



Success Manual

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Goal Setting 101

Setting goals will enable you to eliminate the distractions in your life and help you to focus on the really important things. By knowing exactly what you want, you are able to concentrate on specific areas with more accountability and focus. Goals allow you to get *more* things done so you can achieve *more*. Who doesn't want to achieve more?

I like to take one large goal and break it into smaller, more attainable "mini-goals". This will give you the direction you need if you get off track. Goals create steps. The old saying goes, "How do we eat an elephant?" Answer: One bite at a time. No matter what task we have to tackle, we often can't do it all at once. We can, however take small steps toward completing the task.

Always, always, always write down your goals! Set small, measureable, and attainable goals. Focus on getting the *result* that you want. Why did you set this goal? Why is it important to you? Make a commitment to yourself, and then take action with your end result in mind. Use your time wisely and work hard. Don't waste your valuable time and energy with filler.

Tell everyone you know about your goal. You have probably heard this a hundred times, but it really works. This will create accountability, and the more accountability, the more likely you are to succeed!

One more thing...."Today, not tomorrow" is critical. Don't put anything off until tomorrow...it will never get done. Besides, if it is really important to you, then why would you wait? Do it TODAY!

What is your Goal?

Define it. What do you really want? Be Specific.

My Goal: _____

Now, decide what you need to do to achieve it (list 3 plans of action)

1. _____
2. _____
3. _____

What hasn't worked in the past (list them)?

1. _____
2. _____
3. _____

What you will do different this time (list a couple)

1. _____
2. _____
3. _____

Your Action Plan:

What is it? _____
When are you starting it? _____
Why are you doing it? _____
Who are you sharing it with? _____
What is your time frame (finish line)? _____

Hint: Don't use try or can't, use "will & can". Create positive words and actions!

As you know, we need to rely on more than just willpower. A plan will help you establish your goals and continue to have more success like a snowball effect.

Now that we have a plan, we want you to get a calendar and map out your plan. Here's an example...

1. Add the date you going to start
2. Add the day you plan to reach your goal
3. Pick the days you're allowed to have a treat
4. Pick & set your appointments to exercise
5. Track the exercise
6. Track your daily food intake
7. Your hours of sleep
8. Your water intake
9. Pick the days you are going to measure or weigh yourself
10. Add totals to the calendar month

It's that easy!

Success will come with a plan. Sit down, map out your action plan, and write it down in your schedule. Make it REALITY.

How many times have you had the same New Year's Resolution? Now is the time to succeed. You can make that happen!

You *can* and *will* be successful with commitment and time! (This reaches out way beyond fitness- and you can apply this concept to ANY area of your life.)

We will leave you with this worksheet as your boot camp homework & challenge. You have to have a clear plan.

You may change it as needed, but if you don't start with something at all where do you go from here?

If I told you to meet me at my house and said nothing else, how are you going to get there? Think about it!

10 Home & Travel Workouts

The 100's Workout!

You must complete these in order, and finish ALL 100 reps. You can break the exercises into different reps (ex 25 reps instead of 100, but you must do 25 reps of each exercise in a row, and then go back and complete 3 more sets.) Minimal rest periods!! Have fun! Don't forget to cool down when you are done.

Warm-Up: 5 Minutes

- 100 Jumping Jacks
- 100 Alternating Backward Lunges
- 100 Assisted/ Regular Push-ups
- 100 Frog Jumps
- 100 Dips (use a chair or bench)
- 100 V-Jumps
- 100 Inchworms
- 100 Alternating Front Kicks
- 100 Prisoner Squats (quick- no lock at the top)
- 100 Supermans
- 100 Mountain Climbers
- 100 Crunches Legs down.
- 100 Bicycle Crunches

Fat Blaster: Cardio & Core:

Interval Training Day 40 minutes: bring a watch with you that keeps seconds. Run for 1:30 (minute and a half) and recover (slow jog/very fast walk) 1 min. Keep repeating this until you complete the 40 minutes. The time will go by faster than you think because you will be watching the clock. Do the best that you can! Cool down and stretch well when you are finished.

