



# The Pilates Connection Weight Loss Challenge

## NEWSLETTER

August 16, 2010

Looking for a past newsletter or recipes? [Click here to access the archive!](#)

*Hi everyone! I'd like to remind everyone to sign up to get their assessment done in the next two weeks in order to begin the new program in September. I will post a list of times for assessments on the front desk so that you can sign up there, or you can call in for an appointment. Starting in September there will be one official weigh-in each month with measurements. You may weigh in weekly if you would like to. The emphasis is on making changes and following your program for the long term. Everyone will receive a new program based on 400 calories meals each week, and we will cover planning for the next week, goals we have reached, changes we are making, and how to get there. We will also review what we've learned about nutrition and how to lose inches in the middle! Sign up now for the next session...the best is yet to come!*

*-Julia*

### **THIS WEEK'S TOPIC... TURNING SOMEDAY INTO TODAY**

*Weighing Some Tough Options*

**-By Mike Kramer, SparkPeople**

It's time for some cold, hard facts:

- You're not going to be able to read every book that you want
- You'll never have time to watch all of your favorite shows
- The house will never be clean enough
- There will always be another errand to run
- The grass will continue to grow
- Everything you buy will need to be dusted, repaired, maintained or disposed of in some way

This is not a critique of any lack of organizational skills on your part, or a reason to give up altogether. Rather, it's a statement of freedom.

When you know that life will still be waiting for you tomorrow—no matter what—it gives you the freedom to make today count as much as possible. "Someday" is right now. Anytime. And that can be exciting, if you let it.

If we ever hope to reach our biggest goals (especially weight loss goals), we have to start making

some tough choices. We have to start giving ourselves permission to ignore one thing—or several things—for the sake of something more important. What can be more deserving of our time?

Obviously, there are some realities of living that require attention. We need to work, eat, sleep and care for our families. Beyond that, though, *everything* is optional. The choices are completely yours. If you feel you don't have time to pursue your healthy lifestyle goals, you can do something about it by making those tough decisions.

It's difficult to accept this idea. We've grown up in a world not used to saying "no" or doing without. By now, we're used to being pulled in 43 different directions. We're uncomfortable with the idea that we may just have to let something slide. The trouble is, we get so caught up in trying to do everything that we retreat inside ourselves. We get tunnel vision on the next task and lose sight of other people and what's important. In a pursuit of happiness, that's a futile strategy. The only way you can be in two places at once is if your name is Dolly and you're a cloned sheep.

**I come before you today to give you permission to start letting go.**

Someone smarter than me once said, "You can have everything. You just can't have everything right now!" To reach your goals and live the life you want, it takes priorities and patience—the ability to choose between two competing wishes, and the willingness to set one aside for now and wait.

You can build the path that you want to walk on, and decide which steps to take. It's important to you—to your health, your goals and your family—that you take some time to exercise and plan healthy meals. You should treat it that way and give yourself permission to take that time without feeling guilty. The irony is that by being healthy and taking time from your schedule, you'll be able to take care of more of that "other" stuff in the long run.

Besides, is anything on your to-do list really more important than your health? When it comes down to it, those choices may not be so tough after all.

*And another topic as we get close to kicking off a new Weight Loss session....*

## **KICK YOUR METABOLISM INTO HIGH GEAR**

### *The Do's and Don'ts of Efficient Fat-Burning*

-By Dean Anderson, Fitness & Behavior Expert

If you're reading this, chances are pretty good that you don't have a metabolism that lets you eat as much as you want without ever gaining an ounce. Maybe (like me) you're even at the other extreme, where it seems like all you have to do is smell the foods you love to start packing on the pounds. Does this mean you're doomed to a lifetime of munching on carrot sticks with fat-free dressing, while watching your hollow-legged friends enjoy their pasta Alfredo and chocolate cheesecake? Not at all.

There are lots of things you can do to turn your body into an efficient fat-burning machine, and they don't include depriving yourself of foods you love, resorting to unhealthy gimmicks, or taking expensive "fat-melting" supplements that fail to deliver what they promise. All you have to do is

avoid a few common mistakes, and include some simple ways to boost your daily calorie burn.

### Metabolism DON'TS

- **Don't reduce your calorie intake too low.** The fact that you gain weight easily is proof that your body likes to shift into fat-storage mode at the drop of a hat, and going too low on calories is one of the easiest ways to trigger that reaction (often referred to as [starvation mode](#)). Don't fall for the mistaken idea that the less you eat, the more you'll lose—that's just not how your body works. Staying within your recommended calorie range will keep your internal furnace stoked so that you have more capacity to burn stored fat.
- **Don't skip meals.** Going too long between meals affects your body chemistry in ways that can make weight loss more difficult. Most people can manage their hunger and avoid cravings and overeating by spreading out their calories into four to five small, well-balanced meals or snacks during the day. Try not to go more than four to five hours without eating something.
- **Don't short yourself on shut eye.** More research is showing that chronic sleep deprivation plays a significant role in weight gain. Your body needs plenty of "downtime" for the internal housekeeping that keeps your metabolism in good working order. The occasional late night won't hurt you, but consistently sleeping just one hour less than you need may slow down your weight loss considerably.

