



# Whole Life Wellness Newsletter

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

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Issue: # 20

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## "Wellness For Life" Coaching Group to be Offered Again!

The first "**Wellness For Life**" Coaching Group held at the YMCA was so successful that we have decided to offer it again this Fall!! Class size is limited to 7-8 people; the class will be at least 7 weeks in length; each session will be 1-1/2 hours in length one night a week; and adult men and women of all ages are welcome.

As the "**Wellness For Life**" Group Coach, I will help you:

- understand where your life is out of balance;
- identify and prioritize your needs;
- create a clear picture of the kind of life you deserve and need;
- develop at least 1-2 life changing goals;
- create a plan to overcome your barriers to change;
- achieve your goals with long lasting results.

If you're ready to make changes in your life NOW, come join us and experience the power of coaching and group support ! To join the Fall group, contact **Sue Munz**, Program Director, at the DeKalb YMCA.

## How Many Calories Are in a Pound? Or, Tricks to Lose Those Last 5 Pounds

People often wonder how they gained so much weight so quickly, especially when their diets aren't that terrible. What we don't understand is that it is the day after day nibbling and those few extra calories that pack on the pounds.

It helps if you understand how many calories it takes to gain a pound of fat and how diet and exercise affect the balance:

***One pound of fat is equal to about 3500 calories.***

## Some Exciting News For Bikers

Every cyclist is eventually confronted by the desire for a more comfortable bicycle seat that helps avoid sexual problems and other groin-related injuries. The difficulty is telling the facts from the marketing hype when shopping for a new seat. In the second edition of *Finding the Perfect Bicycle Seat*, you will find 119 photos and illustrations that explain all of the latest scientific bicycle saddle research for **men and women**. The book will help you objectively choose a safer, more comfortable saddle that will allow you to ride longer, more effectively, with less pain and fewer potential physical problems. This book, which is the only one of its kind and is written by a biker/racer, has an international reputation of providing usable, easy to understand, information.

***Finding the Perfect Bicycle Seat: Your Guide to a Safe and Comfortable Seat Design, 2nd Ed.***

To read more about the ebook and download a PDF copy for \$19.95, go to the Bookstore of [www.RoadBikeRider.com](http://www.RoadBikeRider.com)

89 pages  
Author: Joshua Cohen, PT, MS

**Diet and Weight Gain:** if you eat an extra 350 calories of food a day, which is about equal to a large piece of cake or a medium milk shake or Starbucks Latte, you would gain an extra pound every 10 days. Or, you would gain a pound in about 20 days if you ate or drank an extra 175 calories a day.

*350 extra calories/day= 1 pound gained /10 days*

*175 extra calories/day= 1 pound gained/20 days*

**Diet and Weight Loss:** the same numbers work in the reverse for losing weight:

*350 fewer calories/day= 1 pound loss/10 days*

*175 fewer calories/day= 1 pound loss/20 days*

**Exercise and Weight Loss:** if you keep your diet the same, but burn an extra 175 calories a day by exercising more, you would lose a pound in about 20 days.



**TIPS:** while it is the nibbling and small bites each day that can add weight, it's really easy to see that it doesn't take much to cut the calories: change to a lower fat milk, stop drinking soda each day and drink water instead, use low fat or no-fat cheese and salad dressings, take the skin off your chicken before eating it, skim the fat off sauces before using, and use lean meats. Cut hidden fat calories by switching to baked/broiled/steamed foods rather than fried. Split drinks with a friend and use smaller plates and cups.

Taking one small step by making any one of these changes will easily take some extra calories out of your daily diet and help you lose weight.

## A Healthy Sauce, Dip and Salsa

Do you have trouble finding different, tasty, unique ways to fit fruits and vegetables into your daily diet? Or, do you want something healthy to throw on a sandwich or a piece of chicken rather than eating it plain, without mayonnaise and other fats? Here are some recipes that will help solve the problem.

### **YOGURT TAHINI DRESSING:**

1-1/2 cups nonfat yogurt

1 tblsp. tahini (available in regular and health food grocery stores near Middle Eastern Foods, Stir well before using. Tahini is made from sesame seeds and has a nutty flavor)

1 large garlic clove, minced or pressed

2 tsp. fresh lemon juice

1/4 tsp. ground cumin

1/4 tsp. salt

pepper to taste

## Two More Drinks for Artery Health

Red wine isn't the only beverage that helps keep your arteries clear. Studies have found that tea and cranberry juice are also both bursting with heart-protective flavonoids.

To get the recommended daily dose (31mg of flavonoids daily), you should drink several cups of tea (any kind will do), or 2-1/2 small glasses of cranberry juice each day.

## These Fruits Can Keep Your Blood Pressure in the Safety Zone

Bananas get all the credit for being a super source of blood pressure friendly minerals, but other fruits deliver them, too.

High on the list are dried peaches and dried apricots. Ounce for ounce, they deliver nearly six times the potassium found in bananas, which is the mineral that helps control blood pressure.

Researchers have compared the potassium in some blood pressure medications with the potassium found in certain fruits and vegetables. Results showed that both types significantly lowered blood pressure in people with hypertension. However, potassium is important for everyone, even if your blood pressure is currently normal. So, make sure that you include all of these potassium rich fruits into your diet: bananas, dried apricots and peaches, cantaloupe, honeydew melon, watermelon, and o.j.

Mix all well. Use for sandwiches, on top of chicken, or anything else you want a sauce on. You can add more of any ingredient if you want.

