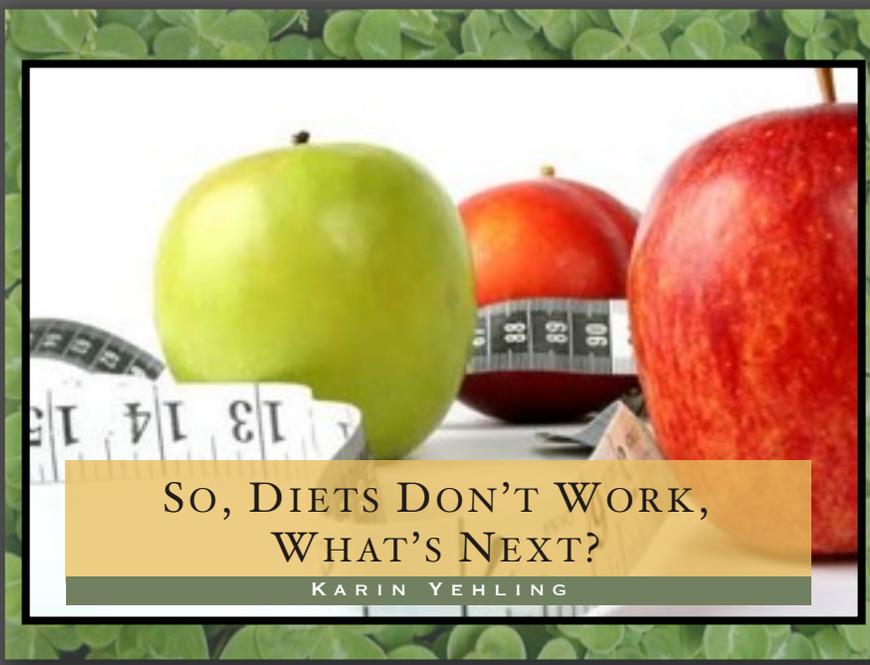


MARCH 2014

MONTHLY NEWSLETTER

FUNCTION FIRST FITNESS

a personal training studio



SO, DIETS DON'T WORK,
WHAT'S NEXT?

KARIN YEHLING

SEND YOUR QUESTIONS TO:

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Check out answers to YOUR questions every month!

Q&A Corner

Q: I've put on a lot of weight around my waist, what should I do?

A: Follow the guidelines, in this month's article, on forming new healthy habits on the way to eliminating wheat, sugar and dairy. Remember, they don't all have to go at once but do the best you can to eliminate them gradually. You're guaranteed to see and feel the results.

HERE IS THE KEY!

In the February newsletter, I really hammered dieting. Hopefully, you're getting over being mad at me for stating facts that everybody chooses not to see or admit. I don't know many people who haven't been on a diet at some point in their lives. I also can't recall a single person who kept off their weight from any diet. I can tear apart every diet just by looking at the criteria I mentioned.

Whole, Fresh,
REAL FOODS!

In this issue, I will give you the answers to a big question that probably crossed your mind: "If diets don't work, what am I supposed to do?"

The **ultimate** nutrition program that will lead you to good health: eat **whole, fresh, REAL** foods (no boxes, packages, containers). This cuts out every bad food there is. In turn, it gives us the energetic, disease-free body we all want. There are no magic pills,



potions, powders or diet foods that will lead you to true health like whole food.

Here's the key, as I stated in the last newsletter: if you make one change at a time, you'll have an eventual 85% success rate. When two changes are attempted, the success rate drops to 35%. After that, don't waste your effort or risk your sanity.

Step 1: WORK ON YOUR MINDSET

Patience: The typical diet is NOT the picture of patience. For example, they suggest you should lose "x" amount of pounds per week.

Instead, think of it this way: if you were to lose one pound per week, at year's end, you will be 52 lbs. lighter. Because you took a full year to lose the weight, your chances of keeping it off are greater. Most people on traditional diets have fallen off way before that one-year mark.



The slower, the better: Unless you're in an immediate life-threatening situation to lose weight, go slow and make the habit changes you need in order to keep it off forever.

Educate: Educate yourself and be picky about what/who you listen to. Learn about *foods*, not fad diets or magic pills (remember, these don't exist). There is so much misinformation that it's sometimes tough to sift out the truly valuable material. Here are a few of my go-to websites:

www.tissuerecovery.com

www.drhyman.com

www.precisionnutrition.com

www.mercola.com

Be honest with yourself: 90% of Americans believe they eat a healthy diet. However, 70% of the population is overweight, to go along with a 50% pre-diabetic/diabetic rate. So, there are a lot of nutritionally misinformed people out there. I believe everybody has SOMETHING they can work on, even if they're rail-thin.

