

# INNER STRENGTH

Fit Words for Everyday People

By: Susan Caldwell, Certified Personal Trainer (and Mom!)



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[www.SusanCaldwell.com](http://www.SusanCaldwell.com)

[susancaldwell@nc.rr.com](mailto:susancaldwell@nc.rr.com)

PO Box 99341, Raleigh, NC 27624

(919) 889-2598

## The Secret to Feeling Fantastic, Looking Younger, and Adding Years to Your Life ... is all about the food you eat.

With the holiday season starting in a few months, now is the time to start developing eating habits that will help you through the busiest time of the year, and help you develop eating healthy habits for life! This month's Inner Strength is all about eating healthy. On September 27, I will be hosting an all hands-on healthy cooking class for adults where we will make a healthy meal and discuss nutrition. Visit [www.SusanCaldwell.com](http://www.SusanCaldwell.com) for more info!

## The **Skinny** Of the Month

*Eating well doesn't have to take a lot of time. Many of the simplest meals are delicious and loaded with nutrients. Try the following tips for tasty, nutritious menus that you can put together in 15 minutes or less.*

**Drink your breakfast:** Start your day with a smoothie. Just spoon a cup of low-fat yogurt, a few frozen berries, fruit juice, and banana in a blender. Add a quarter cup of powdered nonfat milk for a satisfying meal that also packs 625 milligrams of calcium -- more than half of what you need for the day.

**Turn a potato into dinner:** Fill a baked potato with black beans, salsa, and an ounce of shredded pepper-jack cheese to make a meal. This contains 12 grams of fiber and 12 grams of protein. The cheese has a third of the fat of butter, plus you get more than 200 milligrams of calcium. YUM!

**Go Green:** Spinach pasta gives you twice as much potassium and folic acid as the regular pasta, along with lots of beta-carotene. For a quick and easy meal, toss spinach bow ties with grilled chicken, crumbled feta, black olives, and chopped tomatoes.

**Avoid that afternoon slump:** Eating between meals can keep your energy up and your weight down. Choose snacks that combine carbohydrates with protein for a pick-me-up that lasts. Try hummus and carrots, or 2% reduced fat cheese and whole wheat crackers. If you are in a hurry, another great option is to try the 100 calorie Snack Packs that are readily available at most grocery stores.

**Choose a frozen fruit treat:** For a quick and healthy sweet snack, wash seedless grapes, put them in a ziplock bag and toss them in your freezer. Grapes contain great antioxidants that help protect your heart, and they're even sweeter when frozen.

**Limit dining out:** Dining out can quickly derail your nutrition goals, as you give up control of what you are eating! When dining out, avoid hidden dangers by asking for dressing and sauces on the side, and send the bread back!



## No More Excuses!

***"We dine out most meals because I don't have time to cook."***

If time is a factor, prepare your meals ahead of time by cooking or preparing items on weekends that can be used in numerous meals through the week. Grill chicken, then use it through the week on salads, for chicken fajitas with brown rice, and as a main meal with frozen "steam-in-the-bag" veggies found in most super markets. Prepare meals on the weekends that can be easily frozen and put in the oven in a hurry! You and your body will thank you for it!

### **Key Lime Pie** (from ToneUp Member Gina Sanders)

1/4 cup hot water      1 8 oz. tub fat free Cool Whip  
1 reduced fat graham cracker crust  
2 (6 oz.) containers light or fat free key lime yogurt  
1 (4 serving) box sugar free lime jello

Dissolve jell-o in hot water, whisk in yogurt until well blended. Fold in thawed Cool Whip. Pour into crust and refrigerate at least 4 hours until set. ENJOY!

*As a person who once weighed 300 pounds and has lost 'half my size,' making healthy choices has become part of my life. If you are looking for an extra person on your team to help you improve your life and meet fitness goals designed for you, I'd love to talk with you. Visit [www.SusanCaldwell.com](http://www.SusanCaldwell.com) for more information.*