



CRE8YURBODY

PERSONAL FITNESS PROFESSIONALS

Improving Your Quality Of Life

7/1/2009

5 Beach Body Myths (and 3 Steps to Look Amazing)

There's a good chance that you'll find yourself in a bathing suit sometime this month.

If you are like most people then that realization will 1) bring a grimace to your face and 2) will motivate you to lose some weight.

While I commend your desire to slim down before baring it all, I'm here to warn you of the 5 myths that most people fall for. Don't waste your time on these:

Myth #1: Starve the pounds away.

Attempting to lose weight by starving yourself is not only ineffective, it's also dangerous. It may seem that severe calorie restriction would deliver the quickest weight loss, but your body is complex and by doing so you'll disrupt your metabolism and slow your results.

Tip: Don't starve yourself - instead eat healthy small meals throughout the day.

Myth #2: Take diet pills to boost your effort.

It's so tempting! The commercials make compelling claims about the power of diet pills, but don't fall for it. The 'magic pill' has yet to be discovered (it has been discovered - exercise. It's just not in pill form.). Diet pills are more likely to damage your health and burn your pocketbook than to slim you down.

Tip: Don't pop a pill - instead burn calories with exercise.

Myth #3: Do extra crunches to flatten your abs.

We all want our midsection to look toned as we stroll down the beach, but excessive crunches aren't the answer for tight abs. In order to achieve a lean look you'll have to focus on burning off the layer of fat that is covering up your abs.

Tip: Don't obsess about crunches - instead focus on fat burning.

Myth #4: Eat packaged diet foods for speedy results.

It is amazing to see the kinds of foods that are packaged as 'diet' or 'weight loss' aids. More often than not these products are packed with refined sugar and other artificial ingredients that your body doesn't need.

Tip: Don't eat packaged diet foods - instead stick with nutritious whole



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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 found out I was 25 lbs. overweight, my cholesterol was

foods.

Myth #5: Avoid all carbohydrates in order to slim down.

Carbohydrates have been given a bad rap, which is unfortunate because you can (and should) eat carbs while losing weight. The key is to stick with whole grains, oatmeal and brown rice while avoiding processed and refined flours and sugars.

Tip: Don't swear off all carbohydrates - instead stick with wholesome carbs.

Now that you know what not to do in order to look great this summer, it's time to go over your beach ready game plan. Here's what you need to know in 3 simple steps:

- **Step One: Cut out the junk.**

The best way to do this is to start by purging your kitchen. Get rid of sugary, processed and fat-filled foods. Once the junk has been cleared out don't buy any more of it. Remember that your beach ready abs depend on what you eat - don't eat junk!

- **Step Two: Focus on whole foods.**

Replace the junk food in your life with plenty of the following: cooked and raw vegetables, fresh fruits, whole grains, moderate amounts of seeds and nuts, lean meats and low fat dairy. Clean eating really is that simple.

- **Step Three: Come train with me.**

This is the most obvious step. You're ready to get into great shape and I'm in a unique position to make that happen for you. Call or reply to this email to get started on an exercise plan that will make you look great on the beach, and all year round.

It's Grill Time

Looking for something delicious to grill that won't derail your weight loss goals? Look no further than the produce section. Onions, bell peppers, eggplant, carrots, asparagus and zucchini are all great options to throw on the grill - and they can all be eaten guilt free.

Mediterranean Lettuce Wrap

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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This wrap is savory and refreshing, and is the perfect meal to get you beach ready. I recommend roasting your own bell pepper, since most store bought roasted bell peppers are packaged in oil. To do so simply throw it on the grill until soft and then peel the skin after it cools.

Servings: 1

Here's what you need...

- 1 large leaf of lettuce
 - 2 slices lean turkey
 - 1 roasted red bell pepper, cut into 4 segments
 - 2 tablespoons garlic hummus
 - 1 tablespoon olive tapenade
1. Lay the lettuce leaf flat and spread with 1 tablespoon of hummus. Place the turkey slices on the lettuce and spread with remaining hummus. Sprinkle the olive tapenade over the turkey and top with the roasted bell pepper.
 2. Wrap the lettuce, use a tooth pick to hold it together.

Nutritional Analysis: One serving equals: 170 calories, 6g fat, 15g carbohydrate, 5g fiber, and 15g protein.

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