

Gina Paulhus'



Newsletter

"Home Bodies"

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Sweet Tooth Help



If you have a sweet tooth, start each day with a protein shake. Add in frozen fruit if you like. You can pre-empt your sweet cravings by consuming something sweet first thing.

The Meal Movement Can Jump Start You

I work with people on exercise and nutrition all the time, and it seems that the exercise piece comes easier to folks than the nutrition piece. In my opinion, one reason is that exercise can be done in an hour or less and doesn't even have to be done every day, whereas nutrition is an issue 24 hours a day, 7 days a week.

There are also a lot of confounding factors in nutrition. You need to plan by having the right foods available at the right time. You need to know what to do when you are out and about and not in control of what you have available or are served. You need to know how to manage emotions and stress that might cause you to make bad choices. And you need to be able to manage cravings without ruining your diet. You might also be responsible for feeding other people, which can be a lot of work and after all that you might not have much time and energy left for yourself.

Last month I came across a program called 'Meal Movement.' At first I was skeptical, because it looked like just another food delivery diet service. But after looking more closely, I realized that the food is exactly what I tend to recommend for most clients. It is natural, contains no preservatives, and contains plenty of protein and vegetables, two things that many packaged food programs do not.

The meal movement is a service where you receive 30 days of food (the full program has breakfast, lunch, dinner and snacks) for about \$13 a day. If you need to lose weight, the program promises 2-4 lbs. per week of weight loss if you are also exercising. While this is aggressive, it is safe because this plan is high protein and high vegetable. However, because the weight loss is aggressive it is not recommended to be on the meal movement for longer than 2 months at a time.

The meal movement teaches you what a proper portion is, and contains tons of variety. A common complaint when on a weight loss plan is that the food is boring. The meal movement offers 28 different entrees so you can practically eat something different every single day. Best of all, there is no thought or effort required, or any extra grocery shopping to do. You simply pull something out of the freezer, microwave it for a few minutes, and you have your meal.

I have been eating food from the meal movement for the past month and along with my husband we have rated every single item they sell at least a 6 out of 10, with many 9 or more out of 10.

<http://www.homeexercisecoach.com/meal-movement.html>

Protein Indulgences

Homemade Protein Peanut Butter Pudding

Mix together:

- 1 scoop chocolate whey protein powder
- 1 Tbsp natural peanut butter
- 6 oz. fat free plain Greek yogurt.



Coffee Frappe

Blend together:

- 1 scoop vanilla whey protein powder
- 1 Tbsp instant coffee powder
- 1 Tbsp cream or light coconut milk
- Sweetener to taste, such as stevia



Healthy Egg Salad

Mix together:

- 4 hard boiled egg whites
- 2 hard boiled eggs
- 2 Tbsp light mayo
- 1 celery stalk or cucumber, minced (optional)
- Salt and pepper to taste
- 1 tsp lemon juice
- ¼ cup cottage cheese (optional)

Serve on a pita or over salad.



Client Question:

I have been reading about 'eating clean' and am wondering what that's all about, and if it will help me lose weight. Is organic food 'clean?'

Trainer's Answer:

The idea of eating 'clean' is a common practice in bodybuilding, and recently has been popularized in the mainstream, specifically by Tosca Reno.

Eating clean and eating organic are not necessarily one in the same. Organic food is grown under certain guidelines keeping the food free of chemicals, however organic foods can contain added sugars and fats. Eating clean is generally food that is very simple but does not necessarily mean it's organic.

A typical 'clean' menu would be plain hard boiled eggs with fruit for breakfast, plain yogurt and raw almonds for snacks, tuna from a can mixed with olive oil and served on lettuce with some brown rice on the side for lunch, and a broiled piece of chicken or fish with a sweet potato for dinner. No desert, no sugar anywhere, no trans fats, no alcohol allowed.

Eating clean can help with weight loss because the diet tends to be naturally lower in calories, and by avoiding processed foods your liver is freed up to help you metabolize fats better. However, it's possible to still consume too many calories for your activity level in spite of eating 'clean.' Also, eating clean tends to reduce appetite over time simply because the food is kind of 'boring.' However, sometimes the opposite happens and you binge on other foods because you feel limited and deprived.

My recommendation is to generally eat clean, meaning to avoid processed foods and added salt, sugar and unhealthy fat. However, it's okay to occasionally allow yourself other foods because long term deprivation tends to lead people to binge or even abandon dieting or healthy eating efforts all together.

