



The Pilates Connection Weight Loss Challenge

NEWSLETTER

June 14, 2010

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THIS WEEK'S TOPIC... SKIP THE SCALE, GRAB THE TAPE

From RealAge.com

Skip the Scale, Grab the Tape

Haven't stepped on a scale since *Laverne & Shirley* played on prime time? That's a good thing.

With the YOU program, you don't need a scale; all you need is a tape measure. Yes, you'll lose pounds on this plan, but we want you to shift your focus from a number that measures your *weight* to one that measures your *waist*. Because of its proximity to your organs, belly fat is the most dangerous fat you can carry. [Here's why](#). So replace hopping on the scale every morning with slipping a tape measure around your middle.

[Watch Roizen and Oz discuss body shape in greater detail.](#)

How to Measure Your Waist

To measure the circumference of your waist, simply wrap a tape measure around your waist, halfway between your bottom rib and your hipbone -- it will be about 2 inches (5 centimeters) above your belly button. Be sure to keep it level. Do this at the same time every day for at least 2 weeks, and record your measurements.

Use the *YOU: On a Diet* Waistline Tracker to [monitor your waist loss progress](#).

Pick a Range

Although the YOU Diet emphasizes waist over weight, we know you might not be able to resist stepping on the scale. That's fine, but you need to stop thinking about one specific number: "I want to get down to 130 pounds." All of us have an ideal playing weight, but rather than a single number, it should be a *range* in which you live lean and healthy, and one in which you significantly reduce the risks of the aging diseases associated with being overweight.

Reference: [YOU: On a Diet](#). Roizen, M. F., Oz, M. C., New York: Simon & Schuster, 2006.

Weight Loss Challenge Winner of the Week:

Tom Truman is this week's biggest loser. He lost .76%! Congratulations Tom! Enjoy your two free classes.

RECIPE

GRILLED VEGETABLE PLATTER

- 1/4 cup olive oil
- 2 tablespoons honey
- 1 tablespoon plus 1/2 teaspoon balsamic vinegar, *divided*
- 1 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1 pound fresh asparagus, trimmed
- 3 small carrots, cut in half lengthwise
- 1 large sweet red pepper, cut into 1-inch strips
- 1 medium yellow summer squash, cut into 1/2-inch slices
- 1 medium red onion, cut into four wedges
- 1/8 teaspoon pepper
- Dash salt

1. In a small bowl, combine the oil, honey, 1 tablespoon vinegar, oregano and garlic powder. Pour 3 tablespoons marinade into a large resealable plastic bag; add the vegetables. Seal bag and turn to coat; refrigerate for 1-1/2 hours. Cover and refrigerate remaining marinade.
2. Place vegetables on a grilling grid. Transfer to grill rack. Grill, covered, over medium heat for 4-6 minutes on each side or until crisp-tender.
3. Transfer to a large serving platter. Combine reserved marinade and remaining vinegar; drizzle over vegetables. Sprinkle with pepper and salt.

Editor's Note: If you do not have a grilling grid, use a disposable foil pan. Poke holes in the bottom of the pan with a meat fork to allow liquid to drain.

Servings 6. 144 calories, 9 g fat (1 g saturated fat), 0 cholesterol, 50 mg sodium, 15 g carbohydrate, 3 g fiber, 2 g protein.

Recipe from tasteofhome.com.

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