic expectations of yourself. Be honest about what you are willing to do, what you aren't willing to do. Be realistic about how much effort you are willing to put into diet and exercise changes. Once you can do that then you can set a realistic time frame to start seeing results. There is nothing more frustrating than stepping on the scale after a week or three and not seeing what you want to see. It isn't that what you're doing isn't working or isn't going to work it is just that your expectations on how long it should take to get results are a little off base. Get those in line and your equation will add up to success!

Recipe Corner

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



Michelle's Blog:

www.butterflyconsultations.com/blog

Guilt-Free Deviled Eggs

With the Holiday fast approaching we are entering the entertaining season that many of us find incredibly challenging while balancing our diets. Here is an amazing recipe for an appetizer or potluck dish you can be proud to share and to eat!

- 1/2 cup low-fat cottage cheese**
- 1/4 cup fat-free mayonnaise**
- 1/4 cup finely minced green onion**
- 1/4 cup finely minced celery**
- 1/4 tsp. each of cayenne pepper and paprika**
- 1 tsp. Dijon mustard**
- Pepper to taste (optional)**
- 8 hard-boiled eggs, cut in half, yolks discarded**
- 2 Tbsp. minced parsley**

In a medium bowl, beat cottage cheese and mayonnaise until fluffy. Add next five ingredients and beat well. Spoon cottage cheese mixture into hard-boiled egg halves and refrigerate.

Before serving, dust with parsley.

Sometimes, S@%T Happens!

It is true—sometimes no matter how good our intentions to eat healthy and exercise regularly, stuff happens to our plans. Maybe we have an unfortunate accident or illness that keeps us off our feet and away from the gym. Maybe there is a high-stress issue that creeps up and screams out for comfort food. Believe it or not, these things happen to all of us and can happen at anytime. These things are called life and life happens.

What matters is how you react to these obstacles on your path to success. Do you use them as an excuse to give up or do you adjust your other behaviors to accommodate and overcome them? Through the previous article you have read about the two different aspects of the EFFORT equation. Diet and exercise. The cool thing is that just like the effort and time parts of the equation, the diet and exercise can be used to adjust each other and thank GOD for that! Once again our solution lays in math, not magic!

If you find yourself laid up and unable to exercise the way you usually do or the way you want to, perhaps you are on pregnancy bed rest for 3 or 4 months ;) or maybe you have broken an ankle, or are recuperating from surgery. Whatever lays you up for as long as you are laid up—you have two choices— you can give up and complain about your situation while gaining back all you lost or more than you have or you can adjust your diet to accommodate your lower activity and maintain progress. If you are physically laid up this is NOT the time to console yourself with bonbons and pints of Ben & Jerry's.

Just like reducing your intake if you are limited in your activity, you can also do the opposite. If life happens and you find yourself indulging a little more than usual. Perhaps the holiday season is overcoming you with dainties and cocktails or a trail you are facing is being coped with over French fries and donuts—you can also manage this by increasing your output to balance your intake.

These times of year, these life events when you find your eating habits failing the health barometer test are not the times to be sitting in front of the TV. If you find yourself over-indulging for whatever reason, that is no excuse to sit back and watch the pounds accumulate, it is time to take more action.

You can overcome these temporary dietary setbacks with increased activity and exercise. There is no excuse not too because if you are eating for stress, exercise will help to alleviate it. If you are eating to celebrate, exercise will help you metabolize it and get you through the holiday while feeling great and not being dragged down by a burdened digestive tract.

Whatever your challenge, whatever happens remember tat you are not alone. We all have issues that come up, we all have things that we need to cope with. It isn't what happens in life it is what you do about them that matters. They will always be there, there will always be a challenge to face the real question is—what are you going to do about it?

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