Like most things in life, it should be about moderation, not perfection, when it comes to 'eating clean.' It is possible to achieve all of your physique and health goals without eating clean 100% of the time, so why torment yourself when you have the occasional 'unclean' food? It won't matter in the long run.

Thanks for the kind words!

“Ashley Arpe and I trained for sixteen months. In that time I lost about 22 lbs when my original goal was 15 lbs.

Before her, I had no idea what it meant to have healthy fitness goals. I was eating bad and most certainly not working out the correct way. Before her my work outs consisted of going on the elliptical for a 30 minute session. She taught me how to use free weights to benefit my body type, she taught me different kinds of cardio methods rather than just the elliptical, she taught me what foods I should be eating, and most importantly what I should not be eating. With these lessons, and over time, she helped me reach my fitness goal.

Ashley is someone who cares about what she is doing. When you can find someone that cares about what they are doing it makes all the difference. She lives by what she teaches. She isn't just standing there telling you what to do, she shows you what to do, and she tells you what it will help with on your body, and she practices it herself. She likes to see her clients prosper from her work.

Ashley is great at what she does and I would recommend her to anyone that came to me asking for a life coach and/or personal trainer. She strives to help her clients and she strives to make herself a better person and that is a rare quality in people these days. She will be continuing to help people reach their full health potential for a long time to come, that I am sure of. I wish her the best of luck in all her future endeavors.

-Erika Bruzzese

Ashley Arpe is available to the Merrimack Valley, southern NH and any areas within 1 hour of Lowell, MA. She also works part time in southern CT.

Move of the Month: Lying Rotator Cuff

Requires: Yoga Mat, Dumbbell or small plate

Works: Rotator cuff

First Master: the motion without using a weight



How to start:

Lie down on your side with your top elbow set at your lower ribcage. Hold a weight across your belly button.

Action:

Keeping your elbow stationary, rotate your arm so that weight moves up above your body. Bring the weight as far back as possible keeping good form. You should feel the muscles behind your shoulder working. Think of pinching your shoulder blades together as you perform the exercise. The form is much more important than how far you can move your arm.

Do this many:

12-15 reps for 2 sets. A 2.5 lb. weight is a good place to start for most.



How to Use Health Obstacles to Motivate

By Ashley Arpe

There are many obstacles one must learn to overcome in life. Things that happen try to break us down such as let's say death in the family, or even being subjected to abuse. Remember--There is only one of you. Your health matters the most and the people around you care for you. Those who care for you will be there for you to provide support. Think about different obstacles that have taken place in your life. Break down what you have done about it. Remember those things which tried to break you down, and did you let it? If you do let people or tragedies break you down, remember it's up to you to stand up to them and face them. Do what you need to do for yourself not to let things get to you. Believe in yourself and you can achieve your own destiny.

Here are some things I've done which may be helpful for you try to learn to believe in yourself and take charge of your life. If you already do them, that's great--stay focused never let anything break you down. Be strong and stand up for yourself. The learning processing is never ending. Chanel obstacles in your life, stare them in the face and overcome them to make you stronger and wiser.

Recently my aunt passed away. This got me thinking as to what keeps my head in the game to take care of my health and want to teach people to care of themselves. Exercising and eating right is a lifestyle not a choice. All falls back to this which keeps me focused for life. Every 5th person in my family has learning disabilities. Mine were triggered at the age of 4 years old when I fell off the bleachers at a basketball game fracturing my skull. The fractured skull led to seizures. I was on medication for a while. At the age of 8 I was pulled out of a regular classroom and placed into special education. Then the scariest thing in my life happened, which has molded me to be a strong, secure, giving person. I was asleep at the age of 10-1/2 when I remember seeing spots of purple and green. I had a seizure in my sleep which pulled my right hip out of socket. All I remember after that is waking up in the hospital with a new hip. Take a moment in the unfortunate event that something of this magnitude happens to you to tell yourself not to sit around and do nothing about it. I could have. But that only would have made the muscles surrounding the joints weaker. Had I done that--well I don't want to even think about it.

Never has there or will be a second in my life I will stop working out, eating right. Doctors have told me if I do stop the next seizure I have could be fatal. This is all the more reason to workout out, eat right, and be kind to people forever. I've inspired many people to stop smoking, get off medication, and do good for themselves as I have a huge heart.

