



The Pilates Connection Weight Loss Challenge

NEWSLETTER

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THIS WEEK'S TOPIC... FOLLOW THIS MORNING RITUAL TO GET SLIMMER

-By RealAge, RealAge.com

Ever skip breakfast, secretly hoping you'll fit into your jeans better if you do?

It's a natural thought. Less food in your belly means more room in your waistband, right? Think again. New research shows that skirting the ritual of a morning meal can totally sabotage your waistline by setting you up for minimal calorie burn and a bigger appetite throughout the day.

Break Your Fast

In fact, breakfast skippers are twice as likely as breakfast eaters to pile on pounds, according to the study results. It may be because energy-deprived breakfast skippers tend to be less active throughout the day, so they burn fewer calories. On top of that, when people skip breakfast, their blood levels of ghrelin -- a hunger-inducing hormone -- creep higher, upping the odds of downing a supersized meal or high-calorie treat later in the day.

More Breakfast Boons

Here's yet another potential benefit of eating breakfast: a richer, happier life. Yes, really! In the study, people who often skipped their a.m. meal reported bigger drops in vitality, social functioning, and mental and emotional well-being compared with the breakfast eaters. So belly up to the breakfast table each morning. You'll look better *and* feel better if you do. ([Follow these four simple rules to shed even more pounds.](#))

Start your day right! [Try one of these healthy *EatingWell* breakfast recipes that whip up in 15 minutes or less.](#)

Weight Loss Challenge Winner of the Week:

Brenda Ross is this week's biggest loser. She lost .29%! Congratulations Brenda! Enjoy your two free classes. Tom Truman lost .14%...way to go!

RECIPE

HEALTHIFIED APRICOT-CHICKEN KABOBS

- 1 pound skinless boneless chicken breast halves, cut into 1-inch pieces
- 1 1/2 teaspoons Jamaican jerk seasoning
- 1 cup fresh sugar snap peas or snow pea pods, strings and tips removed
- 1 cup fresh or canned pineapple cubes
- 1 medium red sweet pepper, cut into 1-inch pieces
- Nonstick cooking spray
- 1/4 cup Cascadian Farm® apricot fruit spread

1. Sprinkle chicken with about half of the jerk seasoning; toss gently to coat. Cut any large pea pods in half crosswise.
2. Alternately thread chicken, pea pods, pineapple cubes, and sweet pepper pieces onto 4 long or 8 short metal skewers, * leaving 1/4-inch spaces between pieces. Spray kabobs with nonstick cooking spray.
3. For sauce: In a small saucepan, combine remaining jerk seasoning and the spreadable fruit. Cook and stir just until spreadable fruit is melted; set aside.
4. For a charcoal grill, place kabobs on the rack directly over medium coals. Grill, uncovered, for 8 to 12 minutes or until chicken is no longer pink and vegetables are crisp-tender, turning once and brushing occasionally with sauce during the last 3 minutes of grilling.
5. *If using wooden skewers, soak in enough water to cover for at least 1 hour before using.

Servings 4. 200 Calories, 1/2 cup Vegetables, 1 Fruit, 3 1/2 oz. Protein.

Recipe from eatbetteramerica.com.

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