



CRE8YURBODY

PERSONAL FITNESS PROFESSIONALS

Improving Your Quality Of Life

1/15/2009

Don't Believe the Lies

Repetition does not transform a lie into a truth.

That bit of wisdom came from Franklin D. Roosevelt during a radio address in 1939, and though he wasn't talking about fitness, it certainly applies to the following fat loss myths.

Myth #1: Eating Late at Night Makes You Fat

The Facts: Your body doesn't have an internal timer that causes late night eats to be stored directly as fat. Weight gain happens when you eat too much and exercise too little - you could eat too much in the morning, the afternoon, or late at night and it would all result in weight gain.

- Your Solution: Consider how many calories you eat and burn each day, rather than when you eat.

Myth #2: Snacking Promotes Weight Gain

The Facts: Eating snacks throughout the day is actually a great way to keep your metabolism up and to avoid overeating at meals. However, if you snack on junk food then be prepared to pack on pounds.

- Your Solution: When it comes to snacking it's all about *what* you snack on.

Myth #3: You Can Lose Fat Without Exercise

The Facts: Exercise and healthy eating go hand-in-hand when it comes to permanent fat loss. Your body needs exercise just as it needs to be fed a diet filled with fresh produce, whole grains and lean protein.

- Your Solution: Accept exercise as a part of your daily lifestyle.

Myth #4: Fat Free Means 'All-You-Can-Eat'

The Facts: It's time to close your eyes and mentally erase everything that the 90's taught about fat-free dieting. Fat-free foods are not the equivalent of flavored air - they contain plenty of calories and often lots of sugar.

- Your Solution: Be mindful of calories when eating fat-free foods.

Myth #5: Eat as Little as Possible for Maximum Fat Loss

The Facts: Eating too little causes your metabolism to shut down and puts your body into starvation mode, and prone to store fat rather than burn it.

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Cre8yurbody Success Stories

I needed to refocus myself on a fitness lifestyle and get motivated. Al emphasized key concepts such as balance, flexibility and core strength. Al has been respectful and encouraging, praising my strengths and showing me keys to overcoming my difficult areas. My program has been a tremendous stepping stone in my quest for fitness at Cre8Yurbody. Charles Temecula, Ca.

Al's program was really great if you are looking for a FUN and motivational fitness program. His program is creative and LIFE CHANGING. I would

- Your Solution: When it comes to fat loss think burn rather than starve.

Myth #6: Diet Pills Work for Fat Loss

The Facts: The only thing that diet pills are capable of burning is the extra cash in your wallet. Billions of diet pills are sold every year – all to no avail.

- Your Solution: Healthy eating and exercise can never be replaced by a pill.

Myth #7: You Should Never Eat Fast Food

The Facts: It's all about what you order. Fried, processed and salty foods will cause weight gain - don't order them. Lean meat, salad, vegetables and beans, on the other hand, are available at many fast food chains - order these instead.

- Your Solution: When eating fast food skip the fried items, stick with lean meats and salads.

Trying to lose weight is often a frustrating experience. In a world filled with quick fixes, lasting weight loss is not something that happens overnight. Remember that it took time to gain the weight, so it will also take some time to lose it.

Permanent weight loss happens as a result of a proper exercise and diet plan - my specialty.

Call or reply to this email and together we will customize a diet and exercise plan designed to help you lose the weight, tone your body and feel fantastic.

Don't Try

The New Year is still fresh and change is in the air. What do you want to change in your life this year? Whatever your goal, apply this philosophy to it: Do or do not. There is no try. This bit of wisdom didn't stem from a former president...it came from a little guy named Yoda!

Roasted Citrus Cod



Want fish in a flash? This recipe offers a healthy and delicious serving of cod crusted with breadcrumbs and enhanced with citrus zest.

Yield: 6 servings

Here's what you need...

definitely recommend Al to anyone looking to change their fitness routine and be in the best shape of their life! Sarah, School Teacher Temecula, Ca.

At my annual/routine physical I found out I was 25 lbs. overweight, my cholesterol was 298 and my triglycerides were high. I dedicated myself to Al's program. Four months later, cholesterol down to 190, I've lost 13 lbs.(so far) and my triglycerides are in normal range. My sincerest thanks to Al. Can't wait til my next session. Greg Sommer Temecula, Ca.

Member Temecula Valley Chamber of Commerce

I will praise your name, for You have done wonderful things

Isaiah 25:1

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[Zavita "Elixir of Life" The AmazonRainforest Miracle Promotes Whole Body Wellness](#)

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- 1 cup panko breadcrumbs
- 2 tablespoons unsalted butter (melted)
- 1/4 cup chopped parsley
- 1 teaspoon grated orange zest
- 1 teaspoon grated lemon zest
- 1 teaspoon grated lime zest
- 6 (6 oz) skinless cod fillets (1.5 inches thick, with bones removed)
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

1. Preheat oven to 450 degrees. Line a baking sheet with parchment paper.
2. Combine panko, butter, parsley and citrus zest until evenly mixed. Place the cod fillets on the prepared baking sheet. Season the fillets with salt and pepper. Top with the panko mixture, pressing it onto the fillets.
3. Roast until the breadcrumbs are browned and the cod is fully cooked, about 10 minutes.

Nutritional Analysis: One serving equals: 122 calories, 3.5g fat, 10g carbohydrate, .5g fiber, and 12g protein.

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