



# The Pilates Connection Weight Loss Challenge

## NEWSLETTER

June 21, 2010

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### THIS WEEK'S TOPIC...

## TOP 10 STRATEGIES FOR SUCCESS

*Use These Ideas to Meet Your Goals*

-By Mike Kramer, Staff Writer, SparkPeople.com

#### 1. Start Small

Quite possibly the biggest mistake people make is pushing the accelerator too soon. You can't lose 20 pounds in a week. But you can lose one. Taking small bites and chewing slowly have as much to do with goal achievement as they do with your mom's dinner table scolding.

#### 2. Get It On Paper

Whether setting your first goals, tracking daily progress, or sharing your deepest thoughts with a journal, writing things down crystallizes your ideas, exposes underlying fears, and paints an accurate picture of real life.

#### 3. Focus On Everyday Habits

The building blocks of a healthy lifestyle are forged in the smallest of actions you take every day and every week. Healthy choices can become as natural as brushing your teeth or locking the front door. Build one habit, one action at a time.

#### 4. Always See Your Goal

Goals need attention. They need to be seen and heard and thought of often if they ever hope to come true. So surround yourself with as many reminders as possible.

#### 5. Be Consistent

Imagine a plane taking off. In the beginning, a lot of energy is spent to simply get moving down the runway. But as speed and momentum take over, the plane is pulled forward and up into the sky, faster and further by the second. Consistent action, no matter how small, has more power than you ever imagined.

#### 6. Never Stop Learning

A healthy lifestyle is a process—a journey more than a destination. You can always learn more about nutrition, fitness, and even yourself that can help you be just a little bit better tomorrow.

## **7. Come Out of Seclusion**

Has anyone ever achieved anything of real value all alone? Probably not many. Most receive some form of help from other people. Support, information, a sense of shared experience, encouragement, advice, and a well-timed pep talk are all invaluable as you set off on your adventure.

## **8. Allow For Setbacks**

Accept the fact right now that you will make mistakes, *and* that it can be a positive thing. We are usually harder on ourselves than we are on anyone else we know. Be your own #1 fan. That means being supportive (instead of critical) when you stumble, and enjoying your wins (rather than ignoring your accomplishments) when you succeed.

## **9. Trust Your Plan**

You'll have up weeks and down weeks, and frustrating weeks that make no sense at all. The tools and strategies you're learning will help you build a plan that makes a healthier lifestyle almost inevitable. If you consistently make the right choices and build healthy habits, weight loss is literally just a matter of time.

## **10. Have Fun!!!**

Who says getting healthy has to be a chore, a burden to be endured or suffered through? Probably a very unhappy person, that's who. This is an exciting adventure of self-discovery and building a meaningful life. Enjoy the ride!

*From Julia – Remember, you always plan for success. When the setbacks happen, cut yourself some slack, and look at the positive things you have learned and done; and start right back again. Always learn from your choices and see if the next time you can make a better choice.*

## **Weight Loss Challenge Winner of the Week:**

Cheryl Truman is this week's biggest loser. She lost .98%! Congratulations Cheryl! Enjoy your two free classes.

## RECIPE

### “HEALTHIFIED” BEAN AND SALSA CHICKEN WRAP

- 1/2 cup Homemade Progresso® Black Bean-Smoked Chile Dip (recipe below)
- 4 7- or 8-inch whole wheat flour tortillas
- 12 ounces cooked skinless chicken or turkey breast, chopped (about 2 1/3 cups)
- 4 cups shredded or torn romaine or whole fresh baby spinach leaves
- 1 cup coarsely snipped fresh cilantro
- 1/4 cup Old El Paso® salsa

1. Spread Black Bean-Smoked Chile Dip on one side of each tortilla. Top with chicken, romaine, cilantro, and salsa. Roll up tortillas. If desired, secure with toothpicks.
2. Black Bean-Smoked Chile Dip: In a small saucepan, heat 1 tablespoon canola oil over medium heat. Add 3/4 cup finely chopped onion, 1 teaspoon ground coriander, and 1 teaspoon ground cumin; cover and cook about 10 minutes or until very tender, stirring occasionally. Remove from heat; stir in 1/4 cup snipped fresh cilantro. Transfer onion mixture to a blender or food processor. Add one 15-ounce can Progresso® black beans, rinsed and drained; 1/2 cup water; 1 tablespoon lime juice; 1 teaspoon finely chopped chipotle chile pepper in adobo sauce; and 1/8 teaspoon salt. Cover and blend or process until nearly smooth. Serve immediately, or cover and chill for up to 3 days. Makes 1 2/3 cups.

**Servings 4.** 320 Calories, 2 Starches, 4 oz. Lean Meat, 4 g. Fiber

Recipe from [eatbetteramerica.com](http://eatbetteramerica.com).

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