

GET THE
Red
OUT!

Amore

February 2011 Newsletter

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“The melting point of cocoa butter is just below the human body temperature – which is why chocolate literally ‘melts in you mouth’.” ~ Whole Foods Market



“BODIES BY ALICE”

Presents...

“THE CHALLENGE”

I DARE YOU TO TAKE THE “CHALLENGE”!!!

COMPETE AGAINST EACH OTHER (ALL MY CLIENTS)

IN A 10 WEEK INTENSE CHALLENGE...

LOSE THE LARGEST % OF WEIGHT & YOU WIN!!!

THE PRIZE... A FREE WORKOUT WITH ME

~OR~

THE OPPORTUNITY TO BE MY PERSONAL TRAINER FOR ONE

www.GetTheRedOut.org

**WORKOUT & GET THE CHANCE TO KICK MY ASS FOR A CHANGE :)
THE CHOICE IS YOURS; ALL YOU HAVE TO DO IS WIN!**

Are you at your desired weight?

Are you eating healthy and to feeling energized?

HAVE YOU ACHIEVED YOUR GOALS?

**If not, it's time to take the "THE CHALLENGE" and
CONFRONT "YOUR ISSUES" ONCE & FOR ALL!**

IT ALL BEGINS THIS WEEK SO...

**Call me immediately to discuss all the options available to
GET & STAY FIT FOR THE REST OF YOUR LIFE!!!**

FIRMLY YOURS,

Alice Marino

Have You Had Your Chocolate Today?



Chocolate is for lovers, or so the saying goes. Researchers, however, are finding that chocolate is for everyone! They have discovered that consuming a small amount of good quality dark chocolate regularly provides the body with many healthful benefits, particularly with respect to the heart.

Chocolate comes from the beans of the cacao plant, which are rich in flavonoids similar to those found in red wine, green tea, peanuts, and berries. These flavonoids act as natural antioxidants that protect your cells from toxins in the environment. They neutralize free radicals that can lead to high cholesterol levels, hardening of the arteries, and the risk of heart attack by keeping platelets from sticking together causing clots and by improving blood-vessel elasticity. Flavonoids also

help to lower blood pressure and support overall cardiovascular health.

In addition to flavonoids, dark chocolate contains essential minerals like potassium, magnesium, copper, and manganese as well as vitamins B1, B2, D and E and over 300 known chemicals and compounds, some of which can lift your mood and give you a boost of energy. There is good news for diabetics, too. Because of the high percentage of cacao contained in dark chocolate, it ranks low on the glycemic index – a ranking of carbohydrates according to their effect on blood glucose levels. This means it causes only small changes in blood glucose and insulin levels when consumed in moderation.

To gain the greatest health benefits from dark chocolate:

- Buy organic, high-quality chocolate containing at least 70 percent cacao. More flavonoids are found in dark chocolate than in other types of chocolate because the dark variety contains higher levels of unprocessed cocoa. Since dairy can interfere with the absorption of antioxidants, milk chocolate does not offer the same health gains.

- Consume small amounts several times a week. However, as good as chocolate seems to be for you, it is still high in fat and calories. The health advantage of chocolate disappears when you overindulge.
- Read the label. If chocolate contains fat ingredients other than cocoa butter, it might contain the more harmful saturated and trans fats. The fat in chocolate is made up of equal amounts of the healthy monounsaturated oleic acid that is found in olive oil, stearic acid, and palmitic acid. While the latter two fatty acids are both forms of saturated fat that has been linked to increased levels of LDL-cholesterol, only stearic acid appears neither to raise nor lower cholesterol levels. This finding suggests that only 1/3 of the fat found in dark chocolate is harmful. Also, avoid chocolates with flavored fillings, caramel, or nougat as these add calories, sugar, and harmful fat.
- Store chocolate at a temperature between 65-70 degrees F in a cool, dry, well-ventilated place. Chocolate absorbs odors, so store it in its original wrapping rather than in a container, and keep it away from any foods that might contaminate its flavor. Do not refrigerate chocolate. If stored properly, dark chocolate can last well over a year.