Monthly Chuckle

YOU CAN'T EXPECT
TO LOOK LIKE A
MILLION BUCKS IF
YOU EAT FROM
THE DOLLAR MENU.



Monthly Tip

The ideal amount of sleep one should get: 6-7 hours per night. Studies have shown that getting less than 5 hours and more than 8 has been shown to cause an increase in abdominal fat.



Words to Live By

*"If there is no struggle, there is no progress."
-- Frederick Douglass*

Ask yourself: What is true health? Unless we answer this question, we won't really know what goals to aim for. True health isn't about looking good, necessarily. I know plenty of "skinny-fat" people that appear to be thin, but carry an excess amount of body fat, along with high blood lipids. Worse yet, they're set up for disease, even though they're thin. So, ask yourself this question and really dig into it with the premise that disease is caused by poor nutrition.

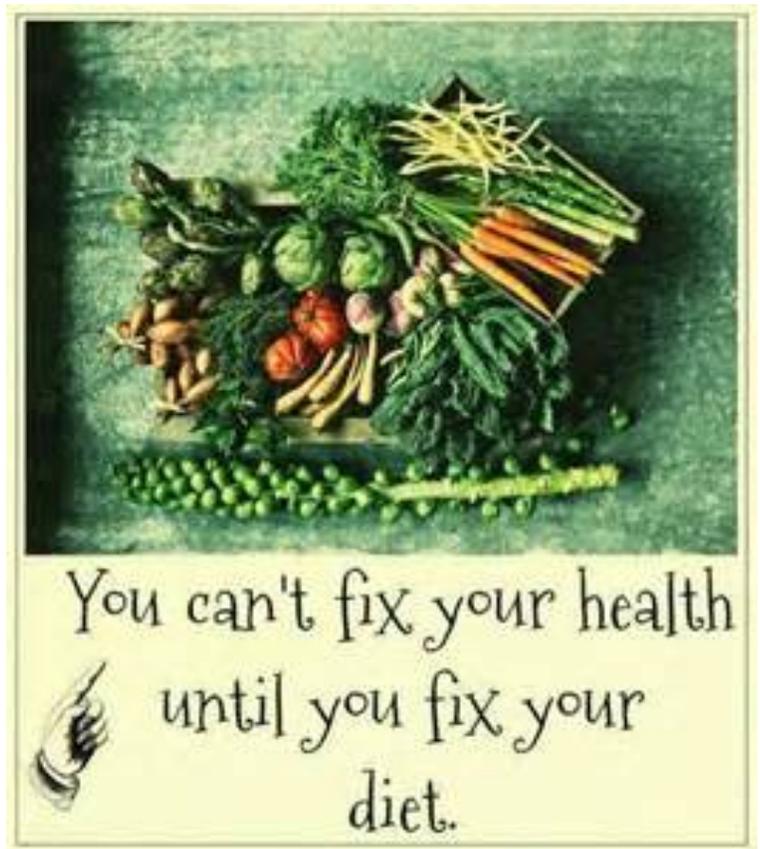
To me, true health is eating whole, real foods 80-90% of the time. Nobody's perfect, so don't try to be. If one eats this way consistently, everything else takes care of itself: high energy levels, good concentration, good sleep patterns, good blood pressure, normal blood work results, a healthy weight, good muscle mass/structure, healthy skin, teeth, eyes, bones, nails and hair, normal bowel movements, no arthritis or chronic pain issues. **THIS** is the ideal healthy person. Doesn't that sound good? It's **NOT** age-dependent. We truly are as healthy as our diet — at ANY age! This is **THE** person who has the greatest chance of warding off disease by having a great immune system.

Step 2: FORM GOOD HABITS

How? Work on one thing at a time and **make it easy** (choose something in which you can enjoy a 90% success rate). When I participated in the year-long Precision Nutrition Lean Eating program, we started out by taking our vitamins every day. That was our only nutritional task for two weeks. Remember, vitamins *alone* rarely make a noticeable difference; they just make the system a lot more efficient. If this is your first habit you'd like to improve or develop, take a multivitamin, probiotic and fish oil EVERYDAY. Don't move on to your next habit until you're doing this every day for at least one week.

Choose your healthy habits: These new behaviors will do the body good and promote health. Here are some examples:

- Eat vegetables 3 times/day (if need be to get you going, start with eating veggies once per day)
- Drink 64 oz. of water/day
- Eat lean protein at every meal



- Eat slowly (http://www.functionfirstfitness.com/newsletters/2013_02_FFF.pdf)
- Only eat until you're 80% full
- Eat fewer carbs
- Eat only whole foods
- Sleep 7 hours per night

These are only a few ideas. These habits grow from each other; collectively, they lead to true health.