A couple of weeks ago a State Police friend called me up saying Ashley you inspired me so much. He told me how he has lost 22 lbs, been working out more, and eating better. He even told me he cut out sugar, salt, and junk food all together. He listened when I said drinking soda can unclog a drain--imagine what it does to your body. Back in the summer he would tell me things he ate regularly. I looked at him with a stone face and said, 'that will put you in the hospital do you really want to eat that?' Some need the cold harsh truth to change.

My Officer friend said to me he's seen so many with disabilities not do anything about it. He told me, 'you took charge of your life and will always inspire others as well.' He said, 'Ash, if you were not such a good person, inspiring others I as a Police Officer would not be friends with you. Since you truly are passionate about what you do I know for years to come you will inspire others and make a difference in their lives. I am about to cry from the things I've learned about you. I was what many think of cops, yes I ate donuts and bad food. Then I met you.'

I broke down my routine of 6 days a week of 60-75 minutes of intense exercise to share with him. It makes me feel good inside and out. After reading this article, how can you not take your workouts up a notch or even beginning a exercise regime? Break down your goals. Break down the steps needed you will do for yourself to get there. Set short terms goals, take action, implement a plan, write down what worked and did not work, write down steps needed to get you to your goal. Injuries can be overcome. Face them excited by the challenge. Do not let anyone get in your way. Even if I am your trainer, I am only there with you x amount of times per week. What you do the rest of the time is your choice. Do whatever your heart desires to work harder no matter what. My life changing story is why I appreciate being a Personal Trainer more and more each day. I hope this has inspired you to take charge of your life. If I am your trainer sure better expect tips posted up all over your house to continue to remind you why your health matters.

Meet Our Newest Trainer: Danna Solomon

Home Bodies Trainer to greater Dover NH

“I’ve always been interested in fitness and exercise, but haven’t committed to making it a career until recently. I was an athlete in high school, but never took exercise seriously until I joined the rowing team at the University of Vermont. Even though the team was considered a club team, it took me from being a junior varsity athlete to an elite athlete competing in some of the most prestigious races in the country such as the Head of the Charles in Boston and the Dad Vails Regatta in Philadelphia.

After graduating, I had to figure out how I wanted to stay in shape without having a coach and a practice plan every day! That’s when my interest in fitness really started to take off. I began reading articles and watching/taking advice from the trainers at the gym I joined; however, being part of a gym was a short term investment at the time since I took a year and went to Costa Rica to teach English. While there, I continued running, but I needed to come up with a way to get in weight training and different varieties of cardio work, without having access to a gym. I started using my imagination to create workouts with bricks, rocks, benches, etc. and soon people (mostly the women) around the small village I lived in saw what I was doing and were curious. They asked me to lead some workouts on the town soccer field and soon I was doing a small group training session about once a week and not even realizing it! Soon enough I saw women in the town running or walking on their own and they started telling me how much better and healthier they felt. The satisfaction of helping these women and hearing them say how much they enjoy the results after the hard work they put in made me realize that my future wasn’t going to involve teaching in a classroom setting, but instead was going to involve fitness and nutrition.

Since being back in the U.S., I have become a coach at UNH for the crew team and learned much more about how the body moves and how to design workout plans for a team. I am working with the novice women’s team; these women all come from different athletic backgrounds with some of them never being on a team or in a gym to some being on three different varsity teams throughout high school. The majority of them have never set foot in a weight room and I look forward to taking on that challenge during winter training to really help them develop the muscles needed to being strong elite rowers.

With a new client, I talk about their previous experiences with exercise and/or nutrition programs to find out what works and what doesn’t for that person.

It’s also important to find out the client’s goals. Since everyone is different, I believe there is no “one-size-fits-all model” and will utilize everything (whether stability ball, free weights, bands, body weight or just chairs and tables) to create an effective plan. I enjoy making exercise fun and different each session, to get rid of the

“boredom” that is often associated with going to the gym and doing the same thing every day. I enjoy doing circuit training and intervals to maximize the work being done and minimize the time needed. I believe that nutrition and fitness go hand-in-hand and everyone’s body needs fuel to work the best it can. Food should be considered fuel and depending on the stresses the body undergoes, everybody needs different fuel. I’m also a realist and know that of course, we can’t be expected to cut pizza and ice cream out of our lives forever. Everything should be taken in moderation.

