



Holistic Nutrition

February, 2005

Personal Trainer: It's More than a Motivational Thing

If you're serious about getting weight loss results, using a personal trainer is one of the smartest steps you can take. That's because trainers do much more than motivate; trainers teach. Whether you use a trainer for a few sessions to launch your workout program or for ongoing guidance over the long term, you'll increase your chances for success - and develop an understanding of fitness that will benefit you the rest of your life.

Here are some things a Personal Trainer can do for you:

HELP YOU SET GOALS. Unrealistic, vague, or absent goals are sure-fire recipes for frustration. After assessing your current fitness status, a good trainer will listen to your personal fitness goals (Weight loss? Muscle tone? Strength? Endurance?) and explain which goals are feasible in a given time frame.

TEACH YOU PROPER TECHNIQUE. You'd be surprised how many people put in effort at the gym but miss out on results because they're not performing exercises properly. Especially in the case of strength-training, correct form makes all the difference. A trainer can help ensure that you're working out in ways that will get results.

ADVISE YOU ON FOOD/NUTRITION ISSUES. Sometimes it's difficult to distinguish a body fat problem from a tone problem. (Are your abs not toned because you're not crunching enough - or because there's a layer of fat covering those muscles?) A trainer can make diet and nutrition recommendations that support your individual fitness goals.

MEASURE RESULTS THAT MATTER. Even if your main goal is to lose weight, the scale may not reveal the results that you are making. As a personal trainer I make sure each client receives a body composition analysis with a print-out. The body composition analysis will measure **Body Fat, Lean Mass, Hydration Level** and will also determine your **BMR** which determines the right amount of calories that YOUR body needs.



Whether you're on a weight management program, an athlete, or just determined to take care of your health and well being...Calculating and controlling your body fat percentage will be at the very heart of your success.

Free Body Fat Analysis with the purchase of Personal Training

King West Centre

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Oak Ridges, Ontario

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www.RNCPrita.ca



Refer a friend and receive a free gift

Your referrals are greatly appreciated

Upcoming Events

Date: Wednesday, February 23rd, 2005

Location: King West Centre

Time: 7 pm

Cost: \$ 10

Topic: Ladies Night—this workshop is for all the busy women who just need a few hours to relax and learn new and interesting health information. Guest speakers, refreshments and healthy snacks will be part of this great evening.

Cooking with Rita

Cooking Classes for February

Healthy Meals in 30 Minutes

Thursday, February 3rd—11am

Monday, February 21st—7pm

Cooking without a Recipe

Monday, February 7th—11am

Thursday, February 17th—11am

Healthy Italian Cooking

Wednesday, February 9th—7pm

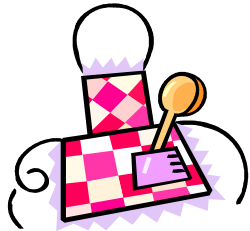
Thursday, February 24th—11am

\$40 per session

*Includes meal, educational material,
and recipes*

Call (416) 312-7617 to reserve

** limited seating*



White Bean Salad

A recent evaluation of 19 years of data from the National Health and Nutrition Examination Survey Epidemiologic Study clearly shows that increasing your consumption of legumes can significantly lower your risk of heart disease.

- 1 garlic clove
- 3 tablespoons fresh lemon juice
- 3/4 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 cup extra-virgin olive oil
- 1 can white beans, drained and rinsed
- 1 large seedless cucumber, chopped
- 3 medium tomatoes, cut into 1-inch pieces
- 1 cups lettuce leaves
- 1/2 cup celery, chopped
- 2 cooked chicken breast or salmon, chopped

Mince garlic and mash to a paste with a pinch of salt using a large heavy knife. Whisk together garlic paste, lemon juice, salt, and pepper in a small bowl, then add oil in a slow stream, whisking until combined well. Let stand at room temperature 10 minutes. Gently toss beans, cucumber, tomatoes and lettuce with half of dressing.

Transfer to a platter or bowl and arrange chicken or salmon on top. Drizzle remaining dressing over top.

Lose Weight Naturally

The “non-dieting” holistic approach to weight loss is more successful in the long term than following a calorie restricted diet. An article published in *Holistic Nurse Practitioner* in 2003 acknowledged that successful weight loss requires personalized diets which focuses on all the macronutrients (protein, carbohydrates and fats) along with physical activity and behavior modification. In 2001 *Archives of Internal Medicine* concluded that recording food intake, exercising and nutritional consulting makes weight loss more successful.

Book 12 Nutritional Consultations for the price of 10

*** savings of \$ 125**