Core Work:

- 60 seconds of the JACK KNIFE! A Boot Camp FAVORITE!
- 10-10-10-10 (10 crunches legs STRAIGHT up, 10 regular crunches, 10 legs down, hold your legs out with your hands under your glutes for 10 sec.)
- 50 basic crunches (for speed)
- 20 Supermans
- 25 Scissor Kicks
- 25 Flutter Kicks
- 25 Sea Turtles
- 50 Crunches Legs Up (as straight as you can make them. *tip- tighten your quads!)
- 30 seconds Plank
- 50 Crunches Frog Crunches

40 bicycle crunches
25 more Supermans
30 Seconds on each side of the Side Plank
25 more Sea Turtles

Sculpting for Tight Glutes, Hips, & Thighs

Circuit 1: Repeat **3 times** with minimal rest between circuits

20 Basic Squats
20 Mountain Climbers
20 Walking Lunges
10 Burpees

Circuit 2: Repeat **3 times** with minimal rest between circuits

10 Lateral Lunges
20 V-Jump to Tuck Jump (the set counts as 1 rep)
20 Sumo Squat
20 High Knees (Each Side!)

Circuit 3: Repeat **2 times** with minimal rest between circuits

20 Groucho Walk Forward (a favorite of mine from P90X!)
20 Groucho Walk Backward
20 Jumping Jacks
20 Front Kicks (each side)

This part is not a circuit- just perform the exercises as described.

30 Abduction- on each side (15 full range of motion, then 15 at the TOP 1/2 of the range)
25 Tea Cups (aka Fire Hydrants) on EACH side
25 Donkey Kicks on EACH side
15 Supermans

Strength and Toning for Upper Body

Warm Up:

Large Arm Circles (forward and backward)
10 Down Dog with SCOOP into Cobra
10 Push-Ups (assisted or Regular)

3 Sets (straight though without rest):

10 Push-Ups *straight into* 30 seconds Plank

Then...this GIANT Circuit: Repeat 2-3 times (you will need a set of 5-10 lb weights)

18 Rows (with weight)
18 Triceps Kickbacks (with weight)
18 Bicep Curls (with weight)
18 Front Raises (with weight)

- 18 Flys (with weight)
- 18 Reverse Flys (with weight)
- 18 Dips on a chair or bench
- 18 Hammer Curls (for Biceps - with weight)
- 18 Lateral Raises (with weight)
- 18 Chest Presses (with weight)
- 18 Pullovers (with weight)
- 18 Overhead Triceps Press (with weight)
- 18 Arnold Press (named after Arnold Schwarzenegger - with weight)

After you have completed your 2-3 sets, your upper body should be pretty fatigued! Finish it off with 2 MINUTES of arm circles! 60 seconds to the front and *another* 60 seconds backward. Enjoy!

Stretching and Cool-Down Routine (to be completed at the end of each workout):

Hold each stretch for at least 20-30 seconds for the greatest benefit.

- 5-8 Worlds Greatest Stretch (each side)
- 5-8 Down Dog into Cobra
- 20-30s seconds Hip Flexor Stretch
- 20-30s Hamstring Stretch
- 20-30s Hamstring Stretch (over to left ankle)
- 20-30s Hamstring Stretch (over to right ankle)
- 20-30s Piriformis Stretch
- 20-30s Quadriceps Stretch (each)
- 20-30s Inner Thigh Stretch
- 20-30s Torso Stretch
- 20-30s Chest
- 20-30s Triceps
- 20-30s Shoulders
- 10 Large Arm circles forward and backward

5 x 10 Minute Timed Workouts

(To be used when you don't have a lot of time or you want to see your endurance & strength improvements)

*Always Warm Up the Joints before for 5 minutes, Cool down & Stretch after – Safety First!

