

Completely Fit 4 Life!

Personalized Nutrition, Fitness, Reformer Pilates Training



www.completelyfit4life.com

WINTER NEWSLETTER

210 Palm Ave

Auburn CA

Studio located in the WELLFIT Health Club!

It is a NEW YEAR! It is time to rebuild your HEALTH, restore vitality, and renew your commitment to WELLNESS, and we are here to ENCOURAGE YOU!



HEALTH NEWS!

This time of year we're tempted to indulge in foods and snacks that we might not normally consume. It is WINTER time and it feels good to eat "comfort" foods. Foods that make us feel good, as it is cold outside and the days are shorter, and it is hard to wake up in the morning because it is

colder and darker...Here are a few ideas on how to stay healthy and choose wisely.

- Don't skip meals during the day in order to save calories...eat so your metabolism stays revved up! Just stay within 500-700 calories per meal.
- Make sure you drink your water throughout the day, at least 6-8 glasses, and add a drop of peppermint or lemon essential oil, as this strengthens the immune system! You can order these inexpensive amazing oils with me ;-)
- Use a smaller plate!
- Take time to shop for food, and shop at your local Farmers Market, or Whole Foods, or Trader Joes, or Nugget! Enjoy the process...
- Eat only foods that are in SEASON!!
- Take the time to chew your food thoroughly.
- Choose water, flat or sparkling, with a squeeze of lemon or lime as your beverage.
- Focus on friends and family and conversation rather than the food.
- Add exercise whenever and wherever you can. This will keep you feeling healthy and make it easier to stick to the set of strategies you design for yourself.

And last but not least.... **Be Grateful.** This a beautiful expression of how blessed we are! We have so much yet can sometimes take for granted what we have.... Even if you're moving through the throes of varying health issues, you can always find much to be thankful for.



Pilates Poem

Someone said that they think Pilates is great;

But you know it's working out that I hate.

Pilates will they say connect you to your core,
But I'm afraid I find that exercise is such a bore.

Oh well, I should try, I might, I can,
I must, After all I've gotten as big as a bus.

So to my health I will work now to renew,
I hope this will provide a much better view.

I watch my instructor and you know I don't really move that way,
I am a mere student, and sometimes on the floor I just lay.

Now get moving, no more cruising, it's your body you've been losing,
We must and will wake up all the muscles that you have not been using.

I'm now on machines called PILATES STICKS and REFORMERS,
and transformation is about to display...

Yep this is exercise...I now remember, the moves that at times make me
moan,

but I got it now, I think I'm getting better, I'm in the zone.

I wanted a quick fix; I wanted to just take a pill,

To get healthy, to be wealthy, and to have my life's fill.

So was it too much to ask why couldn't it have been so,

But this is real life, this is my life, so my old attitude must go.

So will I sit, I most certainly think I shall not,

I will be fit, because it's the Pilates bug that I've caught.

This is fun, so a series of ten I bought,

Have you seen my buns, my abs??

Ah yes....PILATES WILL SAVE ME, SHAPE ME, AND BRING MY BODY
TO HAPPINESS FOR 2013.

New Year's Resolution: Reformer Pilate's or bust!

Recipe of the Month

Chocolate Walnut Brownies - gluten free brownie with the chocolaty
chewiness you love!



Cooking time: 25 minutes
Yields: 16 people

Ingredients:

1/2 cup raisins
oil 1/4 cup almond milk or water
flour*
cacao powder
coconut

Hot water 3/8 cup ma
2 cups almond n
1/4 cup oat flour* 1
3/4 cup chopped walr

Directions:

Preheat oven to 350°F. Place in a small bowl and cover with hot water. Allow to soften while you put the other ingredients together. In the bowl of an electric mixer, blend the maple syrup, egg, coconut oil and almond milk. Add the almond meal, buckwheat flour, oat flour, baking powder, salt, and cacao powder and blend until mixed well. Batter will be thick. Drain the raisins and add them to the batter along with the walnuts and coconut. Mix until evenly blended.

baking dish. Coat the bottom and sides of pan with the oil. Using a piece of parchment or wax paper, press the brownie dough into the pan. Bake for 25-30 minutes. Cool completely and cut into squares

Almond meal in their baking section that is reasonably priced. Buckwheat and oat flours can be replaced with any flour of your choice. These two were chosen for a gluten-free brownie.

