

# Richly Rewarding Living

Your Monthly Newsletter For Maximizing Life's R.O.I.™

*"The more you put into it, the more you get out of it"*

**For Clients and Friends of Body Fit Health Club**

## The Never-Fail "Secret" To Getting Fit

You see it all the time ...

Advertisers telling you how they've uncovered the "secret" to losing weight and getting fit.

They tell you that if you just take their one pill ... follow their new revolutionary diet ... or eat carbs only on every second Tuesday of the month, you will finally win the battle of the "bulge."

Sadly, that's just not the case.

There's only one "tried-and-true" secret to losing as much fat as you want and looking great in a bathing suit or anything else you want to wear ...

What's the secret? It's one word: **action**.

See, most people want to get fit ... they want to get healthy ... they want to look great and get admiring looks from passers-by. But they're not willing to do what it takes. It takes action to eat right. It takes action to get into the gym and workout. It takes action to find and make the time for a personal trainer who can help get you there faster. And, it takes action to learn about different supplements that can help and then actually take them on a daily basis.

Let me ask you a question ... what is the secret behind brushing your teeth this morning? Or showering and getting ready for work?

What's that you say? There's no secret? You just "did it?" Well, getting in shape is no different.

Sure, you need to educate yourself and learn about the actions you need to take.



### Happy New Year!

2011 is finally here and it's time to hit the ground running. One of the biggest pitfalls I see time and time again is making a resolution ... and then not sticking with it. It's a shame to see so much motivation ... so much good intention ... and so much effort be for nothing.

That's why we here at Body Fit want to help you make 2011 your best year ever for your health and fitness. We'll be with you every step of the way this year ... guiding you ... motivating you ... and giving you the cutting-edge in fitness and health advice that will help you succeed.

So what's the secret to making sure you accomplish ALL your fitness goals this year? Actually, it's no secret at all. It comes down to two words: Be consistent. One of the biggest mistakes I see time and time again is people treating their physique transformation efforts like a sprint instead of a marathon. Remember the story of the Tortoise and the Hare?

Slow and steady wins the race. Do those actions that will take you closer to your health goals (you know what I'm talking about — eating right, exercising, using supplements, etc.) on a consistent, daily basis. Do that, and you are practically guaranteed to reach your goals this year.

If each day, you take at least *one action* to move the ball forward, there's no telling how many great things you'll accomplish this year. So this is where the rubber meets the road. Let's give you some practical advice to make 2011 your best year yet. So sit back. Relax. And enjoy this month's newsletter. One more thing — don't forget to put all the great advice we'll be giving you into action!

But those can be shown to you by a good personal trainer.

Once you have the knowledge, however, the secret ingredient is to take action. Do whatever you need to do, starting with where you are.

Are you so out of shape that climbing a flight of stairs leaves you winded? Start by walking 5-10 minutes around your neighborhood every day. Are you exercising but eating things you know you shouldn't on a regular basis? Then stop and start eating those things you know are good for you.

Wherever you are and whatever your situation, there is at least one action—no matter how small—that you can take towards getting in shape. Once you figure out what that action is, then do it. Do it right now. Not tomorrow. As cliché as it sounds, you don't want to put off tomorrow what you can do today.

See, lots of folks already have a lot of knowledge on what it takes to get them in shape. But remember, knowledge isn't power. Applied knowledge is. And the only way to apply something is through taking action.

Of course, like anything else, getting into the habit of taking action is something you build, just like a muscle. Start small and grow from there. Start taking one action today ... one tomorrow ... then maybe two the day after ... until you're taking massive action to achieve the physique and level of health you want.

And truth be told, this isn't just the "secret" to getting fit and looking great. It's the secret for success in every area of your life. So once you get into the habit of taking action on getting fit, start using your action muscle in other areas of your life.

You'll be surprised at how much you can accomplish!

## 5 Tips For Sticking To Your New Year's Health Resolutions

Make sure this year you accomplish everything you set out to do for your health and fitness. Follow these 7 tips and like the tortoise, you'll slowly and steadily win the race (or get the body of your dreams!).

### 1. Figure out WHY you want to achieve your fitness goals.

The key here is to go beyond the obvious, surface reasons (i.e. looking good, etc.) Ask yourself WHY looking good is important to you. Then keep asking yourself why THAT is important to you. Do this until you come to a powerful reason why you want to achieve your fitness goals this year. When you figure it out, write it down on an index card for quick reference. Reading this during those "slumps" that happen to the best of us, will rekindle your motivation to keep going even when you don't "feel" like it.

