



Weekly Tip:

The single best tip I can ever give anyone who is trying to lose weight, create healthier eating habits or just manage their life and stay focussed on their goals is to...

WRITE IT DOWN

Keeping your goals and dreams in your head doesn't let you focus on them. Write them down and post them some place that you can see every day so that you know what you are working for. This is true for any goal.

As far as food goes—keep a food intake diary which is just a fancy way of saying—write down everything you eat and drink and be as detailed as you possibly can.

Writing your intake down will help you make smarter choices and limit the amount of 'crap' you consume by making you think and face what you are doing.

Try it this month over the holiday season and see what a difference this one small thing can make!

The 'ef' Word

Those of you who know me and my propensity for foul language are probably just cringing right now wondering what exactly this article will entail and what I am referring to by the 'EF' word. Can you guess??? Nope - get you mind out of the gutter! As a continuation of last week's article and in response to some inquiries I am referring to the most dreaded of all 'EF' words...

EFFORT

Yep—how foul is that?

Effort is what separates the successful from the unsuccessful in every facet of life and weight loss is no exception. Thanks to media advertising too many people believe that their weight loss goals can be achieved through sheer magic and money. Buy and take enough pills or shakes and all of your extra pounds will simply melt away without diet or exercise. Man I hate those commercials.

For those of us living in reality and wanting to lose weight—whether you have 20 pounds of baby fat or 200 pounds of French fries - we are all in the same boat and can only accomplish our personal goal with the proper use of the EF word.

Will all of those fad diets, supplements and so forth work? Actually they might—for awhile. You may see quick and easy results like the ones you see on TV. The problem is that those results won't last.

Your body simply cannot maintain the changes that these products force upon them and stay healthy at the same time so one or the other has to give. Most of us will choose health and gain back whatever weight these products took, the rest will sacrifice their health and eventually be skinny and sick or worse, too skinny and dead.

So if you would rather be alive and healthy, then you will be willing to add the 'EF' word to your daily vocabulary. Now as scary as that sounds it doesn't mean you have to bounce out of your chair and do 100 push ups or never eat chocolate again. I mean if that were the case, I may choose death after all because that is really no way to live—not in my book.

There are only two things that you need to focus on when adding some effort to your life - diet and exercise.

When I say diet, I don't mean celery sticks for life, I mean diet as in your way of eating. All you have to do is take it day by day and put the effort in to making the best possible choices. That doesn't mean you can't ever have a slice of birthday cake or a bottle of beer—it means that you start to choose a small piece instead of the whole cake and a bottle instead of a case.

Changing what you eat is not hard if you make small changes. Simply cutting out deep fried foods can make a drastic difference in how your body functions and give you results.

One small change every week building on it as you go can get you not only looking and feeling better but functioning better as well. Maybe this week you cut out fast food and next week it is fast food and an extra serving of vegetables a day. Small amounts of effort can add up to big changes as long as you stick to them and build on them.

The same amount of effort needs to be put forth as far as your exercise habits go. Small steps, small changes that can be built on will give you new habits that will gradually become a part of your everyday life. So much so that you won't even think about it.

People tell me all the time that it is 'too hard' to get up and exercise and if you feel that way and it keeps you on the couch man do I have some advice you will love. If you don't want to exercise... don't.

You don't have to go to the gym or run a 5k, just make the effort everyday to do something different. Park at the far end of the lot every day this week. Next week do the same but also take the stairs. The week after, you can go for a walk around the mall at lunch time instead of just sitting at the restaurant.

All you have to do is make the effort. Yes, the more effort you make the faster you will see results but ANY effort in changing your diet and exercise habits will pay off eventually as long as you stick to them.

Don't overwhelm yourself with big changes that you can't maintain just get up every morning with the 'EF' word on your mind!

Recipe Corner

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



Low-fat Egg Nog

If your family is anything like mine December brings with it many traditions and for us one of those traditions is the dreaded Egg Nog. I say dreaded because it combines two very dangerous elements—deliciousness and high-fat calories! This homemade version will limit some of those calories and fat grams without eliminating the tastes so even if you slip in a little brandy or rum, you won't feel quite so guilty this season!

In a blender Mix:

1/2 cup sugar, 1/4 tsp cinnamon, 1/4 tsp ground nutmeg, 4 egg whites, 3 cups milk, 2 tsp vanilla extract

Garnish with nutmeg and a cinnamon stick.

This egg-nog is far from the thick and rich store-bought stuff but it has all the flavour and less than half the fat! It also won't fill you up like the commercial varieties because no one wants to feel bloated while celebrating! It also eliminates the egg yolk you find in other recipes which makes the consumption of raw eggs safe from food-borne illnesses.

CHEERS

Michelle's Blog:

www.butterflyconsultations.com/blog

15 Minutes to Success

Especially over the holidays I hear the excuse... "I don't have TIME to exercise!" Really? Seriously? I don't believe you. The truth is that you DO have time, you just don't do it.

If you give me 15 minutes a day, I can change the way your body looks and feels.

Still don't have time? What's the next excuse? You don't have the money? You don't have the space? Come on, give 'em to me. The only one I can't overcome is... "I just don't want to." And if that is how you truly feel then you can just stop reading now. Save yourself the effort ;)

So you are still reading and I am going to assume that you really do want to make a change or just learn how you can make a difference even with all of your 'challenges' well here it is.

You don't need money, equipment, any more space than your coffee table takes up. You don't need to leave the house, wait until the kids are in bed or spend hours breaking a sweat. You don't need any of that.

What you do need is a desire to get stronger and healthier. Willingness to put some work behind your words. You need 15 minutes a day. You need comfortable clothing and some great music. How is your checklist doing? Do you have what you need? Ok, well then let's get started.

All you need is 15 minutes a day and 3 separate workouts that you can do with no equipment other than a clock. 10 different exercises each day that you are going to do after a quick, fun warm up followed by some basic stretching.

Seem too simple? Believe it or not, most successful weight loss and fitness programs are very simple—they just aren't easy. You will work. You will sweat. You will see results within weeks. You will lose inches. You will tone and build muscle. You will lose fat. It is simple—you just have to do it.

So what do you think? Can you give it a shot? Are you willing to work just a little bit in order to change your life? Hopefully you are. Let's see how much effort you are really willing to put towards your health.

I am not going to make it too easy for you though. If you want to know what exercises I recommend for you to do you are going to have to put forward some effort. Yep... you are going to have to ask! If you want a free copy of my 15 minute success program you are going to have to ask me for it AND since I am giving it to you for free, I am going to require you to do a little bit more.

'Tis the season so... you need to pay it forward. Just do one thoughtful act of kindness for a complete stranger and tell me about it. Send me an email telling me what you did and telling me why you want this program and I will email you a step-by-step 3 day fitness plan that you can rotate twice a week (one day off) that will help you work towards your goals and start you on your path to health and fitness.

I think it is a very fair trade and I can't wait to hear your stories. Please also include your permission to share your story online and in our newsletter (optional) to pass on the spirit and encourage others to do the same.

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