



Weekly Tip:

Stay Fit—physically, mentally and emotionally! Regular physical activity improves psychological well-being and can reduce depression and anxiety. Joining an exercise group or a gym can also reduce loneliness, since it connects you with a new set of people sharing a common goal.

Too often people get caught up in a cycle of negativity that is self-perpetuating. They are unhappy with their appearance, fitness level or health and think negative thoughts. These thoughts make them feel unhappy, distressed, sad, embarrassed and these feelings lead to self-destructive behaviors such as over-eating and lethargy which in turn contribute to the problem of low self-esteem, guilt and thinking poorly about yourself.

**BREAK THE
CYCLE AND DO
SOMETHING.
MOTION
CHANGES
EMOTION**

Intentional Activity

When starting a new weight loss client off on any type of program, the one thing I always ask them to do is to increase their intentional activity. What do I mean by that? Well, let me explain.

We all know that we need to exercise, but what most people think is that unless you go for a jog, hit the gym or start a Yoga class - it doesn't count as exercise and that is simply not true.

We all have something called our base metabolic rate—the number of calories that we require each day to remain exactly the same size, doing the same things that we always do. Any change to your activity level or calories consumed will change the ratio—so if you want to lose weight, you need to consume less or do more or both. Weight Management is math, not magic.

So any change to what you normally do, will expend additional calories in your day, making the difference between what you need to maintain and what you expend/consume greater. A greater difference means faster weight loss. So if you are looking to increase the amount of calories that you burn in a day, you need to do more than you normally do—it is really that simple. You don't need a gym, equipment or even to break a sweat—not to start at least.

Think about what you do on a normal basis—grab a pen and paper right now and start making a list. Do you walk to work? Drive? Do you take the stairs? The elevator? Do you eat lunch at your desk? Watch TV all evening? Drive around the

parking lot until you find the perfect spot?

Whatever is on your list—make it as detailed as possible and be as honest as possible, you aren't helping anyone if you aren't. Now that you have your list, look at what you can do differently. Remember that anything extra will add up and make a difference. So here are a few of the simplest changes that I recommend all of my clients start with.

Walk instead of drive whenever you can. If you have to drive to work—park at the farthest spot on the lot—or even a street or two away—the same goes for the shopping mall—instead of wasting precious time and fuel waiting for a spot closest to the door—choose the parking spot the farthest away. Take the stairs. It always amazes me how often I see people on an elevator get on at floor #2 and get off on floor #3. They spend more time waiting for the elevator than it would take to walk up the stairs! If you have 3 flights or less to take—use the stairs—if it is more and you have the time—go for it! Every set of stairs you take when you would usually catch a ride will help condition your heart and burn extra calories!

Don't waste your breaks! Instead of sitting around at lunch time—go for a walk! Even just around the block for some fresh air—the movement will even help your digestion after eating—same goes for TV after dinner—get off the couch! Vacuum, mop—put on some music and dance around with the kids! They will love you for it and so will your waistline! Now if you are already an active person and routinely workout you

may think that this doesn't apply to you—but you are wrong! It totally applies to all of us—including me!! Remember that I said your base metabolic rate is based on what you NORMALLY DO—so if you normally work out 3 times a week—your body adjusts for that and that is your new normal—what we refer to as a plateau. If you want to bust through a plateau and see the results you did when you first started your program, you need to do the same thing—intentionally increase your activity. Now this could mean adding a new work out, increasing intensity (a bigger weight, faster run, incline, extra riser etc) - or could mean that you add one more day or a different type of exercise—if you are a runner, add some strength training—if you prefer yoga, add some cardio etc.

The point is that in order to change your results you have to change what you do. Either you consume less or you burn more—math not magic. Eventually though, we simply can't just eat less as we need a minimum of 1500 calories a day to just live so if we are already reducing calories, the only other option we have to bust through a plateau or get better, faster results is to increase our output and the easiest way to do that is through Intentional activity.