**2. Create an eating plan.** The most important aspect of achieving ANY fitness goal lies in what you eat. So make sure you create an eating plan that gives you a caloric deficit. Remember, eating less calories, while burning more (through proper exercise), is the simple key to fat loss.

**3. Eat one cheat meal a week.** This is key to sticking to your eating plan over the long haul. You want to make sure to give yourself one cheat meal every week. Eat anything you want for this meal. This will eliminate any cravings and keep you sane for the remainder of the week.

**4. Keep track of your progress.** You want to keep track of all the progress you're making. This will motivate you to continue doing the right things that will yield your ideal body. Weigh yourself and take

measurements only once every two weeks. Any more than that is to frequent.

**5. Get accountability.** Find someone who can hold you accountable to do what you say you're going to do. By having a workout buddy, for example, it forces you to get into the gym even on those days when you'd rather stay at home and do something else.

### Did You Know?

We offer a variety of fitness and nutritional services here at Body Fit, including:

- Personal Training
- Fitness Assessments
- Weight Room Orientations
- Nutritional Counseling
- Fitness Classes
- Babysitting (Mon-Fri)
- Trainer Designed
- Complimentary Program with online assistance.
- Free Dietary Analysis

For a complete listing of services visit our web site:  
[www.bodyfit.ca](http://www.bodyfit.ca)

Or just give us a call for more information.  
905-852-6175

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## CLIENT OF THE MONTH

This month's client of the month is...

### Tyrone Hilton

#### Congratulations!

Every month we choose one client who has done something exceptional and reward him or her with a

**FREE LUNCH** at **Scrambles Restaurant**

(One of my favorite restaurants - I highly recommend it!)

Watch for YOUR name here in a coming month!

I first came to know Tyrone while I was working in Toronto a couple years ago. We knew each other to say hi but not more because we worked different shifts.

It was Tyrone's wife, Tanya, who brought him through our doors on a one week trial back in September. Tyrone had already lost a ton of weight prior to joining but he was totally committed to changing his lifestyle. Having never really being a "gym guy" Tyrone has taken his fitness to new levels. Working with Dale 3 times per week and coming at least one more day, "has been the best decision I have made in a long time", was what Tyrone told me just before Christmas. Tyrone has been working his butt off..literally, and we just wanted to give him some added motivation. Keep it up Tyrone!

***And don't forget***, if you have any questions or concerns about your health, we're just an email or phone call away.

We're here to help, and don't enjoy anything more than participating in your **lifelong good health**. If you have a question about fitness, weight loss, health trends, or a supplement/nutritional product you would like checked out, email or call with your question and I'll do my best to address it in an upcoming issue (or with you personally).

***I'd love to hear from you.***

**info@bodyfit.ca 905-852-6175**



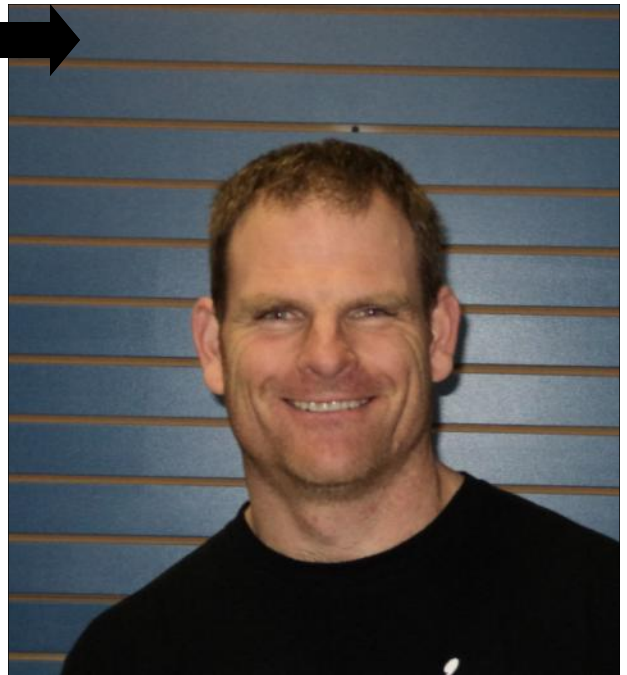
***DO YOU KNOW THESE PEOPLE?***

### **Welcome New Clients!**

**Here are the new clients that became members of our fitness family this last month! We'd like to welcome you publicly, and wish you all the best!**

Tara Trussell, Erika Phillips, John Strong, Ken Belair, Elaine Watson, Ben Nielsen, Monica Deveau, Hans Fracke, Sheila Munch, Stephen Clodd, Jennifer Brannon, Lynn Weatherall, Shelby Stokes, Vanessa Morgan.

