

Favorite Brands/Groceries

- Boneless, skinless chicken breasts
- Ground turkey breast
- Laughing Cow light cheese wedges
- Cooking Spray
- Chobani Greek yogurt
- 1% cottage cheese
- Frozen veggies (large bags)
- Almonds (raw)
- Beef jerky
- Raw veggies (carrots, celery, broccoli, cauliflower, etc.)
- Fresh or frozen fruit
- Shakeology
- Cooking spray
- Oatmeal (Steel cut oats; if you like instant oatmeal that's flavored a good option are the Quaker reduced-sugar varieties)
- Tuna (in water)
- FlatOut Flatbread
- Unsweetened almond milk or skim milk
- Eggs, egg whites, liquid egg whites (Egg Beaters)
- Olive oil
- 93/7 lean ground beef
- Whole wheat pastas
- Crystal Farms light string cheese (part-skim mozzarella)
- Tofu
- Spices, salsa, hot sauces (Frank's Red Hot)
- Light popcorn
- PB2 powdered peanut butter (www.bellplantation.com)
- Ezekiel 4:9 organic sprouted bread
- 110 calorie 100% whole wheat bagels
- Hummus
- Boneless pork loin chops
- Whole grain brown rice (Uncle Ben's)
- Truvia, Stevia or your choice of sweetener

Kitchen Gadgets

- Blender
- Blender Bottle
- George Foreman grill
- Crock pot liners
- Food scale
- Food storage containers
- Food chopper
- Mini food processor
- Measuring cups/spoons
- Microwave steam bags

Cookbooks

- Hungry Girl cookbooks (1-2-3)
- Weight Watcher's cookbooks
- Eat Clean Diet (any of Tosca Reno's cookbooks)
- The Busy People's Cookbook
- Eating for Life
- Cooking Light: 5 Ingredient, 15-Minute Cookbook
- The Biggest Loser Cookbook
- Betty Crocker: The 300 Calorie Cookbook

Fitness Gadgets

- Heart rate monitor
- Water bottle
- MP3 player + headphones
- Bosu ball
- Bodylastics bands
- Stability ball and/or medicine ball
- Dumbbells
- Free weights
- Quality sneakers

- Pull-up bar
- Measuring tape
- Jump rope
- Yoga mat
- Body fat calculator or scale
- Whey protein or Results & Recovery Formula (for post-workout)
- Bowflex SelecTech Dumbbells
- Bodybugg or GoFit
- Food/exercise journal
- Push-up stands (could also use dumbbells to make push-ups easier on your wrists)

Fitness Programs/Books/Mags/Websites

- www.melindasfitnessblog.com
- www.myfitnesspal.com (my username: missmelinda)
- www.teambeachbody.com (to log your workouts in the SuperGym)
- www.livestrong.com
- Beginner-Intermediate workouts: Turbo Jam, Slim in 6, Rockin' Body, Power90, Yoga Booty Ballet, Biggest Loser Series
- Intermediate-Advanced workouts: P90X, TurboFire, ChaLEAN Extreme, Insanity, Les Mills PUMP, Jillian Michaels DVDs, Jamie Eason's LiveFit Trainer, Billy Blanks' workouts
- Couch to 5K training program
- Body for Life program
- Oxygen Magazine
- Muscle and Fitness Hers Magazine
- Fitness Magazine
- SHAPE Magazine
- Fitness RX Magazine (for women)
- 101 Body-Sculpting Workouts & Nutrition Plans: For Women
- The New Rules of Lifting for Women: Lift Like a Man, Look Like a Goddess
- Men's Health: The Book of Muscle: The World's Most Authoritative Guide to Building Your Body
- Men's Health: The Body You Want in the Time You Have
- 101 High-Intensity Workouts for Fast Results

Quick Nutrition Tips

- Eat 5-6 small meals throughout the day (every 2-3 hours; ex. 6am, 8:30am, 10:30am, 1pm, 3:30pm, 6:00pm)
- No skipping breakfast!
- Eat your last meal no less than 2-3 hours before bed
- Drink plenty of water (carry your water bottle around with you)
- Limit soda, juice and alcohol intake
- Eat balanced meals (complex carbs + lean protein + healthy fats at each meal)
- Lower carb intake later in the day
- Nourish your body post-workout (fruit + whey protein or chocolate milk)
- Divide your daily calorie goal by the number of meals you eat each day (5 or 6) to be sure you're fueling your body throughout the day (keeps your metabolism up!)
- Schedule 1-2 hours per week strictly for meal prep
- Prepare batches of food (bake a few days' worth of chicken in one meal prep session)
- Pack lunches for work so you're not tempted to get fast food or food from vending machines
- Carry emergency snacks with you in case you get hungry (almonds, protein bar – low in sugar, whey protein powder)
- Strictly limit your intake of sugar, white flour, white breads and white rice consumption

Lean Protein Examples (*best to bake/broil/grill/steam)

- Boneless, skinless chicken breast
- Turkey breast
- Ground turkey or chicken
- 97/3 ground beef
- Egg whites
- Pork tenderloin
- Tofu
- Fish: Tuna, salmon, halibut, shrimp, scallops, crab, mackerel and cod
- Beans: Soybeans, legumes, lentils, black beans and chickpeas

Complex Carbohydrate Examples

- Vegetables
- Fruits
- Whole grain bread, pastas and rice (not all “wheat” products are whole-wheat so be sure to read food labels!)

Nutritious Snack/Mini Meal Ideas

- Apple + ½ oz. almonds (about 12)
- Greek yogurt + 1 oz. peanuts
- ½ cup cottage cheese + 4 oz. berries
- 3 oz. carrots + hummus

Sample Meal Ideas

- Baked chicken breast, vegetable medley and brown rice
- Turkey burger on whole wheat bread or bagel with ½ a sweet potato
- Grilled fish with steamed veggies and rice
- Tuna wrap (FlatOut bread or a pita), ½ tablespoon light mayo, mustard, raw carrots with hummus
- Grilled chicken Caesar salad with low-fat dressing (limit cheese + croutons)
- Veggie burger with tortilla chips and salsa

Fun Facts: Nutrition + Exercise

- Log food carefully – being off by just 1 ounce can net you a 10 pound weight gain over the course of a year!
- One pound of muscle burns approximately 50 calories a day
- One pound of fat burns approximately 2 calories a day
- Exercise reduces PMS symptoms
- A little dehydration has a major impact; stay hydrated with water before, during and after physical activity (and throughout the day)
- If you don’t exercise regularly, by the age of 65, you may lose up to 80% of your muscular strength

- For every 25 pounds of excess weight, your body has to pump blood through an extra 5,000 miles of blood vessels
- To decrease risk of injury and increase your overall level of fitness, consider at least 2 to 3 different types of training
- You can burn up to 211 calories in 15 minutes while jump-roping
- You should replace sports bras every 6-9 months because of loss in elasticity
- Fat takes up more space than muscle (at least 3x more) which is why a 120-pound woman with more fat may actually look worse than a 140-pound woman with more muscle
- Complex carbs and protein require more energy to be digested; when both are present in the digestive system they work together, one enhancing the other
- Cardiovascular exercise, strength training and proper nutrition is the only sure-fire way to get the body shape and health benefits you want

RECIPES!

