



CRE8YURBODY

PERSONAL FITNESS PROFESSIONALS

Improving Your Quality Of Life

3/15/2009

Go FITNESS Shopping

Did you know that the grocery store is the source for most of your unwanted pounds?

Well, that and the fast food restaurants, but we'll leave that for another day.

If you're like most people then your shopping trips aren't exactly organized. In fact, your grocery cart is likely to be more fat than fit.

The good news is that with a few small modifications to your routine you'll be able to turn your grocery shopping trip into an easy opportunity to slim down.

I've broken down the process of healthy grocery store navigation with an easy-to-remember acronym - FITNESS.

Come, take a walk with me through your grocery store and we'll improve your shape and the shape of your family members.

F: First Veggies

Your mom always told you that you had to eat your veggies before dessert-so this will be an easy one to remember. When you start shopping, first go to the produce section. The bulk of your shopping should take place here. Fresh vegetables, lettuce for salads, and fruits are the best things to eat when you want to look and feel great.

Don't skimp on produce-aim to fill most of your cart here.

I: Is it Wheat?

When it comes to bread you only need to ask yourself one question. Is it wheat? White bread products have been processed and filled with simple carbohydrates - these will easily stick to your body as fat. Wheat breads, on the other hand, contain more fiber and are much healthier. Make it a policy to never purchase white bread, wheat bread is the right choice even for the little members of your family.

Always choose hearty wheat bread products-the more whole grain, the better.

T: Trim the Fat

In the meat section you are faced with a major decision. Do you go with your taste buds or do you go with your health conscious side? I urge you to stick with the latter. These days lean meats are more available than ever, and the benefits to going lean are numerous. When you choose lean meats you avoid extra saturated fat (your heart will thank you for this)



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

and you also avoid the extra calories that come packed into each fat gram.

Want to be lean? Then eat lean meats.

N: Never enter the Junk Food Aisle

I have a simple policy that has saved me from thousands of unnecessary calories. I don't walk down the junk food aisle. You and I both know that it is nearly impossible to walk past rows of chips, candies and cookies without putting something into the cart. The bright packages stamped with mouthwatering images will give your will power a run for its money. My two cents? Avoid that row altogether and save yourself from the whole ordeal.

Nothing good ever came from walking down the junk food aisle- just say no.

E: Edge around the store

Here's a really easy trick for healthy shopping. Edge around the store, as in shop the perimeter and avoid the inner aisles. Think about it-the healthiest products are kept around the perimeter of the store: produce, meat, dairy. The inner aisles are where you run into trouble: processed food, baked goods, and sweets. Don't get me wrong, there are healthy products kept in the inner aisles too, but a majority of the items are waist-expanders.

Shop in a circle-stick to the perimeter of the store, do less shopping in the aisles.

S: Skinny Cow

The dairy section is filled with many healthy items; it is also filled with extremely high fat items. Your job is to pick out all those calcium-rich foods that you love in the low fat and non fat versions. I realize that many people have a prejudice against low milk or yogurt, simply because they've always eaten the full fat version. Making the switch to low fat is such a simple way to cut unnecessary fat and calories from your diet, while still getting all the benefits of dairy.

Fat free dairy products are the way to go-you'll only lose unwanted pounds.

S: Stick with Water

Warning: mini lecture to follow. I'll make it short and sweet. Drink more water-period. Sodas, sugary juices and calorie-laden alcoholic beverages are responsible for a large number of unnecessary calories in your diet. Don't fill your cart with these sneaky calories. Keep them out of your kitchen and out of your life.

Looking for a tasty beverage? Look no farther than crystal clear water.

There you have it-your FITNESS shopping plan that will take your cart from fat to fit. I suggest that you write down the FITNESS steps on a note card and take it to the store with you.

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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Are you ready to take your body from fat to fit? I've got what it takes to get you there! No guess work, no fad diets, and no super long workouts.

Call or email today to learn more about my fitness and fat loss programs that will quickly change your life.

Upgraded FITNESS Shopping

Want to upgrade your FITNESS shopping trips? Here are 3 additional tips:

1. Don't go to the grocery store with an empty stomach. Your cart will mysteriously fill with extra, unnecessary foods that will end up crashing your good intentions.
2. Make a list before you go to the store. You'll be able to think rationally at home before you're surrounded by tasty, FITNESS destroying foods.
3. Plan out your meals for the week ahead of time, then shop specifically for those items. This will cut out the junk, and save you calories and money.

Albacore Lettuce Wraps

Tuna is one of those healthy items that's found in the inner aisles of the grocery store-so venture down the aisle and pick out white albacore packed in water. This is an ultra-healthy meal that is high in protein and low in fat.

Yield: 2 servings



Here's what you need...

- 1 can albacore chunk tuna, packed in water
 - 2 Tablespoons finely chopped white onion
 - 1/2 red bell pepper, finely chopped
 - 1/2 yellow bell pepper, finely chopped
 - 1/2 apple, finely chopped
 - 2 Tablespoons nonfat mayonnaise
 - 1 Tablespoon nonfat ranch salad dressing
 - 1 teaspoon dried dill
 - 4 large lettuce leaves, washed
 - Pepper to taste
1. Combine the tuna, onion, bell pepper, and apple in a medium bowl. In a small bowl mix the mayonnaise, ranch dressing and dill.
 2. Add the mayonnaise mixture to the tuna and mix until well combined.
 3. Arrange the lettuce leaves on two plates, and fill with tuna. Garnish with a dash of pepper.

Nutritional Analysis: One serving equals: 124 calories, 1.5g fat, 13g carbohydrate, 2.7g fiber, and 14g protein.

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