

Partnering for Change Wellness Coaching

WHOLE LIFE WELLNESS NEWSLETTER

June, 2007 Issue #9

Coaching you to your B.E.S.T. Life: Balanced, Energized, with Stamina and Toxin-Free

HAPPY FATHER'S DAY TO ALL THE MEN WHO ARE CURRENTLY FATHERS, ABOUT TO BE A FATHER, ARE GRANDFATHERS OR STEPFATHERS, ACT AS A MENTOR FATHER TO A CHILD, OR JUST BRING LOTS OF JOY TO SOMEONE BY BRINGING LOVE AND POSITIVE CARING TO THEIR WORLD.

Share this newsletter, and others, with a friend by sharing this web site address with them.

In This Issue

[WHAT IS WELLNESS?](#)

[5 DIETARY TRICKS FOR CUTTING BODY FAT](#)

[WATCH WHAT YOU DRINK IN THE SUMMER MONTHS: especially at Starbucks](#)

[BURGER KING FACES TRANS FAT LAWSUIT](#)

[QUICK LINKS TO COACHING SERVICES AND INFORMATION](#)

[YOU CAN CONTROL STRESS AND ITS AFFECT ON YOUR BODY](#)

[200 CALORIE SNACKS](#)

[PICK THE HEALTHIEST APPLE JUICE](#)

[WHAT'S THE BEST WAY TO LOSE WEIGHT?](#)

[SIX POINT ENERGY SOLUTION](#)



Your Wellness Coach, Rebecca Cohen

**YOU CAN CONTROL
STRESS AND ITS
AFFECT ON YOUR
BODY**

Are You stressed? Would you like to control your stress before it hurts your health? Or, maybe it has already affected your health and you'd like to keep it from progressing? The HeartMath Biofeedback Stress Reduction Technique can help you get rid of stress, to improve your life and health, easily, quickly, and effectively ([learn more about](#)

WHAT IS WELLNESS?

A lot of people think that having "total wellness" means that you can't have an illness and be well. Some people also think that being well implies working out in a gym, eating tiny "rabbit meals" of carrots and salad, and running a five minute mile! As long as this misconception of wellness exists we will remain stuck thinking that what we want so badly is unattainable.

What we know about wellness is that you can have an illness, even a serious one, and also be "well" if you are living at your highest level of health ("optimal health") and at peace. But, you can also be without a disease and be unhealthy in the way you live, how you handle your emotions and in spirit. Wellness is different for each person and is an active, lifelong journey, not a destination. It's about making CHOICES that show your understanding of the mind, body, spirit connection: what you do with one part of your being will affect each of the other parts. So, if you make the choice to live in stress each day and eat nutrient poor foods, you are affecting your whole body in a negative way.

There is an Indian proverb that says that everyone is a house with four individual rooms: physical, emotional, mental and spiritual. Most of us tend to live in one room most of the time, but unless we go into every room every day, we are not a complete person. To achieve total wellness, we need to make sure that we don't focus just on our bodies. Rather, we must be sure that our minds, emotions, and spirit are also healthy and that we are making lifestyle choices, each day, that help us sustain health and wellness rather than depleting it.

5 DIETARY TRICKS FOR CUTTING BODY FAT

Here are a few ideas to help you cut body fat for a leaner, healthier body:

Plan your meals:

If you want to eat healthy, you need to do some planning. Write a tentative weekly menu and make sure that you have at least 2 1/2 cups of vegetables and 2 cups of fruit per day. Consider setting aside one day or evening to prepare multi-meal dishes that you can freeze in daily portions. Also, what about making two sandwiches at the same time-- one for today and one for tomorrow? Be careful about depending on "fast prepare meals" from the grocery freezer because, although they may be low calorie, they often contain large amounts of salt. This includes Lean Cuisine, Healthy Choice, and Weight Watchers frozen dinners--some of them have a LOT of sodium. Remember, excess fat can lead to weight gain and potential health problems, but sodium is also directly linked to heart disease. You want to cut down on both!!

