

# Weightlosscoaching.org Newsletter by

John Fairchild

Creating a Realistic Approach



## Book Edition

My long awaited e-book is here! Own this six course strategy on weight loss. 69 pages of information to help you succeed in managing your weight.

Easy to download and very affordable.

Go to my site at...

<http://www.weightlosscoaching.org/products/ebook.html>

## Nutrition Software

I am proud to welcome **Balance Log** to my product line.

An *easy to use* program to help you create a personalized nutrition and exercise program.

Track:

Exercise, calories, fats, carbs, proteins, cholesterol, fiber and much more.

Set and track your own achievable goals. Easily adjust your program to match your changing goals. Provides a database of over 300 exercises and 4,000 foods---including brand name items. Create your own menus using the database or your own customized foods.

Print out reports to let you know if you are reaching your nutrition and fitness goals. Reports can be reviewed, through e-mail, by a nutritionist and recommendations can be made to help you stay motivated and provide positive support to keep you on track. *Stop guessing and track the right way.*

Each month you will receive up-to-date information on new food products, exercise and nutrition tips, news articles, and weight loss tools. You will also get tips on how some of my clients changed their lifestyle and overcame barriers with small steps.

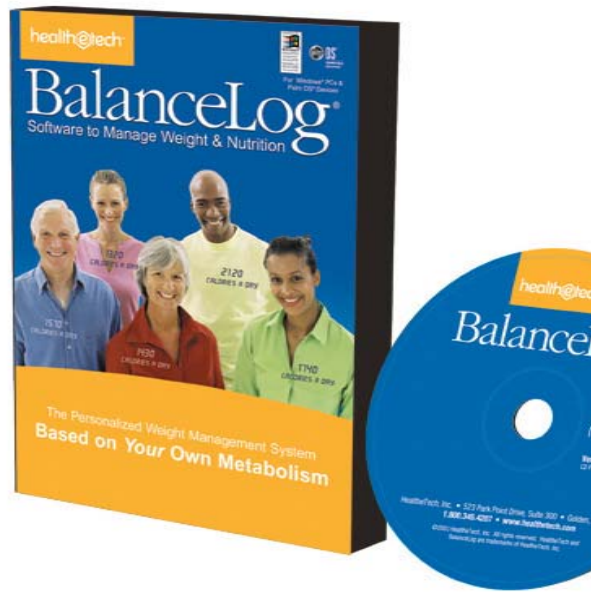
Please pass on my website to your friends, co-workers and family members. [www.weightlosscoaching.org](http://www.weightlosscoaching.org) I put a lot of research time into unveiling true information that will help you stay healthy and control your weight. Thank you for taking time out of your busy day to learn about how you can become a happier and healthier person.

## Exercise Corner



## Chair Chest Press

Place chair against a solid surface.  
Put knees on padded surface.



**Only \$45.00**

You're own software to keep forever. No fees.

To order, go to  
<http://www.weightlosscoaching.org/products.html>

or call 215-873-7404

email: [kikaerobox@aol.com](mailto:kikaerobox@aol.com)

## Feature Article:

### Ingredient substitutions

<http://www.weightlosscoaching.org/nutritionarticles/ingredientsubstitutions.html>

Position arms 6" wider than shoulders.

Keep body stationary during the movement.

Slowly lower body toward chair so arms go to a 90 degree angle.

Return without locking elbows and exhale.

## Check out this interactive calorie counter for McDonald's

<http://www.calorieking.com/createameal/?menu=1>

## Featured Food Corner

### Blueberries (Jersey)



This power fruit, whether fresh, frozen, canned or dried have superior health benefits. A cup of these high antioxidant beauties have 80 calories, 5 grams of fiber and are linked in inhibiting urinary tract infections, inhibiting the growth of breast and cervical cancer, and can strengthen your vascular health.

Put them on cereal, in your yogurt, mix with cottage cheese, blend in a smoothie, mix in your pancake or waffle batter or just eat them plain. Wash just before use.

## Helpful Sites

For up to date calorie counts and exercise tips

Visit:

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

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

The new Food Guide Pyramid Guidelines

[www.mypyramid.gov](http://www.mypyramid.gov)



## Food Fact:

Studies have shown that smokers require approximately 40% more vitamin C intake than non-smokers to achieve adequate blood levels. About one pack of cigarettes require at least

## Products worth checking out

### VitaMuffin



Only 100 calories for this 2 ounce muffin. Made with whole wheat, up to 7g fiber, 5 g protein and 1.5 g fat. Contains 50% of 10 vitamins and minerals. Found at Whole foods and other natural food outlets.

### Cut the Trans Fats



Great replacement for when you use butter or other trans fat filled margarines.

