



## Whole Life Wellness Newsletter

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

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### Attitude is Everything!

We all know that exercise and a proper diet are crucial to any weight loss and fitness program. However, to

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### Announcement:

The YMCA and Partnering for Change Wellness Coaching have joined efforts to create a *MasterMind Coaching Group*

I am excited to announce that I am working with the local YMCA to provide a **MasterMind Coaching Group** for Y members. The purpose of the group is to help participants achieve their wellness goals. Each group will run for 6 weeks and then participants will have a choice to either continue for another 6 weeks, or stop. We have one group now that meets on Thursday evenings for 1-1/2 hours. In the future, we will probably run two groups each week-- one beginning class and one continuing class. There is a one time, low cost fee to join the group; class size is limited to 7-8 people; and adult men and women of all ages are welcome.

My role as wellness coach in the MasterMind Group is to ask the right questions, guide, remain nonjudgmental to help you over the humps, teach, listen, and provide feedback when asked. In addition, you gain the following benefits: 1) a group of people available to help you succeed; 2) differing perspectives, input and feedback; 3) resources that you might not have heard about before; and 4) accountability and inspiration from the group to help you maintain focus in achieving your goals.

If you're interested in joining a future group, contact **Sue Munz**, Program Director, at the YMCA.

### Learn How to Master A Menu

reach any long term goal, especially one that requires major lifestyle change, you need to improve your attitude, too. You can have all the external support in the world, but if your self-esteem is low, you'll never have long term success. Why? Because thought is behavior. The mind is very powerful and the way you think about yourself manifests as your reality (what we call a *Self Fulfilled Prophecy*). Negative thoughts not only can lead to lack of confidence, hopelessness, and depression, but also can keep you stuck in your current problems. So, if you tell yourself that you'll always be fat or never find happiness, chances are you'll end up fat and unhappy. Instead, tell yourself that you can get fit and you will be happy. When you combine exercise and diet with a positive attitude like that, you can only win!!

#### A New Recipe: Yummy Muffins

##### Spiced Apple Butter Bran Muffins

These stay moist and delicious for days!! (classified as low calorie, low sodium, low cholesterol, low saturated fat, high fiber, heart healthy).



Here are some tips about selecting healthy foods in a restaurant:

**Go online ahead of time to check out the menu.** Boy, was I surprised recently when I checked into the nutritional value of Subway sandwiches. I thought, for sure, that the wraps were healthier than the sandwiches with bread. But if you go to their web site, ([click here](#)) you will find that, while the 6 inch turkey breast sandwich on bread is one of the healthiest choices (280 calories, 4.5g fat, 1000mg sodium, and 7g sugar), if you substitute a wrap, you add calories, sodium, fat and carbohydrates, even though you lower the sugar (380 calories, 1250mg sodium, 9g fat, and 2g sugar). However, you also need to note that even though the turkey breast on bread is the lowest in calories, there are other sandwiches that are lower in sodium. You will have to make a choice, for most foods, whether you eat the food with high sodium or high fat since few products are made with both low. What I can tell you is that research is showing that sodium is dangerous for the body and you would be wise to ***pick foods with low sodium and cut your portions to get less fat.***

#### **Look carefully at the words used to describe the food**

Baked or broiled is healthy; fried, creamy or crispy isn't.

#### **Salad Savvy**

If you order a salad, remember to use a low-fat dressing, or carry a packet of your own with you at all times. I sometimes carry the dressing that comes in a spray bottle or I save the fat-free packets that I get in some restaurants.

#### **Don't blow all your hard work**

Skip the super-size soda and fancy coffees. Ask for water with lemon or lime, or sparkling water. Even a small diet soda or unsweetened tea would be OK. When you work so very hard to learn how to eat out in a healthy manner, and you feel good about all the changes you're making, don't blow it all in one drink!

### Simple Solutions To Burn More Fat

Are you tired of working out at the gym without seeing the pounds disappear? Here are some tips to help you turn your exercise into a real fat-blasting event:

**Problem:** Saving your energy for the end of your cardio workout may prevent you from losing as much weight as you can.

**Solution:** Do your high intensity cardio early in your workout. After doing your warm up, try exercising at a high intensity for 15 minutes before slowing down to a more moderate pace for the last 15 minutes.

**Problem:** Not warming up before each workout makes your muscles less pliable with less range of motion.

**Solution:** Choose a warm up routine that hits all of your muscles, not just your legs. The easiest option is to do 3-5 minutes of low intensity walking while pumping your arms back and forth. When you warm up

1/2 cup mix of dried fruit such as raisins, dates, currents  
 3/4 cup whole wheat flour  
 3/4 cup all-purpose flour  
 2 1/2 tsp. baking powder  
 1/8 tsp. salt  
 1/2 tsp. ground cinnamon  
 3/4 cup unprocessed wheat bran or oat bran  
 1 large egg (beaten) or Egg Beaters equivalent  
 1/2 cup fat free milk  
 1/2 cup apple butter  
 1/2 cup packed light brown sugar  
 1/4 cup, or little less, canola oil  
 3 tblsp. molasses  
 1 cup finely diced peeled apple

Preheat oven to 375.  
 Spray 14-16 muffin cups with cooking spray. Cover dried fruit with hot water-- set aside.

