

2/15/2008

I hope you all had a very Happy Valentines Day and spent that time with the one most important to you.

I'm sure many of you have heard, but if not, over Christmas I asked my beautiful girlfriend Megan to marry me...and she actually said yes! So this is a very special time of year, to spend this time with her and celebrate all that we have coming up.

This past month I was very honored to be recognized in the IDEA Fitness Journal as an "Outstanding Member" in their Member Spotlight. It was a great feeling to know that I am respected by my peers for the work I am doing here in Columbus.

I hope that you all enjoyed the Tele-Seminar this past Wednesday the 13th! It was a great opportunity for me to find a new way to discuss with people different ways to make our eating habits better.

If you missed it, send me an email and I will forward you a review of the information covered on the call.

#### Are These 3 Foods Making You Fat?

It's easy to let yourself be fooled into thinking the things you eat are healthy. Foods dressed in crafty packaging lead you to believe they will help you lose weight.

But do they?

The truth is that most of the time the only thing special about the so-called healthy food product is the clever marketing. Have you been fooled by the following foods?

#### So-Called Healthy Food #1: SALAD

Who doesn't get a self-righteous feeling when ordering a salad, right? Salads are healthy, and salads equal weight loss. Unfortunately, not anymore.

Salad in and of itself is a wonderful, healthy food. It is filled with nutrients and untouched by artificial additives. If only we left it at that.

Most salads on the menu today are loaded with fat laden extras. Croutons, tortilla strips, nuts, and even fried chicken (not the best source of protein). And let's not forget the salad dressing.

While you know that salad dressing isn't very healthy, you may not be aware of the staggering number of fat calorie packed in these dressings. Most people add between a

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#### Results Testimonials

I love working out with Ian! I have never felt so strong, athletic or graceful. I love that when I started with Ian I could barely do 2 dips or 1 push up and now I can do nearly 20 of each! Unbelievable! I love working out with Ian!! Amy Mueller, Columbus, IN

Ian has done a great job of helping me achieve my fitness goals. I used to think that working with a personal trainer wouldn't make much of a difference, but I was wrong! Working with Ian enhances my motivation and I look forward to our training sessions as an opportunity for me to learn from an expert. Judith Spector, Columbus, IN

Ian is encouraging, enthusiastic, and eager to bring out the best in my health and fitness potential. As a physician, I have found there are multiple roles to play including "shrink". I give you credit for keeping my sanity and giving me that 3 P.M. rush of energy after completing an early 6:15 A.M session. I never

quarter to a half a cup of dressing to their salad, and with the average creamy salad dressing weighing in at 8-12 grams of fat per tablespoon, you can see how an innocent collection of greens can quickly turn into a spare tire.

### **So-Called Healthy Food #2: 100 CALORIE PACKS**

In the snack section of your local grocery store you've probably seen the attractively packaged "100 Calorie Packs." These light and airy snack packs send a subtle message that they are healthy and in line with your desire to drop the fat. I mean, how harmful can they be? Let's take a look at the snacks within the package. Here are the most popular:

- Oreo cookies
- Ritz snack mix
- Planter's peanut butter cookies
- Cheese Nips crackers
- Chips Ahoy cookies
- Shortbread cookie

Hmmm, that list sounds like junk food-doesn't it? These items are high in sugar, salt and fat, and they don't contain a grain of nutritional value. And let's be honest, most people don't eat just one pack...

### **So-Called Healthy Food #3: CEREAL**

Can a box of cereal help you lose weight? That's the message being sent out by a handful of cereal brands, namely Special K. This cereal manufacturer has gone so far as to create the Special K Challenge, a program which claims to help drop 6 pounds in 2 weeks. The message that most consumers take away from the cereal commercials is "If I eat this brand of cereal then I will lose weight."

Wait, don't grab a bowl of your favorite cereal along with your skinny jeans just yet.

It's dangerous to think that any food item will promote weight loss, especially a food item that is high in simple carbohydrates. In the fine print you will see that the cereal claims to help lose weight when incorporated with a very low calorie diet, and that the cereal itself has no weight loss inducing power.

