

-Welcome-

'Transforming Bodies from I Wish to I Have'
Make time for Your Health w/ 10 Steps to a Fit Lifestyle:

1. **Decide to Change for YOU!** – Define your own success and path to a Healthy You- influence yourself and those around you.
2. **Life Starts with Baby Steps** – Establish realistic goals and reward yourself for meeting those goals.
3. **If You Fall Off...Get Right Back On!** – Be real...there are always bumps on the road. Don't get discouraged, just get going again.
4. **Creativity is Key** – Look for different ways to exercise in and out of the home.
5. **Cut Tube Time** – Time is valuable-don't waste it. Cut TV time by an hour to increase time for activities.
6. **More Rest=Less Stress** – Know how much sleep you need and get a full nights rest every night.
7. **Drink Thirst Away** – Keep hydrated by drinking 8 glasses of water a day.
8. **Don't Diet-Just Eat Right!** – 60% Carbohydrates (Fruits & Vegetables), 10% Healthy Fats (Avoid Saturated & Trans Fats), 30% Protein (Meats, Nuts & include Dairy).
9. **Be Fast Food Wise** – Ask about food alternatives or nutrition facts for a balanced meal.
10. **Share with Others** – Support systems of family, friends and/or co-workers increase success with encouragement and motivation.

Summer time means one thing – It's barbecue time!

While outdoor cookouts are a great opportunity to relax and visit with friends and family, the average barbecue meal exceeds 1500 calories? That's almost an entire day's worth of calories in one meal. Which can really add unwanted inches to your waist line over the course of the summer.

The good news is that barbecue season doesn't have to be fattening. In fact, with a few small changes to your barbecue menu you can turn summer into the perfect opportunity for weight loss.

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So before you slather on the sun screen and fire up your grill, read the following tips to lighten up this summer.

On the Grill: Believe it or not, grilling is actually a very healthy way to cook meat. Of course the type of meat that you choose will make all of the difference. Burgers and hot dogs are traditional barbecue meats, though they aren't the healthiest. Try the following:

- Choose lean cuts of beef, pork or poultry
- Marinade with low fat dressing
- Make hamburgers with extra-lean ground beef
- Take the skin off chicken before grilling
- Replace beef patties with ground turkey patties
- Grill up salmon or cod
- Forego the meat and grill veggie burgers

Side Dishes: Barbecue side dishes are typically filled with one thing - fat. Creamy coleslaw and potato salads can hold as much as 15 grams of fat per serving. Try the following:

- Make veggie kabobs and grill them
- Replace the mayo in your salads with low-fat mayo
- Serve fresh salad with light vinaigrette
- Try whole-grain macaroni for your pasta salad
- Grill up corn on the cob
- Put out a veggie tray with low fat dip

Drinks: Beverages can play a big role in summer weight gain. Margaritas, beer, soda and punch all contain tons of empty calories. Try the following:

- Drink water, it is always your healthiest option
- Stick with light beer (if you really want to drink beer)
- If you have to have a soda, stick with diet
- Brew unsweetened ice tea and serve with lemon

Dessert: Yes, there are ways to satisfy your sweet tooth while staying healthy. Think outside of the box instead of turning to the typical fattening options like ice cream, pie, cake or cookies. Try the following:

- Grill mango, banana and pineapple on

- kabobs
- Stick with sorbet instead of ice cream
- Replace peach pie with grilled peach halves
- Choose light ice cream over regular

Remember, it's ok to splurge every once in a while. Enjoy yourself. Just keep in mind that by taking a few of the above suggestions you can enjoy great food while getting back into great shape.

The Magic Fat Burning Pill

Nonsense! There is no such thing. Don't fall for the latest diet pill craze. Have you ever noticed that every weight loss pill specifically states that it works when combined with proper diet and exercise? Well, they are right, proper diet and exercise will cause you to lose weight-without the bogus pill.

Sunny Day Grilled Chicken



Serve this delicious grilled chicken at your next barbecue. The honey-mustard glaze has a wonderful tangy flavor. Remember to add healthy side dishes for a summer meal that will satisfy without weighing you down.

Servings: 6

Here's what you need...

- 4 Tablespoons honey
 - 4 Tablespoons spicy mustard
 - 1 teaspoon grated lemon peel
 - 2 teaspoons low-sodium soy sauce
 - 1/2 teaspoon minced garlic
 - 6 boneless, skinless chicken breasts
1. Pre-heat your grill. If using coals, heat until the coals turn gray and there are no longer strong flames, 35-45 minutes.
 2. Combine honey, mustard, lemon peel, soy sauce and garlic. Mix well. Reserve a few tablespoons of the sauce. Add chicken and marinate in the refrigerator for 40 minutes.
 3. Cook the chicken 5 to 6 minutes per side. Brush with the reserved sauce, and continue cooking for an additional 3 to 4 minutes per side, until chicken registers 170 degrees F

on a meat thermometer.

Nutritional Analysis: One serving equals: 183 calories, 2g fat, 13g carbohydrate, 0g fiber, and 28g protein.

Motivate your friends, family and co-workers!

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