**I've added one recipe per page to make it easy to print out the ones you'd like to try.*

Vanilla and Cinnamon Protein Oatmeal Pancakes (Body by Design)

- ¾ cup oatmeal
- 4 egg whites
- 1 scoop vanilla protein powder
- Cinnamon (to taste)
- 1 Tablespoon sugar-free syrup
- Nonstick cooking spray

Mix the oatmeal, egg whites, and protein powder in a bowl. If additional liquid is needed to mix properly, add a little water and stir until you have a smooth consistency. Spray a frying pan with a nonstick cooking spray, such as Pam, then portion out the mix into pancakes (one or two depending on the size of your pan); cook until brown and firm. Transfer to a plate and add cinnamon and sugar-free syrup to taste.

5-Minute Pork Chops

Okay, this looks like a "real" recipe that you might see on a cooking show but believe me, it's so easy, even I can do it! By the way, what's the very best ab exercise in the world? Walking away from the kitchen!

¼ cup + ⅓ cup natural honey

3 tablespoons soy sauce

4 cloves garlic, minced

4 pork loin chops, boneless, trimmed of excess fat, 4 ounces each

Uncle Ben's Ready Rice Whole Grain Brown

Mix the honey, soy sauce, and garlic in a bowl.

Toss the honey mix and pork into a resealable plastic storage bag and allow the meat to marinate several hours before the cooking time.

Throw all 4 chops on a George Foreman electric grill (no grease needed) or on any grill, tabletop or otherwise.

Cook 3 of the chops for 4 minutes. (We are undercooking these 3 just slightly so that when we warm them later in the week, they'll stay moist and not be overcooked!) Keep the fourth chop on the grill for a total of 5 minutes.

While you're cooking your pork chop, throw the pouch of rice in the microwave for 90 seconds.

Put ½ cup of the rice on your plate, toss a chop on top of it, cover and refrigerate the remaining chops and rice, and then get the heck out of the kitchen!

MAKES 4 SERVINGS

Per serving: 384 calories, 28 g protein, 47 g carbohydrates, 9 g total fat, 1 g dietary fiber, 56 mg sodium

As seen in Chalene Johnson's 'PUSH' book.

Chocolate Shakeology Balls

OMG! I die! Seriously . . . I die! These are a mix between no-bake cookies and a frozen chocolate brownie. We keep dozens of these little balls of heaven in our freezer. They take a while to eat (when frozen) and they're filling. We fight over them, and all of our guests make a beeline for the freezer to see if we have any! Better than a protein bar, easier than a bag of processed junk, and healthier than most salads. Have these on hand at all times!
Warning: Your family may need to have an intervention.

- 1 cup PB2 or Chocolate PB2 powdered peanut butter**
- ½ cup natural peanut butter**
- 1 cup quick oats**
- ½ cup unsweetened applesauce**
- 1 scoop Shakeology protein powder**
- Stevia, Truvia, or your choice of sweetener, to taste**

In a large mixing bowl, throw in the peanut butters, oats, applesauce, protein powder, and sweetener. Mix together. The consistency will be pretty sticky and gooey.

Wet your hands in water, then roll the mixture into Ping-Pong-size balls.

Place on waxed paper or a plastic plate. Put in the freezer until firm, or enjoy right away if you can't resist!

MAKES 12

Per serving (2 cookies): 135 calories, 8 g protein, 13 g carbohydrates, 7 g total fat, 3 g dietary fiber, 13 mg sodium

As seen in Chalene Johnson's 'PUSH' book.

Nutrition

Everyone loves Thanksgiving. It's the one day of the year you're allowed to stuff yourself silly, go back for seconds and not feel one bit of guilt. Right? Well, that may not be entirely true. That's why we're here to offer a healthy alternative to your traditional Thanksgiving feast. The food on the following pages may not be unseasoned chicken and steamed broccoli, but our healthy options cut loads of calories and fat while still keeping your taste buds satisfied and your guests going back for more. So go ahead and eat up. Just make sure you think twice before going back for thirds.

GREEN-BEAN CASSEROLE

(MAKES 6-8 SERVINGS)

- 1 can reduced-fat cream of mushroom soup
- ½ cup nonfat Greek yogurt
- ¼ cup unsweetened almond milk
- 1½ lbs green beans, cut into bite-sized pieces
- ½ cup mushrooms, sliced and grilled
- ¾ cup white onions, sliced and grilled
- 1 tsp ground pepper
- Mrs. Dash seasoning to taste

- 1** / Preheat oven to 350° degrees. Coat casserole dish with cooking spray.
- 2** / Bring large pot of salted water to a boil and add cut green beans. Cover, reducing heat to medium-high, and cook until beans are tender.

3 / Meanwhile, mix soup, yogurt, almond milk and pepper in a bowl. Stir in cooked green beans and set aside.

4 / Coat sauté pan with cooking spray. Sauté sliced mushrooms until edges start to brown. Stir mushrooms into green bean mixture, then pour into casserole dish.

5 / In same pan, sauté onions until translucent, then layer on top of casserole mix.

6 / Cover with foil and bake for 30 minutes. Remove foil and bake for an additional 10 minutes. Sprinkle top of casserole with Mrs. Dash seasoning.