And returning members: Ruth Woods, Sabrina Williams, Vanessa Slater, Bill Henneberry, Ken Belair, Marc Duench, Travis Horgan, Andrew Baines, Dodie Bucknell, Alex Larios, and Kaelen Briggs



### **New Trainer On Staff!**

I would like to welcome Maggy Bell to our staff of Personal Trainers. Many of you may have experienced Maggy's contagious enthusiasm in one of her fitness classes and she is now broadening her scope into personal training.

Maggy has recently completed all of her training to qualify her as a Certified Personal Trainer. She is welcoming new clients and will work one on one or in semi private sessions.

It's the perfect time to kick start your New Years resolution or to simply modify your existing routine with our Guaranteed Results Program.

Maggy is available for FREE weight room orientations on Tuesday and Wednesday evenings at 7:00PM and for private orientations by appointment.



**Maggy Bell** CFP FIS, CFP PT Certified Spinning and Yoga Instructor

**SPECIAL HEALTH BULLETIN:**

## **Feeling Sluggish? Need A Pick-Me-Up?**

*Finally, A Healthy Alternative to high calorie, high volume energy drinks.*

Midterms. Back-to-back meetings. Big games. Life gets busy sometimes. When it does, you can be left feeling run-down. In fact, the Natural Marketing Institute reports that 75% of consumers are concerned about issues relating to energy and vitality. It's no surprise, then, that sales in the energy market reached \$8 billion in 2008, according to the *Nutrition Business Journal*. The problem with many energy drinks, however, is that they're not exactly healthy. The question is: What are you putting into your body?

### **SOLUTION**

Get going with Shaklee Energy Chews and get the healthy edge you're after. Scientifically formulated Shaklee Energy contains ingredients that deliver an effective boost to help energize your body, sharpen your mind, and improve your mood. Tasty, pocket-sized Shaklee Energy Chews contain a powerful and unique blend of natural caffeine from green tea, L-theanine, and L-tyrosine to help promote focus and alertness, plus energy-releasing B vitamins and bone-supporting vitamin D. And unlike many other energy products, Shaklee Energy Chews do not contain artificial flavors, sweeteners, added preservatives, or extra calories that can weigh you down. Stay charged when you need it most. Get focused for a long night of studying. Power through a tough workout.\*

### **Healthy Edge = Healthy Energy + Smart Focus**

Shaklee Energy is formulated with the right ingredients to help energize your body and support alertness, focus, cognitive function, and mood. It's a great blend to help get your mind and body ready for action! \*

### **Shaklee Energy™ includes:**

- ◆ Key nutrients such as energy-released B vitamins, immune-supporting vitamin C, and bone-building vitamin D
- ◆ Key amino acids L-tyrosine and L-theanine—associated with mental alertness and focus
- ◆ Natural caffeine from green tea—associated with energy and performance
- ◆ 75% organic ingredients
- ◆ No gluten
- ◆ All natural sweeteners
- ◆ All natural flavors

### **Energy for Every Day**

Take them now, later, or whenever you want to boost your energy and help sharpen your focus. With ingredients such as natural caffeine from green tea, energy releasing B vitamins, and key amino acids to support cognitive function, Shaklee Energy Chews are perfect during times of increased mental and physical exertion. They're great for students who need an extra boost during a long night of studying, individuals who need a quick pick-me-up at work, or busy moms and dads who are always on the go.

### **Energy for Sports Performance\***

Shaklee Energy Chews contain ingredients scientifically proven in controlled studies to boost sports performance. Power through that tough workout or get focused for the big game without filling up on calories that can weigh you down the way some energy products do. These individually wrapped, pocket-sized chews allow you to customize your intake so you can get what you need to get energized and ready for action.\*

Feel energized...Get focused...Think clearly...Stay awake...  
Stay Alert...Improve your mood

### **Shaklee Energy Chews**

**\*\*10 Servings \$22.50\*\***

*Save by ordering on-line (shipping charges apply)*

**Call 905-852-6175 or email [info@bodyfit.ca](mailto:info@bodyfit.ca) to order now!**



# Optimum Performance Through Education



Michelle Avery  
BKin/BEEd, OCT.