How is your balance?

Melt 1/2 tsp. coco

*Trader Joe's ca



REFORMER PILATES

As I teach Pilates Reformer classes I hear a lot of comments on how people feel they have lost their sense of "balance"...they feel "unstable", in comparison to when they were younger.

Physical Body Balance comes from movement. As you move you

understand your body's limits and you gain confidence in your step or activity. The problem begins when we decrease our activities or exercise routine and become more sedentary. Elderly people begin to "shuffle" and "watch" their step as they become more "cautious" because they have lost their edge or confidence due to lack of movement. The gait becomes shorter and this can create some very challenging body issues.

The GOOD NEWS is...no matter how old you are ..YOU CAN GET THIS BALANCE BACK!!

Reformer Pilates is a great, safe, effective mode of exercise and movement to increase your sense of balance, by providing better range of motion, confidence in movement, stronger core, and all over flexibility.

Better Balance produces a powerful body, a decrease in body fat, an increase in muscle mass, and a feeling of wellbeing...it is time for you to sign up for your FIRST class today



EMOTIONS AND NUTRIENT ABSORPTION

What happens when we experience acute stress? The fight-or-flight response is activated and several hormones, including cortisol are released. Cortisol is responsible for telling the body to dump glucose into the blood stream so that it has energy to run or fight off the perceived threat triggered by the stress. What happens when we experience chronic stress caused by impending deadlines, a never shrinking to-do list, lack of sleep or being on a restricted calorie diet? The same thing as acute stress. The body doesn't know the difference between a tiger chasing you, and the boss asking you why there isn't a cover sheet on the TPS report. The same hormones are released, and while they aren't released all at once, the chronic stress causes them to be present for longer periods of time.

This ever-presence of stress related hormones causes an acid load to the body (I'll discuss that more in depth in a later post) and an inflammatory response as well. With acute stress, the body experiences a heavy load and then has time to relax and replenish. With chronic stress, the body never has time to truly

recover, and is in a constant state of depletion.

Most people feel stress when trying to stick to a restricted caloric intake. Physical stress from the constant hungry feelings, and emotional stress from avoiding the foods they typically eat or the foods they feel they cannot eat because they're on a diet. Recent studies ([link](#)) show that people on a diet – also called restrained eaters – do not typically eat less than non restrained eaters. So then typically, the effect of going on a diet is really just causing damage to the body.

These studies also show a significant increase in guilt, depression and other negative emotions that can be caused by being on a diet. These feelings of guilt can lead to over eating in the future (typically at the end of the day, night or weekends). THESE actions can then lead to lowered self-esteem, and increased weight gain due to comfort eating to assuage the guilt and depression. Aside from the actions that attempting to mitigate the negative feelings tend to create, there are biochemical consequences to those negative feelings.

[A study](#) published in April of 2010 showed that emotional states can affect the chemistry of the body with regards to the inflammatory response, on the same pathways as eating foods that are known to cause inflammation. Depression and guilt can cause the same effects in the body as foods and food additives known to cause inflammation such as trans-fats, high fructose corn syrup (HFCS), artificial sweeteners and wheat & gluten. Additionally, the vagus nerve is affected by stress and inflammation. The vagus nerve is responsible for communicating to the digestive system that it's time to start working. When stress and inflammation are present, the vagus nerve is told to shut down or reduce digestion, and other non-essential processes while it deals with the stress or threat.

So, what can we do nutritionally to help with the effects of stress and inflammation? We all know that stress from our lives isn't going to be dropping off any time soon... Consuming a more balanced omega-3 to omega-6 & omega-9 ratio will help reduce the pro-inflammatory response to acute and chronic stress is one way to help. Also, finding ways or techniques to increase nutrient absorption during and immediately following a meal will help to give the body what it needs to deal with stress and not deplete it's stores of vitamins and minerals.

Lastly, and perhaps most importantly, we need to find intermittent breaks from our stress throughout the day. Preferably the time surrounding our meals. Reducing stress in the time surrounding our meals increases digestion, nutrient absorption and feelings of fullness sooner into the meal. This is the effect of positive emotions on nutrient absorption.

TO YOUR HEALTH!

The Completelyfit4life SATFF!