



**Weekly Tip:**

Did you know that your Core and your Abs are two different things?

The activities that you do to strengthen your core are different than the exercises you do to work on that visible six-pack.

Think of your core as a band of muscles wrapping you from front to back, underneath the muscles you see on the surface.

A strong core will improve your balance, stability, posture and prevent back injuries now and into the future.

You don't need to be a super-athlete to have a strong core and you don't even need to break a sweat! Focused exercises like Yoga and Pilates will strengthen your core and your over-all health!

# Angel Foods

In the last issue, I shared my top 10 list of what I call 'Devil's Foods' - items that really have no place in anyone's diet. I thought it would only be fair to share my list of favorite foods 'Angel Food' that should be the staple in anyone and everyone's diet. These are items that will promote healthy balanced diet and are affordable on anyone's budget!

#1 - Hands down, my favorite food of all time is... Peanut Butter! Yes, peanut butter! And before you say that it has too much fat, please remember that the high fat levels are actually 'Good fats' - things that your body needs. Eaten in moderation, peanut butter contains proteins, healthy fats and complex carbs. Perfect.

#2 - Tuna—or better known in my house as 'Petunia Fish'. Light tuna canned in water gives your family a convenient, easy and tasty way to regularly consume fish and give your body the Omega 3 fatty acids it cannot produce on its own. While not the best source of Omega 3 & 6—it is often the most accessible and affordable source on the prairies and should be a staple!

#3 - 100% whole grain breads & pasta. Not 'multigrain' and not 60% - but actual 100% whole grain—it doesn't even matter to me what grain as long as it is whole! No enriched flour in my house!

#4 - Hemp or Flax oil - these refined oils are not good for cooking but make great dressing for salads and mixed greens adding Omega 3 & 6, and so many other great things along with an awesome taste! I don't even mix mine, just sprinkle it lightly on its own (or use a spritzer!)

#5 - Fresh garlic - Anyone who has eaten anything at my house knows that I put garlic in almost everything! Along with flavor, garlic is infused with antioxidants and other elements that are linked to improving immunity, kidney & bladder function, cancer prevention and so one! Skip the pills and go natural with this amazing food!

#6 - Cinnamon & vanilla - these two items combine for an amazing taste and create a host of comforting feelings and there is a reason for that. Both cinnamon and vanilla release endorphins in the brain that stimulate feelings of calm, well being and happiness.

#7 - Sugar Snap Peas—these crunchy lentils are a great ready-to-eat snack that fulfills cravings for sweet and crunchy without the fat or calories of processed and packaged treats.

#8 - Cheerios! - Yes the round cereal from General Mills—there is always a box or two of the regular whole grain cheerios in my house! Not only are they a great breakfast, they make an awesome mid-day or evening snack!

#9 - 1% milk. Unless you are a toddler between the ages of 1 and 2, you don't need to be drinking whole milk or even 2%. While skim is usually what 'diets' call for—I personally don't like the taste and any 'health' food that you won't eat is useless.. Our bodies need natural fat so by using 1% instead of skim, you are giving your body what it needs!

#10 - Source Yogurt - After many comparisons, I have decided that the best yogurt is Source 0% by Yoplait. This fat-free treat does not have extra sugar and calories and has so many flavors it makes a great dessert!



# Recipe Corner

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

## Seed Bread

This whole-grain multi-seed loaf will take the place of every other dessert bread you have ever made!

This recipe makes 1 loaf!

Mix together: 1 egg, 1 cup milk (soured with 1 tsp. vinegar), 2 medium crushed bananas or 1 cup apple sauce

In a separate bowl blend: 1 1/2 cup whole wheat flour, 2 tbsp. flax seed, 2 tbsp. hemp seed, 1 tbsp. poppy seed, 2 tbsp. sesame seeds, 2 tbsp. shelled sunflower seeds, 1 tsp. baking soda, 1 tsp. baking powder, 1/2 tsp. salt

*Add liquid ingredients to dry ingredients and stir until just moist. Pour into a greased loaf pan and bake at 350° for 50—60 minutes until the top springs back when touched. Let cool before removing from pan.*



## Top 5 To Try

Over the past few days, I have been bombarded with requests for advice on everything from exercise routines to weight gain strategies. Unfortunately without an individual consult and analysis, I cannot give anyone specific advice on their issues but what I can do is give you my top 5 tips for eating healthier and stabilizing your metabolism so your body will gain/lose what you want it to!

#1 - Forget everything you have read about snacking! Your body needs a constant supply of fuel—it just has to be the right kind. 3 small meals and 3 healthy snacks including one after supper and at least 2 hours before bed is what your body needs to keep going!

#2 - You NEED fat and carbs! 55% of your calories need to come from complex carbs and 20% from healthy fats. Whole grains and lean meats are

needed. No matter what the fad diets say—don't cut anything out of your regular diet. Not giving your body the right fuel may increase sudden weight loss, but it will not last and may actually cause damage preventing permanent weight loss in the future.

#3 - Stay Hydrated. Without enough water, your organs and therefore your metabolism cannot function the way that they should. The best way to stay hydrated is obviously to drink a lot of water. Drinking other fluids may introduce sugar, fat and other elements that you may not need.

#4 - Increase your intentional activity. You may not be ready, willing or able to workout at a gym, a fitness studio or even at home but what you can do—what we can ALL do is increase our intentional activity until we are able to exercise at a more regular and strenuous rate.

Intentional activity could include things as simple as taking the stairs instead of the escalator or elevator; parking at the far side of the parking lot, taking the dog for a walk instead of just watching him in the yard—every little bit helps!

#5 - Clean out your cupboards. If you don't have those pesky processed and pre-packaged snacks easily available in your home, you won't eat them and even if you do, at least you will burn extra calories by running to the store in the middle of the night. No one in your house including your children needs potato chips, cookies, crackers, pudding cups and candy - so why have them where you might actually eat them?

Obviously there is more to weight loss and a healthy lifestyle than these 5 things but they are definitely a great way to start the journey towards a happier and healthier you!

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