

Happy August,

This newsletter brings you information from some of you. As people working with me learn more about what helps them, I would like to share their gains with you.

Lynn told me that with all the reading she is doing, she is finding over and over again that what works the best is sticking to an exercise program 6 days a week. She said that she has been trying to be perfect with everything, diet as well as exercise, and this has been too much, too difficult. She is realizing that she needs to really focus deeply on one thing, exercise, and get that really into her everyday life (6 days a week) before she can jump on to the next goal. As Lynn said, the diet will take care of itself after she makes the life change of exercising 6 days/week. Lynn's current goal is to be aware of her diet, but really stick to the 6 days/week exercise plan.

I know once Lynn gets this in her life style, the diet will take care of itself. We often try to do too much all at once and if we can learn to start with just one thing, the others will follow when we are ready for them.

In teaching yoga, I often share with the students in the class that if they try really hard to get into a pose, they will not get there. They will reach the goal they are after (going deeper in the pose) when they soften and let the pose do them instead of trying to force it. Can this idea be used with exercise, diet, loosing weight.....?

Penny brought me information about Supper-Green Pro 96. This is a Soy Protein drink that she said is saving her life. She was having a hard time digesting foods and so she tried this and she said it:

- Is easy to digest
- Gives her energy
- Givers her all the protein she needs
- Is great for people who have food sensitivities

If you are having problems, you might want to check this out. It is green and Penny says it tastes terrible, but if you mix it with organic lemon juice, it isn't so bad. I have been testing whey protein and it tastes terrible also, but it is great at 3:00 or 3:30 in the afternoon when I am hungry and don't want a lot. I think the Supper-Green Pro 96 would be just as good.

Rick Harris, a real estate broker in Ashland, sends out a newsletter and in his most recent one he included information on exercise. Here it is:

Easy Ways to Get Fitter

This year, the federal government recommended that all its employees try to exercise at least an hour a day instead of 30 minutes. The government's health advisers said that the 30 minutes of exercise a day, which was advised by the Surgeon General in 1996, might not be enough. People who want to stay healthy should try to exercise a total of 60

minutes, according to the Institute of Medicine. To some, a full hour of exercise is difficult to accomplish, given their daily workloads.

The following are tips on how to get that extra 30 minutes of exercise without having to necessarily spend extra time at the gym:

1. Flex your abdominal muscles while standing in line at the store.
2. Take the stairs instead of the elevator.
3. Stretch in the shower.
4. Walk around the building during lunch and wear a backpack to add resistance.
5. Get a dog. Without a doubt, the responsibility will increase your daily activity.
6. Plan vacations that include physical activity.

This was adapted from msnbc.com.

This goes hand in hand with the stretches I send home with you after our first meeting. Finding a way to incorporate all forms of exercise and stretching into your daily life activities, will give you unbelievable benefits and results.

Another client mentioned this week that she has just stopped eating extra food because she knows what it will do to her. Just stopping isn't that easy for everyone, so if something has worked for you, let me know and I will share it with others out to achieve the same goal.

I would like to also share a story with you. I started my business in 1998 because I wanted to see more women out on the road riding their bicycles (getting and staying healthy). You all know my bicycle history and I was tired of being the lone female out there riding all the time. Well, this last Sunday I went for a ride in the orchards and was greatly pleased to see many many women out riding. It was not a cool day and I was out early. I was very pleased to see more women than men out on the roads.

I tell you this story not because I want you to go out and ride your bicycles but I want to share with you a dream I had. This dream has been a want of mine for many years and it is finally coming into fruition. I share this with you to show you that dreams do come true. All you need to do is the 'right effort' and believe that your dream will come true. It might not come tomorrow, but be patient, all dreams come true. Love your dream unconditionally and it will come into fruition.

I will be gone August 1 – 10th and from August 20th – 28th. I hope these words from women trying to achieve the same dream you are, will help you. I see a lot of you achieving your dream and it sure makes me happy; that is another dream of mine coming true! Keep up the good work!

By the way, the Y is having a triathlon and you can do it as a team. Do you run? Do you know someone else who bikes? Do you swim and know someone else who runs? Look

around and see if you can find a couple of people to join you and set this as a new goal.
The event will take place on October 5, 2003.

Stay cool. I'll see you soon!

Carol Lee