



June 2006 Edition

Get ready for the release of my ebook- it's coming soon.

Each month you will receive up-to-date information on new food products, exercise and nutrition tips, news articles, and weight loss tools. I will always feature my "Client of the Month".

Please pass on my website to your friends, co-workers and family members.

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.

Video capability will soon be here.

Client of the Month



Kris Kroner

I have lost 86 pounds since January 2004 and have maintained the weight loss.

Nutrition Software

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

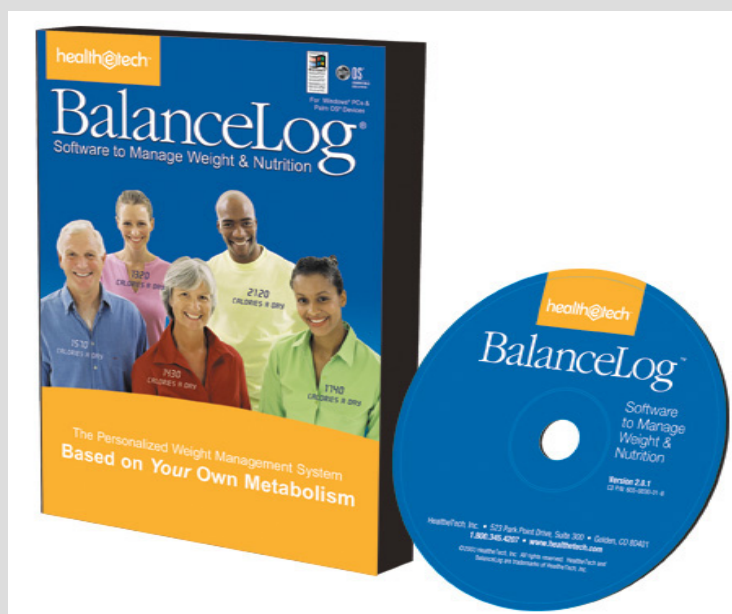
An easy to use program to help you create a personalized nutrition and exercise program.

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.**



Only \$45.00

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

Here are some of the things I did that helped me make it.

I keep photos of myself on my refrigerator at various stages of my weight loss. One is a picture of me at my heaviest, 229 lbs.

Those photos help me see how far I've come and help me remember how very hard I worked. And the fact they're on the refrigerator helps me make healthy choices.

I used to keep a written journal of what I ate in a day with the calorie count. That really helped as it taught me to get a handle on exactly what I chose to eat and its calorie count. I was able to tell how many calories I had left during the day before I reached my limit.

I don't write things down now but I find I keep a running list in my head of what I've eaten. That way I know if I have wiggle room to have a special treat. John showed me a great website that I use all the time <http://www.calorieking.com>

It has a great search engine that you can type in any food or chain restaurants food and it will tell you the calories, fat, carbs etc. I used it to check the last time I wanted a special treat, a piece of Domino's cheesy bread. I learned it has 140 calories, 63 of them from fat.

I've learned that diets fail when they're strict. It's best not to deny myself when I have a craving but to carefully portion what I eat. I learned that the most gratification from a treat is in the first 2 bites. Therefore, a half slice of Dominos cheesy bread is 70 calories and I get my 2 good bites. If you crave chocolate for example, you can have a Hershey's miniature - 45 calories.

If you overindulge one day, don't give up, just be careful the next day. Don't look at the whole picture, such as, I need to lose 86 pounds. That's an overwhelming number. First, what I told myself is that I wanted to get to 200 pounds by my birthday. I had 7 1/2 months to get there and I did. Then I set goals of I wanted to lose 11 more pounds by the end of September, when my physical was scheduled. I did so...and my total weight loss was now 50 pounds. I kept doing that until I am where I am now. Small

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

or call 215-873-7404

email: kikaerobox@aol.com

Feature Article:

Peer Pressure Eating

<http://ezinearticles.com/?Adult-Peer-Pressure--How-Do-You-Fit-In?&id=213716>

Helpful Sites

For up to date calorie counts

Visit:

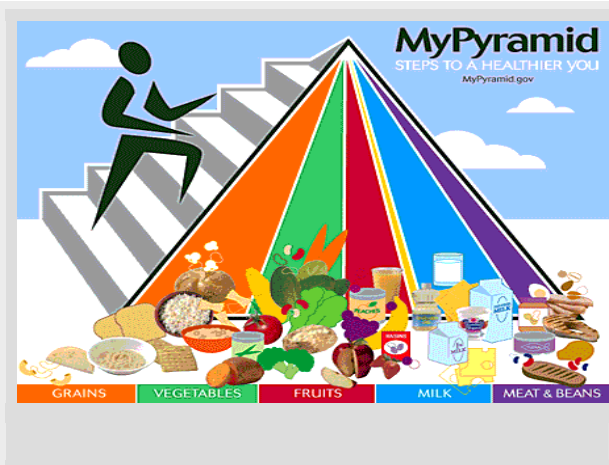


The new [Food Guide Pyramid Guidelines](http://www.mypyramid.gov)