Workout 1:

Complete each exercise until 10 minutes are done

10 Jump Squats

10 Push Ups

10 Bent Over Rows

Workout 2:

Complete each exercise until 10 minutes are done

25 Jumping Jacks

25 Bicycles – Abs

25 Box Jumps (use a step or mat)

25 Push Ups

Workout 3:

Complete each exercise for 1 minute, repeat through 2 times

Elbow Planks

Hindu Squats

Suicide Push Ups

Jogging High Knees with Hands Overhead

Mountain Climbers

Workout 4:

Complete each exercise for 30 seconds, repeat through 4 times

Inch Worms

Reverse Lunges with Hands Overhead

Burpees

Tricep Dips off a Bench or Chair

Walking Kicks with Clap

Workout 5:

Interval Cardio Workout- Wind Sprints

:20 seconds hard run

:10 seconds walk (recovery)

Repeat for 10 minutes

Fat Loss Cheat Sheet:

Eat 5-6 smaller meals per day- Your muscles and all other parts of your body need a continuous stream of energy and nutrients to maintain your daily activities. It is very important for your body to become accustomed to a regular eating schedule, to keep your metabolism burning energy at a high rate.

This means your body will burn fat at a faster rate and speed up the weight loss process. In addition, try to eat your larger meals earlier in the day so your body had time to burn off the calories you are consuming.

Reduce Your Sugar Intake- America is drowning in sugar. Nearly everything we eat and drink is saturated with it. Your goal is to eat foods that support a fresh and balanced diet plan. Foods that naturally contain sugars (ex. fruit) are a much better choice than processed foods.

Limiting your sugar intake will assist in maintaining a more regular metabolism, speeding up the weight loss process. It will also help your blood sugar levels from spiking high and dropping to lows that cause binge eating.

Drink Water- Staying hydrated is extremely important. Using water to replace higher calorie drinks such as soda, juice, or alcohol can save you hundreds of calories. It can also serve as an appetite suppressant. Often, when we think we are hungry, we're actually just thirsty!

Balance Your Diet- Ensuring that your diet is balanced and composed of high quality meats, fruits, vegetables, and other foods is the best way to achieve a healthy lifestyle. Try to eat *organic* or *all-natural* as much as possible to avoid absorbing the chemicals from processed foods. The goal is to create a program that you can maintain. Eating in moderation is the key to being successful.

Smart Beverage Choices:

Water- Your body is between 60-70% water. Water helps to regulate body temperature, assists in getting vital nutrients to your cells, transports oxygen, removes waste, protects your joints and organs, and the list goes on. The Mayo Clinic recommends drinking at least 8 oz of water each day. When exercising, you want ensure you replace fluid loss by drinking 1.5 to 2.5 cups of water or more, depending on the intensity of exercise.

Green Tea- Containing potent antioxidants, green tea has been used to help prevent cancer, rheumatoid arthritis, high cholesterol, CVD, and to improve immune function. If that is not enough reason, studies have shown that the catechins in green tea not only help to burn calories and lower LDL cholesterol, but can also help to reduce body fat.

Weight Loss: Diet & Nutrition Habits for Effective Weight Loss

- 1:** Eat every 2-3 hours to keep blood sugar levels regulated throughout the day. This will keep your body fueled with energy and help to avoid any binge eating or cravings during the day. This is one of the most important habits for long-term weight loss!
- 2:** Make sure you are eating high quality and complete protein with each meal and snack during the day.
- 3:** Ensure you are eating nutrient-dense, dark colored vegetables with each meal! Vegetables naturally contain less sugar than fruit and should be eaten regularly. In general, I try to consume my fruits earlier in the day to allow my body to burn off any extra sugars.
- 4:** Choose your starchy vegetables (ex. potatoes) for meals after cardio or weight training.
- 5:** Eat healthy fats daily in your diet. (ex. avocados, nuts, seeds, fish)
- 6:** Save your calories for your food. Stay away from high calorie, drinks such as alcohol. Also, limit your intake of fruit juices, which contain a lot of sugar.
- 7:** Try to eat as much organic or all-natural foods as you can. The more the processing, the less nutritious it is.
- 8:** Plan and prepare your meals ahead of time. This will help to avoid quick stops to the store where buying choices are more spontaneous and unhealthy.
- 9:** Eat as wide a variety of different colored, whole, and natural foods that you can. This will help to ensure you are eating a balance of macronutrients, vitamins, and minerals in your diet.
- 10:** Plan to “cheat,” or allow yourself no more than 10% cheat foods. Remember that binging on high-sugar and white flour will prolong future cravings! Do not deprive yourself of your favorite foods or you will never be able to stick to your diet plans. The key to weight loss is moderation, not deprivation.