*(1 ounce=27 calories, 0.9g total fat, 0.2g saturated fat, 1mg cholesterol, 123mg sodium, 0.2g fiber)*

### **BLACK BEAN HUMUUS**

1 cup chickpeas, cooked, drained or 1 can, rinsed, drained  
1/8 cup tahini  
2 tsp. finely minced garlic (4 cloves)  
1 tblsp. lemon juice  
1/2 cup water  
1 tsp. cumin  
1 tsp. salt or less, to taste  
1 tblsp. finely minced parsley  
1/4 cup extra virgin olive oil  
1/2 tsp. hot sauce, or to taste

Blend all in a food processor or blender until blended, but still slightly coarse. **Add 1 cup black beans, cooked and drained or 1 can, rinsed, drained.** Blend until beans are combined and of desired consistency (can be smooth or coarse).

Use with cut up vegetables, whole wheat crackers and breads, spread on sandwiches, or anything else. Gets thicker and better as it sits in refrigerator.

*1/4 cup= 50 calories, 3.5g total fat, 0g saturated fat, 0mg cholesterol, 180mg sodium (or less).*

### **COOL WATERMELON SALSA** (compliments of M. Flora from the 50 Men Who Can Cook Benefit)

1 cup seedless watermelon, diced small  
1/2 cup honeydew, diced small  
1/2 cup cantaloupe, diced small  
1/4 cup blueberries  
1 bunch green onions sliced thin  
2 vine ripe tomatoes seeded and diced small  
6 tblsp. red wine vinegar  
1/4 cup extra virgin olive oil  
1/2 jalapeno, seeds and white pith removed, diced small (can be optional, I guess. You can try to substitute another kind of chile for kick)

Place all ingredients in a bowl and mix together. Refrigerate at least 30-60 minutes before serving. Serves 14. Very healthy, great with chicken, wakes up your mouth and is really good.

## Make Your Goals Work for You

Chances are that you've tried taking shortcuts before, like going on a crash diet or overdoing it at the gym. And, chances are, you discovered pretty quickly that those shortcuts don't work in the long term.

Make your goals work for you by taking a slow approach to change with

## Do You Need Help Improving Your Athletic Performance?

If you want to be a high performing athlete, I'd like to let you know about Coach Kelly Wissolik in Chicago. She is an Energy Fitness Coach who specializes in helping people achieve their best in a variety of sports: triathlons, duathlons, marathons, swimming, cycling, and running. Kelly is an Elite Ironman Triathlete who knows what it takes to be high performing. For more information about her coaching and performance tools, visit

[www.energyfitnesscoach.com](http://www.energyfitnesscoach.com)

## Transform Your Stress: Transform Your Life

You don't have to let stress ruin your life, health and happiness.

Learn how to respond to the events in your life in a healthy way by using the **HeartMath Technique**. It's been scientifically proven to be effective and long lasting, and it's easy to learn. Visit the

HeartMath page on:

[www.partneringforchange.com](http://www.partneringforchange.com)

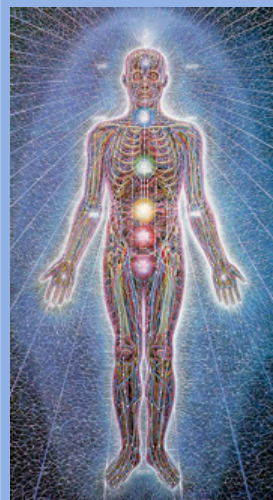
small steps in your life that you can stick with. The changes you will make add up, little by little, until you eventually see a big change in your lifestyle.

Take a moment to review your vision of what you want to achieve. What are your long term goals? Then break those goals down into some short term goals that you'll be able to achieve along the way. For example, if there's a certain amount of weight you want to lose, aim for a smaller, reasonable amount you think you can take off in four weeks.



Put your efforts into reaching that first, short term goal. You can do the same with fitness goals by setting a short term goal related to distance you'd like to walk or speed at which you'd like to run. Or, short term goals related to healthy cooking such as a dish you'd like to learn to prepare. There may be no shortcuts, but if you help yourself make change less overwhelming and confusing by taking it easy, one small step at a time, you'll soon see that it's the easiest way to achieve big, long lasting changes.

## Help Yourself Heal with Color



Last month we looked at the first, or root, Chakra. This month I'd like to talk about the second, Sacral, Chakra, called "The Dwelling Place of the Self".

**Location:** around area of lower abdomen and belly button.

**Body Organs Governed by Sacral**

**Chakra:** reproductive organs, all liquids in the body (the circulation of blood, urine, menstruation, tears), the hips, sacrum, low back, and kidneys.

**Color:** Orange, which represents sexuality, creativity, joy, vitality, enthusiasm and celebration.

**Primary Emotion:** The emotion associated with the Sacral Chakra is *passion*. It also relates to our ability to adapt and form relationships.

**Deficiencies:** If you grew up in an environment where emotions were repressed or denied, this Chakra may be **deficient**. Some signs of deficiency are being: shy and timid, immobilized by fear, overly sensitive, self negating, burdened by guilt, clinging, frigid or impotent, unmotivated, isolated or rebellious. You may be out of touch with your feelings, have low self esteem, and be resistant to change.

**Physical problems associated with Chakra imbalance:** you may have problems with sexuality, the genital area, reproductive organs, pulse rate, bowel and lower intestine, food allergies, eating disorders, lack of energy, low back pain, or gallbladder.

**To balance this Chakra:** express your creativity, dance, move your hips, laugh and have some fun. Incorporate more orange into your clothes, home and office.