Nutrition Facts (per serving): 73 calories, 5 g protein, 13 g carbs, 1 g fat, 195 mg sodium, 3 g dietary fiber, 5 g sugar



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BETTER-FOR-YOU GRAVY

(MAKES 8 SERVINGS)

- 2 cups reduced-sodium chicken broth
- 1 chopped small white onion
- 1 chopped medium carrot
- 1 chopped stalk celery
- ½ cup cold water
- 1 tsp reduced-sodium soy sauce
- ¼ cup all-purpose flour
- 3 crushed garlic cloves
- 1 tsp thyme
- 1 tsp oregano
- ½ tsp sage
- ½ tsp ground black pepper
- ¼ tsp sea salt
- 1 bay leaf
- 1 tbsp olive oil
- Mrs. Dash poultry seasoning (optional)

1 / Heat saucepan over medium and add olive oil. Sauté onion, carrot and celery for 4-5 minutes or until onion is translucent.

2 / Stir in soy sauce, garlic, thyme, oregano, sage, salt and pepper.

3 / Add flour to the pan, stir to coat, then add broth and water, stirring well to prevent lumps.

4 / Reduce heat to low and add bay leaf. Allow gravy to simmer for 10 minutes to thicken.

5 / Strain gravy through a sieve to remove bay leaf and vegetables before serving.

Nutrition Facts (per serving): 43 calories, 1 g protein, 7 g carbs, 0 g fat, 170 mg sodium, 0 g dietary fiber, 2 g sugar

Gravy isn't supposed to be healthy. Made from pan drippings, added oils, salty broth, and who knows what else, most of us skimp on it because we know it's not good for us. My husband loves to pour the gravy on. Now I do, too.

FOOD STYLING: BASIL FRIEDLAND; PROP STYLING: HARRIETTE LANNEN

As seen in M&F Hers Nov/Dec 2011



oxygen's
NUTRITION NEWS

READER RECIPE OF THE MONTH
Reader recipe provided by
Kristine Fretwell, Vancouver, BC

Fat-Burning Dinner

FIT FACT
Spices like cinnamon, turmeric and paprika can help reduce high levels of triglycerides (a type of fat in your blood). — *Journal of Nutrition*

NO-BUTTER CHICKEN

Makes 3 servings • Ready in 20 minutes

- 12 oz chicken breast, chopped into cubes
- 1 small onion, diced
- 1/2 tsp minced ginger
- 1 tsp minced garlic
- 1 tsp cinnamon
- 1 tsp turmeric
- 1 tsp dried coriander
- 2 tsp paprika
- 1/2 tsp cumin
- 1/4 tsp hot chili powder
- 2 tsp low-sodium chicken stock powder
- 3 tbsp tomato paste
- 2 tbsp corn starch
- 1 cup unsweetened almond milk

1. Sauté chicken in a large skillet coated with cooking oil.
2. Add onion, ginger and garlic, and cook for about 8 minutes, or until fully cooked.
3. Stir in all spices and stock powder. Add tomato paste and fold through.
4. Blend cornstarch with milk, then add to pan. Stir continuously until boiled. Add extra milk to thin out sauce, if needed. Cook through and serve.

*“Serve with brown basmati rice or with a **whole wheat roti** (Indian flatbread).”*

Nutrients per serving:
Calories: 214, Total Fats: 5 g, Saturated Fat: 0 g, Trans Fat: 0 g, Cholesterol: 65 mg, Sodium: 160 mg, Total Carbohydrates: 13 g, Dietary Fiber: 3 g, Sugars: 5 g, Protein: 28 g, Iron: 3 mg

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SUBMIT YOUR OWN CLEAN-EATING
CREATION TO MYRECIPEBOOK@
OXYGENMAG.COM

As seen in Oxygen Magazine

Autumn Beef Stew

YIELD: 4 servings
PREPARATION TIME: 30 minutes
COOKING TIME: 7-9 hours in slow cooker

Details

Embrace the chilly weather with this slow-cooker recipe that is sure to warm you from the inside out. This recipe comes from Kitchen Table community member Tiffany. Here's her tip: Use extra veggies since they cook down and may not seem like enough. I doubled this recipe so it fit perfectly into my large Crock-Pot and made enough for leftovers!

Ingredients

- 1 lb / 454 g extra lean stewing beef, cut into 1-inch cubes
- ¼ lb / 113 g low-sodium turkey bacon
- 1 cup / 240 ml chopped onion
- 2 cups / 480 ml low-sodium beef broth
- 2 cups / 480 ml apple cider
- 1 lb / 454 g diced white potatoes
- 2 medium carrots, peeled and sliced
- 2 ribs celery, sliced
- 1½ cups / 360 ml diced rutabaga
- 1 bay leaf
- ½ tsp / 2.5 ml dried rosemary, crumbled
- ½ tsp / 2.5 ml freshly ground black pepper
- 1 Tbsp / 15 ml freshly chopped parsley or dried parsley flakes (optional)
- 2 Tbsp / 30 ml whole wheat flour

Preparation

- 1.** Cook beef, turkey bacon and onions in a large skillet on medium heat until the beef is browned and bacon is cooked.
- 2.** Place in the slow cooker: beef, bacon, onions, broth, apple cider, potatoes, carrots, celery, rutabaga, bay leaf, rosemary, pepper and parsley, if using. Cover and cook 7-9 hours.
- 3.** Combine flour with 2 Tbsp / 30 ml cold water to form a smooth mixture. Stir into mixture in slow cooker and continue cooking for another 15 minutes. Serve.

Tosca Reno's Eat Clean Diet

Clean Eating Chili (Makes a Pot)

- 2 diced chicken breasts
- 1 can of Kidney beans
- 1 can of Black beans
- 1 small white onion, chopped large
- 1-2 stalks celery, chopped
- 1 large can, organic diced tomatoes (with juice)
- 2 stalks green onions, chopped
- 2 tbsp (or a splash) White vinegar
- 1 handful dried chilies
- 1 handful pickled chilies
- Mrs. Dash Extra Spicy
- At least 1 tbsp cayenne powder, 2 tbsp chili powder

Directions:

- Defrost, cook, and dice your chicken breasts - I opt to pre-dice and pan-cook my chicken, while I prepare the remainder of my ingredients.
- Slice your vegetables and pickled chilies, strain and rinse your beans.
- Add the 1 can of organic diced tomatoes to the pot, juice included. This will be your base.
- Add your beans and vegetables, white vinegar, and dried chilies.
- Set the pot to boil, and as it heats up, add your chicken, Mrs. Dash seasoning, and any other desired spicy ingredients (*see below*)
- Bring to a boil, let simmer about 10 minutes, and you're ready to eat!

