



CRE8YURBODY

PERSONAL FITNESS PROFESSIONALS

Improving Your Quality Of Life

2/1/2009

Are You Wired to Relapse?

February is the month that most people revert to their pre-New-Year's-Resolution habits. Have you given up on your fitness goals yet?

"If you are looking for an excuse to fall off the wagon, the universe will provide one."

That was the lesson that Oprah shared in her recent confession about her ongoing struggle with weight. Oprah knows how it feels to fall off the fitness wagon; in the January issue of The Oprah Magazine she described her recent 40 pound weight gain.

Her testimony was filled with valuable insights for anyone else prone to relapse. There was a hidden cycle that I found in her story - one that exposes the process of falling off the wagon.

1) You Fall

Your fall off the wagon could take place in a single moment, or it could be the result of a drawn out process. Oprah described her fall as one that happened slowly as a result of health problems. These health problems became her reason for not exercising.

Illness, vacation, holidays, changes at work or any other change in your schedule are all things that'll get you off the wagon. Once you're off the real damage begins.

2) You Surrender

There comes a point after you fall off the wagon that you simply throw your hands up in the air and give in. For Oprah this was a dramatic moment. "I started eating whatever I wanted - and that's never good. My drug of choice is food. I use food for the same reasons an addict uses drugs: to comfort, to soothe, to ease stress."

This is the most destructive part of the cycle. You remove all expectations from yourself and as a result you plummet into an unhealthy realm. The progress that you've made toward your goals is lost and even more weight is gained.

3) You Hit Bottom

Inevitably there comes the moment when you hit bottom. Your body shows the new weight gain and you feel awful about it. For Oprah it was a sobering moment. "I felt completely defeated. I thought, *I give up. I give up. Fat wins.*" She went so far as to say, "I felt like a fat cow. I wanted to disappear."

While hitting bottom is never a fun experience, it is a necessary one. The pain must become great enough for you to turn it around and take the control back.

4) You Take Control



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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

Now comes the good part. When you hit bottom you were out of control, now you're ready to once again grab the reigns. Oprah says that "These days I've put myself back on my own priority list."

She plans to get an hour of exercise five or six days a week, as well as eating healthfully and reordering her life to include time to replenish her energy. Her new goal is to be strong and healthy and fit.

Have you fallen off your priority list, like Oprah fell off hers?

The time has come to put yourself back on that priority list. The time has come to decide that you *are* worth it.

I'm here to help you do just that. Call or email today to get started on an exercise program that will change your body and your life...just like Oprah.

Think Small

When you eat out, make it a habit to order the smallest portion available. We are programmed to eat whatever is in front of us, even though we'd feel just as full on less. And since portions have grown in recent years, the smallest size isn't very small at all.

Healthy Chicken Fajitas

This recipe is a wonderful option for a weekday dinner - it's healthy, delicious and ready in 20 minutes. Serve with low fat toppings like salsa, chopped tomatoes, fat free sour cream or hot sauce.

Yield: 4 servings



Here's what you need...

- 1 teaspoon Chile powder
 - 1/2 teaspoon ground cumin
 - 1/2 teaspoon garlic powder
 - 1/2 teaspoon onion powder
 - 1 tablespoon cornstarch
 - 1/4 cup water
 - 4 uncooked chicken breasts (4oz each)
 - 1/2 green bell pepper, sliced into thin strips
 - 1/2 red bell pepper, sliced into thin strips
 - 1 medium onion, sliced
 - 1 tablespoon olive oil
 - 2 tablespoons lime juice
 - Lime wedges for serving
1. In a re-sealable bag, combine Chile powder, salt, cumin, garlic powder, onion powder, cornstarch, and water. Add chicken, bell peppers, and onion; gently knead to coat. Refrigerate for 15 minutes
 2. Heat the oil in a skillet, empty the contents of the bag into the skillet and cook over high heat. Stir occasionally and cook until the vegetables are tender crisp and the chicken is cooked through, about 7

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.**

*Teach us to number
our days, that we may
gain a heart of wisdom*

Psalm 90:12

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minutes. Remove from heat and stir in lime juice
3. Transfer to serving dish and enjoy with lime wedges.

Nutritional Analysis: One serving equals: 160 calories, 5g fat, 5g carbohydrate, 1g fiber, and 24g protein.

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