Weight Loss Guide Tips

- 1. Eat “Bulky” to Slim Down.** Choosing “big” and bulky foods such as fruits, vegetables, soups, and salads will fill you up without packing a lot of calories. These foods are filled with fiber and water, as opposed to “smaller” foods that tend to be sugar-rich and dense with calories. Many studies have shown that our hunger tends to be satisfied by eating a certain *volume* of food, (4-5 pounds per day) rather than the amount of calories per meal. Conclusion: Eating more bulky foods will help to curb your hunger and help you to lose weight faster.
- 2. Snack Smart.** When starting any weight loss program, cravings can absolutely kill your diet! When you are craving fat-rich or calorie-rich foods, try and find a lower calorie food to pair with it. For example, when craving chips, eat it with lots of healthy, fresh salsa (which is low in calories and will fill you up!) The good news is, as your body gets more accustomed to eating nutrient rich foods, you will crave these sugars less and less. This very important for long-term weight loss.
- 3. Heat It Up For Breakfast.** Oatmeal and other hot cooked cereals have only 1/5th the calories of dried cereals. Hot cereal packs around 300 calories per pound where dry cereals can contain 1,400 up to 2,000 calories per pound! In addition, hot cereal is more filling and can be a very nutritious way to start the day. A great addition to any weight loss strategy.
- 4. Salad First!** Researchers from Penn State recently found that people who ate a veggie salad before eating their main course, ate fewer overall calories than those who did not eat a first-course salad. Please make sure to have a low fat/low calorie dressing for the maximum benefit. Rule of thumb: more creamy = more fattening.
- 5. Eat, Don’t Drink Your Calories.** Calories from drinks such as juice, soda, or alcohol are a lot more fattening than filling. For faster weight loss, eat your calories instead! Did you know that you would consume the same amount of calories if you drank 8oz of orange juice, as if you ate 4 oranges?
- 6. Pasta over Pizza.** Pizza dough is very dense with calories, containing around 1,250 calories per pound. This is not even including the cheese, tomato sauce, or any toppings. Pasta is a much more health conscious choice when eating Italian. Your typical pasta dish, including the tomato sauce and vegetables will take you down to around 600-700 calories per pound.
- 7. More Veggies, Please!** When dining out, ask for extra vegetables. This is a great weight loss strategy to help you get full on veggies instead of bread or other unhealthy foods.

- 8. Exercise Daily.** Studies have shown that people who lose weight and keep it off, are committed to daily physical exercise. If you can burn 300 extra calories each day (about a 3 mile walk) and do not increase your caloric intake, you could easily lose 30 pounds in one year!

- 9. Park Farther Away.** I know you have heard it before, but it is true! Every little bit helps. Things as simple as taking the stairs or walking instead of driving down the block can really add up in your daily caloric expenditure. The center of Disease Control and Prevention says that if you spend as little as 10 minutes a day walking up and down stairs, you could lose as much as 10 pounds by the end of the year.

- 10. Pump the Iron.** Weight lifting not only burns calories, but will increase your metabolism over time. This means your body will burn energy at a faster rate and will not put on fat as quickly. Weight bearing exercise will also help to maintain/increase bone density which is very important to help prevent osteoporosis. Try to find at least 15 minutes in your day to perform strength training!