Bry's Fire Factor:

To this base mixture, I double the inclusion of chili and cayenne powder and amount of chilies, and add Dave's Insanity Sauce (use carefully!) and Sriracha sauce (also known as rooster sauce).

Source: BryJensen.com

Turkey Meatloaf Muffins

Calories: 80

Fats: 2 grams

Carbs: 4 grams

Protein: 11 grams

Ingredients:

- 2 lbs ground turkey (or chicken)
- 3 egg whites
- 1 cup quick cooking oats
- 1/2 tsp ground cumin
- 1/2 tsp dried thyme
- 2 tsp dry yellow mustard
- 2 tsp black pepper
- 2 tsp chipotle pepper spice
- 1 tsp salt
- 2 tbsp garlic powder (2 cloves minced)
- 1 small onion (finely chopped)
- 2 celery stalks (finely chopped)

Directions:

1. Preheat oven to 375 degrees.
2. Spray muffin pan with canola or olive oil.
3. Mix all your ingredients together in one large bowl.
4. Roll the mixture into balls and place in muffin pan. Muffins should be about the size of a racquetball.
5. Bake for 40 minutes.

Makes 12 muffins.

Serving Size:

Women: 2 muffins

Men: 4 muffins

SOURCE: Jamie Eason (view more of her recipes:

<http://www.bodybuilding.com/fun/jamie-eason-livefit-recipes-main-page.html>)

Bananarama Wafer Pudding

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Prep Time:

15 min

Inactive Prep Time:

2 hr 30 min

Cook Time:

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Level:

Easy

Serves:

6 servings



Ingredients

- 2 cups fat-free milk
- 1 small (4-serving) package sugar-free fat-free instant vanilla pudding mix
- 24 reduced-fat vanilla round wafer cookies (recommended: Reduced Fat Nilla)
- 2 medium bananas, sliced
- Fat-free whipped topping (thawed from frozen), optional

Directions

Combine milk with pudding mix in a bowl. Beat with an electric mixer or a whisk for 2 minutes, or until thoroughly blended. Set aside.

In a 9-inch square baking pan, arrange a layer of wafers, flat sides down, and then top with a layer of banana slices. Continue alternating layers until all of the wafers and banana slices are in the dish.

Top the dish with the pudding and let it seep down in between the wafer and banana layers. Cover and refrigerate for 2 to 3 hours. If desired, add whipped topping before serving.

PER SERVING (1/6th of recipe, about 1/2 cup): 137 calories, 1.5g fat, 299mg sodium, 29g carbs, 1g fiber, 15g sugars, 4g protein



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Herb-Roasted Idaho Potato Fries

Submitted by: [TABBYKAT75](#)



Nothing satisfies like potatoes, especially these crunchy, browned, herb-crusted potato [wedges](#). They're great with ketchup, fat-free sour cream, or all by themselves!

Minutes to Prepare: **5**

Minutes to Cook: **35**

Number of Servings: **4**

Ingredients

1 pound small baking potatoes
2 tsp extra-virgin olive oil
1/2 tsp dried thyme
1/2 tsp dried rosemary
1/4 tsp salt
1/8 tsp freshly ground black pepper

Directions

Preheat the oven to 425°F. Coat a heavy baking sheet with cooking spray.

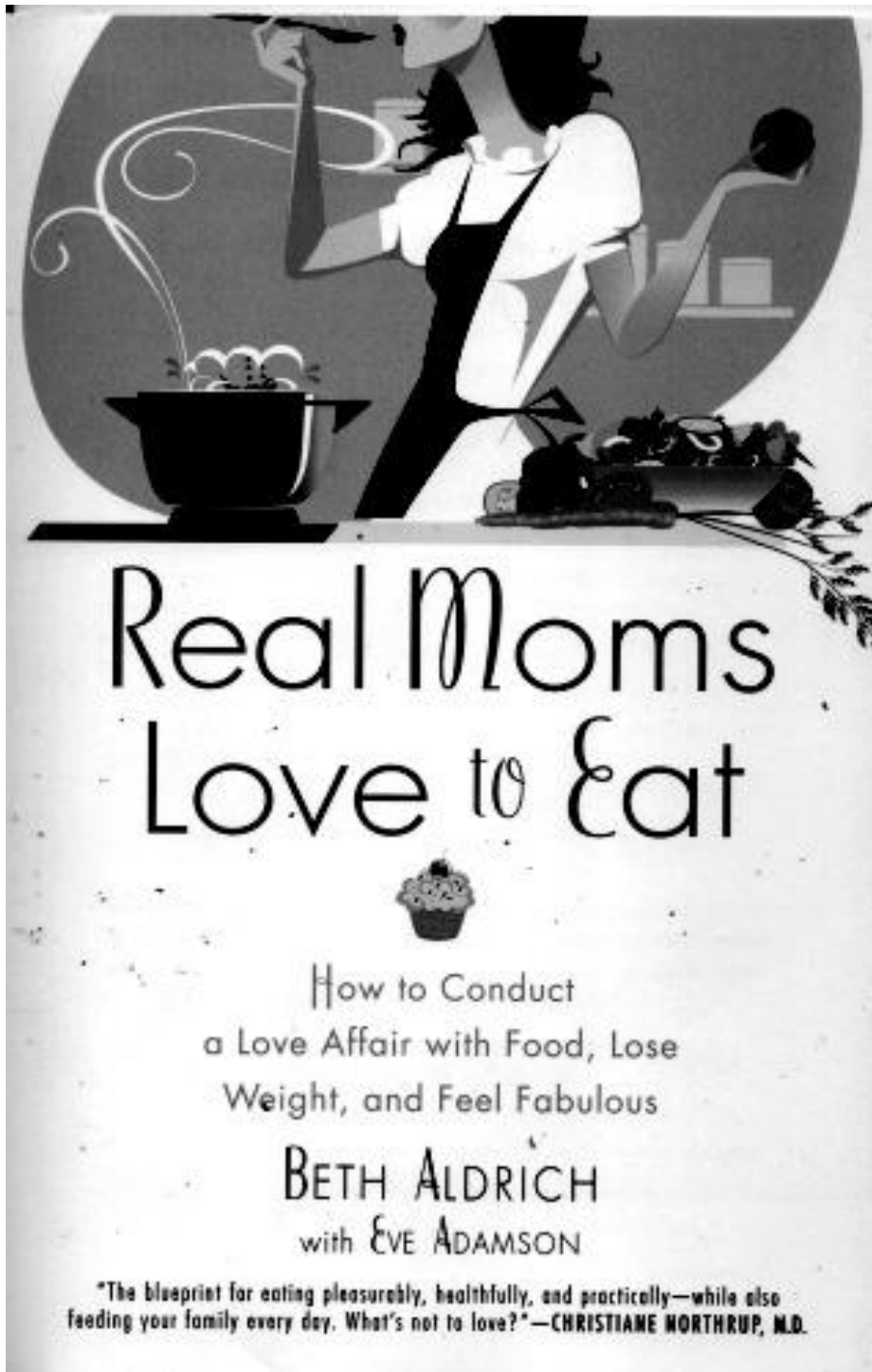
Cut each potato in half crosswise. Place the halves [cut side](#) down on the cutting board and cut each into 4 wedges. Place the potatoes in a mound on the prepared baking sheet.

