



Weekly Tip:

Did you know that you can do crunches or sit-ups until the cows come home and you still won't lose that spare tire or baby fat?

While muscle conditioning is an important part of any fitness program, in order to see those 6-pack abs, you have to remove the keg in front of them with a solid fat-burning cardio routine!

Get your heart pumping for at least 20 minutes 5 times a week for optimal health and fat burning!

Whether you prefer a fast walk, jog, biking, or join us for step aerobics or boot camp, breaking a sweat is a good thing. A VERY good thing!

Calories Count

So how many calories SHOULD you eat in a day?? If you look online or read a 100 different articles, you will find 100 different answers and the truth is—none of them are right!

There is no easy answer for determining your optimal calorie count, not unless you come and see me and we analyze your body composition, age, weight, activity level, body frame and so on... most people aren't going to do that so how do YOU determine what is best for you???

The best advice I can give on this very common question is this... whether you are trying to gain, lose or maintain your weight—your calorie count should really change. Surprised? You shouldn't be—because you know, we all

know that diets don't work, so balancing your eating habits to a healthy and sustainable level will get your body working properly



McDonald's Big Mac, large fries and a large coke—1410 calories and 58 grams of fat!

so it can do what it is designed to do and look the way it was meant to look. In order to do this, you will need to consumer

anywhere from 1500 to 2000 calories a day. Stick to the low end if you are not really active and the higher end if you are very active but never drop below 1500 or rise above 2000. These calories should come from 3 meals and 3 snacks a day. Ideally you should eat every 2 or 3 hours throughout the day, to maintain blood sugar levels, sate hunger and prevent over-eating and binging.

If you want to count calories, you can find a free calorie tracking software download on my website or just start reading labels and keep a running count throughout the day.

Keeping the healthful numbers in mind, kind of puts that fast food lunch in perspective doesn't it?

The Fat of the Matter

Did you know that your body NEEDS fat?? That you can't lose weight or stay healthy by cutting the fat out of your diet? It's true! You need 20% - 25% of your daily calories to come from naturally occurring fats—preferably Omega 3, 6 and unsaturated, but whatever the source your body

needs it.

The problem isn't with consuming products that have fat—the problem most people face is OVER consuming products with the wrong kinds of fat like the saturated and trans fats found in processed, refined and deep-fried foods.

At the absolute most, all you need is about 55g of fat a day and that is the MOST, for those of us focused on health and fitness, that number should be closer to 35 grams per day.

Makes you winder...

Do you want fries with that?

Recipe Corner

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



Banana Bran Muffins

Makes 12 small or 6 large

(preheat oven to 400°F, spray or line tins)

Combine:

1.5 cups natural wheat bran; 3/4 cup whole grain flour;
1/4 cup brown sugar; 1.5 tsp baking powder; 1/2 tsp baking
soda; 1/4 tsp salt; 1 tsp sugar

In a separate bowl combine:

1 egg; 1 cup apple sauce; 3 or 4 ripe mashed bananas
1/2 cup milk

Add the liquid to the dry and stir until just combined. Fill
tins 3/4 full and bake until springy to the touch — about 18
minutes!

Motion Changes Emotion

“I just don't have the energy to exercise!”

How many of us are guilty of saying and even thinking that phrase? I know I am! There are days that just the thought of working out makes me want to curl up in front of the TV with a good book and a grilled cheese sandwich! Fortunately for me, I can't do that because my motivation is built into my job—if I don't work out, I don't get paid! Not everyone is so lucky!

So how do you motivate yourself into a regular exercise routine when it is the last thing that you feel like doing? One idea is the reward system and this is MY personal favorite especially because I can be a pretty manipulative person and can usually convince my exercise buddy to join me in a sandwich better than they can convince me to workout!

The reward system is NOT based on food but a promise to yourself to do or to buy something you really want, like a trip to the spa, a new pair of shoes or if budget is an issue, even just a day in bed with a good book.

Whatever your reward, post a picture of it on your bathroom mirror and promise yourself that after 1 month of your new routine, whether it is boot camp 3 times a week or just a long walk every evening, that after 1 month, you will have earned that reward.

It takes at least 21 days to form a new habit—that is why you need a month, and during that time, whenever you feel like you don't want to get off the couch - force yourself into the bathroom to look at that picture - you don't want to start over on your month again do you??

So put on those shoes and get out the door—it's one hour and then you can get back to the couch and you will be one hour closer to that reward.

The bonus is... After that one hour, you won't feel like going back to the couch!! Your motion, your activity will have changed the way you feel, motion changes emotion and every time you tie up those shoes, it will get easier and easier to do! I promise!



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