



CRE8YURBODY

PERSONAL FITNESS PROFESSIONALS

Improving Your Quality Of Life

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It's Anyone's Game

When was the last time that you accomplished something huge?

That's an easy question for Helen Phillips.

Last month Helen wowed the world with her dramatic transformation on the NBC show *The Biggest Loser*. At 48 years of age she is the oldest contestant to win the weight loss competition, shedding 140 pounds and 54.7% of her body weight.

I'd call losing more than half of your body weight a huge accomplishment - wouldn't you?

The crazy part is that Helen was clearly the underdog. She was simply too old and too fat to win. At least that was what the other contestants thought.

And that's what Helen thought too.

"I never believed in myself in the beginning," she admits. However when a doctor told her that she was living in the body of a 60 year old woman, Helen got serious.

"I'm tired of doubting myself," she decided and something inside of her head clicked into place. "The minute I started doing that, things changed for me."

And, oh, how she changed.

Helen buckled down and made losing weight her only focus. Her hard work paid off, giving her the prized title of the Biggest Loser.

She accomplished something huge and now her life is vastly improved. "I feel so good! I feel like I can do anything," she told reporters with a huge smile.

Helen also had a message for you. "If I can do it, you can do it."

I have to agree with her.

If a 48 year old, 257 pound woman can transform her body from a size 22 to a size 2, then anyone really can do it. Think for a moment of that huge accomplishment that you haven't made. Maybe it's a weight loss goal that you've had for years. Maybe it's something completely unrelated to your weight.

What's holding you back?



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

Are you afraid you'll fail?

The fear of failure is a powerful thing. No one likes to fail, and repeat failure is even worse. So what can you do to conquer it?

- Realize that failure isn't the worst outcome. Not trying is.
- You only fail when you decide to give up. Get up and try again!

Are you afraid you'll succeed?

You may not realize it, but most people fear success. Success means change and change can be scary. It is important that you embrace the idea of success and ditch any negative self talk.

- Close your eyes and picture yourself accomplishing your goal. What will that accomplishment do for your life? List the benefits you'll enjoy.
- Spend a few minutes each day visualizing yourself accomplishing your goal. How great does it feel? Savor those victorious emotions and use them to drive your motivation.

Helen didn't believe in herself, until one day she decided that she was done doubting.

Are you done doubting?

When you're ready to transform your body, like Helen did, I'm here to help. Is NOW a good time? Call or email, and let's get started on a program that will really improve your life.

It's your turn to accomplish something huge.

Who Knew?

While being interviewed after her victory Helen revealed the secret behind her staggering weight loss. "Who knew proper nutrition and exercise really were the answer?" It always comes back to nutrition and exercise. When it comes to losing weight forget about the fad diets, Focus on your nutrition and focus on your exercise plan then you too will see amazing results.

Mango Marinated Tofu

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 a 16 week fitness program at cre8yurbody. Four months later, cholesterol down to 190, I've lost 25 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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It's mango season! If you've been hesitant to try tofu then this is the perfect recipe for you. The mango and ginger marinade gives the dish a sweet and tangy flavor that is hard to beat. Choose mangoes that are ripe, but not overripe. The fruit should give only slightly when squeezed. Serve with brown rice and fresh steamed broccoli.

Yield: 6 serving

Here's what you need...

Marinade:

- 2 teaspoons olive oil
- 3 cloves garlic
- 3 tablespoons chopped ginger
- 1/4 cup chopped yellow onion
- 2 large mangoes, chopped
- 1/4 pure maple syrup
- 1 cup vegetable broth
- 2 tablespoons red wine vinegar
- 1/4 cup lime juice
- 1 cup orange juice
- 1/4 teaspoon allspice
- Dash of pepper
- Dash of salt

Tofu:

- 2 pounds extra-firm tofu, drained and sliced
 - 1 mango sliced
 - 1 red bell pepper, cut into long slices
1. In a medium saucepan combine the oil, garlic, ginger and onion, sauté over medium heat for about 5 minutes. Add the chopped mango and sauté for another 5 minutes.
 2. Add the maple syrup and vegetable broth, cover and simmer for 35 minutes. Uncover and simmer for another 5 minutes.
 3. Add the vinegar, lime juice, orange juice, allspice, pepper and salt. Allow the mixture to cool and then puree in blender until smooth.
 4. Place the sliced tofu and mango marinade in a sealable plastic bag or a plastic container with lid. Marinate in the fridge for one hour or overnight.
 5. Preheat the oven to 375 degrees. Place the marinated tofu in a

single layer on a rimmed baking sheet, reserving half of the marinade. Bake for 20 minutes.

6. Flip over the tofu. Coat the remaining mango slices and pepper slices in marinade and add to pan. Bake for an additional 15 minutes.
7. Serve with brown rice and steamed broccoli.

Nutritional Analysis: One serving equals: 219 calories, 1g fat, 7g carbohydrate, 4 g fiber, and 9g protein.

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