



CRE8YURBODY

PERSONAL FITNESS PROFESSIONALS

Improving Your Quality Of Life

Cre8yurbody Personal Training Fitness News 9/1/2009

The Freedom of (Self-Imposed) Chains

Most of us are under the misconception that fit people work hard and spend most of their lives deprived in order to achieve their amazing bodies.

Nothing could be farther from the truth.

I'll let you in on a little secret...It's not hard to get and stay fit. It's not about hard work and deprivation.

It's all about boundaries.

Let me explain...

When you were a child your parents set boundaries around you. They were the authority on what was or wasn't acceptable behavior. You had to complete your chores before dinner. You had to finish your homework before going out to play. You had to eat all your vegetables before dessert.

If you failed to comply with these boundaries then you knew that there would be consequences.

As an adult you, and only you, are the authority on what is or isn't acceptable behavior. You are in the position to set boundaries around yourself. These boundaries serve as a framework of order around you - a rock of support in an otherwise chaotic world.

With self-imposed boundaries you can assure your success in anything...specifically with weight loss.

Your fitness boundaries have to be self-imposed—no one is going to do it for you. Don't look at this as a bad thing! Self-imposed boundaries are self-empowering.

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Alphonso

Allen

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[My Site](#)

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

Let's face it, you've been living life without fitness boundaries.

- You eat whatever you want, whenever you want it.
- You use any excuse to avoid exercise.
- You indulge whenever it feels good.

Your Fitness Boundaries

It's time to introduce boundaries back into your life. These boundaries are the key to unleashing your ideal fit and healthy body.

1. Fitness Boundary One: What you eat

If you were to be perfectly honest with me, you could list off the foods that are unhealthy and fattening. So why are you still eating them? You know that refined, fried, processed and sugary foods are not good for you.

Place boundaries around what you will allow yourself to eat. Acceptable food items include whole foods, vegetables, fruits, whole grains, and lean meats.

2. Fitness Boundary Two: How you exercise

I know that you're not an Olympic athlete, but that doesn't mean that you can simply pass on exercise. By now you are well aware of the host of benefits that exercise provides. With regular exercise you'll look great, feel amazing and have more energy than ever.

Place boundaries around how often you must exercise. Choose exercise that is challenging and fun - don't be afraid to try new activities that improve your strength and endurance.

3. Fitness Boundary Three: When you indulge

Let's face it, we live in a world where indulging has become the norm, rather than the exception. When you live life without fitness boundaries, everyday is an opportunity to indulge. These indulgences all add up quickly, causing your clothes to become tight and your energy levels to drop.

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 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

Other Services Offered

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Place boundaries around when you can indulge. You'll find that by limiting your indulgences you'll end up enjoying them even more.

Putting It In Action

Sit down and take a long, hard look at your lifestyle. Are you eating as healthy as you could be? Are you exercising 3-5 times each week? Are you indulging too often? Answer the following questions:

1. What 3 food items can I eliminate from my daily diet? (These should be nutritionally void items like high-calories beverages, fast food, packaged snacks, high-fat food, candy or desserts.)
2. When can I schedule exercise into my week? (Pick 3-5 days, and select a specific timeframe. Example: I'm going to exercise on Monday, Wednesday and Fridays from 5am-6am.)
3. When will I allow myself to indulge? (Don't go overboard here, especially if you need to lose weight. Enjoy a treat a couple times each month, and do so guilt-free knowing that you've maintained healthy food boundaries the rest of the time.

Remember that self-imposed boundaries are self-empowering.

Fitness boundaries put your fitness results on autopilot. If you know what constitutes an acceptable meal, then choosing what to eat just got a whole lot easier. If you're committed to exercising 3 times a week, soon it becomes second nature.

Need help setting up your fitness boundaries? I am here to help - call or email me now!

Confidence Booster

Have you ever wished that you had more confidence? People who set fitness boundaries report experiencing a boost of confidence. Think about it: when you set a higher standard for yourself confidence grows naturally. As you lose weight and feel better than ever your confidence will sky rocket.

Fresh Vegetable Tacos



There is no question that these veggie stuffed tacos are both healthy and delicious. Fresh asparagus, sweet peppers, corn, onion, pinto beans and cilantro create a tasty blend of flavors. To increase your protein intake feel free to throw in strips of lean chicken breast. Serve with sliced avocado and a side of salsa.

Servings: 6

Here's what you need...

- 1 teaspoon olive oil
 - 2 cloves garlic, minced
 - 1 medium onion, chopped
 - 2 cups asparagus, cut into 1 inch pieces
 - 1 cup sweet peppers, chopped (red, yellow, orange or all three!)
 - 3 ears of corn, kernels shaved off
 - 1 (15 oz) can pinto beans, drained and rinsed
 - 1/4 chopped cilantro
 - 6 whole wheat tortillas
 - 1 avocado, sliced
 - Salsa
1. Place the olive oil and garlic in a large non-stick frying pan over medium heat. Add the onions and sauté for about three minutes or until the onions begin to soften.
 2. Add the asparagus and continue to sauté, stirring occasionally for 5 minutes.
 3. Add the peppers and continue to sauté, stirring occasionally for 5 minutes.
 4. Add the corn, beans and cilantro and sauté for 5 more minutes, or until the vegetables are

tender. *Note: Make sure you don't overcook the vegetables. You want them to be tender but not too soft.*

5. Remove from heat. Place a scoop of the veggie mixture in each tortilla and top with sliced avocado. Serve with your favorite salsa.

Nutritional Analysis: One serving equals: 308 calories, 8g fat, 46g carbohydrate, 13g fiber, and 12g protein.

Motivate your friends, family and co-workers!

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Fit Body Boot camp

8-20--2009

All new unstoppable fitness formula Guaranteed to Burn over 870 calories in one hour. If you are tired of the same old boring aerobics classes and not seeing results now is the time to get out of the rut. I'll guarantee that you will have FUN all while reaching your weight loss & fitness goals. Visit my web site and sign up for your one week free trial try before you by Bring a friend. Go to www.cre8yurbody.com and look for the Fit Body Boot Camp Logo on the left hand side near the top. I look forward to seeing you at camp... P.S. The first 20 that sign up will get 1/2 off your next month camp that is if you commit to the program. Hurry slots are filling up FAST

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