



Weekly Tip:

Whenever a couple comes to me for weight loss or fitness help I warn them about the inevitable... he will lose weight, inches and fat faster than she will, even if she works harder! I warn them because if you are the she in the relationship—you can get discouraged and frustrated, even angry at your partner when they seem to get faster, easier results than you, especially if you are putting forward more effort! Why does this happen? Well, men's bodies are designed differently than women's. Men have more muscle throughout their bodies and more muscle means that they burn more calories than us, in everything that they do. Muscle burns fat—the more muscle you have, the faster you will lose weight, fat and inches. There is no way around it so if you are partnering with someone of the opposite sex to reach your goals together, keep this in mind and set your expectations accordingly!

Wishes, Dreams & Goals

One of my absolutely favorite topics to discuss, teach and speak on is what I call, 'Dream Weaving'. I think it is a very powerful concept and has changed my life drastically. Dream Weaving is learning how to make your dreams come true. Don't believe that it is possible? Well it is, I live and breathe my dreams every single day.

It all starts with a better understanding of exactly what dreams are. Most people confuse their dreams with their wishes but there is a very distinct difference between the two.

Wishes are things that you want that you have absolutely no control over—they may or may not even be possible but if they do come true it is by complete chance—like winning the lottery. That is a wish because there is nothing you can do to make that wish come true!

A Dream on the other hand is something that you want that IS possible and that you do have some control over. One of my dreams is to retire a millionaire. That is something that is possible and that I can control. It is a dream of mine.

So how do you make your dreams come true? Well first of all, you have to be very very specific as to what that dream is.

The most common one I hear is, "It is my dream to lose weight and be skinny!" Well that is a great thing to say but if you really want to make it happen, you need to be more specific than that!

What exactly is 'skinny' - do you want to focus on weight loss? How much weight? Do you want to reduce your body fat? What is your percentage goal? How many inches? What size jeans? Being as specific as you can be—write down exactly what your dream is. What do you see when you envision it? The more detail you can add, the more likely you are to be able to live it!

Ok, so now you have a very specific dream and you want to make it come true - what's next? Well, now we have to turn your dream into an attainable goal. The only difference between a dream and a goal is... a timeline. It is fine to say that your dream is to lose 50 pounds but when you say that you want to lose 50 pounds by Christmas—that isn't a dream, you now have a goal!

So what is your timeline? I mentioned before that I wanted to retire a millionaire - more specifically I want to retire at the same time as my husband with \$1M in cash. That is my dream.

The fact that we want to do it by the time we are 60 - 23 years from now, now that is a goal! In fact we have been working on that goal for 2 years already! Ok—so now you have a goal—your dream and a timeline—break it down... what are the steps you need to take to get there? If we are talking about 50 pounds by Xmas, we are more specifically saying that we want to lose about 6lbs a month for the next 8 months. Is that attainable and realistic? Absolutely so now you have smaller steps that when put together will get you to your destination.

So now all you have to do is figure out what your steps are to lose 6lbs a month or even simpler—1.5lbs a week! What are you going to do?

Devising a strategy to lose 1.5lbs a week seems a lot simpler to me than 50lbs and a lot less overwhelming! We can all figure out how to eat less and exercise more, 1 weeks at a time to lose a pound or two (and if you can't—call me!) and all you have to do is just take it one week at a time until you reach your goal and start living your dream! Anything can be accomplished if we want it badly enough and are willing to work for it—but hard work without a plan is pointless! Plan your work and work your plan to live your dreams!

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

Hearty Potato Salad

This summer favourite will be a stale in your refrigerator and at every pot-luck and BBQ! Full of crunchy, nutritious veggies with a fat-free dressing full of flavour, your guests will never know that this traditional picnic favourite is a healthy alternative to the one your mom used to make!

Wash and cut 3lbs of red potatoes into bite sized pieces—leave the skins on. Boil for about 20 minutes or until they are tender but still firm. Rinse in cold water, drain well and put into a large glass bowl and refrigerate for at least 2 hours or even overnight!

Clean and chop into bite-sized pieces: 1 Cup green onions, 1 cup celery, 1 cup red radishes; 6 hard boiled and peeled eggs.

Mix all of the veggies with the chilled potatoes. Chill in refrigerator while you make the dressing.

For the dressing combine 1 cup non-fat mayonnaise, 1 cup non-fat plain yogurt, 1 tbsp Dijon mustard, salt, pepper, paprika and turmeric to taste. Blend well and stir into potato salad and mix until veggies are well coated.

Serve chilled!

The truth about fruit

How many times have you seen someone who is trying to lose weight or actively 'dieting' snacking non stop on fruit because it is healthy and low fat? For me—I see it far too often. Why do people choose fruit as a frequent snack choice—simply because it is sweet and can replace a candy bar during a sugar craving.

The problem with snacking on fruit is that the reason it tastes sweet is because most of the time it is - the most common snacking fruits are extremely high in sugar and even though those sugars are naturally occurring and not of the refined-pastry/candy kind, they are still sugars and affect weight loss plans, calorie counts and can even put us at increased risk for diabetes.

For example - one of the highest sugar contents in fruits can be found in a banana. Surprised? Well in a medium ripe banana, there are about 14g or 3.5 teaspoons of sugar. The same amount of sugar that you would find in a gingerbread glazed donut at Tim Horton's. The more ripe the banana, the more sugar that our body will absorb.

Another bad apple in the sugar department is well, the apple! With about 15g of sugar for a whole medium fruit, we could be snacking our way to sabotaging our weight loss without even knowing it!

Yes it is true that fruit is fairly low in calories and fat and is also high in many nutrients—those are all positives and why we absolutely should be including fruit in our diets—but what we shouldn't be doing is eating too many of them!

The Canada food guide recommends 8 servings of fruits and vegetables per day but isn't really clear on how many of each should make up those 8 servings. What I have seen is too many people eating 6 servings of fruit because they don't like vegetables. Inevitably, these are the people that we find in crises as they can be consuming 5 times or more of their daily recommended amounts of sugar which I suggest to be at no more than 50gr (40 is better) for an adult. That is only 2 or 3 apples!

Worse than excessive snacking on whole fruits are those that consume their fruit in the forms of juices and dried snacks like raisins. The problem with these concentrated forms of fruit is that they are concentrated. The more concen-

trate, the more sugar and the less vitamins and minerals.

While 1 cup of grapes has 23g of sugar, (no you did not read that wrong), 1 cup of raisins has a whopping 98g!! 1/4 cup of raisins has the same sugar as one cup of grapes but is far less filling! While 1 apple as we said can contain 15g of sugar, 1 cup of apple juice has about 24g (actually so does chocolate milk for that matter)!

Too often people believe that natural sugars that are found in fruit are healthy and therefore a great choice but unfortunately that isn't always the case and when not consumed in moderation, can actually hurt our efforts.

What I recommend is that out of your 8 servings of fruits and veggies a day, no more than 2 of them come from fruit and those servings are from whole, raw fruits. Lower sugar options are: berries of almost every kind, rhubarb, lemons, limes, watermelon, peaches, nectarines...

Save the dried fruit and juices for special occasions because with their sugar content, they should be considered treats!!