



# The Pilates Connection Weight Loss Challenge

## NEWSLETTER

August 9, 2010

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

### THIS WEEK'S TOPIC...

## CONSISTENCY EVENTUALLY LEADS TO BREAKTHROUGHS

*Sweat the Small Stuff*

-By Chris Downie, SparkPeople Founder & CEO

Consistency is something our society often overlooks. People are so focused on wanting things now that they aren't willing to spend the time consistently doing small things over time. This attitude results in loads of stress and lost opportunities.

Here's how you can reap the benefits of consistently doing small things:

**First, pick small goals that can be somewhat easily integrated into your normal daily schedule.** Examples include:

- 10 minute workout in the morning
- Taking fruits and vegetables to work (packs of raisins, an apple, or a bag of carrots)
- Giving yourself small breaks throughout the day to relax or meditate
- Working on a new skill for a certain amount of time each week

**Next, set specific goals based on these, then write down the goals and track them.** MySpark is one great way to track your goals. Doing these small goals consistently will build a good foundation - a springboard for future success.

Once you do these steps, consistently setting and achieving goals becomes an upward cycle. As you gain momentum, you will want to continue achieving new goals. One thing to watch out for is losing focus on the goals that built your springboard, which can cause the whole thing to fall apart. Those goals should become good habits.

Consistently building new habits can lead to personal breakthroughs that wouldn't have otherwise happened.

Here's a personal example: I've been really working on my fitness consistency over the past 6 months. I've also set a goal to improve my tennis strokes. Last night I played tennis with a friend in 90+ degree heat and lost the set we played (it wasn't even that close). Afterwards, we continued to

hit for another 20 minutes or so. Instead of being down mentally and exhausted physically from the heat, I still had a bounce in my step from the improved fitness. Also, I concentrated on improving my strokes and wanted to get better. After about 10 minutes, I had a breakthrough in the development of my strokes and my friend immediately noticed I was hitting much better. Now, I'm even more excited about getting out and playing more. If it hadn't been for consistently achieving smaller goals, I probably wouldn't have had this breakthrough.

These same principles can work for you in all areas of your personal and professional life. Consistency is the key!

*Hi everyone! I know we have talked about this before but it is so true that if you stay with it, you will eventually have that breakthrough! Look at what sticking to the exercise program has done for you and write down what you have achieved. Think about what you want to do next, and remember to be positive and look at what you have done and work from there. It is a lot more fun and it feels better.*

*-Julia*

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

Unfortunately nobody lost weight last week. Let's not give up!

## RECIPE

### ROAST SALMON PROVENCAL

- 4 salmon fillets or steaks, 1/2 inch thick (1 to 1 1/4 lb)
- 3 cups refrigerated unpeeled potato wedges (from 1-lb 4-oz bag)
- 1 1/2 cups small whole fresh mushrooms
- 1 medium red bell pepper, cut into 1-inch pieces
- 1 medium zucchini, cut into 1/2-inch pieces
- 1/2 cup fat-free Italian dressing
- 1/2 teaspoon dried basil leaves
- 1/4 cup pitted kalamata or ripe olives

1. Heat oven to 425°F. Spray 15x10x1-inch pan with cooking spray. Place salmon, potatoes, mushrooms, bell pepper and zucchini in pan. Brush with half of the dressing; sprinkle with basil.
2. Bake 20 minutes.
3. Add olives to pan and stir vegetables slightly. Drizzle remaining dressing over salmon and vegetables.
4. Bake 5 to 10 minutes longer or until fish flakes easily with fork and potatoes are tender.

*This recipe had great reviews but did say that you should increase dressing to 1 cup. Also good with chicken. Enjoy!*

Servings 4. Calories 260. 1.5 Starches, 1.5 Vegetables, 3 oz. Protein.

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.