Food Focus: Strawberries



Those red, plump, delicious, heart-shaped berries are the most popular fruit in the world. Although they are usually available at most grocery stores year-round, the peak season for strawberries extends from April through July.

Over the past 20 years, dozen of studies have shown that diets high in fruits and vegetables help decrease the risk of cancer, inflammatory diseases, heart disease, and birth defects as well as help to maintain ideal body weight. Strawberries are no exception. Their brightly colored red flesh contains phytonutrients that help protect the body against free radicals and diseases like breast, cervical and esophageal cancers. Strawberries are also an excellent source of copper, dietary fiber, magnesium, manganese, omega-3 fatty acids, potassium, riboflavin, and vitamins B, C, and K.

When purchasing strawberries, keep in mind that they are perishable. Strawberries do not ripen any further once they have been picked, so choose ones that are deep red in color, shiny, free of mold, and have their green tops attached. To store: remove all spoiled berries from the box, keep them in their original container, cover with plastic wrap, and refrigerate 1 or 2 days only for optimum taste, texture, and nutritional value.

Recipe: Chocolate Covered Strawberries

Yield: 20 strawberries



1 pound (about 20) strawberries with stems, washed and dried very well

6 ounces organic dark chocolate, chopped

Rinse, but do not hull the strawberries. Drain and pat completely dry.

Put the chocolate into heatproof medium bowls. Fill medium saucepan

with a couple inches of water and bring to a simmer over medium heat. Turn off the heat; set the bowls of chocolate over the water to melt. Stir until smooth. Once the chocolate is melted and smooth, remove from the heat. Line a sheet pan with parchment or waxed paper.

Holding the strawberry by the stem, dip the bottom half of each strawberry in the melted chocolate. Twist the strawberry so that the chocolate forms a "tail" at the end. Set strawberries on the parchment paper. Repeat with the remaining strawberries.

Upcoming Events



BE ON THE LOOKOUT FOR MY NEW BUSINESS COMING THIS SPRING...

"BODIES BY ALICE" GOES "K9"!

***Private & Group Sessions w/Your "Best Friend"**



Your dog is usually an accurate reflection of you; *with that said...* look at that precious pup... Could your pooch **be** the motivation to get you to shake your tail? Then let's get it moving with **"TAILS A WAGGIN!"** Join me for the **"K9"** workout of all times. Think of your 4-legged friend as exercise on a

leash, it's that simple! This is unprecedented, so get in on the newest craze!



All New 2011 "WOMEN'S GROUPS" ...

An intimate group setting to share our needs with each other and be heard! A moment in time where *you count, you speak and you get answers!* It is not only about weight, but also about living in harmony within you. It's the "Mind, Body, Spirit" connection we all need so desperately.

"WHY WEIGHT"? 2GETHER WE CAN GET THE RED OUT!!!



Join in a group of educated, well rounded (no pun) women in a 100% Confidential Intimate Women's Group to realize and address your innermost obstacles and overcome them. Regain your self-esteem and self-worth and become empowered to engage in self-love and reach your ideal weight as well as live your ideal life! We will explore many different methods including positive visualization, breathing techniques, exercise and meditation just

to name a few. Nutrition will always be addressed as a key element to enable you to live a life you truly love!

Cooking classes: One-on-one or group classes, my kitchen or yours, \$\$ priced accordingly.

Guided Food Shopping tours: One-on-one or with a group, \$\$ priced accordingly.

Group Workshops: **Body Image: Facts vs. Fiction ~ the Sugar Blues**

Eating for Ultimate Energy ~ Women's Health Concerns
Create Your Future Using Imagery ... and more.

Workshops arranged in your home, office, or mine, \$\$ priced accordingly.
Contact me today for details, Alice Marino at 718-815-4007



Forward to a Friend... It's such a pleasure to help those closest to us become happier and healthier. Please forward this newsletter to friends, family members or colleagues who might be interested and inspired by it.