In a cup, mix the oil, thyme, rosemary, salt, and pepper. Pour over the potato wedges and toss to mix well. Spread the potatoes out on the sheet.

Bake, stirring 2 or 3 times, until tender and lightly browned, about 35 minutes. Serve hot.

Number of Servings: 4

Recipe submitted by SparkPeople user TABBYKAT75.



Real Moms Love to Eat



How to Conduct
a Love Affair with Food, Lose
Weight, and Feel Fabulous

BETH ALDRICH
with EVE ADAMSON

"The blueprint for eating pleurably, healthfully, and practically—while also feeding your family every day. What's not to love?"—CHRISTIANE NORTHRUP, M.D.

30 Minutes/2 Days a Week

Your Instant COMPLETE-BODY Plan!

Day 1 (Rest 30 seconds between sets)

3 sets/**Squat**
(12-15 reps; 8-12 reps; 6-8 reps)

3 sets/**Deadlift**
(12-15 reps; 8-12 reps; 6-8 reps)

3 sets/**Lunge**
(12-15 reps; 8-12 reps; 6-8 reps)

3 sets/**Bench press**
(12-15 reps; 8-12 reps; 6-8 reps)

3 sets/**Bent-over row**
(12-15 reps; 8-12 reps; 6-8 reps)

3 sets/**Seated shoulder press**
(12-15 reps; 8-12 reps; 6-8 reps)

2 sets/**Biceps curl**
(8-12 reps; 6-8 reps)

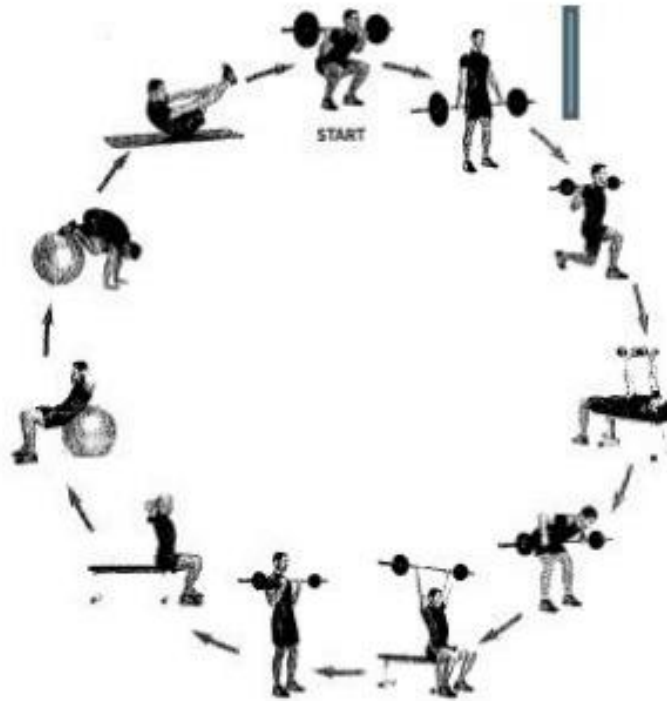
2 sets/**Seated triceps extension**
(8-12 reps; 6-8 reps)

1 set/**Crunch**
(done until failure)

1 set/**Reverse crunch**
(done until failure)

1 set/**V-up with a twist**
(done until failure)

30
2/2



5 Top Tips for Buying Workout Clothes

There are many reasons to be choosy when it comes to buying workout clothes. The clothes you pick can ultimately make or break your workout, and if you aren't comfortable in them, you won't be as motivated to get out there and exercise. When you shop for workout clothes there are a few things you should keep in mind so that you end up with apparel that you'll actually use. Highlighted for you here are a few tips to help you select workout clothes that will enhance your athletic performance.

Activity

The first thing you need to ask yourself when you are shopping for workout clothes is what you need them for. You should choose apparel that is well-suited to the type of exercise you will be doing— and whether you'll be biking, running, taking an aerobics class, or practicing yoga, your clothing needs will vary depending on the type of exercise you choose. Bulky clothes with extra fabric will make various yoga poses nearly impossible to achieve. The same clothing, however, might be perfect for someone going for a brisk walk when the temperatures are a little cooler. It's also especially important to think about your workout plans when you're selecting athletic shoes. There are shoes specifically made for every type of activity out there, each designed to make your workout both comfortable and effective.

Materials

When you're working out, you're most likely going to break a sweat, and nothing is more uncomfortable than clothing that doesn't properly pull the moisture away from your body. Cotton clothing is known for its ability to breathe, but it isn't always the best choice for intense workouts. It absorbs moisture, but it doesn't keep it away from the skin. Instead look for clothes that are a blend of synthetic materials such as polyester, Lycra, spandex, and nylon. If you prefer natural materials, try athletic apparel made from bamboo. Bamboo is a great alternative for those who aren't fond of synthetic materials, and it naturally pulls moisture away from the body so that your skin can breathe more comfortably.

Size and Fit

The right size and fit of your workout clothing is essential, so when you go shopping, be sure to try things on before you buy them. Workout clothing often runs on the smaller side— so buying the size you normally would wear without trying it on could end up being a big mistake. For most types of exercise, fitted clothing is best— but you want to make sure that it's not restrictive in any way. It's also important that the clothes you buy give you the freedom to move your body without any discomfort.

Look and Feel

If you don't like the way you look in something, don't buy it. Choose clothing that makes you feel confident, not self-conscious— and select pieces that accent your good features and disguise the ones you don't like. Fitted clothing is usually the most flattering— typically it's best to avoid clothes that are either too tight or too baggy. Dark, neutral colors are preferable as they will make you look slimmer, and they will be easy to mix, match, and layer with other workout pieces you own.

