



## Weekly Tip:

I understand that not everyone can get out and do as much as they should because of physical limitations.

THAT being said—do not use difficulty or even injury to stop you from being physically active.

Check with your doctor and a professional trainer, even if it is just for an initial consult to see what you can be doing to improve your health, strength and stamina.

As you get stronger, as your injury heals and as you lose the excess weight, your activities will get easier and you can start to add more to your routine - eventually getting to the place you need to be to maintain a healthy lifestyle.

If something is hard, it will get easier. If it hurts - find something that doesn't but there is always something you CAN DO!

# Something's Fishy Around Here!

In the recipe above you will find a brand new recipe for making fresh or frozen fish delicious, nutritious and easy!! I can't stress enough how important it is to have your family incorporating fish into their regular diets and fish-sticks don't count!!!

Fish is a rich source of Omega 3 fatty acids—an essential part of our diet and something too many of us lack. Omega 3 fatty acids contribute to your health in so many ways, but some of the most prevalent are:

**Heart Health:** By adding fish to your diet once or twice a week, you can actually cut your risks of a heart attack by one third!!! And if you are at risk for heart problems—this could be a life-saving change that you can't afford to avoid! Omega 3's help reduce cholesterol and help stabilize heart rhythms.

**Obesity:** Omega 3's help to break down fat and by deactivating fat-forming enzymes, keep it from being deposited in the body.

**Diabetes:** Omega 3 fatty acids help improve the insulin function in the body so if you are at risk for developing Type-2 diabetes due to obesity, or other precursors, increasing your fish intake to a minimum of 4 times a month can help avoid this devastating disease.

**Arthritis:** Fatty acids cause the inflammatory process to break down enzymes that cause damage to cartilage and joints.

**Alzheimer's & Dementia:** fatty acids improve the function of the brain's synapses which improve over-all brain function, and actually protects the cells from damage caused by age, improving memory and acuity.

**Depression:** Fatty Acids help your produce more of the enzyme Serotonin, the neurotransmitter in the brain that acts as the body's natural anti-depressant, your own version of Prozac if you will!

With all of the health benefits, you may wonder why more people don't eat more fish and the answer to that may have something to do with some of the bad press that fish receives through reports of fish farms gone wrong and mercury poisoning.

The fact of that matter is that while you need to make informed choices as to the fish you choose, especially if pregnant, nursing or serving to young children, most fish poses absolutely no danger although you should note that deep-frying may actually increase the amount of mercury in fish—another reason to avoid fried foods!

You should avoid eating shark, king mackerel, Swordfish or tilefish in large quantities. Pregnant and nursing moms and young children should avoid these all together. Those aside, that leaves MANY healthy options.

Healthy Omega 3 rich seafood that you can include in your diet once or twice a week include:

Salmon (preferably wild)  
Halibut; Rainbow Trout  
Lake Trout; Cod;  
Sardines; Striped Sea Bass; Turbot; Oysters;  
Shrimp; Tuna; Sturgeon;  
whitefish; anchovies and bluefish

# Recipe Corner

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

## Salmon & Asparagus with Lemon Capers

This delicious recipe is fresh, nutritious and full of flavour—it will get your whole family excited about eating fish! This recipe will work with any dense, boneless fish such as salmon. It is quick and easy to prepare and cook!

You can even prepare fish a few hours in advance of cooking and refrigerate covered to allow the flavours to meld! You could also cook in foil over a bbq or open flame! Don't be afraid to experiment



Ingredients: 4 fresh or thawed fish fillets; 1/2 pound whole fresh asparagus, 1 small red onion, 2 tbsp. olive oil, 1 lemon with juice, parsley, capers, salt and pepper

Lemon Caper Sauce: In a mini food processor blend: 1 small red onion, 2 tablespoons or 1/2 small jar capers with juice, 1 tbsp. olive oil, 2 tbsps. Lemon juice, rind of 1/2 lemon, 1/4 cup fresh parsley.

In a casserole dish place 1 tbsp. olive oil. Add 1/2 pound fresh whole asparagus, toss in oil until coated, layer bottom of pan and season with salt and pepper. On top of asparagus, place 4 fish. Layer caper sauce over fillets.

Bake at 350°F for about 20 minutes until fish is cooked through. Serve with brown or wild rice.

MMMMM.....

## *Promise Me...*

Did you know that most of us refuse or at least find it very difficult to break a promise that we have made to someone else. It is an honorable trait to have.

Unfortunately when it comes to promises that we make to ourselves, we are not as diligent in keeping them. The sad part is that when we break a promise to ourselves, we don't just feel guilty—we actually chip away at our own self esteem.

We don't just have to deal with the anger and disappointment of our friend if we break their promise—they usually get over it eventually, when we break a promise to ourselves, we never get over it. And we never let ourselves forget.

When you tell yourself that you are going to stick to a new lifestyle, that you are going to get healthy and fit, that you are going to stay that way, that is a promise.

When you quit your new lifestyle changes, turning them into just another diet that didn't work, you give yourself one more reason to believe that you can't do it, that nothing will ever work. When that happens you are even less likely to succeed in your next attempt—even less likely to try, you have sabotaged yourself, your self-esteem and your health.

So how do you break the cycle of broken promises? Simple—you just don't quit. There is no such thing as failure, there is just quitting. The only way to fail is to stop trying.

Make this time—the last time and force yourself to succeed and turning your promises outward. Eventually you will build the strength to believe you deserve better than a broken promise to yourself but in the meantime to help you get there - promise someone else.

Pick a promise partner that you refuse to let down—someone who will hold you accountable and not let you off the hook. Get them to read this article and then talk to them about your weight loss and/or fitness journey. Tell them what you are going to do, tell them your goal and when you will meet that goal. Tell them that you are counting on them to kick your butt when the you want to quit and to not let you, let them down and then stay in touch! You both deserve a promise fulfilled!

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