



# CRE8YURBODY

PERSONAL FITNESS PROFESSIONALS

Improving Your Quality Of Life

11/15/2008

## A Bucket of Crabs

Have you ever seen a bucket full of crabs? They pinch and pull as they struggle to climb over one another to reach the top of the bucket - to freedom.

Ask any fisherman and they'll tell you that a bucket full of crabs doesn't need a lid - they simply won't escape.

Why? Well, it's not impossible for a crab to climb to the top, and really if they worked together it would be quite easy. But crabs don't work together...

Instinctively crabs pull each other down-literally.

When one crab breaks away from the pack, reaching its pinchers toward the top of the bucket, the others promptly grab onto the escapee's leg, pulling him back down. That crab is then pushed to the bottom of the pile and his dream of freedom is crushed.

People have a way of acting just like a bucket of crabs. Have you ever decided on a personal goal only to have someone in your life talk you out of it?

Do you have crabs in your life? A crab is...

- The person who discourages you from going to the gym
- The person who scoffs when you mention your weight loss goals
- The person who snickers when you choose salad over pizza

The crab mentality says "If I can't have it, then neither can you." When you decide to do something different, to reach for a goal and to improve yourself, the crabs in your life will do their best to hold you back.

**Keep Crabs at Bay:** When crabs come snapping, remember the following:

1. **Ignore them:** When someone in your life begins to pull you down with discouraging words, remember that you don't have to listen. Don't let them get into your head. Mentally tune them out or politely remove yourself from the situation. Who are they to tell you what you can or can't achieve?
2. **Understand them:** Ouch! Insults and put-downs hurt, especially when they come from people that we care about. So what is the deal? Why do your friends, co-workers and even your spouse turn into crabs when you decide to improve your life? Do they really hope that you don't succeed? The truth is that crabs are thinking about themselves-not about you. They see you attempting to better yourself and to change your life. Whether they realize it or not, this scares them. If you better yourself will you still like them? Or will you leave them behind?
3. **You hold the power:** Even the most persuasive crab doesn't hold a candle to your iron will. When you are ready to change, and you've made up your mind without an inkling of doubt, then 90% of the work is done. Your mind is the most powerful tool at your disposal-don't let a wimpy crab rob it from you.

Are you ready to make a positive change in your life? Don't wait any longer. Join the ranks of my successful clients-schedule your first workout today.

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Alphonso Allen

Cre8yurbody Personal Training & Wellness Studio

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

And don't let a single crab talk you out of it!

### Super Flour

You know that wheat bread is a healthier choice than white bread-so why not enrich your home baking with super flour? Regular flour is processed and contains little nutritional value, while super flour is packed with healthy grains.

To make one cup of super flour place the following in a one cup dry measuring cup: 1 tablespoon wheat germ, 1 tablespoon wheat bran, 1 teaspoon soy flour and 1 teaspoon nonfat powdered milk. Top off with whole wheat flour.

### Whole Grain Pretzels



Who can pass up a soft pretzel that is warm from the oven? While the pretzels sold at the mall are drenched in butter and filled with processed ingredients, this recipe only uses a tablespoon of canola oil (the good fat) and super flour crams whole grain nutrition into every bite!

\*Here's a quick tip: if you decide to purchase a pretzel at the mall, ask for it to be made 'nonfat'-it may take a few extra minutes for them to bake one without butter, but you'll be saving yourself quite a few unnecessary calories and it will be nice and hot!

**Servings: 6 pretzels**

#### Here's what you need...

- 2 cups Super Flour, divided
  - 1 Tablespoon Canola oil
  - 1 cup organic apple juice
  - 1 Tablespoon active dry yeast or 1 packet active dry yeast
  - Salt -- optional
1. In a large mixing bowl combine 1 cup of the super flour, canola oil, apple juice and yeast. Beat with electric mixer for about 3 minutes. Add the remaining 1 cup of super flour.
  2. Knead for 10-15 minutes, add water or flour as needed for a good consistency. Roll 6 pieces of dough into long snakes and form into pretzel shapes.
  3. Coat a baking sheet with non-stick spray, place the pretzels on the sheet and allow to rise for 30 minutes. Heat oven to 450 degrees F. If desired, coat the top of each pretzel with a small amount of water and sprinkle with salt.
  4. Bake the pretzels for 15 minutes or until they become golden brown.

**Nutritional Analysis:** One serving equals: 162 calories, 3g fat, 31g carbohydrate, 4g fiber, and 7g protein.

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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**

**2005 TVCC Ambassador of the Year**

**Let's us not grow weary while doing good, for in due season we shall reap if we do not lose heart.**

**Galatians 6:9**

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First Fitness "Wellness Products" Herbal Cleansing ,Weight Management, Sports Performance and Energy, Personal Care

Zavita "Elixir of Life" The AmazonRainforest Miracle Promotes Whole Body Wellness

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