This is something ANYONE can do regardless of age, health, disability, injury... whatever is holding you back from 'exercising' you can no longer use as an excuse. Don't worry about the nasty 'E' word—just increase your intentional activity and your body will start to respond!

Recipe Corner

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



Chocolate Peanut Butter Banana Smoothie

This shake makes an amazing breakfast or lunch on the go! High in protein, complex carbs, vitamins, minerals and essential fats—it is the perfect meal you can drink! To top it off—it actually tastes like something that shouldn't be good for you! At almost 400 nutrient dense calories, this shake shouldn't be used as a snack or beverage but as it was meant—a meal!

In a blender combine: One whole small or medium banana, 2 tablespoons smooth peanut butter, 1/3 cup plain Source 0% yogurt, 1 cup skim or 1% milk and a tablespoon of dark chocolate cocoa powder (unsweetened). If desired you can also add some ground flax, hemp or even your favourite unflavoured protein powder. Blend well and enjoy!

Fat-Free Cucumber-Dill Dip

This dip is super-easy to make and so delicious! You can use it for fresh veggies or even as a sandwich spread!

In a blender or small food processor combine: 1 cup slice cucumbers (skin on), 6 sprigs fresh dill or 1 tsp dried dill weed, 1/3 cup fat free mayo and 1/3 cup plain Source 0% yogurt. Blend well. Add more or less mayo to reach desired consistency!
Enjoy!

Michelle's Blog:

www.butterflyconsultations.com/blog

The Truth Hurts

"If it's important to you, you'll find a way. If not, you'll find an excuse."

I pulled these wise words from an online discussion because they fit so well with what I do in my job every day. I call it excuse-busting. It is pretty much exactly what my clients pay me to do for them - they honestly know what they should be eating and that they should be exercising, they don't need me to tell them that. What they do need is someone to kick them in the ass and call them on their bullshit.

I know, I know—I sound like a tyrant and a total bitch but honestly, I doubt that my clients would get the results that they do if I patted them on the hand and just said, 'There there, it's ok, I totally get why you can't work out with a cold!' I tease them by telling them that they don't pay me to be nice, they pay me for results, nice is what their mother's are for!

Again, don't get me wrong—I really do have a great deal of compassion for my clients and know first hand many of the struggles and challenges that they face. I know what it is like to deal with addictions, compulsions, depression...

And that is how I know what it takes to get past them and use them as motivation to reach your goals instead of excuses and roadblocks.

We can always find reasons why we do something we shouldn't or don't do something we should. I can come up with a bazillion of them and believe every single one! That is why we often need someone willing to face the fire and tell us what we need to hear, not what we want to hear. I know I need that in my life - my husband does it for me because just like everyone else, I am human and if I was allowed, I would fall back on my own excuses and hate myself for it. He loves me enough to know that and has the strength of character to be honest when he sees me doing it.

Do you have someone like that in your life? Someone who will say—yes that sucks, but get over it? Pull up your big girl panties and deal with it! Or my personal favorite—Suck it up Buttercup!

Yes, we all have challenges and difficulties. We can all use our pasts, our presents and our life situations as excuses keeping us from the things we need—but if we do what then? What happens to our futures if everyone around us is more worried about keeping us happy in the

moment instead of doing what we need for a more fulfilled life? I know that it is sometimes painful to hear the truth but what doesn't kill us makes us stronger—right?

I told a client last night that when I ask him why he didn't do his workout-homework—the only acceptable answer is... 'because I didn't want to.' anything else is just an excuse and is unacceptable. At least saying that he doesn't want to is honest—to me and to himself.

If you want something bad enough, you will move heaven and earth to find a way to get it—you will do whatever it takes for as long as it takes and you will succeed. If your desire to reach your goal is not greater than your willingness to work past your obstacles however—you will never get past them and continue to stay bogged down in your own excuses.

If you want it, you will work for it and it doesn't matter what 'it' is. Weight loss, fitness, wealth, education... it doesn't matter what your goal is, the only way you will ever reach it is by learning how to bust through your own excuses or at least be willing to listen to someone like me do it for you. The truth hurts, but failure hurts more!

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