



CRE8YURBODY

PERSONAL FITNESS PROFESSIONALS

Improving Your Quality Of Life

12/1/2008

Comfort Food...Your Two-Sided Friend

With one holiday under your loosened belt, you're gearing up for many more celebrations...and piles of seasonal comfort food. If you don't mind, I'd like to be totally candid with you today.

Sure, I could write you a 'feel good' article about cutting back a few calories and exercising a few minutes each day, but I'd rather be perfectly frank (and truly helpful).

Here's the real deal: You abuse food.

That's right. You're overweight because you eat too much, and you eat too much because it brings immediate pleasure.

I am here to point out that this pleasure comes at high price...

The other side of comfort food: You've heard dishes being referred to as 'comfort food'-some restaurants even have an entire section of their menu designated as comfort food. But comfort food is more than just a hearty dish.

- It's those extra calories that you eat to feed an emotional need rather than a nutritional need.
- It's excessively big portions that leave you stuffed.
- It's high calorie snacks.
- It's sugary treats.
- It's fried, cheese smothered appetizers.
- It's whatever you indulge in with mindless munching.

Could you relate to any of the above? Most of us tend to gravitate toward a particular form of comfort food. For many women it's chocolate or other sugary treats. For men it often takes a saltier form.

Think of the last time you ate for pleasure rather than nourishment. Why'd you do it?

Out of Habit: Your body loves routine. If you always snack while watching television then you'd probably find it hard to relax without going through that munching motion. The good news is that once you break the cycle your body will quickly adapt to a healthier routine.

To Change Your Mood: Does the thought of a cupcake bring a smile to your lips? How about a large pizza to lift your mood? Pay attention to the emotions that trigger you to overeat-you may be surprised how often you use food to feel better.

Because Everyone's Doing It: Who can resist comfort food when it's offered among friends? Peer pressure doesn't just apply to teenagers-it's another reason to overeat. Remember that true friends will support your decision to refrain.

Can you remember how you felt after you last filled up on comfort food? If you're honest, you'll admit that the stuffed and bloated feeling was downright awful. So why do it?

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Alphonso Allen

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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 Temecula, Ca.

At my annual/routine physical I

Come on, where have your eating habits gotten you?

- Into clothes that are a few sizes larger.
- Drained and with less energy than ever before.
- Plagued with health concerns and prescriptions.
- Embarrassed and frustrated with your body.

Most people don't realize it, but the battle to overcome your eating habits is decided by a single body part-and it's not your mouth. (Your mouth is simply a puppet.)

It's your brain. Once you've made up your mind, for better or for worse, you can bet that your body will obey your decision to the letter. You've proven it time and time again.

So make the decision to give up your unhealthy dependence on comfort food.

There is no better time than now.

Making a change is hard-that's why I'm committed to being with you every step of the way. Call today to schedule a consultation.

You can end the abuse, once and for all.

Perfectly You

No, you are not perfect. None of us are! But you are perfectly YOU-unique with your own qualities and traits. Learn to embrace and love your own unique style rather than obsessing over the things that aren't perfect.

Pumpkin Zucchini Muffins



Don't let the rich flavor and mouthwatering moistness of these muffins fool you. You'll have a hard time convincing anyone, but this recipe was modified to include less fat and sugar than the original. This is a great treat to share at holiday parties.

Servings: 40 mini muffins

Here's what you need...

- 3 eggs, lightly beaten
- 1 cup natural honey
- 1 cup canned pumpkin
- 1/2 cup butter, melted
- 7 oz pear baby food (or applesauce)
- 1 tablespoon vanilla extract
- 3 cups whole wheat flour
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon

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.

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- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground cloves
- 1 cup shredded zucchini
- 1/4 cup chopped walnuts

1. Preheat oven to 350 degrees and line a mini muffin pan with paper baking cups, or use non-stick cooking spray.
2. In a mixing bowl combine eggs and honey. Add pumpkin, melted butter, pear baby food, and vanilla.
3. In a separate bowl combine all of the dry ingredients. Gradually add dry ingredients to pumpkin mixture and mix until well combined. Stir in the zucchini.
4. Pour into muffin tins, sprinkle the tops with chopped walnuts. Bake for 10-20 minutes or until you can poke a toothpick in a muffin and it comes out clean. Cool in the pan for 10 minutes.

Nutritional Analysis: One mini muffin equals: 92 calories, 3g fat, 15g carbohydrate, 1.5g fiber, and 2g protein.

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