



Weekly Tip:

BMI—do you know what that is? It is the chart on the wall of every doctor's office comparing height and age and giving you an acceptable weight that you should be.

Do you know that according to the BMI index, I am considered obese? Yep, it is true and do you know why that is? It is because this chart is a very general guideline that doesn't take a person's body frame or muscle mass into consideration. So if you are a large framed or muscular person, you are automatically overweight. It is a quick and easy chart for health care professionals to reference but should never be taken to heart.

The best indicator of where you are and where you should be is your total Body fat Percentage. That is really what matters.

You can find measurement calculators online or give me a call to determine yours! I will do it for you for free!

We're killing our kids!

Over the summer I have been working on some professional upgrading and catching up on all of the professional journals and research that I have gotten behind on.

What has astounded me (even though it shouldn't) are the scary new statistics regarding childhood obesity and obesity related diseases. It was bad enough that the World Health Organization had to rename adult-onset diabetes to 'type II' diabetes because of the amount of children who have been diagnosed with it. This disease was once unheard of in children and is now quite common to find. If you don't know Type II diabetes is a life-style disease and while genetics may play some role in your risk of getting it, this risk factor can be overcome with proper diet and exercise—something too few of our children are getting.

Other diseases that were once unheard of in children which are now becoming more and more common are: high Cholesterol, hypertension, heart disease and arthritis. What is happening to the children of North America that is putting them in mortal danger from their own bodies?

What is happening to them?? WE are happening to them! Us, the adults, the parents and the role models for these children are killing them with our laziness, our ignorance and our indifference to their health. We are sacrificing their health and longevity for the sake of our own convenience and even their short-term happiness. And by short term, I mean short term. It is much easier to give in and go through a drive through to see a smile from a toddler than to force them to eat their vegetables—because we want to see those smiles don't we?

I don't know about you but I personally would prefer to see them smile when they are 30 and living a healthy life. I would choose to not see them cry in pain with daily injections, blindness, or amputation in later life than smile today, but obviously I am in a shrinking minority according to the amount of children out there with lifestyle related disease.

I honestly don't know how better to say it—I see it every day in clients who are terrified to change their family's eating habits for fear of dealing with children and even spouses who rebel or resist, choosing instead to continue unhealthy practices.

What is wrong with us as parents—what happened to the role of the parent that has turned us into slaves to our children? Giving them whatever they want instead of whatever they need?

I have heard the excuses, I have heard the rationalizations but I am sorry—if your children are overweight and unhealthy there is no excuse, there is no one to blame but you—their parent.

Unless your children earn the money, buy the groceries, set the menus and do the cooking, their diet is strictly within the control of their parents and if they no longer are, their habits are 100% influenced by how they were raised again—by their parents. I feel sorry for these children whose parents don't seem to care enough about their health and future to take the steps they need to help them as children.

If you are one of these parents, and are spitting nails at me right now, that's ok, I can take it. Hopefully once your anger at me fades you will look a little differently at your children and realize that their future, their present depends on you.

Recipe Corner

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



Tequila Lime Shrimp Grill

This summer fave is great for BBQ season and perfect to serve over a crisp green salad dressed with a light vinaigrette. Don't worry about the tequila, the heat burns off the alcohol (and the extra calories) leaving tonnes of flavour great for the children, teatallers and pregnant chicks alike!

- 1 lb jumbo shrimp (shelled)**
- 1 shot tequila**
- 1 Tbsp. fresh lime juice**
- 1 jalapeno pepper, seeded and minced**
- 1 Tbsp. minced garlic**
- 1 Tbsp. chopped cilantro**

Combine all ingredients in a bowl and let child for at least 1 hour (longer is best) skewer and place on BBQ or inside grill until shrimp turn pink. Serve on a bed of rice or salad. Great even served cold as an appetizer!

How much, how fast?

With the upcoming back to school season upon us, many people (even more than right after New Year's) find themselves looking at reevaluating or even continuing their weight loss and/or fitness goals.

Whether you are planning on losing weight and working out on your own, taking a class, joining a gym or seeing a weight loss professional, you need to have a realistic goal straight from the start. Without this you may find yourself getting discouraged and giving up on whatever it is you are doing before you ever see the results that you crave.

It is a common belief that healthy weight loss is roughly 2lbs per week and generally this is a good rule of thumb but there is so much more to consider when changing your lifestyle than what the scale says. Personally I think we should all throw our scales out the window.

If you are a slave to those numbers please remember that the more you have to lose, the faster it will come off. I have had clients lose 11 pounds in a week in a perfectly healthy and well balanced way. I have also had clients lose no weight at all but continue to lose body fat and inches. I have also seen people gain weight while losing fat and inches - yes, it is very possible. Remember that if you are exercising as well as watching what you eat, you will be building muscle and muscle is more dense than fat so while your weight may stay the same or even increase you could actually be shrinking which is what we all want right?

Too often I see clients get discouraged and upset at what they see as a lack of results because the scale isn't going down as fast as they think it should. This discouragement often leads to self-sabotage because they feel that working hard got them no where and they revert to old, bad habits that led them to

gain in the first place.

I have no disillusion about what are good and bad results during a weight loss program and I have no problem telling my clients exactly where I think they are and where they need to be. But if you are not working with a professional, keeping that perspective can often be very very difficult.

In order to do this I recommend a couple of things - first off do NOT step on a scale more than once a week. Your weight fluctuates throughout the day and weighing yourself daily means nothing. Also, while you are weighing yourself, keep a chart of your measurements. It is hard to get accurate body fat measurements on your own, but you can measure around your chest, belly (around your button), your waist (smallest part of your torso between your belly and chest, and your hips. Seeing these measurements go down will mean more than any number on any scale - I promise!