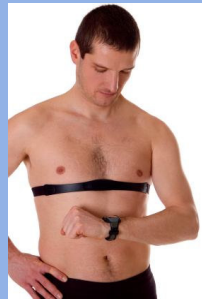
**Mix all the dry ingredients** in one bowl (flours, baking powder, salt, cinnamon, bran).

**Whisk wet ingredients** together in another bowl (egg, milk, apple butter, brown sugar, oil and molasses).

Pour wet ingredients over dry and blend. Drain dried fruit and add them, with the apple, to the batter. Stir until just combined.

Pour batter into

before your workout, you end up using more muscle fibers and lose more weight.



**Problem:** Ineffective exercise

**Solution:** Wearing a heart rate monitor makes it easier to burn more body fat by showing just how hard you're really working. Keeping your heart rate in the right zone prevents you from slacking off, so you make the most of every minute. Invest in a heart rate monitor and wear it every time you exercise. You can get a good heart rate monitor for \$40-\$60, it doesn't have to be expensive.

**Problem:** Being too hot during your exercise stresses your body out so you don't perform as well and burn less fat.

**Solution:** When exercising at home, put a fan in front of your workout area. If you go to the gym, wear clothes that will help you stay cool ( i.e., in hot weather, consider wearing short or no sleeve shirts, and short pants rather than long pants).

## Did You Know Appreciation Can Increase The Value of Your Life?

Feelings like negativity, anxiety and dread create a state of "incoherence" inside you. If you dwell on these feelings, especially the negative ones about yourself, you may see negative changes in your health, emotions, and mental state in response to the strong, incoherent vibration of those feelings.



Appreciation, on the other hand, is powerful when it is applied with sincerity because it rapidly brings changes in your: 1) attitude and perceptions; 2) heart rhythms; and 3) hormone levels. As a result, you feel regenerated, your immune system is strengthened, and your heart and brain are synchronized. You can think more clearly and possibly perceive solutions that never occurred to you before. Your body becomes more resilient against fatigue and aging. And, along with learning how to find your real self, you may find that you have more peace and fulfillment in your life.

It's important to remember, however, that "applying" an appreciative mood is not just a matter of being in a "happy mood". You must use appreciation with consistency and purposeful intent, and not just when life is going your way. As you increase your emotional management skills through the power of appreciation, you'll find that your life starts to change in unexpected ways. For one thing, the problems that seemed confusing or upsetting start to feel less challenging-- partly because you're looking for things to appreciate about them, but also because you become better able to handle whatever comes up. You gain more inner control, more power to manage your reactions on those "off" days and "off" moments. The little things in life that really set you off don't seem like such "big deals" anymore.

prepared muffin tins.  
Bake until browned,  
about 20-25 min.  
Wonderful with jam and  
apple butter on top.

### Your Body on Fast Food

If you don't mind the weight gain you get from eating fast food, consider these additional "benefits" that you get from a steady diet of such foods:

Constipation

Flatulence

Body Odor

Acne

Brain Fog and Fatigue

Buildup of pesticides, heavy metals and other chemical/environmental toxins

### Following The Path of Medicine

2000 B.C.E.: "Here, eat this root"

1000 C.E.: "That root is heathen. Here, say this prayer"

1850: "That prayer is superstition. Here, drink this potion"

1940: "That potion is snake oil. Here, swallow this pill"

1985: "That pill is ineffective. Here, take this antibiotic."

2008: "That antibiotic is artificial. Eat this root."

While our culture constantly bombards us with negative, incoherent energy and messages almost every day, you have the power to realign yourself with an appreciative state to maintain the health of your family and yourself.

[I have written out a short exercise to help you learn how to bring appreciation into your life. Print it out, practice it at least 5-10 minutes each day, and watch your life change. \[Click Here\]\(#\) for the exercise.](#)

### Deciphering Nutritional Labels

Many people want to eat low fat, low sodium, low calorie foods, but they aren't sure what "low" means. Nutritional labeling, today, is confusing because manufacturers are jumping on the wellness bandwagon and trying to attract people to their products with words like "low saturated fat", or "high fiber", or "heart healthy". There ARE laws concerning the use of certain nutritional terms, but some products "skirt around the truth" through deceptive advertising. Here are the FDA guidelines that will help you know if you're getting a product or recipe that is what you want it to be.

#### "Heart Healthy":

Main dishes have *5g or less saturated fat per serving*. All other recipes have *2g or less saturated fat per serving*.

#### "Low Sodium":

Main dishes have *480 mg or less per serving*. All other recipes have *360mg or less per serving*.

"Low Saturated Fat": *5g or less of saturated fat per serving*.

"Low Cholesterol": *60mg or less of cholesterol per serving*.

#### "Low Calorie":

Main dishes have *250 calories or less per serving*. Sauces and dressings have *40 calories or less per serving* when the serving size is 2 tbsps. or less. All other recipes have *250 calories or less per serving*.

"High Calcium": *150mg or more of calcium per serving*.

"High Fiber": *5g or more of fiber per serving*.

"Low Carbs": *22g or less of carbohydrates per serving*.

### Transform Your Stress: Transform Your Life

If you would like to learn how to respond to stress in a healthy way so that you are not causing damage to your mind and body, [Click Here](#) to learn about HeartMath. I teach clients how to use HeartMath, which is an easy to learn, biofeedback, interactive stress reduction technique that has been scientifically proven to provide benefits that are

immediate and long lasting.

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