Tip:

Focus on the task at hand. Write down your new habit and put it in a few prominent places to always remind you of what you're working on.

Step 3: EXERCISE THE RIGHT WAY

Lift weights and do interval training: Women need more muscle, so lift some weights, or at least your own bodyweight. Lift until it becomes a challenge... a safe challenge.

Interval training can consist of walking up and down a hill briskly. Going up the hill would be your "on" phase and going downhill would be your "off" phase. I prefer to have my clients get on a stationary bike; it's safe (no fall risk), predictable (intensity) and quick to adjust (too easy? push a button to make it tougher). Interval training doesn't have to be so tough you have nothing in the tank at the end, but it should make you breathe hard and get a sweat going. Some examples: 30 seconds on, 1 minute off; 1 minute on, 1 minute off; 20 seconds on, 40 seconds off. The idea: hard followed by easy. Repeat this for several rounds. Always do a good cool-down of 2-5 minutes followed by stretching. Do this 4-5 times per week.



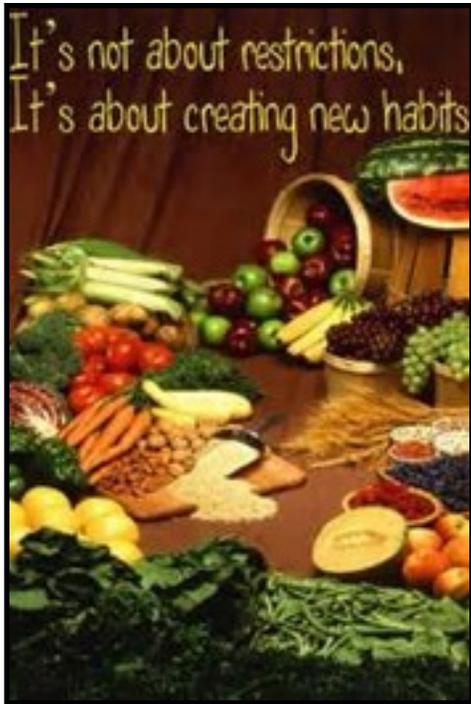
Step 4: LEARN TO COOK:

If you can read, you can cook! I have NEVER seen a healthy person who doesn't prepare his or her own food. You are the only one who knows exactly what goes into your food, because you just prepared it from scratch. There are no chemicals or hidden calories in the food *you* make! My best-found cookbook to date is *The Blood Sugar Solution Cookbook* by Dr. Mark Hyman. Don't let the name fool you. This book is for every BODY!



Step 5: THE KITCHEN MAKEOVER:

Clean out your cupboards and rid them of all packaged goods! Learn more here: http://www.functionfirstfitness.com/newsletters/2013_01_FFF.pdf



Step 6: GET SUPPORT:

Having a support group is the way to go. A buddy will help keep you accountable, and you can share recipes with them. My clients and I do this all the time for each other.

Any way you slice it, this is about *change*. For many, change is intimidating. But, if taken one step at a time, it's not so tough. Just make sure all changes are small and attainable at the beginning. Then, keep building on them.

REMEMBER: GIVE YOURSELF THE BEST CHANCE FOR SUCCESS BY GOING SMALL WITH YOUR NEWLY PROPOSED HABITS.

[CLICK HERE!](#)

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RECIPE OF THE MONTH

Cauliflower "Pizza" Crust

INGREDIENTS:

- 1/2 large head cauliflower (or 2+ cups shredded cauliflower)
- 1 large egg
- 1 cup finely shredded mozzarella cheese (optional)
- 1 tsp. dried oregano
- 1/2 tsp. dried minced garlic, or fresh garlic
- 1/2 tsp. onion salt

DIRECTIONS:

Steam the florets just until they are tender (not mushy) on the stove and

then let them cool. Use a grater and grate the florets into small crumbles. Use paper towels to blot the cauliflower as dry as you can. Mix all of the other ingredients together with the cauliflower. Spray a cookie sheet or pizza pan with nonstick spray. Pour the mixture onto the pan and pat them to the desired shape. Spray the crust lightly with cooking spray and bake for about 15 minutes (or until golden). Take out of the oven and put your desired toppings on. Return to oven for 3-4 minutes (until cheese is bubbly - if using cheese).

"Crispy & Tasty!"

Yield: one 9-12 inch pizza crust

Prep time: 25 min.

Cook time: 18 min. @ 450°

Karin Yehling
FFF Trainer



Coming Next Month!

Next month, we talk about diet, fitness, surviving cancer & the state of women's health with two-time Olympic gold medal gymnast Shannon Miller, the golden girl of the 1996 Olympics in Atlanta, plus more tips, and recipes!