



Weekly Tip:

Are you comfortable?

If you never get out of your comfort zone while exercising, you will never improve your fitness.

Exercise SHOULD be uncomfortable. I don't mean painful, but uncomfortable—you should be pushing your limits, 'feeling the burn' and making yourself uncomfortable. If you want to improve your fitness.

So what are you doing to get fit? As an adult you need to have **AT LEAST**

150 minutes a week of moderate to intense exercise. Going for a stroll after dinner while being better than nothing is neither moderate or intense.

Step out of your comfort zone during your next work out. Each day that zone might change but each day push your limit as much as you can and only then will you see a change!

Choosing a Fitness Trainer

Whether you are looking for a personal trainer, joining a gym or even just taking a class in your community—make sure you know who is teaching you and where they learned to teach.

Right now in Canada there is no legislation surrounding the professional title of 'Personal Trainer' or 'Fitness Trainer' - so pretty much anyone can call themselves such and start their own class.

I don't have to tell you how potentially dangerous it can be to your body and even health to have just anyone make changes to it and it can even lead to serious injury. Every body part is at risk and put into the hands of who you choose to help you get in shape.

Make sure you ask to see your trainer's credentials, ask where they received their training, ask if they are CPR and first-aid certified just in case something does happen while you are with them.

In Manitoba, the Manitoba Fitness Council (MFC) regulates the education, competency and ability of all of its trainers in the province. Unfortunately there are less than 400 MFC Certified Fitness Trainers in Manitoba—everyone else is working with a different level of training and education.

I am not saying that there are not competent and even great trainers out there that are not MFC Certified, I am just saying that those that are can be trusted to have the education and even insurance that you want in a trainer. To find a list of MFC Certified Instructors you can contact them at www.manitobafitnesscouncil.ca or by phone at (204) 235-1245 .

If you choose to work with a trainer or join a class with an instructor that is not MFC certified or if there is no trainer in your area, whoever you choose should:

- have a certificate of
- education they can show you in the field they are teaching
- Have valid First Aid & CPR training

- As you to fill out a ParQ or health Questionnaire BEFORE working with you
- Be able to and willing to adapt all exercises to accommodate health needs or physical limitations
- Be willing to discuss their training and education openly

The most important factor in choosing and continue to work with a trainer or stick with the gym or class what matters the most is how YOU feel.

- Are you comfortable with this person?
- Do their fitness and health philosophies fit with yours.
- Is what you are doing enjoyable? Even though you are working and getting out of your comfort zone—so you leave miserable?

Recipe Corner

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



Pineapple Grapefruit Baked Salmon

Another GREAT way to incorporate fish into your family's diet without thinking that it has to be boring! This recipe uses 4 wild salmon fillets but will work with any dense fish!

Prepare Fish: Take 4 thawed fillets and place in a glass casserole—sprinkle with salt and pepper and bake in a 350°F oven for 15 minutes—remove from oven, drain any liquid and set aside.

Prepare Sauce: In a food processor, small chopper or blender—place two medium grapefruits that have been peeled, removed from casing and segmented. Add one can of pineapple with juice OR 1/2 of a fresh pineapple and 1/4 cup water. Add 1 tbsp. honey, 1 tsp. cracked or ground peppercorns and 1/2 tsp. ground ginger - blend thoroughly.

In a sauce pan, sauté one diced shallot or onion in 2 tsp. olive oil until onions are clear—add contents of food processor and bring to a boil. Reduce heat and let simmer until ingredients thicken.

Place sauce over fish and return to oven for another 15 minutes uncovered. Serve with a salad and whole grain rice...

Michelle's Blog:

www.butterflyconsultations.com/blog

Too much or not enough?

Believe it or not, one of the most common problems that my weight loss clients have is UNDER eating. Yes that is right—not eating enough to properly fuel their bodies.

While you would think that the less you eat, the more you will lose makes sense mathematically we often forget that our body is a complex configuration of systems working both together and independently to be the best that it can be.

Like any machine, our body needs proper fuel and maintenance in order to properly function and when it doesn't get what it needs, it doesn't work the way that it should and we do not get the results that we think we should be getting. That is the #1 reason fad diets don't work.

The first step in any weight loss plan—whether you want to lose 15 pounds or 150 pounds is to analyze what you do eat and make changes to balance it.

It isn't about counting calories, there is more to food than that. You need to make sure that you have enough complex carbohydrates, proteins and essential fats. You also need to make sure you are getting enough vitamins and minerals.

If you can't afford, don't have access to or don't want to work with a nutritionist or dietician, don't worry—you can do this on your own. You have all of the tools that you need right at your finger tips with the Canada Food Guide. Seriously—what you learned in Grade 9 is all you really need.

There are four food groups that you need to make choices from in order to properly fuel your body. Men, women, children, teens and diabetics may have slight variations or the amount of servings that they need in the day but you should be eating no less than and no more than the recommended amounts daily!

- 7-8 vegetables and fruit
- 6-7 grain products
- 2 milk and alternatives
- 2 meat and alternatives

Choose foods that are whole grains, lower fat, no more than 2 fruits and as many raw veggies as you need. AND REMEMBER you only need 2 servings (6 oz. MAX per day) of meat! It is all about balance and moderation!

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