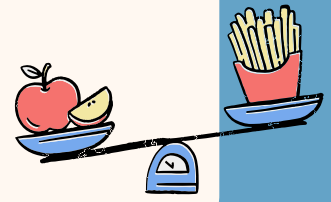




Nadine's Newsletter

...simple tips for healthy weight loss & living a healthier lifestyle, long-term



I've been working in the health and fitness world as a Certified Holistic Nutritionist, Personal Trainer, and Healthy Weight Loss Coach for nearly two decades! Plus, I've been on my own quest for a healthier lifestyle since the ripe age of 29, juggling young kids, a full-time job, and more recently the wild rides of perimenopause and menopause. I've picked up a treasure trove of wisdom, both from personal adventures and working with thousands of clients over the years.

Now my passion is to share my knowledge, tips, and tricks with you! For years, my trusty 'Sunday email' has been buzzing into your inboxes, building a lovely fan club (thank you to my loyal readers). But now, I'm excited to unveil my new 'Newsletter' format, a fresh go-to instead of those Sunday emails. Each newsletter will include a core message, healthy recipes & meal ideas, and my own personal stories of triumph and struggle. Yes... even after doing this for almost 25 years - I still have tough days and fall off track sometimes. You just keep going!

I hope you find these tidbits both intriguing and enlightening, helping you cruise on your "healthy lifestyle journey" for the long haul!

In order to change our body size, improve our health, or improve endurance/athleticism, we must change.

To become a healthier, different version of our current self, we **MUST** let go of the lifestyle that is keeping us from our goals. Sure, you can white knuckle weight loss, follow fad diets, over restrict yourself to quick weight loss, **but you will not maintain weight loss unless you change your lifestyle, habits and dietary style forever.**

Today's Agenda:



Shedding Pounds the Healthy Way

(and making it stick for the long haul!)

Does the statement above resonate with you?

Haven't we all 'white knuckled' a fad diet

for several weeks or months?

Or, tried cutting our calories back way too much

to lose weight quickly?

Instead, let's do this the right way!

Let's focus on our habits, our lifestyle, and our identity.

It's important to recognize that IF you see yourself as a healthier, fitter person, who consistently chooses healthier choices at home and also in social settings ~ your chances of long-lasting change improve drastically.

This doesn't mean that you're only eating chicken and broccoli, having to workout for hours on end, or never going out with family/friends for a social evening... Instead, aim for a balance each week, with your healthier choices trumping the unhealthier ones. I've always preached the 80:20 rule. If you're making healthy choices approximately 80% of your week, then you will see positive change overtime, guaranteed! This is how you lose weight without feeling like you're on a diet (the best and most sustainable way to lose)!

How do you know if you're reaching 80%?

Focus on your nutrition choices for 1 week. Fill out a journal - tracking ALL of your meals, snacks and any other items you eat (such as a handful of crackers or nuts). Add them all up to find your total. Then add up all your choices that you know were healthy (lean proteins, complex carbs, proper serving sizes, & not overdoing any additional sauces, dressings or other added fats).

Divide your healthier choices by the total number of choices to find your %.

For example: the sample below has 24 total meal/snack choices. 20 of them were considered healthy & balanced. $20/24 = 83\%$

Based on my experience over the years with clients... If you're hitting:

80-100% consistency each week = expect to bid farewell to 1-2lbs of fat weekly

65-80% = wave goodbye to 0.5-1lb per week

50-65% = you're on the maintenance train (not much change, if any)

Less than 50% = you'll be welcoming some extra pounds over time

DAY of WEEK	BREAKFAST	LUNCH	DINNER	Snack?	Treat?
MONDAY	2 hard-boiled eggs + 1 slice ww toast + apple + ¼ cup walnuts	1 cup cottage cheese + 2 homemade banana muffins + 1 cup sliced cucumbers	5-6oz baked chicken breast + 1 cup baked potatoes + 3-4 cups green salad (with TBSP dressing)	No snacks	No treats
TUESDAY	1 scoop protein powder (+ water) + 1 slice ww toast + 1 TBSP almond butter (on toast) + ½ cup berries	5oz left-over chicken breast on left-over green salad (about 3 cups) + 1 banana muffin on the side	2 cups homemade chili (with ground chicken, turkey, beef or vegetarian) + 3 cups green salad (TBSP dressing)	No snacks	No treats
WED	¾ cup plain Greek yogurt with ½ cup berries and ¼ cup almonds sprinkled in + 1 homemade banana muffin	2 cups left-over homemade chili + apple	3-egg Frittata (with broccoli, onion, carrot and bell pepper) + 1 slice ww toast	Simply Protein bar at 4pm	No treats
THURS	1 scoop protein powder (+ water) + 1 slice ww toast + 1 TBSP almond butter (on toast) + ½ cup berries	1.5 cups left-over homemade chili + apple	OUT FOR DINNER with family: 3 slices pizza + Caesar salad (lots of dressing) + beer + 1 slice garlic toast	No snacks	Dinner was a treat !
FRIDAY	2 TBSP almond butter + 1 slice ww toast + apple	1 cup cottage cheese + 3 Wasa crackers + handful of cherry tomatoes	1 homemade hamburger + whole wheat bun (with mustard and ketchup) + 3-4 cups green salad + TBSP dressing	Handful of crackers + glass of wine before dinner	After work snack was a treat !
SAT	Slept in (no breakfast)	1 cup plain greek yogurt + ½ cup berries Toasted tomato and cheese sandwich (2 slices ww bread) + TBSP light mayo	Left-over Hamburger + whole wheat bun (with mustard and ketchup) + 2 cups steamed broccoli (tsp of butter on top)	¼ cup nuts + apple at 4pm	Bowl of popcorn while watching a movie Saturday night

SUNDAY	2-egg omelet + 1 slice ww toast + apple + ¼ cup Brazil nuts	1 can tuna (+ TBSP light mayo) + 4 Wasa crackers + 1 cup sliced canteloupe	1 slice homemade Lasagna (approx. size of fist) + 3-4 cups green salad (1 TBSP dressing) + 1 glass red wine	No snacks	1 red wine with dinner
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Lifestyle habits that can speed this up (or slow it down)...



