



# Western Racquet Club Fitness Center

## Hours of operation:

Monday through Saturday: 5am to 10pm

Sunday: 5am to 6pm

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# Get Fit Newsletter November, 2018

## I heard you cheat...

...on your diet. We live in society where food temptations are everywhere. Walk through a store and you'll see the unhealthy food items displayed front and center. Turn on the tv and you'll be assaulted with commercials for fattening foods. Open a magazine and you'll notice glossy pin-ups of sugary snacks. Go down the street and you'll have restaurant signs clamoring for your attention. In addition to the abundance of tempting edibles, you also have deeply ingrained positive associations with indulging. You treat tempting food as a reward. You turn to tempting food for comfort. You rely on tempting food as stress relief. You allow tempting food to become a habit.

**It's Your Turn to Win** Temptation doesn't need to have the upper hand on you anymore. It's time to fight back using your most powerful asset: your brain. Your mind is an amazing thing. Once it is made up about something it is nearly impossible to change it.

**A Matter of Perspective** Imagine for a moment that you're peacefully floating down a river in an inner tube. The sun is out, the birds are chirping, and you are having a wonderful time. You feel great about the river because it is making you feel good. Now imagine that you are in a plane flying over the river. Your eye is immediately drawn to an enormous rocky waterfall. You look up the river and just around the bend is a person floating in an inner tube, having a wonderful time, headed straight for the treacherous falls. Do you think that after your plane ride you'd be happy to get an inner tube and float down the river? Of course you wouldn't. You've seen that the river spells disaster. You now have a negative association (watery death) with the river rather than your initial positive association (relaxing fun). Overcoming temptation is all about building negative associations in place of existing positive ones. Use the two steps below to harness the power of your mind to become stronger than any temptation.

**Step One: Create a Strong Negative Association with all the BAD STUFF** If cookies and chips and burgers are put on a pedestal in your mind as your favorite things to eat, then you will always eat unhealthy and will continue to gain weight. What do you dislike about tempting food?

- It makes you unhealthy.
- It causes weight gain.
- It drains your energy.
- It kills your confidence.
- It degrades your quality of life.
- It hurts your love life.

Every time that you encounter tempting food items focus on your list of negatives. It's time to kick those cookies off the pedestal and to put something healthy in its place.

## **Step Two: Create a Strong Positive Association with all the GOOD STUFF**

Now that your mental pedestal has been cleared, put healthy food items on it. Juicy fresh fruit, crispy vegetables and savory lean meats are a great place to start. What do you love about healthy food?

- It makes you healthy.
- It causes weight loss.
- It boosts your energy.
- It builds your confidence.
- It improves your quality of life.
- It enhances your love life.

Immerse yourself into the world of healthy food. Browse the aisles of a natural food store. Walk through a farmer's market. Bring healthy snacks to work. Clear your kitchen of anything unhealthy. Using the technique above, you will soon find that healthy food is your favorite food. And cheating will become a thing of your past.

## **The Ripple Effect**

When you put time and energy into exercise it makes it easier to eat healthy. And when you eat healthy it makes you more likely to exercise. It's the ripple effect. When you make positive strides in one area of your life, other areas will soon follow. Keep in mind that while nutrition is extremely important for fat loss, lasting results are achieved through a combination of both healthy eating and challenging exercise. Would you like to get that ripple effect started in your life? Call or email me now to begin one of my fitness programs that will quickly transform your body.

## **Guilt-Free Cookie Dough**



Most of the time cookie dough is an off-limits indulgence that you may dip into on a Friday night while watching a movie at home...only to wake up feeling guilty the next day. Sure, you know you should resist, but sometimes you simply need a sweet, satisfying treat. Enter this exciting new recipe for Guilt-Free Cookie Dough! It has all of the creamy, cookie-dough goodness that you crave without the regrettable ingredients. Instead of butter, flour, and sugar, this cookie dough treat is made with creamed chickpeas, peanut butter (or almond butter), stevia, and a touch of honey. Just one creamy spoonful is all it will take to convince you that you can have your cookie dough...and eat it too :-)

### **What you need**

- 1 (15oz) can chickpeas, drained and rinsed
- ¼ cup creamy, natural peanut butter or almond butter (no sugar added)
- 1 Tablespoon honey
- 20 drops liquid stevia
- 2 Tablespoons ground flax seeds
- 2 teaspoons vanilla extract
- 1 Tablespoon coconut milk
- 2 cracks of fresh sea salt
- ¼ cup Lily's stevia-sweetened dark chocolate chips

### **Instructions**

1. Combine all of the ingredients, except the chocolate chips, in a food processor. Blend until smooth and creamy. Add more coconut milk if needed.
2. Transfer the dough to a bowl. Mix in the chocolate chips. Enjoy!

**Nutrition:** Serves 12. One serving equals 197 calories, 6g fat, 25g carbohydrate, 6g sugar, 12mg sodium, 7g fiber, and 10g protein.

## **Call G-Form Fitness for personal training**

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