

Training domain

February 2008

From Marnie...

*"For God did not give us a spirit of timidity, but a spirit of power, of love, and of self-discipline."
2 Timothy 1:7*

Hey, guys! I just wanted to tell all of you how proud I am of you. I'm very excited to see that we lost a whole person last month (189 lbs.) as a group! You each know how much you contributed to that. If you did not lose, I'm hoping you are one of my "gold-stars" who have been maintaining their loss and gaining muscle!!! My hat goes off to you because maintaining the loss is the "Good Habit Lifestyle" I want for all of you!

I want to share with you a bit of encouragement. I KNOW that making change is hard. I KNOW that it stinks, especially when you are watching others around you eating whatever they want. But remember, this is a battle ONLY YOU can fight...but the great news is, no one is going to reap the benefits but YOU. © You DO have the power to fight this fight. You may have to reach way down deep inside your heart to find the energy some days, BUT YOU DO HAVE THE POWER (especially if you know Jesus...see the above Word if you don't believe little ol' me).

I want to leave you with something to think about... "What is your greatest fear?" For many of us, it's failure. We can gain strength through our fear. If you can take half the energy you have been placing worrying over your fear and place it into your wellness, guess what happens? Many of those fears dissipate because you start believing in yourself and your own strength. Listen, I can help you become stronger with muscle, but you have to get your head in the game and NOT let anyone now or from now your past (did you hear that?...from the past...) tell you who you are and/or what you are going to become! Put some closure to some of those people or those words that haunt you and start living life today. Remember, yesterday is history, tomorrow is a mystery...but today is the GIFT! Love ya,

Marnie

Eating Out Can Be Healthy

You can still maintain your nutritional plan while enjoying a meal out with friends and family—though I don't recommend it at the beginning of your healthy journey.

Furthermore, it can still be an enjoyable—and more importantly, tasty—experience. Since restaurants (especially fast food chains) tend to serve meals with more fat, salt and sugar than a meal prepared at home, it is important to understand what foods to avoid and which ones to select from the menu.

FOODS TO AVOID

There are many foods full of excess fat and calories that can destroy your healthy plan. Steer clear of these foods while dining out:

- Condiments such as salad dressings, cheese sauces, tartar sauce, gravy and guacamole
- Butter and cheese
- Fried foods such as chicken or French fries
- Beverages such as regular soda, whole milk and various alcoholic drinks

FOODS TO TRY

To make healthier decisions while out enjoying a meal, try some of these foods to keep your plan on track:

- Soups made with juices and broth versus cream
- Raw vegetables without a marinade
- Fresh fruit
- Steamed seafood
- Salads with fat-free dressing on the side or lemon juice
- Whole-grain breads
- Baked, boiled and steamed potatoes without sour cream, butter or cheese
- Roasted, baked, broiled and grilled meats, poultry and fish
- Diet soda or water

- Yogurt
- 100% whole wheat tortillas

GENERAL SUGGESTIONS

In addition to opting for healthier foods, there are many easy things you can do as a restaurant patron to make your dining experience a less fattening one. First, order your food to go. Research suggests that Americans eat less at home on their own plates (especially when you use a smaller plate) than they do in a restaurant. Plus, you can prepare a healthy side dish to accompany the meal you purchased from the restaurant. Also, avoid buffets. They promote overeating with so many choices and the option to return for seconds and thirds.

Additionally, remember that you have the option to special order your meal. Ask the wait staff if the chef can prepare your vegetables without butter or oil; many restaurants will bake or grill your chicken breast instead of frying it.

Finally, one of the most important proactive approaches to healthy eating you can do is to watch your portion sizes. Many restaurants will serve a "lunch-size" portion even at the dinner hour. Either request the smaller portion of the desired meal or place at least one-third to one-half of the meal in a take-home box before you start eating!



Go Online... Many restaurants, especially chains, post menus on their websites. Visit the site before you go and plan your meal in advance. Then, when it's time to order, you will not be tempted to order a less healthy alternative. You have already decided what you are going to eat!

THE BIG PROTEIN QUESTION:

KEEP YOUR MUSCLE... ...BURN THE FAT!