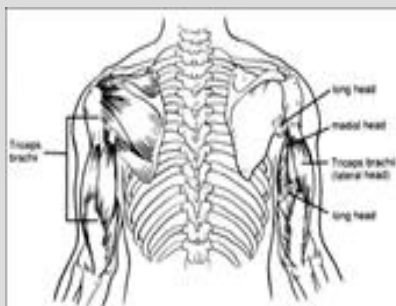
www.mypyramid.gov

goals made weight loss manageable and attainable.

My new passion is riding my bicycle. I bought a new bike last September and absolutely love the freedom of riding. Whatever you do, find some source of exercise. It feels good.



Exercise Corner



Triceps Chair Dip

Place hands outside of body on chair.
Keep knees bent for ease.
Lower tailbone close to floor until
elbows reach a 90 degree angle.
Return without locking elbows.

Want to be amazed? Watch it twice
with the sound up.

Check out this stability ball move
<http://www.gordbrownskiing.com/Coolstuff.htm> Click
on the web address and then click on the "balls
in a row" in the middle of the screen.

Food Fact:

Cutting or chopping any food high in vitamin C releases a certain enzyme that can destroy the vitamin. When possible, leave your fruits and vegetables whole or in large cuts until consumption.

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>

Featured Food Corner

Avocado



- Avocados are sodium and cholesterol free and have only five grams of fat per serving, most of it the monounsaturated (healthy) kind.
- They have 60 percent more potassium than bananas, along with Vitamin E, folate and phytonutrients. Recent studies link lutein, found in avocados, to eye and prostate health.

Nutrition Facts

Serving Size 1/5 medium (30g/1.1 oz)
Servings Per Container 5

Amount Per Serving

Calories 55 **Calories from Fat 45**

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1g **5%**

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 3g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Potassium 170mg **5%**

Total Carbohydrate 3g **1%**

Dietary Fiber 3g **12%**

Sugars 0g

Protein 1g

Vitamin A 0% • Vitamin C 4%

Calcium 0% • Iron 0%

Vitamin E 4% • Thiamin 2%

Riboflavin 4% • Niacin 4%

Vitamin B6 4% • Folate 8%

Pantothenic Acid 4% • Phosphorus 2%

Magnesium 2% • Zinc 2%

Copper 2% • Manganese 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Food uses:

Try blending avocado, lite cream cheese and pineapple juice to use as a creamy dressing for fruit salads.

Blend with fresh lemon or lime juice, onion powder, minced garlic, chili powder or Tabasco sauce, and salt and pepper for dips. Use with crackers or baked tortilla chips.

Use diced or sliced avocado in a pork and black bean salad; in a salsa to top meats or fish; or in

spreads, dips, sandwiches and soups.

Products worth checking out

Tofu Shirataki Noodles

Nutrition per Serving:

Calories	190
Total Fat	15 g
Saturated Fat	2 g
Cholesterol	0 mg
Carbohydrates	13 g
Protein	3g

Good source of soluble fiber!



You can toss them with sauce like vinegar, soy sauce, peppers, onions, garlic or any other favorite sauce, then just eat cold. You can also boil or cook the noodles with other vegetable, meat or seafood. Should find at your nearest Whole Foods.

Whole Grain with good taste



Eating more whole grains just got a whole lot easier and tastier with the new 100% Whole Grain snack line from Nabisco. The line offers varieties of popular snack favorites baked with 100 percent whole grain, including Wheat Thins, Chips Ahoy!, Fig Newtons Fruit Chewy Cookies and Fig Newtons Bars. In most stores.

Spread the Fruit---Not the Sugar



Mix into: cottage cheese, plain yogurt, smoothies, etc. Can also use select flavors as atopping on baked fish. And last but certainly not least, use for PB&J's. In most stores today.

Wrap it up!



90 calories, 9g fiber and 9g of protein. Replace your current white flour wrap for this as a great twist. Make sure you pick up the light variety. Found at Weis Markets.

Thank you and enjoy the change in the weather. 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.

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 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-crusted 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>