### **Making the Healthy Choice**

As a rule of thumb ignore the bold claims on food packaging-the information you really need is listed on the nutrition label. Finding healthy food is simple when you use the following guidelines.

1. **Eat Fresh:** The healthiest food in the world is fresh, unprocessed whole foods. This includes fresh vegetables and fruit, whole grains and legumes, and raw seeds and nuts. These fresh foods supply your body with vitamins, minerals and enzymes that

thought cross training could be so "fun". Jennifer Szypchak , Asheville, NC

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### **See Results Quotes**

Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude. Thomas Jefferson

Create for yourself a great day today and tomorrow you will have created an opportunity.

### **See Results Training**

#### **BRING A FRIEND TO BOOT CAMP**

On Thursday February, 22nd bring a friend to Boot Camp and get one week of Boot Camp FREE in May.

If that friend signs up for Boot Camp, you will receive a subscription to "Eating Well" Magazine, the premier healthful cooking magazine in circulation. \*Disclaimer: Only one week will be rewarded regardless of the number of friends one camper may bring.

### **See Results Links**

[Runner's World](#)

[Yahoo Health News](#)

are priceless to your health. When it comes to meat, poultry and dairy choose products that are grass fed and hormone and antibiotic free.

2. **Set Limits:** Let's be honest. Just because something is edible doesn't mean you should eat it. A key to healthy eating is to identify which items to limit or even eliminate from your diet.
  - **Cholesterol.** The American Heart Association recommends that you limit your intake of cholesterol from food to less than 300 milligrams per day.
  - **Saturated Fat.** Your intake of saturated fat should be less than 7% of your total daily calories.
  - **Trans Fat.** It is recommended that you either eliminate trans fat from your diet or keep it under 1% of your total daily calories.
  - **Sugar.** Most of us consume way more sugar than we should. Make a habit of checking the ingredient list of the foods you eat. If sugar is the first listed ingredient then you know that item is packed with sugar.
3. **Look at the whole picture:** A healthy diet consists of taking in a combination of fats, carbohydrates, fiber, protein, vitamins and minerals each day. Remember that eating too much of even healthy foods can lead to weight gain. All of the foods that you eat should fit together to form a well-balanced, calorie controlled diet.

The bottom line is that you should eat to live not live to eat. Your body will thank you for it.

Want more ideas on how to get the body of your dreams without starving yourself or doing boring exercise routines? Contact me today to get started on a fitness program that will change your body and improve your health.

#### Lighten Up

Want to quickly eliminate fattening calories from your diet? It's easy: simply don't add fat while cooking. Instead of oils, butter, or lard, try cooking with a light cooking spray. Instead of frying, try broiling. Also drain or blot excess oil from food before eating it.

#### Fitness Casserole

What a delicious way to eat your veggies. This colorful dish is perfect for a healthy breakfast or a light dinner.

**Servings: 4**

[Discovery Health Page](#)

[Food Network Healthy Eating Page](#)

### **Here's what you need...**

- 1 medium zucchini, halved lengthwise and sliced
  - 1/4 cup sweet onion, chopped
  - 1 12 oz bag Birds Eye Steamfresh frozen broccoli
  - 1 15oz jar Mezzetta Marinated Sweet Yellow & Red Roasted Peppers
  - 1/4 cup 2% milk reduced fat shredded cheddar cheese
  - 8 egg whites
  - 2 tablespoons nonfat milk
  - 8 Calamata Olives, chopped
  - Dash of salt and pepper
  - Cherry tomatoes to garnish (optional)
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- Preheat the oven to 350. Coat a small saucepan with light cooking spray and sauté the zucchini and onion over medium heat until tender. Microwave the frozen broccoli according to the instructions on the package.
  - Coat an 8inch square pan with light cooking spray. Line the bottom of the pan with the roasted peppers. Spread the zucchini and onion mixture and broccoli over the peppers. Sprinkle the cheese over the vegetables.
  - In a medium bowl combine egg whites, milk, olives, salt and pepper. Pour the egg mixture evenly over the vegetables. Bake for 15 to 20 minutes or until the eggs have set. Garnish with cherry tomatoes.

**Nutritional Analysis:** One serving equals: 154 calories, 3.8g fat, 15.2g carbohydrate, and 11g protein.

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