Unfortunately, I have not been rowing as much as I would like to, but am happy that crew is still part of my life. Someday I hope to be back on a team, or owning my own boat, but until that day comes, I am training for triathlons and plan on competing in a few this coming spring and summer. I also enjoy snowboarding, hiking, snowshoeing, and pretty much anything else that involves getting me outdoors and being active.



Danna’s Qualifications

- American Council on Exercise (ACE) personal trainer
- International Sports & Fitness Trainers Association (ISFTA) personal trainer
- TRX suspension training certified
- Red Cross CPR/AED
- Captain of UVM rowing team
- Assistant coach to UNH rowing team

Danna is based out of Dover, NH. She can serve areas up to 30 minutes around Dover including the Seacoast and southern Maine.

How to Make Healthy Oatmeal Protein Cookies

Things You'll Need

- 1/3 c. oats
- 1 scoop vanilla protein powder
- 1 egg white
- 1/4 c. unsweetened applesauce
- 1/4 tsp. baking powder
- 1/4 tsp. cinnamon
- Splenda or stevia to taste (3 packets)
- chopped apple or raisins, optional



○ INSTRUCTIONS

Step 1

Mix everything together until well combined. You can also add in the chopped apple or raisins at this point. Be **creative!** You can vary the flavor of protein powder you use, or add in other spices and extracts. Any kind of dried fruit would work wonderfully, and a spoonful of natural peanut butter would add even more protein and great flavor.

○ Step 2

Spritz a cookie sheet with nonstick cooking spray and pour the batter onto the cookie sheet. You can use the recipe to make one big cookie, or several smaller ones if you like.

○ Step 3

Bake at 350 for 15-20 minutes (less time if you make several small cookies instead of one big one) or until the edges start to brown. This recipe will make one big dinner plate size cookie, and yes, you can eat the whole thing and not feel guilty about it.

This recipe is perfect for pre- or post-workout nutrition. They are easily portable and store well in Tupperware.

Nutrition facts without raisins:
Calories 230, Fat 3g, Protein 24g

Nutrition facts with 1/8 cup raisins:
Calories 295, Fat 3g, Protein 25g

Ways to Modify This Recipe:

Add vanilla extract

For extra flavor

Add coconut flakes

For a macaroon-type cookie

Add chopped walnuts or almonds

For added protein and healthy fats

Increase oats to 1/2 cup and add an extra whole egg

To boost the overall nutrition or to create a 'meal cookie'

Add ground flaxseed

For added fiber and healthy fats

Add a scoop of peanut butter or almond butter

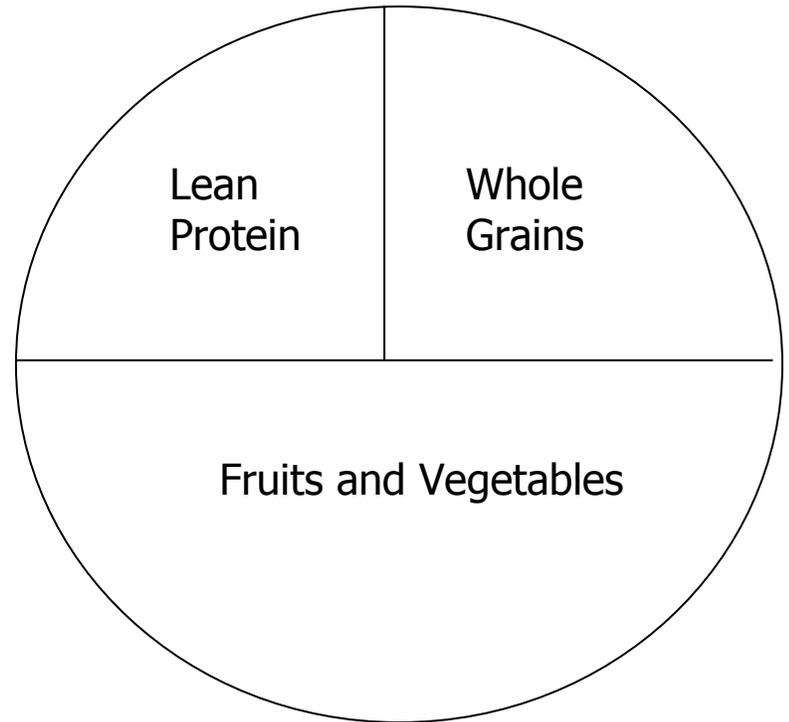
For added healthy fats



Tips for Keeping Your New Year's Resolution – All Year Long

Everyone starts the year with the best of intentions for improving health or losing weight. You've all seen it – health clubs and fitness classes that are full in January, and empty by February. It ain't easy, but it ain't impossible either, as long as you are willing to make small reasonable changes in attitude as well as lifestyle.