Vacation and Travel Tips

1. Don't stress over food. It isn't always realistic when traveling and vacationing. Instead, keep calories in check with a brisk and metabolism boosting workout every morning.
2. Book a hotel with fitness in mind. Make sure they have a fitness room, walking grounds, and/or a pool.
3. Schedule a workout everyday; morning would be best, to have it done not only to get it in but for its benefits of energy for the day to come. It will also reduce stress and help prevent weight gain on your trip.
4. Vary your daily activity, so you enjoy it as well. Swim one day and walk the next.
5. Set your trip up to walk to your destinations. Park further away; do you really need the car to go to the store two buildings over?
6. Get at least seven hours of sleep as well. Lack of sleep will make your mind tired, lower your immune system and even cause you to overeat.
7. Stay hydrated. Planes and hotels are dehydrating. Drink bottled water each flight and keep them in your rooms.
8. Be germ conscious. Don't use the airport pillows and blankets, comforters on beds, and carry hand sanitizer with you always. Germs can and will weaken your immune system to cause you to get sick and that can lead to lying around and the only thing you have to do is eat.
9. Before leaving find activities you and your family can do in the area. Make it a fun healthy family activity. Try something new you may like it.
10. Try not to make the food the center of your trip. Enjoy it, but don't revolve around it.

Tips To Cut At Least 100 Calories At Each Meal

Breakfast:

1. Select 1 % or skim milk instead of 2% or whole milk
2. Use a small glass for your juice (4oz.) and a small bowl for your cereal
3. Have a bowl of fruit
4. Choose a yogurt with no sweeteners and have only one serving
5. High fiber (3 grams at least) bread or bagel. Can spread a light cream cheese (2 teaspoons) on it or peanut butter (1 tablespoon)
6. Split a bagel with someone, or wrap up the other half for tomorrow's breakfast
7. Use a nonstick skillet and cooking spray in place of butter or margarine to prepare your eggs
8. Try turkey sausage or bacon or Canadian bacon for less saturated fat and lower sodium than regular sausage or bacon
9. Fill your omelet with onions, peppers, spinach, and mushrooms instead of cheese and meat
10. Use 2 egg whites and one egg for your omelets or scrambled eggs or use egg substitutes all together. Same with egg salad sandwiches take out some of the egg yolks.
11. Trade regular butter for light whipped or spray butter

Lunch/Dinner:

1. Put lettuce, tomato, onions and pickles on your turkey burger or veggie burger instead of cheese
2. Prepare tuna or chicken salad with smaller amounts of light mayonnaise
3. Grill your sandwich using nonstick cooking spray instead of butter
4. Stuff a pita pocket with more fresh vegetables and less meat and cheese
5. Pick tuna in water over tuna in oil
6. Of course, make your sandwiches with high fiber bread instead of white or low fiber bread (whole-wheat bread)
7. Try a veggie burger or turkey burger
8. Substitute low-fat sour cream in recipes
9. Choose 1% cottage cheese
10. Skim the fat off soups, stews, and sauces before serving
11. Enjoy your salad with 6 croutons or less (nuts even)
12. Use light salad dressing instead of regular and choose non-creamy types, and get it on the side. Olive oil and vinegar is a great choice, also.
13. Trim all fat from beef, pork, and chicken (remove the skin from chicken also)
14. Bake, broil, or grill chicken and fish rather than frying
15. Remember to limit meat portions to 2-3 ounces (a deck of cards)
16. Add vegetables to your spaghetti sauce like, zucchini, green peppers, mushrooms, and onions
17. Add blueberries, strawberries, mango, almonds, and/or chicken to a mixed green salad or spinach salad

18. Remember, your serving sizes when eating pasta and rice (portions are measured after cooked)
19. Use 1 tablespoon less butter, margarine, or oil in your recipes (you can't tell the difference)
20. Use reduced fat cheese in casseroles and appetizers
21. Season steamed vegetables with fresh lemon and herbs instead of butter
22. Use vegetable cooking spray and nonstick cookware instead of butter, margarine, or oil when cooking on your stove top
23. Omit or use half the amount of butter, margarine, or oil called for in macaroni and cheese, rice, pasta, and stuffing
24. Leave a couple bites on your plate
25. Use smaller plates
26. Eat slowly, make your meal last and reduce your urge for second helpings.

