

Weightlosscoaching.org Newsletter by

John Fairchild



Creating a Realistic Approach

Welcome to the first edition. May 2006

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



Dropped 16 lbs. and having fun doing it. Her golf game also improved. Great job Janet!

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.

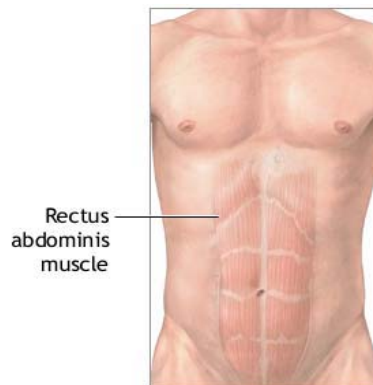
Set and track your own achievable goals. Easily adjust your program to match your changing goals. Provides a database of over 300 exercises and 4,000 foods---including brand name items. Create your own menus using the database or your own customized foods.

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.*

As a new member of John's posse during the last 7 weeks I have made many lifestyle changes. These changes include, but are not limited to, more awareness of the caloric and nutritional contents of the food I eat and don't eat, exercising 3-4 times per week, counting my steps daily, cooking differently (using ground turkey instead of ground beef, Egg Beaters or egg whites instead of whole eggs, olive oil instead of vegetable oil), eating 5 meals a day, shopping based on weekly menu plan, and recording all food eaten.

Since I am a working professional sometimes eating out is a must, however, during the last 7 weeks I have changed habits to accommodate the New Me. I try to follow three steps. Step 1: I ask why I am eating out; I don't feel like cooking? I have a business meeting? It will be faster so I can eat earlier? Step 2: Read and study the menu and ask questions. I am surprised how many servers will accommodate your request. For example instead of ordering a regular breast of chicken dinner (which is probably 6 oz of chicken) I order a chicken breast sandwich (remove the bread) and order a vegetable instead of the French Fries and a side salad. Step 3: If possible I study the menu on the internet prior to going. This gives me a chance to know the calories before deciding and also gives me time to decide if I want to waste calories on that item.

Exercise Corner



ADAM.

Floor Crunch

Cross arms or place by your side and keep your knees bent.

Lift head, shoulders and chest as one unit while bringing upper spine off floor.

Pause at top of movement and return slowly.

Do 3 sets of 12-15 reps with a 30 second rest in between sets every other day.

If you think you can't do sit ups---check out this amazing video of a walrus doing them. Talk about burning bodyfat.



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Articles:

Trans fats

Starting in January 2006, the Food and Drug Administration (FDA) published a final rule requiring all food manufacturers' to list trans fatty acids on the products food label. This is the first major change on the label since 1993. The FDA has confirmed a relationship between the intake of trans fats and an increased risk of coronary heart disease (CHD). According to 2003 statistics from the American Heart Association (AHA), CHD is the single leading cause of death in America, which accounts for 479,305 deaths. Many other health organizations have reports stating that consumption of trans fats contribute to increased LDL (bad) cholesterol.

visit <http://www.ezinearticles.com/?Trans-parent--Now-We-Can-See-You&id=152423> for my full report

Featured Food Corner

Asparagus



Cook fresh asparagus in a small amount of boiling salted water until tender. Will be crisp-tender in 6-8 minutes. You can also lightly coat with canola oil and grill on medium heat.

- 20 per 5.3 oz. serving. About 4 calories per medium spear.
- No fat, no cholesterol.
- Low in sodium.
- A good source of potassium, fiber, folacin, thiamin, and B6.
- Shown to help strengthen capillary walls.

Products worth checking out

La Tortilla Wraps

50 calories and high fiber---WOW! Shove your favorite sandwich fixins in thesfixingsave a lot of calories. Found them at Genaurdi's.



Better n Peanut Butter

Low Fat---only 2.5 grams per 2 Tablespoons (regular PB is 15g of fat). Only 100 calories instead of the usual 190. Taste great on bread and with celery. Not great off the spoon. Found at

Helpful Sites

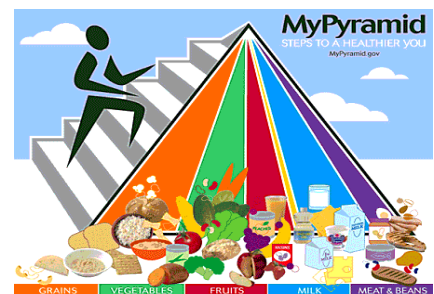
For up to date calorie counts

Visit:



The new [Food Guide Pyramid Guidelines](#)

www.mypyramid.gov



Food Facts and Secrets

Save the water you cook vegetables in. It will be high in vitamins and minerals that were leached into the liquid during the cooking process. Makes a tasty and nutritious soup stock.

Acme and Whole Foods.



Broccoli Cole Slaw

A great way to add fiber and nutrients to your dishes. Put in your wraps, vegetable lasagna, and on salad's for an extra vitamin crunch. I recently added some in my stir-fry recipes. Easy and nutritious.



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.

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 May](#)

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