



Weekly Tip:

Water really is as important to your health as everyone says it is.

Do you need 8 glasses a day? Who knows - how much all you need depends on your weight, metabolism, health requirements, and dietary habits.

Proper hydration will not only assist in weight loss, proper digestive health and a healthy metabolism, it will assist with things that you probably haven't even thought of.

Fertility, Muscle mass, oral health, Detoxification, Libido, skin, nails, hair, sleep, stress, energy, immunity and even moods are all effected and can be altered by your level of hydration.

So drink up!

Resolve to no longer Resolve

Happy New Year! This is the time of the year that my phone and email start burning up the bandwidth with inquiries and questions about weight loss programs and fitness classes. Don't get me wrong—that is not a complaint—keep them coming by all means!

My biggest concern though is that every single January and February we see an influx of what I like to call 'Resolvers' - these are the people who make those notorious resolutions for the new year to finally lose the weight or to get in shape. January is THE month to start new regimes - unfortunately February is usually the time to quit them!

The reason this happens is primarily that people begin these new programs with the wrong mindset not realizing that 90% of weight loss and/or fitness happens in your head beginning with what you think, moving on to what you tell yourself and ending with what you do or don't do.

Why don't resolutions work? Because people don't think they will work. It is a cultural phenomenon, a running joke in our society that resolutions fail so we start them not really believing we will follow through.

How many of you right now are reading this and shaking your heads saying 'I have every intention in the world of making this work!' yes, I can see you there and we all know what good intentions paved!

If you are truly determined to make this year THE year that you carry through and make your resolution, your dream a reality then change the way you think about it. Losing weight and getting in shape is NOT a resolution nor should it be taking lightly as most resolutions are.

Weight loss, fitness and overall health is a very serious lifestyle issue that affects you, your family, your career - everything in your entire life—why would you make light of an issue like that? Weight loss and/or fitness is not about fad diets or occasional walks around the block it is about a change of lifestyle—one that can enhance everything you do.

Did you know that when you stop worrying about weight gain or health problems—food tastes better? Did you know that proper eating and regular exercise increases the libido and improves your sex life? You will sleep and manage stress better.

We all know the reasons to make our health a priority this and every year (and if you didn't, you do now! More and better sex WHOOT WHOOT)

So now that you know that this offhanded comment about what your new year's resolution will be is actually a serious matter—what are you going to do about it? There are so many options out there to fit every lifestyle, goal, budget and personality.

Obviously I am partial to group fitness classes and private nutritional counseling but that is a self-serving ideal and I have the integrity to say so. There are many other options out there as well that will work and that are sustainable. I offer free personal consultations to any new potential client so I will leave my advertising there BUT I will say this...

If you choose to work with any other program, avoid anything with the words 'quick', 'fast', 'easy', 'permanent', or 'guaranteed'. Nothing for healthy, sustainable weight loss or fitness is any of these things.

If you truly want a healthy lifestyle—there is no pill, quick fix or easy solution, but there ARE solutions and you have to decide for yourself which of them you are willing to commit to. Weight loss and fitness is never easy - but it is simple and can even be fun! (Seriously - it can be! Stop laughing, I am being honest here!)

As far as weight loss and fitness goes - there is only one question to ask:
Are you going to **WISH** for them or **WORK** for them?

Recipe Corner

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



Cajun Seafood Gumbo

This gumbo is a hearty meal—great for winter and the spices will boost your metabolism. If you are creative, you can add and adjust ingredients and quantities anyway you like to taste, there are no wrongs here!

In a large pot sauté - 1 cup diced onion; 1 cup chopped celery; 2 cloves fresh garlic; 1 tablespoon olive oil. When onions become transparent add 1 small can tomato paste - stir well.

To this mixture add: 3 cups raw, peeled shrimp cut in half if large (frozen or canned would be fine); 2 fillets raw whitefish or crab meat; 2 cups chicken broth, 2 cups water, 1 tbs Cajun seasoning/

Bring to a boil. Add 1 cup cooked rice (brown or wild), 3 hard boiled eggs sliced and 2 cups chopped fresh okra/spinach OR 1 cup frozen.

Let simmer - season to taste. Adjust quantities to taste and consistency serve with whole wheat biscuits:

Biscuits

4 cups whole wheat flour; 1 tbsp. baking powder; 2 tbsp. sugar, 1/2 tsp. salt; 2 tbsp. vegetable oil; 1 cup milk. Mix gently and turn out on floured board (add more flour if needed for rolling texture). Roll out to 1/2" thick cut into circles and bake at 375°F until golden brown

Michelle's Blog:

www.butterflyconsultations.com/blog

The Skinny of it

Did you know that 'skinny' people can be just as unfit and/or unhealthy as 'fat' people? And yes I am using politically incorrect terms here, and I am not going to apologize for it.

Too many people assume that just because they are not overweight they are healthy and fit or at least more healthy or fit than the obese and that is not necessarily true.

Weight plays very little role in health—everyone's ideal weight is a complicated calculation based on height, frame, body composition, age... way more than the BMI chart at the Doctor's office.

The best determining factor of a healthy body is the amount of body fat that you have. Again your ideal percentage is determined by age but as a general rule of thumb women should be between 20% and 30%, closer to 20 in youth and creeping towards 30% as we age.

Anything above or below these numbers will constitute a myriad of health problems—like everything else in life, moderation is key—extremes are never ideal.

For men, the ideal body fat percentage is lower, 15% - 25%, again being adjusted for age. Men have more muscle mass than women and less need for body fat as women are designed for childbearing and nurturing by nature and it is how our bodies are designed.

Considering that Olympic athletes will run a body fat percentage of under 10% for both men and women—what does that tell you about their over-all health? Are they physically fit? Absolutely but that doesn't mean they are healthy - what has to be done to a body to get it to that un-natural level is not a healthy or ideal process, they sacrifice much for their dream. Supermodels? Don't even get me started.

In the course of my day - I meet many people who think that they need to be low on these scales - the less fat the better right? Wrong.

Did you know that when you fall below healthy body fat levels you are putting your body at risk for organ damage and failure? Women will lose the ability to menstruate, risking infertility and a variety of gynecological health concerns. You will lose muscle mass as your body eats away at it instead of the non-existence fat if energy reserves are needed, sacrificing strength, endurance, flexibility, posture and even bone protection. Immunity is weakened, body temperature is improperly regulated, skin, hair and nails sacrifice nutrients for organ support...

Needless to say that once again I am preaching balance and moderation. If you need a free body fat analysis, give me a call, I will be happy to help you determine where you are and where you want to be.

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