



## Weekly Tip:

Dis you know that regular exercise increases you metabolism and helps you to continue to burn calories long after your workout? That is why we see more effective results from morning work out regimens than those that take place in the evening. When you exercise regularly in the morning, you give your body and metabolism a boost to help you burn calories and utilize resources more effectively throughout the day. Can't work out in the morning? Don't worry, you can still take advantage of this boosted metabolism by staying active after your evening workout. Housecleaning, errands, anything you can do before bed will have an increased burn rate.

# I am Awesome!

Yes it is true, I am and so are you and this article isn't about me!

When was the last time you told yourself how great you thought you were? Have you ever? When I ask clients to start their journey to well-balanced health, I ask them to look themselves in the mirror twice or even three times a day repeating positive affirmations while staring at themselves in the eye. Can you do it? It is not as easy as it seems.

It never fails that the hardest affirmations are the ones that are not about what we are doing or what we want, but about ourselves directly.

"I am awesome!"

"I am beautiful, inside and out."

"I deserve the best of life."

These are just some of the examples that people have difficulty saying to themselves when no one else is around and they are stripped down to their bare ego. Why is that? What is it about ourselves, our upbringing and our society that makes it so difficult to not only love ourselves but to acknowledge it?

People quite often tell me that I am egotistical, arrogant, self centered, vain, conceited....

You get the point. And you know what? They're right. I am all of those things and I am proud to be. But then again this isn't about me—it is about you.

Think about the things that you feel when you say positive things to yourself—do you feel guilty? Do you look over your shoulder making sure no one saw you say those things about yourself for fear of what they might think of you? Do you just simply not believe them? You should because you are all of those things but until you start to tell yourself and believe them, you will never ever truly believe them.

There is no one in this world that is harder on us than ourselves—we are our own worst critics and we speak to ourselves in unimaginable ways. You would never tell your best friend that they were ugly, fat, unlovable, repulsive, disgusting, unworthy, stupid... and yet how many of us say those things to ourselves deep in the back of our heads where no one else can hear?

How would your life change if all of a sudden you made a conscious effort to be your own best friend? To sing your own praises?

Instead of worrying about people thinking you are full of yourself—why not be that? What is so wrong with is loving ourselves? Is it really so wrong to be proud of your strengths, accomplishments, blessings, attributes?

Everyone wants to be a strong, confident person but we are so busy focusing on our weaknesses, our perceived failures, our shortcomings and so stunted by society to downplay our positives for fear of being seen as vain, that we shortchange ourselves.

Try it for yourself—look into the mirror, look yourself straight in the eye and say 'I am Awesome, I am beautiful, I am a gift to those around me!' And repeat it 10 times. How hard is it to say it and really truly mean it? What is holding you back? Would it be easy to look in the mirror and find fault?

See for yourself how much a little self-love can change your life. Repeat those same three phrases 10 times every morning and every night for 21 days, out loud to yourself in the mirror. No one has to know, but see for yourself how you are the one with the power to change your life!

# Recipe Corner

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



## Pops O'Pizza

These amazing pizza pops have only 100 calories and less than 2g of fat each! Perfect for snacks or even a meal served with a salad! Keep them on hand in the freezer for a quick and easy treat! The most complicated part of this recipe is trying not to over or under stuff them!

**Crust:** Mix 4 cups whole grain flour, 4 tsp of active dry yeast, 1 tsp salt, 1 tsp. oregano and 2 cups warm water together with a wooden spoon or in a stand mixer until a ball is formed and dough pulls from the sides of bowl—let rest 10 minutes.

**Filling:** Sauté 1 small white onion and 1 clove of garlic that have been finely diced. Add 1 small can tomato paste and 1/4 cup water. Add 1/2 tsp. oregano and 1/4 tsp. basil—stir and let sauce simmer. You can use any of your favourite pizza toppings - but for mine (and the calorie/fat count mentioned above) I used MY favourites: 1/2 cup non-fat low sodium cured ham – shredded, 1/2 cup fresh pineapple - diced (you can also use canned crushed pineapple—make sure it is VERY well drained); 1/2 cup shredded mozzarella cheese.

Roll out dough to 1/8 inch thickness—cut into circles twice the size you want your pops. To one side of the circle add approximately 1 tsp. sauce, 1/2 tsp. each of the ham, pineapple and cheese (quantities depend on size of pops) . Dab the edge of the circle lightly with water, fold in half, press together and crimp edges. Bake on a pre-sprayed cookie sheet at 400°F for 20 minutes checking them at 10 minutes to detach from tray if stuck. Let cool. Freeze individually for 1 hour on sheet - then move to bag and freeze. Can be re-heated in oven or in microwave!

Hint\*\*\* Try filling these with ham, cheese and scrambled eggs for a breakfast pop or even chicken, spinach & alfredo sauce for a twist on a classic!

## The Devil's Food

One of my favorite clients can often be heard quoting me as saying something is 'The Devil's Food' and he is right—there are a few things out there that I honestly believe should never EVER grace the doors of our cupboards! Our children don't need them and we definitely don't need them. These are foods that no matter what the advertising says, are just not necessary and have no place in a healthy, balanced diet.

Here is my Top 10 list of Devil Foods that are just about the only Taboos I have for my clients! While everything is ok in moderation—these are just not needed in any quantity

#1 - Pizza Pops - processed meat & cheese wrapped in white flour dough and deep fried—need I say more?

#2 - Cheez Whiz - cheese flavored fat. Enough said.

#3 - Bologna - Animal by-products held together with fat and preservatives. Um... Yum??? NOT

#4 - White Bread - Take everything healthy and nutritious about a grain, through it out and replace it with sugar and fillers. It amazes me that people STILL eat this stuff!

#5 - Popcorn Twists - Although these snacks are popular for parents because they 'melt in your mouth' and are no choking risk—have you ever thought of why they melt??? These treats are nothing but re-refined corn and oil. That's it. Basic corn dust held together by fat and coated in salt. Who wants some?

#6 - Crackers. While there are some whole grain, baked varieties that are acceptable on a special occasion, saltines, soup crackers and especially Ritz are a no-go.

#7 - Processed meats. Any 'meat' product that you can't hunt, fish, trap or farm are made from by-products, additives and fat and unless you were raised on a pepperoni farm or learn to trap salami as a child, these items should never be a staple of anyone's diet.

#8 - Sausages - while any sausage made from by-products should be avoided (see #7) - even sausages made from solid meats cuts are bound together with high quantities of fat.

#9 - White Sugar - this refined sweetener adds calories and simple carbs to our diet and gives nothing in return. It is difficult to metabolize and plays havoc with our systems. With so many healthy sweetener alternatives, white sugar is not needed.

#10 - Artificial sweeteners. Chemicals have no place in our diets, Chemicals. 'nuff said

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