Along with fats and carbs, protein is a "macronutrient." The body needs relatively large amounts. Unlike the other macronutrients, the body does not store protein, so there's none in reserve. When the amount of protein is not sufficient to meet demands of strenuous exertion, a negative nitrogen balance occurs. This is bad news. When you're sick, injured or on a low calorie or poor quality diet, your body tries to fill its nutritional void by cannibalizing itself. The body will actually consume its own muscle tissue (heart and lungs included) to extract the amino acids it needs to operate. Protein deficiency can lead to symptoms such as fatigue, hair loss, loss of hair pigment, insulin resistance, loss of muscle mass, low body temperature, and hormonal irregularities. It can even prove fatal.

Obviously, reaching a positive nitrogen balance is highly recommended. This simply means your tissues are getting more protein, and retaining more nitrogen than is being eliminated each day. This state may be achieved by a true health enthusiast, someone who eats correctly all the time and exercises regularly.

Although, I'm not asking for perfection, I do expect you to try to reach the goal of getting in those proteins in each of your small meals! We work too hard to have our muscles being used as "our fuel".



ARE YOU PACKING?

...lunch, that is. If you wait until you're hungry before saying "What can I eat?" you are doomed from the start. Once you get hungry, you'll eat anything! Pack your healthy meals in disposable containers or Ziploc bags and carry them to work or school in a lunch bag or small cooler.

Preparation is the key!

THE MEANING OF ORGANIC

The food label terms "natural, hormone free" and "free-range" do not necessarily mean organic. Organic refers to the way farmers grow and process fruits, vegetables, grains, meat, poultry, eggs and dairy products, according to United States Department of Agriculture's organic standards. Organic farming practices are specifically designed to conserve the soil's nutrients, conserve water and reduce pollution. For example, organic farmers do not use chemical fertilizers, insecticides or weed killers on crops. Nor do they use growth hormones, antibiotics or medications to enhance animal growth and prevent disease.

I RECOMMEND YOU:

- Eat a variety of foods to minimize exposure to a specific pesticide residue.
- Carefully wash and rinse fruits and vegetables under running water; this can remove 99 % of any pesticide residue (depending on the food and the pesticide).
- Peel fruits such as apples, potatoes, carrots and pears (but you may also peel off important nutrients).
- Remove the tops and outer portions of celery, lettuce, and cabbage, where chemicals are more concentrated.
- Buy organic versions of the foods you eat most often, such as organic apples if you eat apples every day.
- Sometimes (if not all the time), buy organic versions of the fruits and veggies that are known to have the highest pesticide residue, even after having been washed. According to the Environmental Working Group, the "Dirty Dozen" includes: apples, cherries, imported grapes, nectarines, peaches, pears, strawberries, red raspberries, potatoes, bell peppers, celery and spinach.
- Save money by choosing conventionally grown versions of the "Clean Dozen" (with little or no pesticide residue): kiwis, pineapples, mangos, papayas (foods like papaya and mango have their own protective shell, so this reduces pesticide exposure on the flesh of the fruit), asparagus, avocado, broccoli, cauliflower, onions, sweet corn and green peas.



RECIPES



TURKEY CHILI

3 oz. ground skinless turkey breast
½ cup canned kidney beans, rinsed and drained
½ tbsp. olive oil
¼ cup chopped onion
¼ cup chopped bell pepper
½ cup canned, diced tomatoes
¼ tsp. cumin
¼ tsp. cayenne pepper
½ tsp. chili powder

Directions:

Heat olive oil in a nonstick skillet over medium-high heat. Crumble and sauté ground turkey with chopped onion and peppers until turkey is cooked. Add tomatoes, kidney beans and spices. Reduce heat to a simmer and cook 8 to 10 minutes. Serve.

SLOW COOKER LEMON GARLIC CHICKEN

Heady with lemon & garlic in a white wine sauce, this easy entrée works beautifully for entertaining, so you can focus on the rest of the meal.
SERVES 6.

6 skinless, boneless chicken breasts
3 cups white wine
1 ½ cups lemon juice
1 medium head garlic, crushed
4 drops hot pepper sauce
2 teaspoons poultry seasoning
2 teaspoons salt

Directions:

Combine the white wine, lemon juice, crushed garlic, Tabasco, poultry seasoning and salt. Mix well. Place chicken in slow cooker. Pour lemon/garlic mixture over chicken. Cook on low for 8 to 10 hours.

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No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it. Therefore, strengthen your feeble arms and weak knees. –Hebrews 12:11-12