Dessert:

1. Take a sliver, bite, or taste of dessert instead of a full portion
2. Have a single scoop ice cream cone instead of several scoops in a bowl
3. Choose an inside piece of cake, where there is less icing
4. Put berries on top of angel food cake and light cool whip
5. Select a cupcake instead of a slice of cake
6. Have low-calorie frozen yogurt or sherbet instead of ice cream
7. Eat a dish of fresh fruit instead of other higher calorie desserts
8. Choose apple, peach or blueberry over pecan or cream pie
9. Follow the low fat directions when preparing brownies, cake, and cookie mixes
10. Cut a half of piece of cake or pie
11. Substitute half or all the oil in a recipe with applesauce when baking

Snacks:

1. Blend a smoothie out of yogurt, low-fat milk and fresh fruit
2. Freeze grapes or watermelon wedges for a Popsicle-like treat
3. Don't eat from a bag use a little bowl (chips and cookies, etc.)
4. Try hummus with veggies or pita wedges
5. Mix fruit in gelatin
6. A piece of fruit
7. Dip apples in low-fat caramel
8. Celery in lite cream cheese
9. Veggies in low-fat dressing
10. Fruit in a yogurt
12. 1% cottage cheese with fruit
13. Eat just 1 of the granola/snack bars in a package, share the other one with someone else or save it for later
14. A handful of almonds or walnuts
15. Chocolate cravings, the little peppermint patties, hershey kisses, or fat-free pudding packs, fudgsicles

16. Mini bag of popcorn, the less butter the better
17. Eat 2 of your favorite package cookies instead of three

Drinks:

1. Watch out most drinks have empty calories
2. Watch serving sizes in containers, especially a single bottle
3. Choose water as much as possible
4. If your going to have pop get a small instead of medium or large
5. Watch sugar content in juices and drinks also check them against total carbohydrates
6. Drink light beer instead of regular and try to limit it to 1 or 2 glasses or cans
7. 1% milk or skim
8. Have 1 cup of low fat (1%) chocolate milk instead of whole milk with chocolate syrup
9. Try to request nonfat milk for your coffees and use at least half the sugar

Dining Out:

1. Limit yourself to 1 serving of bread, crackers or chips or don't have any at all
2. Ask for a cup of soup instead of a bowl and try not to get a cream soup; vegetable, minestrone or other broth soups are best
3. Ask for dressings and sauces on the side. Use for taste and try not to use it all
4. Dip your fork into your dressing, then into your salad
5. Order a vinaigrette dressing instead of a mayonnaise-based dressing
6. Ask for no cheese on your salad
7. Ask for the vegetable for the day, instead of potato, rice, or pasta side
8. Select an appetizer as your main dish; add soup, salad, or vegetable side dish
9. Choose a healthy option item designated on the menu
10. Ask for a half-portion or don't eat everything on your plate
11. Use fresh lemon to season your fish instead of tartar sauce
12. Choose a side salad instead of fries when ordering fast food
13. Skip the super-size portions

Pantry Raid

Set yourself up for success by removing tempting foods that will derail your progress!

Discard:

Pretzels & chips
Commercial salad dressings
Cakes and baked goods
High fat cheese
White rice
Soda (regular and sugar-free)
Vegetable oil
Croutons
Flour
Sugar
Chocolate chips
Bread crumbs
Salt
Processed peanut butter

Replace with:

Air-popped popcorn without butter
Salsa, guacamole, mustard
Fresh vegetables, fruit and dried fruit
Greek yogurt and hummus
Quinoa
Green tea, filtered water
Coconut oil
Almonds
Coconut flour
Stevia
Cacao nibs
Chia seeds
Himalayan Crystal Salt
Almond butter

Raiding Your Refrigerator

Discard:

Mayonnaise
Sour cream
Iceberg lettuce
Ranch dressing
Sports drinks
Juices
Milk

Replace with:

Mustard
Greek yogurt
Romaine lettuce
Olive Oil + Balsamic
Coconut water
Water
Almond milk

You can also add some new food choices and learn recipes that are healthier for your family. Some great choices include:

- Raw, unsalted nuts
- Goji berries
- Grape seed oil
- Sodium-free spices
- Raw honey
- Lemon juice
- Variety of fresh herbs
- Herbal coffee, chamomile tea & green tea

Green Smoothie Recipes

Why a Smoothie?