## *Helping you start the New Year Right!!*

I find the older I get the more often I hear myself saying, “Wow, I can’t believe how quickly the time has gone by.” Here we are entering the beginning of 2011 and yet again I am amazed at the speed in which 2010 has flown by. For many people a New Year brings about optimism and hope for setting and reaching new goals in their lives. One goal that I believe many people share is to try and improve their overall eating patterns, especially since the month of December is usually filled with a lot of celebrations surrounded by great food and good drinks.....not speaking necessarily from a nutritional stand point! By January 1<sup>st</sup>, we often experience that overwhelming feeling of being bloated from the extra caloric intake we’ve had since the middle of December. And yes, I too feel it just like everyone else! My plan this year was to have the majority, if not all, of the ‘extras’ out of the house by Monday January 3<sup>rd</sup>. For me, if there are a few chocolates left over and sitting in the pantry, I find that I am more apt to eat them just because they are there. Can anyone else relate to this? In addition to making the suggestion of removing any and all unwanted food from your cupboards that are filled with empty calories, my hope for the month of January is to help give you a few suggestions of healthy food choices to get your digestive system back into the swing of things. Therefore, I thought that I would share two of my personal favourite recipes to help you start the New Year in the right direction. Any of these can be customized for your own personal enjoyment.



## Veggie Bean Salad

- ◆ 1 can President’s Choice Blue Menu Black Beans (rinsed)
- ◆ 1 can President’s Choice Blue Menu Six Bean Blend (rinsed)
- ◆ 1 c fresh or frozen green beans
- ◆ 1 c fresh or frozen peas
- ◆ 2-3 diced plum tomatoes
- ◆ 1 yellow pepper diced
- ◆ 1 red pepper diced
- ◆ 1 c broccoli finely chopped
- ◆ ½ red onion diced
- ◆ 3-4 tbsp red wine vinegar
- ◆ 2 tbsp olive oil
- ◆ Pepper, sea salt and garlic powder to taste

Mix together well, chill and serve. Measure serving size as 1 cup.



## Protein Pancakes

- ◆ ½ c egg whites
- ◆ 1/3 c oats (measured dry)
- ◆ Dash of cinnamon
- ◆ ½ scoop of protein powder of your chosen flavour (optional)

Mix together well in a bowl. Lightly spray your pan with cooking spray. Pour batter into a small pan and allow enough time for the egg whites to cook on medium heat. After approximately 5 minutes, flip pancake and resume cooking for another 5 minutes until thoroughly cooked through.

Serve with cinnamon and E.D. Smith’s calorie reduced syrup.

Add ½ c of fresh mixed berries on top for a little extra flavour !

## January Facts & Figures

- The tradition of New Year's dates back to 153 B.C.
- The month of January is named after the Roman god Janus. He was placed at the head of the calendar. With two faces, Janus could look back on past events and forward to the future.
- 40-45% of all Canadian adults make one or more New Year's resolutions.
- Among the top New Year's resolutions made? To lose weight, stop smoking and better money management.
- The busiest time for gyms across Canada is the month of January.
- 75% of folks keep their resolutions after one week. 71% past two weeks. 64% past one month. 46% past 6 months.

T'was the month after Christmas, and all through the house, nothing would fit me, not even a blouse;  
The cookies I'd nibbled, the eggnog I had to taste,  
at the holiday parties had gone to my waist;

When I got on the scales there arose such a number!  
When I walked to the store (less a walk than a lumber),  
I'd remember the marvelous meals I'd prepared,

The gravies and sauces and beef nicely rared;

The wine and the rum balls; the bread and the cheese,

and the way I'd never said, "No thank you, please."  
As I dressed myself in my husband's old shirt,  
and prepared once again to do battle with dirt,  
I said to myself, as only I can,  
"You can't spend a winter disguised as a man!"

So, away with the last of the sour cream dip.  
Get rid of the fruit cake, every cracker and chip.  
Every last bit of food that I like must be banished,  
'til all the additional ounces have vanished.

I won't have a cookie--not even a lick.  
I'll want only to chew on a long celery stick.  
I won't have hot biscuits, or corn bread, or pie,  
I'll munch on a carrot and quietly cry.

I'm hungry, I'm lonesome, and life is a bore,  
But isn't that what January is for?  
Unable to giggle, no longer a riot.  
Happy New Year to all and to all a good diet!

Author Unknown

## Be Inspired!

"We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day." ~ Edith Lovejoy Pierce



Santa Pays A Visit To Body Fit For Knock Out Hunger 2010!



## REFERRAL REWARDS!!!

I'd much rather pay you with free personal training sessions or lavish gifts than pay for advertising. Just refer us a friend, co-worker or family member who becomes a client and you WIN! **And the more you refer...the more you win.** There's no limit to my gratitude! Just tell the person you refer to use your name when they call or come in, and **we'll roll out the red carpet for them.** Seriously, we have a red carpet and we're not afraid to use it ☺.