Special Features

Technologically advanced materials have made all kinds of unique options and features available in workout apparel, making exercising both safer and more comfortable— especially in the great outdoors. If you will be spending long hours in the hot sun, you might want to consider clothing made with built-in UV protection. For individuals whose workouts take place under the night sky, reflective or glow-in-the dark materials are a must. There's even special athletic apparel made with anti-microbial materials that help prevent and eliminate odor. The options are truly endless

when it comes to specialty workout apparel— and most specialty items are available anywhere workout clothing is sold.

Buying the right workout clothing is important if you want to experience the benefits and results of regular exercise. Keep these buying tips in mind when you're shopping for new active-wear— your workout will be more fun, comfortable, and effective if you do.

Prepare To Be Motivated: My Favorite Jillian Michaels Quotes of All Time

- “Unless You Puke, Faint or Die, **Keep Going!**” ([Making the Cut: The 30-Day Diet and Fitness Plan for the Strongest, Sexiest You](#))
- “**The past doesn't define you, your present does.** It's ok to create a vision of the future because it affects your behavior in the “now”. But, don't dwell on past mistakes, learn from them and focus those lessons in the moment. That's where change can really happen. Remember that transformation is a present activity.” (Facebook 3.18.11)
- “Sometimes people will hear you and be healthy to change their behavior, but often their behavior has more to do with their own need for approval than with your need for support. No matter what their response, **you need to be firm and hold your ground.** At the end of the day, your health is your responsibility.” ([Winning by Losing: Drop the Weight, Change Your Life](#))
- “This is where it matters the most. This is where lives are made, in these moments when you can choose whether or not to say “**I can't**” or “**I can.**” It is a choice that will either make or break you for life.” (*Biggest Loser*)
- “I just look at a bagel and my a*s gets bigger!”
- “If you're not failing, you're not **trying** hard enough.”
- “Why choose to fail when **success is an option?**”
- “**Selfish isn't a dirty word.** It means we take care of ourselves and are able to give back.”
- “As u envision the changes in ur future u have to let go of the mistakes in ur past. **Learn from them then let em go!** Transformation is not 5 min from now, it's a present activity. In **this** moment u CAN make a different choice & it's these **small choices & successes that build up over time** to help cultivate a healthy self image & self esteem. What are u gonna do differently today to live happier & healthier? (Facebook 4.06.11)
- “**Don't blame anyone or anything for your situation or problems.** When you do that, you are saying that you are powerless over your own life – which is utter crap. An empowering step to reclaiming your life is taking responsibility.” (Facebook 1.12.11)
- “Most people sabotage themselves because they aren't mindful in the moment. Let your daily actions be governed by your goals & dreams. Whenever you are making an important decision **first ask if it gets you closer to your goals or farther away.** If the answer is closer, pull the trigger. If it's farther away make a different choice. Conscious choice making is a critical step in making your dreams a reality.” (Facebook 3.27.11)
- “Fear of failure can be paralyzing. But surely you've heard “if your not failing your not trying”? Evidence that failure is all a matter of perspective. Think of all the **people you admire, I guarantee you they all failed at one time or another.** The key is to recognize setbacks for what they really are – entry points for learning not validation that you aren't good enough. After a disappointment analyze your actions, get feedback from friends & take inventory of what you could do better next time. This type of self-reflection & improvement will ultimately make success inevitable.” (Facebook 3.6.11)

And my personal favorite:

“Be brave and be patient. Have establishment in yourself; trust in the significance of your life and the purpose of your passion. You are strong enough to sit in the space between spaces and grant divine inspiration to shed some light. **When you place positive energy and productive effort into the world it will come back to you.** Occasionally in ways you might not immediately comprehend and on a time frame you didn't expect. **Look. Listen. Learn. Stay open. Your destiny is awaiting you.**” ([Unlimited: How to Build an Exceptional Life](#))

How Much Weight Should I Lift?

Before we can really answer this question, you need to think about what your weight training goal is.

Consider this:

- To Build Strength: 3 to 8 reps
- To Increase Muscle Density (Tone): 8 to 12 reps
- To Build Muscular Endurance: 12 to 25 reps

Although these numbers may vary by a couple of digits depending on who you ask, it's a great starting point. In general, the lower the reps the higher the weight and vice versa. It's a good idea to switch it up every few weeks. You don't need to lift heavy every single [workout](#). It's perfectly okay to lift heavy for a few weeks and then switch to a mid-range weight or light weights from time to time.

Now, let's say that you want to follow a program that advises you to perform 3 sets of 10 repetitions. This means you need to choose a weight that you think you can perform 10 reps with. (It's pretty much a guessing game at first.)

Let's say you decide to try for 35# on the barbell bench press.

If you can't do a total of 10 reps at all, then you need to lower the weight until you can perform all 10 reps. However, if you can easily do 10 reps then you'll need to increase the weight so that your muscles are really challenged by the last couple reps.

When you're first starting out it can take a workout or 2 before you're really in the “sweet spot”. All you need to remember is that your workouts should never be easy. You should always find the last few reps to be a little challenging or you'll never progress – *even when you're lifting “light”*.

After you've been working out a few weeks you'll notice that you're getting stronger and your muscles will adapt to the weight you're lifting and it will become easier. When this happens, it's time to increase weight and/or reps to keep your muscles challenged. This is the only way that you'll be able to progress and get the results you're looking for!

Common Mistakes in Calorie Counting

1. Estimating restaurant food incorrectly

Even nutritional experts had great difficulty accurately estimating the calorie values of five different restaurant meals in one study. If they had trouble, you can imagine how inaccurate the average person would be in trying to guess the calorie count of their food. Also, studies have shown that it's harder to estimate the calorie value in large meals than in small ones. Since restaurants tend to serve large portions, your "guesstimate" is likely to be a pitfall in your daily calorie count.

There are two solutions. One is to eat out much less. The other is to ask your waiter for the nutritional information and ingredient list. Restaurants are required to have all the ingredients and nutritional information on hand for people with food allergies. Take advantage of this and get an inside look at the food you're ordering!

2. Acting like all calories are equal

Equality is a characteristic of all humans, but definitely NOT a characteristic of all calories. Calories can come from healthy nutrient-rich sources or from refined sugar and unhealthy fats. Remember that you have to meet all your nutritional requirements each day even if you're eating fewer calories than usual. This means it's important to make every calorie count, and leave out the "empty calories" that come from soda, candy, or junk food. If you thought you could get away with having a banana split for lunch and just not eating any dinner, think again!