### Metabolism DO'S

- **Build muscle!** This is the most important action you can take to maintain a high metabolic rate while trying to lose weight. Strength training prevents you from losing a lot of muscle along with the fat you lose when dieting. If you don't strength train regularly, up to 30% of the weight you lose could be muscle tissue. Considering that a pound of muscle burns about 3 times more calories per day than a pound of fat even when you're sitting still (and up to 15-20 times more calories per minute when you're physically active), you can see the problems this can cause. If you lose 20 pounds of weight (and 30% of that weight loss is muscle—seven pounds), you'll be slowing your metabolism and your fat burning capacity down by a significant amount. A simple [strength training](#) program twice a week can limit your muscle loss to almost zero, and keep your metabolism running high.
- **Stay as active as possible.** The more you use your muscles, the more calories you will burn. Moderate exercise like walking can burn three to six times more calories per minute than sitting still, and high intensity exercise like interval training can burn more than 12 times as much. Likewise, the more you vary your daily activity and exercise, the more you keep your body on its fat-burning toes.
- **Don't just sit there.** If you're watching TV or sitting at your desk, get up frequently to do a few exercises. Keep those resistance bands and dumbbells nearby at all times—you can fit a complete strength training workout into the commercial breaks of a one-hour TV show. Ditch your chair and sit on a stability ball (or a stationary bike) instead—even fidgeting can help!

- **Exercise in the morning or in frequent bouts.** Both strength and cardio exercises boost metabolism by increasing your calorie burn even AFTER your session is done. You can get the most out of this perk by starting your day with a workout or by incorporating multiple exercise sessions into your day. Longer or intense workouts have a greater "after burn" but even a 15-minute walk will make a difference.
- **Try interval training.** The harder you work, the more calories you will burn both during and after exercise—plus your fitness level will really improve. Studies show that exercising as intensely as you can, for at least 10 minutes per day, produces the best results. [Interval training](#) is an effective way to increase the intensity and duration of your workouts without running yourself into the ground or risking injury.
- **Include mental exercises.** One of the most important (but least recognized) factors in keeping your metabolic fires well stoked is managing stress effectively. Chronic stress disrupts the hormones that regulate everything from appetite to fat storage, and can defeat even the best exercise and eating plans. The more effort you put into recognizing and handling stress, the better off you'll be. Include some time in your schedule every day for relaxation exercises, yoga, journaling, and other stress management activities.

### And Most Importantly...

Make exercise and healthy eating FUN! Experiment frequently with new exercises and recipes, or anything that keeps you interested and adds some spice to your program. Well, don't stop there. The more variety you can put in your diet and your exercise routine, the more stimulating it will be. That makes it easy to put your best efforts forward, and get a major metabolic return on your investment.

### Weight Loss Challenge Winner of the Week:

If we had a winner last week, we will announce it another email tomorrow.

## RECIPE

### HEALTHIFIED LAMB CHOPS WITH BLACKBERRY-RED WINE SAUCE

- 2    teaspoons oil
- 1    large pear, peeled, cored, and coarsely chopped (about 1 1/3 cups)
- 1/4  cup sliced green onions
- 1/8  teaspoon ground cloves
- 1    cup fresh blackberries or Cascadian Farm® frozen organic blackberries, thawed
- 1    tablespoon red wine vinegar
- 1/2  teaspoon ground allspice
- 1/4  teaspoon salt
- 1/4  teaspoon coarsely ground black pepper
- 4    4- to 5-ounce lamb rib chops, cut 1 inch thick, or eight 3-ounce lamb loin chops, cut 1 inch thick

1. For sauce: In a large skillet, heat oil over medium heat. Add pear, green onions, and cloves; cook about 3 minutes or just until pear is tender.
2. Add blackberries; reduce heat. Cook for 3 minutes, stirring often; remove from heat. Stir in red wine vinegar. Set aside to cool.
3. In a small bowl, stir together allspice, salt, and pepper. Sprinkle evenly over chops; rub in with your fingers. Place chops on the rack of an uncovered grill directly over medium coals. Grill until desired doneness, turning once halfway through grilling. Allow 12 to 14 minutes for medium-rare doneness (145°F) or 15 to 17 minutes for medium doneness (160°F).
4. Serve lamb with sauce.

Servings 4. 1 Lamb Chop plus ¼ cup sauce = Calories 170. ½ Fruit, ½ Starch, 2 oz. Protein

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

Contact us by email: [pilatesconnection@cox.net](mailto:pilatesconnection@cox.net)  
Or click on the logo below to visit our website.



*Northeast Corner, Broadway and Camino Seco  
8767 East Broadway  
Tucson, AZ 85710  
Phone: 520-207-6121*

To remove your name from our mailing list, please [click here](#).  
Questions or comments? Email us at [pilatesconnection@cox.net](mailto:pilatesconnection@cox.net) or call (520) 207-6121.