



Weekly Tip:

Did you know that when you change your lifestyle so that you are eating healthy and making the best choices (lo-fat, high fiber, lean protein) 80%-90% of the time, that your metabolism will become more efficient?

This efficiency will actually help you to enjoy 'treats' and low-activity the other 10%-20% of the time without much detriment to your weight loss or health goals.

So many people start a new 'diet' or lifestyle change thinking that they can never again indulge in sweets, alcohol, restaurant and other items when in fact they can and actually should!

Any program or lifestyle based on deprivation of anything cannot possibly be sustained for the rest of our lives. Enjoying our treats once in awhile is a good thing and as long as they are occasional and not staples, our bodies will happily adjust! Enjoy!

The ringing in of new year is the perfect time to start thinking of change which is why new year's resolutions are such a big deal to so many people all around the world.

Did you know that the top 2 resolutions every single year are to lose weight/get in shape and to quit smoking? Are they yours? Usually I don't pay a lot of attention to what I call 'resolutioners' but they make up literally millions of dollars over the first fiscal quarter in the weight loss and fitness industries. I don't usually pay much attention because as most people know—resolutions rarely work.

Want to know why?

People who make a New Year's resolution to lose eight and/or get in shape always start out the exact same way—they spend hundreds of dollars on clothes, products and memberships. They go out and buy all new groceries and may even purge the old unhealthy ones that they have. They start to exercise and change their diet—they do it all and they do it fast. One day they are creatures of their old habits, the habits that contribute to the expanding waistline and receding muscle tone and then the very next day they are the epitome of a healthy lifestyle, doing everything right and doing it all at once.

That's why New Year's Resolutions for weight loss rarely work. Too much, too soon, too fast.

New Year—New You?

Losing weight and getting in shape are relatively simple concepts. You increase your activity and decrease your intake of unhealthy calories. Simple but far from easy.

Old habits die hard and when you try to stop all of your bad ones cold turkey—you will go into shock and withdrawal—a state that becomes increasingly uncomfortable, physically, psychologically and emotionally and even though we may have all of the best intentions on continuing on that path until it becomes natural and comfortable, it is rare that any of us can without an incredible amount of support and will power. Unfortunately if most of us had that, we wouldn't need a resolution to lose weight in the first place—would we?

No don't get me wrong, I am all for goal setting and lifestyle changes—I am just dedicated to helping people like you make your goals of weight loss and fitness a sustainable reality and unfortunately a massive system overload that follows most new year's resolutions is destined to fail.

If what you are looking for this year is a brand new you, then please go about it just as you would at any other time of the year—slowly, systematically and practically. Make small changes that you can sustain, don't jump in and try to do everything all at once, be patient and remember that you didn't get into the position you are now in overnight so you can't expect to change it overnight either.

Take a look at yourself and really search your heart for what it is you want, when you want it and how hard you are willing to work to get it. Don't sign up for a 1 year gym membership if you have never worked out before—start with 30 days or even a free trial and see what you think—is it something you will continue doing? Instead of jumping in and taking every fitness class offered, look at yourself and what you have been doing. Maybe once a week is a great start, something you can continue and build up from instead of going for 5 classes a week and getting discouraged when you can't keep up.

Instead of throwing out all the food in your fridge and investing in a high-powered juicer, take a look at your current eating habits by keeping a week long food diary. Record everything you eat and drink for a week and make it as detailed as you can—then review it. What small changes can you make and stick to? What habits can you give up cold turkey? What things will you be able to moderate? What can you add? Delete? Try it for a week and then review and adjust as needed.

We all know what we need to do in order to meet our goals and live the healthiest life possible. Some of us need more help than others and that is what pros are for. Some of you can do it on your own. Just remember that like everything else in life, change must be dealt with in balance and moderation. Too much too soon too fast will too often end in too bad...

Recipe Corner

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

Gingery Oatmeal Molasses Cookies

Looking for a delicious and nutritious addition to your kids' lunch box? January can mark the start of a very long and boring school semester—maybe it is time to change things up...

Ingredients: 1 1/4 cups whole wheat flour; 1 tsp. baking soda. 1tbsp ground ginger, 1 tsp. cinnamon, 1/2 tsp. ground cloves, 3/4 tsp. salt, 3/4 cup margarine, 1/3 cup white sugar, 1/3 cup brown sugar, 1 egg, 1/2 cup fancy molasses, 2 cups rolled oats.

Directions: Preheat oven to 375 °F, line baking sheets with parchment or spray with non-stick spray.

Combine flour, soda and spices - set aside.

Beat butter and sugars together until light and fluffy and egg and beat until well combined and then add molasses and beat well.

Add flour mixture and stir until just combined and then add oats and beat until fully incorporated.

Chill dough for 15 minutes until firm. Scoop out heaping tablespoons and place 2" apart on baking sheets and bake for 12 minutes or until cookies are browned on the edges. Let cool for 5 minutes on sheet before removing to cool completely.



Michelle's Blog:

www.butterflyconsultations.com/blog

Pass the Salt please...

If you have hypertension, heart disease or even just a slightly elevated blood pressure, your doctor may have told you to cut back on the salt but do you know that putting aside the shaker isn't exactly what he means?

High levels of sodium can contribute to hypertension, stroke, heart disease and yes even obesity! The problem isn't from the salt shaker though—not unless you are shaking for 5 minutes on every meal! So pushing the shaker aside isn't really going to make that much of a difference and cutting it out completely can actually be detrimental because for most of us on the prairies, iodized table salt is one of the only sources of iodine we get.

Sodium—at least the amounts of sodium that your doctor is warning you about are actually found in fast, processed and packaged foods. If you work on cutting those out of your diet, you can still enjoy a shake or to on your dinner without concern or even guilt.

The most any of us should consume is about 2000mg of sodium a day and that is the very upper limit. I prefer to see this level closer to 1500mg, especially for my clients looking to lose weight or manage their diabetes or hypertension.

A quick bite at the drive through (McDonalds is what I am using for comparison but ALL fast-food chains are relatively similar), grabbing a bacon cheeseburger, regular drink and a regular order of fries will earn you a whopping 1230mg of sodium—almost an entire day's worth in a single meal. Grab the same meal at 5Guys and you are looking at over 1500mg just for your lunch!

Don't eat fast food? Consider how much sodium is hiding in your regular pantry items—things you may think are actually healthier choices. A bowl (1 cup) of condensed chicken noodle soup will add 1600mg of sodium to your day. Even the 'reduced' sodium varieties we have seen on commercials from common brands like Campbell's will add 1200mg to your diet. Feel your blood pressure going up already? It should.

Our convenient lifestyles and desire for things that are quick and easy have added inches to our waists, sodium to our blood and lessened the length of our lifespans. It isn't uncommon for me to see clients consuming up to 3 or 4 times their daily limits (5000mg or more) each and every day!

The worst thing about consuming such high levels of sodium is that our bodies actually can become physically addicted to it, making change very difficult. And if you think that is bad for you—think about what it does to your children!

When we allow our children to consume these things, we set them up for not only an unhealthy childhood (we are seeing heart disease, hypertension and Type II diabetes in children where we never have before), we are shortening their lifespan with every French Fry.

Instead of throwing out the salt shaker, think about what low-sodium changes you and your family can make today that will REALLY make a difference! You may be very pleasantly surprised at the difference it makes.

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