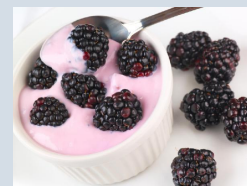
this technique by going to the web site page titled "HeartMath")

Individual wellness coaching is done on the phone at your convenience. This approach is very effective and focused so you achieve your goals faster.

Small group coaching can be arranged in your home at reduced rates.

200 CALORIE SNACKS

Here are some ideas for 200 calorie snacks that you can use for your mid-morning, mid-afternoon, and after dinner snacks. However, if you don't exercise one day skip the snack altogether, and if you want to speed your weight loss don't eat anything after 7PM.



Fruit and Yogurt: top 3/4 cup cantaloupe cubes with 6 ounces fat-free lemon yogurt.

Cherries and Chocolate: have 1-1/2 cup fresh Bing cherries with 1 bite-size dark chocolate candy.

Cookies and Milk: Eat 2 whole wheat fig bars with 1 cup 1% milk.

Avoid Temptation:

Go through your cupboards and refrigerator and get rid of tempting and unhealthy foods such as sweets, candy, ice cream, soda, sugary drinks, chips, cookies and cakes. Make sure that you have plenty of healthy snack foods like frozen or fresh fruits, cut up veggies, nuts, and low fat popcorn, cheeses, yogurt and cottage cheese. If it isn't available, you won't eat it.

Don't Drink Calories:

Sodas have over 36 grams (11 teaspoons) of sugar per serving and many fruit juices contain about as much. If you want to drop fat, simply substitute plain water with a hint of lemon, sparkling water or low calorie flavored water for sodas and juices.

Downsize Portions:

Believe it or not, the number one dietary reason for weight gain is not poor food choices but eating too much. A proven way to minimize your serving size intake is to weigh and record your food intake for a week so that you can train your eyes to get a "real" visual of what a serving size is. Also, when you eat out, cut your portion in half, and then either ask for a box right away so you are not tempted to eat it, or move it to one side of your plate and remember that it's "off limits". You can also fool your eyes by using a 9 inch plate for dinner instead of the standard 12 inch.

Add Protein to Your Main Meals:

Adding protein to your meals, especially breakfast, minimizes blood-sugar spikes and dips and helps you burn extra fat. Healthy protein sources are turkey, fish, chicken, beans and rice, low-fat cottage cheese, cheeses, yogurt and peanut butter.

WATCH WHAT YOU DRINK IN THE SUMMER MONTHS-- especially at Starbucks



The warmer weather brings with it the desire for fancy frosted drinks, cool iced lattes, and sweet iced teas. You may think of these refreshing drinks as a harmless way to help quench your desire for something icy, but they can contain as many calories and grams of fat as a full meal. To make healthy choices in the heat of the day, use the following tips:

Keep it simple: an iced caffe Americano contains only 20 calories and 0 grams fat. An iced cafee latte is 160 calories and 8 grams fat (with whole milk--it's less with skim). When you add extras you add calories, fat and sugar.

Order your drink without whipped cream: this can save 110-150 calories and 9-14 grams of fat per grande Starbucks drink.

Veggies and Dip: slice 1 red bell pepper into strips and dip it and 10 baby carrots into 1/3 cup store bought hummus.

Trail Mix: mix 1/2 cup Cheerios with 1 ounce almonds (about 22 nuts) and 1 tsp. raisins.

PB and Pineapple: top 1 slice 100% whole wheat toast with 1 tblsp. peanut butter and 1/3 cup pineapple chunks.

PICK THE HEALTHIEST APPLE JUICE

Cloudy apple juice packs nearly four times as many cancer fighting antioxidants as clear varieties do, according to a recent study published in the Journal of the Science of Food and Agriculture. Most people buy clear juices thinking they are purer, but the filtering process strips juice of the antioxidant rich compounds. You will find other juices, such as pomegranate and cherry, also can come cloudy or clear. So when selecting juices don't be afraid of the cloudiness-- it's actually more healthy.

WHAT'S THE BEST WAY TO LOSE WEIGHT?

