



Weekly Tip:

We have all heard that losing more than 2 pounds a week is dangerous and unhealthy but is it true??

The best I can say is... not really.

It is a great rule of thumb for the general population. How much weight you have to lose and how fast you can do it safely is a very personal matter and it depends on many variables. How much weight do you have to lose? What is your body fat percentage to start? How are you losing the weight? What is your caloric intake during weight loss? How balanced is your diet?

These are just a few questions that you should be asking yourself and if you don't know the answers, seek a professional for a consultation—it should be free and will help you start out right!

Are you going to work for it—or wish for it?

People always ask me, “what would you do if you ever won the lottery” and they are usually stunned into silence by my answer. I wouldn't win it, because I never play it.

Don't get me wrong, I have dreams but over the years I have learned that if you add a time line to a dream, it suddenly becomes a goal so I have stopped dreaming for things that I cannot possibly control or bring about through my own effort. To me those are not dreams, they are wishes and I don't wish — let me tell you why.

Wishing for something absolves you of all responsibility. ‘I wish I could lose 10 pounds.’ - that to me is a powerless statement, a comment that turns a woman into a victim of circumstance, an unfortunate soul who's wishes just don't come true. I don't buy it.

Why would you waste your time, energy and imagination on something that you don't have to? Losing 10 pounds isn't a wish—it isn't a flight of fancy left up to the powers that be or a fairy godmother's wand—it is a goal, something tangible that you can plan for and actually make happen of your own accord—no magic necessary.

So if you make a wish - like losing 10 pounds - and realize that it really isn't a wish after all, that

you can DO something about it, how do you make it happen.

Well to re-cap, a Wish is something you want but have no hope of getting without pure luck or magic—like the lottery. A dream is something you want but it seems too far away to get and a goal is something you want and can see yourself getting in a specific amount of time.

So losing 10 pounds is not a wish because you can DO something about it. Is it a dream? Maybe, if you just sit there and think about it, but if you change “I want to lose 10 pounds.” Into “I want to lose 10 pounds in 3 months.” You now have a goal. See how easy that is? You have just made your wish into a dream into a goal. That was the easy part.

The hard part—where the work comes in is making your goal a reality.

To reach any goal, no matter how big you have to have a plan. The first step is to have a time line. We have that—check! Then you have to determine what you will need to reach that goal in that amount of time. What steps will you need to take? What resources or help will you have to have? Who is there to help you? Once you know all of that, write it down. You now no longer have a wish or a dream or even a goal—you now have a concrete plan in place.

You have taken ‘I wish I could lose 10 pounds’ from a powerless victimized statement and turned it into ‘This is how I am going to lose 10 pound in the next 3 months.’.

Which do you think will be more effective?

Now that you have a plan in place to reach your goal—you need to stick to it. Whenever I have a goal I am striving for there are a few tactics I employ to ensure I stay on track. The first is to determine why the goal is important to me and my life and write it down or draw a picture of it. Cut out that new bikini from a magazine—whatever visual aid you need to remind yourself why you are working so hard and stick it somewhere you can see it everyday. Bathroom mirror—anywhere.

The next trick to staying on track is to share your goal and your plan with others. The more we keep it quiet—the less likely we are to succeed. It is sad but most of us are used to letting ourselves down, but by telling others what and how we are going to do something, we become accountable to them as well of ourselves and by sharing our journey, we are much more likely to reach our destination.

Recipe Corner

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



Breakfast Bonanza Muffins

A Huge Thank You to Allison Hamm for submitting this recipe! I made a few small adjustments after baking these today and they are so hearty and delicious, Sera requested them for lunch!

Blend together: 1/2 c. applesauce; 1/2 c. honey; 1 egg; 1c. plain or vanilla yogurt; 2 Tbsp. molasses

Blend together in separate bowl: 1 1/2 c. whole grain flour; 1/4 c. ground flax; 1/4 c. sesame seeds; 1 1/2 c. Natural Bran; 1 c. rolled oats; 1/4 cup hemp hearts; 1 tsp. baking soda; 1/2 tsp. cinnamon
1 c. raisins (optional)

Add wet ingredients to the dry and turn until just mixed. Do not over-stir. Fill prepared muffin tin 3/4 full and Bake at 375 for 18 min.

If you have a favourite recipe you would like to featured, please email them to me at butterfly@mts.net *

Michelle's Blog:

www.butterflyconsultations.com/blog

I have to be the first to admit that I have lost countless professional clients both in my fitness and in my weight loss consultation business because of my refusal to follow any trends, fad or weight loss magic.

Every week I have people contact me looking for a magic pill—something that will take the pounds off quick and easy. People want me to tell them what to eat, when to eat it and how long to eat it for so that they can lose what they need and eventually go back to their old habits. Fitness Fanatics want me to teach them how to burn, sculpt and tone to the point of looking like they belong on the cover of Sports Illustrated. Can I do it? Of course I can. The problem that these potential and ultimately lost clients have with me is that I won't do it.

Women don't want to hear that they need 20% body fat in order to stay

healthy and as they fall below that, they are risking injury and illness for the sake of what they think is true beauty. They see models on the cover of a magazine with 10% body fat and think of that as their goal when in reality those models are in desperate need of a sandwich. They sacrifice health and happiness with their bodies for a paycheck. They may be what society thinks is ultimate beauty, but I stress to my clients that what they do to reach that level is not something I will ever, could ever support.

I see men who want to bulk up. They want to take supplements and steroids to build muscles to a point that their body was never meant to have. They too don't understand that chemically altering your body to do what it was never meant to do—is dangerous and as a professional with integrity I refuse to be a part of it. I have had comments about my own body. People judge me constantly—saying that

if I knew what I was talking about, I would be tighter, sporting a 6-pack and a body-builder physique. That comment always makes me laugh. At 8% body fat and muscle mass beyond what is normal for anyone, why would I want to do that to myself or anyone else? I love how I look, how I feel and how I live.

Healthy to the point of a balanced body composition with body fat between 20%-25%, endurance to beat the band and strength to accomplish all that is needed. A healthy balanced lifestyle that allows for occasional indulgences, balanced diets, regular exercise and the time and energy to focus on more than just appearances, food and the ultimate self.

THESE are the values I promote and give to you to consider in your own life. Don't give in to the media or fad diet ads—you deserve better than that! Stay healthy and happy and don't ever let anyone make you feel less than you are.

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