3. Depending on your memory

The little voice of laziness in your head will try to convince you that you'll remember everything you ate all day when you do your adding up at night, but this is a surefire way to underestimate your calorie count for the day. Keep a detailed food diary that you jot notes in all day long. Keep a running count of the calories in the margin so you can stay within your limits, and don't forget to take notes on your activity level or exercise, and any digestive trouble. This will help you understand your body better in the long run.

4. Reading the Nutrition Facts label incorrectly

A candy bar with only 30 calories? If it sounds too good to be true, it probably is! Manufacturers often use sneaky tricks like calculating everything based on a tiny portion size of 20 grams. Multiply to find the real calorie count. If you hate doing the math, you should go for an online calorie counter like the one at CaloriesAndMore.com. This way, all you have to note down is the brand name of the food and how much you ate.

5. Leaving out liquids

Liquid calories are the sneakiest of all the calories you consume during the day because it's so easy to forget that drinks have calories, too! Sodas, milk, juice, flavored water, alcoholic beverages, salad dressings, creamer and condiments all have calories that you need to count. Otherwise, you'll be in for an unpleasant surprise when you step on the scale and you might not even realize where you went wrong. To see results with calorie counting, be meticulous in writing down all liquids you consume during the day.

Avoid these common pitfalls and you'll soon see results in your weight loss program. Don't forget that positive thinking and consistency are key to achieving your goals!

What Is Interval Training?



I can't tell you how often I've brought up interval training since I started this blog almost 3 years ago. The stuff really works if you're trying to blast body fat. Studies have even shown that high intensity interval training actually burns more fat than steady [cardio](#). The reason is because during interval training you not only burn calories while you're doing intervals, but your metabolism remains elevated after your [workout](#) which allows your body to continue burning calories at a faster rate for the next 24-48 hours.

What Is Interval Training?

Interval training is simply a type of fitness training that involves high intensity intervals followed immediately by a low intensity recovery period. Interval training can be done at various intensities but the point is that you're alternating between fast and slow intervals during the actual workout.

According to fitness expert Craig Ballantyne, high intensity interval training (HIIT) is typically 0 to 90 seconds of high intensity activity (short bursts) followed by 1 to 3 minutes of a very low intensity recovery period. A common ratio used is 1:2. (60 seconds high intensity, 120 seconds low intensity) In order to get through a HIIT workout you need the recovery periods. If you don't recover properly you won't be able to finish your high intensity intervals at well, a high intensity. For high intensity purposes you only need to do about 6 intervals – each with its own recovery period. You can easily play around with the number of intervals and the length of time for each.

Interval training can be incorporated into just about any kind of physical activity you can think of. To keep things simple, I'll use walking as an example. Even if you're a complete beginner you can begin to do interval training.

Here's an example interval training walking workout for beginners:

- Warm up for 5 to 10 minutes (3.3 mph)
- Walk at 3.7 mph for 1 minute
- Walk at 3.3 mph for 2 minutes
- Repeat intervals 6 times
- Cool down for 5 to 10 minutes (3.3 mph)

As you get used to interval training be sure to pick up the speed and intensity of your workouts. You might need to walk at first, but soon you'll be able to jog through your high intensity intervals and then as you get more advanced you can try sprinting.

This is a recent HIIT treadmill workout that I did:

- Warm up with brisk walking
- Sprint at 8 mph for 1 minute
- Walk at 3.5 mph for 2 minutes
- Repeat 6 times
- Cool down

Walking is just one type of activity where you can implement interval training. You can also do interval training while swimming, biking, rowing and even weight lifting. If you aren't sure how to track your intervals, I recommend a [Gymboss interval timer](#). I have two of them now and they're pretty handy.

Benefits of Interval Training

There are a number of benefits that you can get from interval training. The main reason why people love it so much (including myself) is because it burns fat in a short period of time. You don't need to keep your heart rate up for 30 straight minutes in order to burn fat. (Heard of the fat burning zone [myth](#)?) And...just because your heart rate is at 160 and another person's is at 130 doesn't mean that you're burning more fat than they are either. Other benefits of interval training include an elevated metabolism, an increase in endurance and muscle density, lower stress levels and no [gym equipment](#) is required.

How Often Should Interval Training Be Performed?

Interval training only needs to be performed 2, maybe 3 days per week. If you can do HIIT 6 days a week then you aren't working hard enough! Ideally, you shouldn't perform HIIT on consecutive days because your muscles need time to recover and rebuild.

To summarize, interval training:

- Prevents boredom and burnout
- Is very effective for burning fat
- Improves strength, overall fitness and heart health
- Can be incorporated into any physical activity
- Has so many variables that can be changed to keep workouts exciting and fun
- Doesn't require special equipment

If you haven't tried interval training yet it's definitely something to consider. It's perfect for those looking to save time and still get amazing fat loss results. Craig Ballantyne (Men's Health expert and author) created the [Turbulence Training program](#) for those interested in fat loss workouts that involve interval training. Just remember that you should be working very hard during your high intensity interval and allowing yourself to recover during the recovery period.

Walking IS okay!

References:

University Of Guelph (2007, June 29). Interval Training Burns More Fat, Increases Fitness, Study Finds. ScienceDaily. Retrieved April 14, 2011, from <http://www.sciencedaily.com/releases/2007/06/070627140103.htm>.