Studies have consistently shown that when it comes to weight loss, programs that combine diet and exercise are superior to dieting alone because they preserve muscle--the key to keeping your metabolism in high gear. A study done at the University of Rhode Island found that

Go sugar free: opting for the sugar free syrup or using calorie-free sweeteners allows you to enjoy a sweet, cold drink without adding extra calories or fat.

Order light: if you order a Frappuccino blended coffee, opt for the light version. This saves you at least 100 calories and 2 grams fat for a grande drink.

Tea is a good option since it offers multiple antioxidants that are beneficial for heart health and cancer prevention. But, there are tea drinks that contain a lot more syrup and sweeteners than plain tea.

BURGER KING FACES TRANS FAT LAWSUIT

Burger King is the only large scale fast food restaurant chain yet to commit to removing trans fats from its menu. In response to their resistance to change, The Center for Science in The Public Interest (CSPI) launched a lawsuit against Burger King on May 16.



Beginning in mid-2006, Wendy's, McDonald's, KFC, and Starbucks have all announced plans and timelines for removing trans fat from their products. According to CSPI, Burger King is the only major chain not making a move to get rid of artery clogging fats nationwide.

Trans fat raises bad LDL cholesterol and lowers good HDL cholesterol. Research shows that eating just 5 grams a day raises the risk of heart disease by 25 percent. In June 2006, the American Heart Association recommended that Americans should limit trans fat to less than 1% of total calories: no more than 2 grams of trans fat a day on a 2000 calorie/day diet. A regular size order of chicken tenders with a large order of french fries at Burger King has 8 grams of trans fat. A sausage biscuit with a large order of hash browns has a whopping 18 grams of trans fat.

While most fast food chains and food manufacturers are making moves to eliminate trans fat from their menus, you can't rely on them to deal with this diet problem for you. When you eat out, order dishes prepared with little oil or sauce. Always read the Nutrition Facts label when comparing products to see how much trans fat it has--select only foods with 0 grams trans fat.

women who combined exercise, with a high-fiber, low-calorie diet, lost three times as much weight over 24 weeks as those who exercised without changing their eating habits. And, people who only use diet without exercise to lose weight end up losing more muscle than fat.

If you want to lose weight and keep it off, incorporate both healthy eating patterns and a regular, daily program of exercise into your life.

SIX POINT ENERGY SOLUTION

- 1. Post-pone your pick me up:** Skip the mid-morning caffeine. Instead, have 1/2-1 cup of coffee or its caffeine equivalent during the late afternoon, when the pressure to sleep is high, to keep you energized.
- 2. Enjoy every meal by the clock:** chaotic eating leads to greater hunger and overeating. Eat your meals at the same time every day and you will feel less hunger and more energy.
- 3. Meditate in short bursts:** even in the span of 3 minutes, meditation can decrease the stress hormones that tense your muscles and constrict your blood vessels. Quick time-outs throughout your workday are easier to fit into a busy schedule than a longer one at the end of the day.

The web site, www.partneringforchange.com offers you the following:

[Sign up for a complimentary coaching session to begin achieving YOUR fitness goals!](#)

-

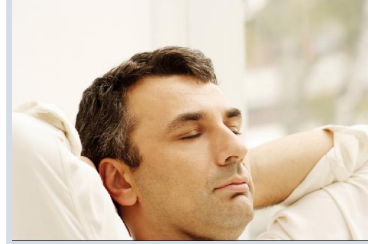
[Wellness Resources \(including archived newsletters/articles\)](#)

-

[Wellness and Stress Quizzes:](#)

-

[Bio for Rebecca Cohen, lifestyle and wellness coach](#)



4. Put more protein in your diet: carbohydrates are an energy drain if you consume too many. Keep your daily intake of healthy carbs below 150 grams. Women who reduce the amount of carbs in their diets and raise the amount of protein report feeling more energetic

5. Turn down the right lights: watching TV is okay at night before bed, but looking at your computer is not. Studies show that very bright light will increase brain activity. The light emitted by a computer monitor late at night will confuse your body's sleep-wake cycle and getting to sleep will be harder.

6. Step outside during late-day slumps: Light later in the day may blunt an afternoon energy dip. Step outside into revitalizing sunlight for a short walk or, if you can't get outside, sit next to a window, open the shades and look out.