Contains the addition of natural plant sterols and Omega 3 s from the Sea with the same base product as the 67% vegetable oil Smart Balance formula. Free plant sterols used in this spread have not been chemically modified.

a 600 mg. increase in your vitamin C intake. This also includes people who are exposed to second hand smoke.

## Live lifestyle and nutrition seminar DVD



Learn some great tools and tips on how to manage a healthy lifestyle. [Go to my products page to order or call 215-873-7404.](#)

[Minimal shipping cost on orders placed in June](#)

<http://www.weightlosscoaching.org/products.html>

## Myths and Facts

There are many myths about food and eating habits, and here are five that are commonly believed to be true:

They are added to foods to help lower cholesterol as part of a low saturated fat, low cholesterol diet. Long chain Omega 3 s from the Sea help to maintain normal triglycerides.

### Dress up your salads



#### Walden Farms

Fat free, calorie free, sugar free, gluten free, carb free, cholesterol free. Just use them....Many flavors to choose from. Found in the fresh fruit or vegetable aisles in most stores. I didn't find them in any Genaurdi's yet.

***Thank you and enjoy the rest of the summer. HOT, HOT, HOT.***

***Please support me by purchasing some of my products so I can continue to bring you reliable information that will help you break through the confusing information about weight loss and health.***

Myth 1: Margarine contains less fat and calories than butter.

Fact: Butter and margarine contain different types of fat, but both contain similar amounts of fat and calories. Some butter-like spreads have fewer calories and fat, however, so compare labels. Whatever you choose, use it sparingly.

Myth 2: Frozen vegetables are less nutritious than fresh ones.

Fact: Fresh, just-picked vegetables have the most vitamins and minerals, but nutrient levels drop during shipping and storage. Frozen vegetables, on the other hand, are picked at their peak and immediately flash frozen. So they could be even more nutritious than what you find in the produce isles.

Myth 3: Carbohydrates are fattening.

Fact: Many foods high in carbohydrates, like bread, rice, pasta, cereals, beans, fruits, and some vegetables, like potatoes and corn, are low in fat and calories. They become high in fat and calories when covered with high-fat toppings, like butter, sour cream, and mayonnaise, or are deep-fried.

Myth 4: Skipping meals is a good way to lose weight.

Fact: People who skip meals during the day tend to be heavier than people who don't. This may be because they tend to feel hungrier

## Brand New Help For You

# Introducing: Gourmet Nutrition An ebook containing recipes, cooking tips and strategies for a winning body.

Gourmet Nutrition isn't just a cookbook, it's a full-blown optimal eating manual. In it, we're gonna feed both your mind and your body with recipes, cooking tips and nutrition strategies to help you get into the best shape of your life.

And in addition to the recipes, we've added loads of other information, all geared toward getting you the body you want. You'll learn:

- What exactly you need in your kitchen, and what you must not have, if you're to succeed -- from

later on, and end up eating more. Eating smaller, more frequent meals throughout the day also keeps your metabolism running high.

Myth 5: Eating after 8:00 pm causes weight gain.

Fact: It doesn't matter what time of day you eat. It is what and how much you eat, and how much physical activity you get, that determines whether you lose, maintain or gain weight. No matter when you eat, your body will store excess calories as fat.

Healthy regards,  
Megan Porter, RD

<http://www.caloriesperhour.com/news.htm>

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foods, appliances and utensils, right down to the spices.

- A 6 step system for building your kitchen anew even if it's in need of the most dramatic of overhauls!
- 100 perfect meals, quick and easy meals as well as 5-star, impress-your-friends meals. How about healthy Chicago deep dish pizza or striped bass with artichokes and asparagus?
- Meal categorization according to the best time of day to eat the meals. How about a post workout shake, followed an hour later by our healthy Hawaiian pizza. Then, later in the evening, sit down for our pecan-crusting salmon.
- 17 food preparation tips, making you a culinary dynamo in no time. No more fingertips in your vegetable medley!
- 25 food facts and strategies, tips that help you make sense of the nutritional recommendations you read about often (from us, even) but don't quite understand fully
- The absolute best fruits, the best vegetables, the best grains, the best times to eat, and more!

### ***100% Money-Back Guarantee***

<http://www.johnberardi.com/cmd.php?af=411054&u=1>

Also check out: Precision Nutrition-Your comprehensive guide to diet and nutrition. Put aside all the tips, tricks and gimmicks you've heard over the years. Forget everything you've been

told about nutrition and learn the right information from scratch in one complete, beginning-to-end system that fills in the blanks and puts everything into proper perspective.

With the Precision Nutrition Diet Guide, everything is covered, from food selection to meal timing to nutrition program design. You will learn everything you need to know to lose fat or gain muscle. You'll set your goal in the beginning, and you'll learn exactly what to do to achieve it.

<http://www.precisionnutrition.com/cmd.php?pageid=411054>

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