Smoothies and juices have become the new health food. Why? Because they're guaranteed to provide you with the vitamins and minerals you need, they're easy to make and won't make you feel bloated like eating a large green salad.

Sometimes, we just want a simple snack to hold us over until dinner. Here are some of my favorites:

Orange Kale Protein Green Juice Recipe

1 cup water
1 cup raw chopped kale
1 orange, peel and seeds removed
1/2 teaspoon of spirulina powder
1 pinch of ground cinnamon
1 pinch of ginger powder
Combine all ingredients in a blender and mix until smooth.

Blueberry Mint Green Smoothie

2 cups spinach
2 cups blueberry (I used 1 cup fresh and 1 cup frozen)
1 kiwi
3-4 large mint leaves
1 cup coconut water
1 cup ice
Combine all ingredients in a blender and mix until smooth.

Sweet Honeydew and Mint Smoothie

1/2 honeydew melon, cut into chunks (about 4 cups, or 1 1/2 lbs)
1/2 cup light coconut milk
1-2 leaves fresh mint (plus more for garnish)
1/2-1 tsp. fresh lime juice (or to taste)
1 cup ice

Cut your melon in half, remove the seeds, and slice away the outer rind. Cut the melon into chunks, and add to your blender along with the coconut milk, mint, lime, and ice. Blend until smooth. Taste, and adjust sweetness with honey or coconut nectar. Serve with a garnish of mint, or fresh melon slices.

These are just a few delicious choices. If you go online, you'll discover thousands of nutritious, easy to make smoothies and juices. You can even refrigerate and freeze them for future meals. Have fun and great creative!

Motivation & Inspiration

When was the last time that you accomplished something huge?

That's an easy question for Helen Phillips.

Helen wowed the world with her dramatic transformation on the NBC show *The Biggest Loser*. At 48 years of age she was the oldest contestant to win the weight loss competition, shedding 140 pounds and 54.7% of her body weight.

I'd call losing more than half of your body weight a huge accomplishment - wouldn't you?

The crazy part was that Helen was clearly the underdog. She was simply too old and too fat to win. At least that was what the other contestants thought.

And that's what Helen thought, too.

"I never believed in myself in the beginning," she admits. However when a doctor told her that she was living in the body of a 60-year-old woman, Helen got serious.

"I'm tired of doubting myself," she decided and something inside of her head clicked into place. "The minute I started doing that, things changed for me."

And, oh, how she changed.

Helen buckled down and made losing weight her only focus. Her hard work paid off, giving her the prized title of the Biggest Loser.

She accomplished something huge and now her life has dramatically improved. "I feel so good! I feel like I can do anything," she told reporters with a huge smile.

Helen also had a message for you. "If I can do it, you can do it."

I have to agree with her.

If a 48 year old, 257-pound woman can transform her body from a size 22 to a size 2, then anyone really can do it. Think for a moment of that huge accomplishment that you haven't made. Maybe it's a weight loss goal that you've had for years. Maybe it's something completely unrelated to fitness.

What's holding you back?

Are you afraid you'll fail?

The fear of failure is a powerful thing. No one likes to fail, and repeat failure is even worse. So what can you do to conquer it?

- Realize that failure isn't the worst outcome. Not trying is.
- You only fail when you decide to give up. Get up and try again!

Are you afraid you'll succeed?

You may not realize it, but most people fear success. Success means change and change can be scary. It is important that you embrace the idea of success and ditch any negative self-talk.

- Close your eyes and picture yourself accomplishing your goal. What will that accomplishment do for your life? List the benefits you'll enjoy.
- Spend a few minutes each day visualizing yourself accomplishing your goal. How great does it feel? Savor those victorious emotions and use them to drive your motivation.

Helen didn't believe in herself, until one day she decided that she was done doubting.

Are you done doubting?

It's your turn to accomplish something huge. Our program is designed to get you RESULTS. We are glad to be a part of journey!

Good Luck!

Camille Durante

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