82 Exercise Ideas That Do Not Require a Gym

To change things up and keep your body guessing, consider incorporating one, two or more of these exercise ideas:

1. Running
2. Walking
3. Jogging
4. Dancing
5. [Zumba](#)
6. Pole Dancing
7. Canoeing
8. Hiking
9. Mountain Climbing
10. Burpees
11. Skipping Rope
12. Playing on a Playground
13. Skiing
14. Yoga
15. Lacrosse
16. Pilates
17. Play Soccer
18. Karate
19. Basketball
20. Tennis
21. Racquetball
22. Bellydancing
23. Riding Bike
24. Water Skiing
25. Kickboxing
26. Regular Races (5K, half marathon, marathon)
27. Flag Football
28. Sprints
29. Interval Training
30. Hopscotch
31. [Crossfit](#)
32. Circuit Training
33. Volleyball
34. Swimming
35. Cross Training
36. Plyometrics
37. [Workout DVDs](#)
38. Gardening
39. Stair Climbing
40. Bodyweight Exercises

41. Aerobics
42. Rock Climbing
43. Play Tag
44. Jumping on a Trampoline
45. Calisthenics
46. Cutting/Splitting Wood
47. Ladder Climbing
48. Flag Football
49. Tabata Training
50. Water Polo
51. Gymnastics
52. Tai Chi
53. Spinning Class
54. Rollerblading/skating
55. Xbox Kinect/[Nintendo Wii](#)/Playstation Move Video Games
56. Bailing Hay
57. Bowling
58. Softball
59. Horseback Riding
60. Frisbee
61. Kickball
62. Mowing the Lawn
63. Backpacking
64. Snowboarding
65. Badminton
66. [Kettlebells](#)
67. Playing Catch
68. Use an [Exercise Ball](#) Instead of a Regular Chair
69. Cleaning House (esp. mopping, sweeping, vacuuming)
70. Bootcamps
71. Kayaking
72. Dodgeball
73. Sled Dragging
74. Hill Walking
75. Hockey
76. Snorkeling
77. Water Skiing
78. Tug of War
79. Curling
80. Wrestling
81. Rugby
82. Golf

THE ULTIMATE GROCERY GUIDE for your **DAILY DOSE** of

★ FRUITS & VEGGIES (5 HANDFULS A DAY!)

- go wild! your choice! TASTE THE RAINBOW!
- we especially like these, for their anti-cancer properties:
 - + tomatoes
 - + sweet potatoes
 - + apples (organic best/peel & wash if not)

+ greens ^{your choice of:} [spinach, kale, brussels broccodi, bokchay, sprouts...]

→ DON'T ALL HAVE TO BE FRESH - check frozen vegetable section! (for berries too!)

→ bananas are a good mainstay (eat half at a time)

★ PROTEIN

- your choice of ...
- + tofu
 - + beans
 - + eggs
 - + cottage cheese
 - + yogurt/greek yogurt
 - + chicken
 - + fish!! ^{your choice of:} [tilapia, mahi-mahi, cod, catfish, salmon (wild alaskan), flounder, sardines...]
 - + lentils
 - + milk (nonfat, soy, both...)

(keep it low/nofat!)

★ FIBER/WHOLE GRAINS

- + oatmeal (steel-cut preferred)
- + beans (yes you saw this under "PROTEIN")
- + brown or wild rice
- + bread (MUST SAY 100% WHOLE GRAIN. NOT "MIXED" or "MULTI" GRAIN. NOT "WHOLE WHEAT". WHOLE GRAIN ONLY.)

★ RANDOM GOODNESS (Equally important!)

- + Asian mushrooms (Dude you can eat these in UNLIMITED AMTS!!)
 - [shiitake, maitake, oyster, enoki...]
 - ! MAKE SURE TO COOK THESE! TO GET THE BENEFITS
- + spices/good ish (spice up cooking/anticarcinogenic)
 - onions
 - ginger
 - garlic
 - cinnamon
 - turmeric
 - chili powder

more tips/recipes/motivation follow trans-end.tumblr.com

CRAVE BUSTERS!

These foods are nutrient rich, healthy alternatives to the flavors you crave!!

- PRUNES (no sugar added)
- APPLES
- WATER/TEA (w/cinnamon!)
- CARROTS
- EDAMAME
- DATES (stuff a walnut/almond inside!)
- CUTIES! (only 60 calories yeeeah!!)

A RANDOM TIP:

Brush your teeth if you get a really bad craving - the minty flavor helps/do you really want to waste that good clean feeling? NOPE!

My personal faves: eggplant, okra, bell peppers, beets, green onions, → "STIR-FRY MIX" frozen pack grapes, asparagus

Tend to be low in mercury & PCBs!

★ HEALTHY FATS

- + RAW nuts (a handful a day spread throughout)
- + avocado
- + olives
- + chocolate (that's dark!) 70% cocoa.

AND DON'T FORGET: 8 glasses of water. (add GREEN TEA, a natural metabolism booster!!) and 7 hours of sleep SERIOUS *SEE BELOW

RANDOM TIPS !!

- don't eat snacks bigger than your fist
- combine fruits w/ yogurt, cottage cheese, oatmeal for flavor
- shop for/consume a variety of colors
- boil multiple eggs at once to have quick snacks on hand
- eat the same things for a while. Minimizing choices helps you start to crave the same healthy things.
- salad dressing is WACK. EVOO + vinegar FTW!
- 'fat free' means loaded w/sugar & 'sugar free' means loaded in fat/sodium. So... let's stay 'free' of both these labels...
- MORE TIME SLEEPING = LESS TIME EATING (staying up makes you crave bad things. (Then see CRAVE BUSTERS BOX...))
- chop sweet potatoes/potatoes, toss w/ salt & EVOO, & bake for 20 min @ 450 for awesome snack!!

Finding Motivation to Lose Weight with a Vision Board



Finding motivation to lose weight isn't always easy but it can be made easier with your very own vision board. It's been about 18 months since I created my very first vision board and I thought it was time to create a new one – so that's exactly what I did and I had so much fun doing it!

I love expressing my creativity through writing and putting together different craft projects so I really enjoy making things like this. My kids want me to help them make one of their own which I thought was kinda neat. Anyway, if you haven't made a vision board before they are an excellent motivator – particularly if you hang them up or place them somewhere where you will see them throughout the day.

If you click on that link it'll take you to a photo where you can see the one I made and also how to make it. It's incredibly easy and I will include the instructions in this post as well.

Supplies you need:

- Poster Board
- Glue
- Magazines
- Embellishments

Instructions:

- Cut out various photos and quotes from magazines (or print them out from the internet).
- Arrange them on your poster board how you want them.
- Glue em' down.
- Add embellishments.

For my embellishments on my latest creation I just used some foam letters and butterflies, dragonflies and flowers. I still have a bit of empty space that I feel needs to be filled in a bit, but here's a picture of what the newest addition looks like:



Source: Melinda

I hung up this new vision board right next to other one I made previously so now I have two in my workout area. I also have a copy of Jamie Eason's workout there as well. That girl knows how to work it! Once you've finished up your vision board hang it up somewhere that will allow you to see it several times per day. It's not going to have the same effect if you never look at it. I hung mine down in the basement which is where I workout. It gives me the extra motivation I need to get through a tough workout.

To your success!!!