

GET THE *Red* OUT!

November 2010 Newsletter

ALICE MARINO, PFT, HHC, AADP
Board Certified Holistic Health Practitioner
Nutrition & Lifestyle Coach
Personal Fitness Trainer
718-815-4007 www.GetTheRedOut.org
718-980-BODY (2639) www.BODIESbyALICE.com

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“BODIES BY ALICE”

presents...

PRE-HOLIDAY Workouts!

HERE THEY COME AGAIN... **THE HOLIDAYS!!!**

ARE YOU SATISFIED WITH THE WAY YOU LOOK AND FEEL?

Did you promise yourself to be at your desired weight by now,

to be eating healthy and to feel energized?

HAVE YOU ACHIEVED YOUR GOALS?

If not, then it's time to get started before you come down with a serious case of the notorious “**HOLIDAY BLUES**”.

Most Americans **gain an additional 7-15 lbs in the next 2 months!**

Would you care to join them... or ME?

Call me immediately to discuss all the options available to

GET & STAY FIT FOR THE REST OF YOUR LIFE!!!

FIRMLY YOURS,

Alice Marino

Holiday Survival Kit: Plan What You Eat and Eat What You Plan



Turkeys are not the only things that end up stuffed on Thanksgiving Day. Did you know that as a nation, we will consume more calories on that day than on any other day of the year? The reasons vary as to why we feel the need to consume large quantities of food on Thanksgiving and can range

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from “I eat because it is there” to Seasonal Affective Disorder (SAD). Tradition has conditioned us to feast on this day with family and friends to honor our country’s agrarian past and bountiful harvest. Today, that bountiful harvest comes from the grocery store and brings with it the stress of planning, shopping, and cooking during the holidays, often alone. Entertaining family and friends spawns its own set of pressures as past, present, and future relationships are renewed, reexamined, and re-formed. It is no wonder that we overeat during the holidays! The following hints will help you stay on track during this food-filled season.

Eat normally during the day – Starving yourself before a big meal will not only increase your appetite but also adversely affect your mood. Pace yourself throughout the day by starting with a healthy breakfast followed by a light lunch.

Develop a Healthy Eating Plan – With abundance comes temptation, so create a plan to eat healthy before the holidays begin. Make food a part of the festivities, but not the sole purpose for them. Eat the food you love but in smaller amounts. Make your initial helping last by eating slowly. Wait 10 minutes before going back for seconds as it takes time for your brain to realize that your stomach is satisfied, 20 minutes to be precise.

Drink Plenty of Water – Drinking water before your holiday meal will stave off hunger pangs, suppress your appetite, keep you hydrated, and boost your energy level. Consuming too much alcohol not only adds empty calories but also lowers your metabolism as well as your awareness of how much you are eating.

Focus on the Occasion – Savor not only the meal but also the ambiance and fellowship of the day. Feed all of your senses, not just that of taste, with the glorious sights, sounds, and smells of the holiday season. Enjoy the camaraderie of family and friends – talking is a wonderful way to avoid overeating.

Keep Active – Maintain balance during the holidays by exercising. You can control your weight, reduce stress, and keep your body toned with a healthy workout. If you don’t have time to go to the gym, just move more during the day. Every extra step counts! Exercise is the best safeguard against overeating.

Count Your Blessings – *“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.” ~ Melody Beattie*

Food Focus: Nuts



Nuts are making their way into the limelight and receiving the attention that they so well deserve. Previously, nuts were considered a high calorie and high fat food that should be avoided by those worried about related side effects. Recently, however, studies have revealed that almonds, walnuts, peanuts, pistachios, pecans, pine nuts and hazelnuts hold many healthy benefits. Nuts are one of nature’s best plant sources of protein as well as being rich in fiber,

phytonutrients, antioxidants, vitamin E, magnesium, potassium and monosaturated and polysaturated fats. These nutrients are essential in maintaining normal blood pressure, reducing heart disease and lowering LDL cholesterol (bad cholesterol). Additionally, nuts have been reported to decrease the risk of dementia, gallstones, macular degeneration, strokes, and Type 2 diabetes, as well as alleviate depression and boost relaxation.

When purchasing nuts, **GO RAW!** Always check the expiration date and discard any discolored or molded shells. Nuts can be stored for a few months in a cool, dry place; however, shelled nuts are kept best if refrigerated or frozen. Personally, I prefer the freezer which also adds a nice freshness each time you eat them. Avoid nuts that have been over-processed or flavored as the additional additives can reduce their nutritional benefits.

Including more nuts in your diet is simple. Sprinkle them into your salads, stir-fries, yogurt, and cereal, or eat them by the handful as a delicious snack. How much to eat? The recommended daily consumption is 1-2 oz., so **GO NUTS!**

Recipe: Homemade Trail Mix



3 cups mixed raw nuts (unsalted, unroasted): try organic almonds, cashews, walnut halves, pecan halves and raw peanuts
2 cups mixed dried fruits (preferably organic): try raisins, dried chopped apricots, dried chopped dates, dried chopped figs, cherries and cranberries
1/2 cup mixed raw seeds: try pumpkin, sunflower, sesame

Preheat oven to 350F. Place the nuts on one cookie sheet and the seeds on another, each in a single layer. Bake about 10 minutes for the nuts and 5-7 for the seeds, until just starting to brown. (The nuts and seeds can be used raw if you prefer). Pour into a heatproof bowl and let cool.

Once cool, toss nuts with the fruits. Pour into sealed containers and store in the refrigerator for up to 2 weeks. Makes about 6 cups.

Upcoming Events

“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!



HOLIDAY GIFT CERTIFICATES

Are Now Available for Your Loved Ones



BE ON THE LOOKOUT FOR MY NEW BUSINESS... COMING 2 U SOON!!!

“WOMEN’S GROUP” ...

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

2010 Referral Program

For each individual you refer to me, that signs up for Personal Training or A Health Counseling Program, you will receive

A "FREE" PRIVATE ONE-ON-ONE WORKOUT!!!

It’s that simple.

Please share this opportunity with your friends, family and co-workers.

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.