- **Firstly, you really have to want to achieve a certain goal.** Set reasonable goals, taking small steps at a time, marking the success of each small step before moving to the next.
- **Do something every day.** Anything, just move whenever you can, for as long as you can, throughout the day. Committing to do something every day sets the stage for consistency, which makes it easier to get into the exercise habit.
- **Speaking of consistency** – most people do better when they exercise at the same time every day, for example, taking a morning spin class or going for a power walk before work.
- **Set yourself up for success:** plan your food intake each day, so you won't be in a situation where you just eat what's handy. Keep a mental or written journal of what you eat as you go through the day and watch your portions!
- Easy way to watch your portions:
 1. One handful = one serving
 2. Divide your plate into segments: $\frac{1}{4}$ of the plate should be lean protein, $\frac{1}{4}$ whole grains and nutritious starches such as sweet potato, $\frac{1}{2}$ should be fruit and vegetables.



- **Healthy snacks should contain some complex carbohydrates for energy and protein and little bit of fat to stick to your ribs.** Examples include hummus and cut up vegetables, peanut butter and whole grain crackers, etc. Keep healthy snacks handy in your car, in your bag or at work.
- **Allow yourself a small treat now and then** – you'll be less resentful and more successful.
- **Work out with a friend to keep each other motivated.** Schedule workout dates and keep them, just as you would any other important appointment.
- **Hire a trainer to help you reach your goals for the ultimate in motivation and accountability.** Worried about budget? You can hire a trainer to jumpstart your exercise program, and meet with them periodically throughout the year to check in and give you new workouts.

The important thing to remember is that after a short time of sticking to your resolution, healthy diet, lifestyle and regular exercise becomes a habit – if you just give it chance.

Home Bodies Client of the Month for January 2012...

Kristy Regan of Haverhill MA

“I have been active my whole life and have always been involved with some type of activity whether it was working out at the gym, playing a sport or trying something new. However, In the past 3 years I had become very sedentary and for the first time in my life, put weight on.... about 26 lbs. I finally decided to try the ‘couch to 5 k’ which was ok until I realized I really wasn’t making the progress I wanted to see.

When I was working on the Couch to 5 K program (mind you I have never run for distance before) I realized my progress wasn’t what I thought it would be and I was still putting on weight. I finally thought to myself while I was on the treadmill during one of my runs, "I really need to find someone who can train me through this". I went home and looked up trainers online in my area. I came across Gina's Home Bodies website and loved all the information I found on it. I also liked her philosophy. So I sent her an email to get more information. I had never had a trainer before but figured I’d give it a try. My goal was to lose weight and to feel better about myself.

Gina has given me a variety of exercise programs to do throughout the week between weight training and cardio. I like that I can mix and match the programs....kind of like garanimals....I can get them all done 3x/ week or spread them out and do them 6 days a week. My weeks can be pretty busy with limited time so this type of program works for me.

Gina has the ability to modify my program if I am unable to do a certain exercise. She also has literally helped me turn a 180 with my eating habits. She has taken so much time to work with my particular food tastes....as well as taking the time to explain what types of food I need and when to eat them. ie protein vs carbs and fats. I used to subsist on sugar and now my diet is completely different. I started with keeping a food journal and made the changes to my food choices which was extremely helpful. Now I find I don’t need to keep the food journal anymore but it was a great tool when this was all so very new to me.

I started with Gina last April. I have lost almost 20 lbs and couldn't be happier. I am running in 5 k races now (which has always been a dream) and I am still working to lose more weight.



Kristy loves supporting causes she believes in with her newfound ability to complete a road race!!

So far I notice muscles on my body I have never had before and my small clothes I bought are now too big!

If you want to get it done....whatever your goals are don't waste time trying to do it yourself! Hire a trainer! They are the specialists and the professionals. They will get you there faster and more directly than if you try stumbling in the dark by yourself.”

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