HYDRATION

- Staying properly hydrated throughout the day can improve metabolism and fat loss



A GOOD NIGHT'S SLEEP

- A good, deep sleep (averaging 7-9 hours) helps to balance hormones better, improve blood sugars/insulin sensitivity, decrease cravings and can definitely enhance fat loss



STRESS MANAGEMENT

- Keeping your body more relaxed (even just 2 minutes of deep breathing) can help to improve blood sugars/insulin sensitivity, sleep and fat loss



More MOVEMENT (aiming for 5,000 steps or more, per day)

- The more we move throughout the day, the more calories we burn - which definitely helps to create a calorie deficit sooner, speeding up fat loss



EXERCISE, consistently

- Consistent bouts of exercise (10 or more minutes) at moderate to intense levels will greatly improve blood sugars and insulin sensitivity, boost metabolism, improve sleep, stress and help to create a calorie deficit sooner... This all contributes to greater fat loss overtime!

OTHER Notables:



- keeping your digestive system & microbiome strong and healthy helps
- hormones (hypothyroid, menopause, high stress/cortisol levels, insulin-resistance, perimenopause... any slight imbalances may slow fat loss down slightly)
- having an accountability partner can help tremendously
- an environment conducive to your health goals will make healthier choices easier
- limiting meals out (making more meals at home gives you more control)
- getting enough protein and fiber in your meals is a main goal with your nutrition
- a positive mindset (seeing food as fuel, versus what you're missing out on)
- keeping things simple versus overthinking things
- loving yourself and making time each day for your self-care
- journaling daily (no excuses) is tremendously helpful

If you feel overwhelmed... Start with just one lifestyle habit!

I've always felt our **NUTRITION** is our foundation.

Start here. Start now. September has always been my busiest month with clients... it's a great time to buckle down!

Using the meal plan we built together (and corresponding information documents) - sit down and make a plan for your first week.

Commit to reaching 75% for your week (or more) and don't get down on yourself if you have a tougher day. Just keep going, and keep 'practicing' eating your 3 healthy, balanced meals every day (and incorporate a small/balanced snack if required).

Stick to just a couple 'treats' each week. If you are exercising regularly, you have a bit more wiggle room and can maybe enjoy three treats each week!

Whatever it is... just get started. Don't wait for the perfect time. After the first week or two, you'll start to get some momentum going!

And before you know it, a month will pass with healthier choices and you'll start noticing better energy levels, better sleep, better focus at work, and a better number on the scale! But pay attention to all the little things happening when you eat better! Your clothes are fitting better, you're feel happier and more confident, you're enjoying your meals and they are filling you up (because they have more protein, fiber and they are more balanced)! Focus on your health, not just a number on the scale.

Once you feel like you're getting into a good groove with your NUTRITION, then start to work on a second lifestyle habit - whether that's adding in some exercise (such as

committing to five 30-min brisk walks each week), or start tracking your daily steps and aim for 7,500 each day. OR maybe your stress has been too high and so you start adding in a 10-minute meditation every evening before bed, or join a hot yoga studio. One habit at a time, one day at a time... You've got to start somewhere 😊

JOURNALING is an EFFECTIVE TOOL for Success!

I cannot stress enough the importance of one particular habit: journaling your daily choices!! This practice fosters accountability and can significantly impact your weight loss journey.

Recently, I discovered an excellent journal on Amazon, designed for a three-month period to help track various aspects of your health, including nutrition, exercise, activity levels, water intake, sleep, cravings, daily victories, and strategies for improvement the following day. I plan to begin using this journal on Monday, September 1.

Who's with me?



Would you be Interested...

I'd like to offer a FREE virtual meeting (via zoom) early September, with focus on healthy weight loss.

Are you feeling ready to kick it up a notch, but have questions, some confusion, or need a little additional support? This session will help you feel confident with your plan of attack! I'll focus on optimal nutrition for weight loss, meal ideas (and healthier restaurant choices too), the best and most effective exercise options to incorporate, how to keep yourself going on those tougher days, and more!

Please email me if interested ~
nadine@healthierlifestyle.ca



Healthy Chicken Breast Recipes (that aren't boring)!

... to help you incorporate more chicken breast (a healthy/lean protein) into your diet 😊

**Lemon Roasted Chicken
and Potatoes (using
chicken breast):**

<https://kaynutrition.com/lemon-roasted-chicken-and-potatoes/>

**Curried Honey Mustard
Chicken:**

<https://kaynutrition.com/curried-honey-mustard-chicken/>

**Golden Chicken Lentil
Soup:**

<https://kaynutrition.com/golden-chicken-lentil-soup/>



5oz lemon roasted chicken with 1 cup roasted potato, steamed green beans and baby tomatoes



5oz curried honey mustard chicken with ½ cup cooked rice and a large green salad on side (TBSP dressing)

That's all for today 😊
Enjoy the rest of your summer!

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