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Your Personal Trainer on Health, Fitness, and Nutrition

Dear Biggi,

Here is the latest monthly newsletter from your Personal Trainer Biggi. In this issue you will find:

- ***Putting a Stop to Food Cravings!***
- ***Understanding the Different Types of Yoga***
- ***Make sure to check out sidebar for more tips, our services, and coupons.***

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Putting a Stop to Food Cravings!

Most of us are "regular" people. We don't eat the perfect diet all the time and have our struggles with food, same as everyone else. But having an awareness of this fact and knowing a little bit about our health and food nutrition can help when it comes to making wise decisions.

Many people struggle with food "cravings." Studies tell us that it's fairly common for food cravings to happen at certain times, quite often at around bedtime. Your guard may be down, you may have had an unusually hard day, and off you go on your not-so-merry way to find that tasty treat. Fatigue and stress often combine to take their toll on the best of intentions.

When food cravings are unconstrained, what starts out as a bedtime snack quickly turns into a full blown feeding frenzy...not something most of us fully understand or appreciate. We head to kitchen and every other place where food can hide, clearing a path as we go.

Most food cravings are not about satisfying a nutritional need or

"Our health always seems much more valuable after we lose it." - Unknown

Take small steps today:

- Eat half your dessert;
- Walk instead of driving whenever you can;
- Take a family walk after dinner.

Services offered:

- One on one Personal Training
- Program Design
- Nutrition Coaching
- Massage Therapy
- Cholesterol and Blood Glucose Testing
- Postural

imbalance. They seem to be more emotionally related, or God forbid, are caused by plain old gluttony. Exactly why we over-indulge is not completely understood, however our knowledge about this subject continues to grow.

Listed below are some thoughts and ideas about food cravings:

- If the food isn't available, you can't eat it! Empty the cookie jar and keep it that way! Keep healthy food choices on-hand.
- Recognize the feelings and emotions that lead-up to a food craving. Do you have food cravings when you're bored, lonely, or stressed? If you can identify a trigger, you can deal with the emotion that's making you desire a certain food. Try to deal with the triggers in the best way you can.
- Sometimes, even recognizing that a craving is about to happen doesn't seem to help. Don't beat yourself-up. There is always tomorrow. Call a friend, make good use of your support network and share your feelings with someone.
- Get enough sleep. When you're tired, you're more likely to crave things.
- Never give-up. When you "slip", press-in, bear-down, get a grip, do whatever is necessary to re-gain control. Try to practice restraint most of the time, but don't get legalistic and un-balanced in your weight loss approach. Think moderation and not abstinence at all times!
- Understand that self-control and discipline by themselves, won't cut it! If you depend totally on yourself for control, you will fail. Forming caring and supportive relationships is required. If you do not currently have a support network, start building one TODAY.
- Exercise. It increases feel-good endorphins that cut down on your cravings. Try to get at least 30 minutes of physical activity every day.
- Use moderation. Instead of stuffing yourself with every kind of food hoping that your craving will go away, eat 100 to 200 calories of your "craved" food.
- Substitute with low-fat foods and complex carbs. If you're hungry for chocolate, eat non-fat chocolate yogurt. Try fig bars or raisins for a sweet craving.
- Never skip a meal. Eat every three to five hours. Try six smaller meals or regular meals with nutritious snacks.
- Understand that hunger craving are oftentimes stress related. Practice other ways to treat chronic stress - a walk in the park, spiritual connections, a cozy fireplace, baths...all these stimulate neurochemicals that activate regions of the brain that stimulate pleasure. Relaxation techniques may work by reducing the psychological drives on stress output, which can be the root causes of stress. Bottom line, substitute pleasurable experiences

Assessment

- Body Composition Analysis
- The Egoscue Method - Postural Therapy

Referral Bonus

Refer a friend that spends a min. of \$350 with us and receive:

1 Free Personal Training Session!

for comfort foods.

- Beware of certain medications. They can stimulate appetite. Drugs used for the treatment of depression and bipolar disorder can be appetite stimulants. Other drugs, both prescription and over the counter, may influence appetite as well. If you are on a medication, and troubled by food cravings, discuss this with your doctor or pharmacist. You may be able to find an alternative that doesn't send your cravings out of control.
- Distract Yourself. What's that old expression...idle hands are the devils workshop? Get busy. Do anything other than cave-in to your desire for food, and keep doing it until the cravings subside.
- One final thought, take a look inside your refrigerator and kitchen cabinets and do some general "house cleaning." Throw-out all that unhealthy stuff that is waiting to sabotage your diet, and start shopping more wisely. A little forethought and careful planning will go a long way for improving your chances of success.

Eat wisely, be happy, and live long!

Biggi Fraley

Understanding the Different Types of Yoga

Yoga is becoming a more and more popular activity in the Western world today. The number of places holding Yoga classes is on the increase and there is a plethora of different types of Yoga. With a choice of Hatha Yoga, Ashtanga Yoga, Power Yoga, Iyengar Yoga, Bikram Yoga, Vinyasa Yoga and many more it can be easy to get confused

The article will help you to understand the difference between the most popular types of Yoga so you can choose which type is right for you.

Hatha Yoga - in Sanskrit (an ancient classical language of India) "Ha" means "sun" and "tha" means "moon". This type of Yoga is relatively slow paced, gentle type of Yoga and is a good place to start if you are completely new to Yoga and don't know any of the asanas (poses). Like all types of Yoga, Hatha Yoga aims to unite the mind, body and spirit.

Ashtanga Yoga - this is the type of Yoga that I practice on a regular basis and means "eight limbs" in Sanskrit. It's a fast moving, intense style of Yoga practice and is based on a progressive set sequence of asanas, synchronized with the breath. Ashtanga Yoga can be quite physically demanding as you constantly move from one asana in the sequence to the next, so you'll find that it will improve your stamina as well as your flexibility and strength.

Power Yoga - this is a western interpretation of Yoga and is based on Ashtanga Yoga. A Power Yoga class may not necessarily stick to the exact sequence of poses like Ashtanga Yoga does, but it does involve practicing a series of poses without stopping and starting.

Iyengar Yoga - This type of Yoga is based on teachings by B.K.S Iyengar and concentrates on the correct alignment and form of the body. Unlike Ashtanga Yoga, there is an emphasis on holding each pose for a long period of time rather than moving constantly from one pose to the next. Iyengar Yoga uses props such as blocks and straps to help align the body into the different poses.

Vinyasa Yoga - Vinyasa means breath synchronized movement and is another fast paced type of Yoga, with an emphasis on breathing. A practice typically starts with sun salutations and moves on to more intense stretching. Throughout the practice each pose is balanced with a counter pose.

Bikram Yoga - otherwise known as "Hot Yoga", is practiced in a room heated to 105 degrees, with a humidity of around 40%. Generally a sequence of 26 different poses is practiced during a Bikram Yoga class and the hot temperature helps to loosen muscles. Due to the high temperature most people sweat a lot during the class and this helps to cleanse the body of toxins.

If you're just starting out or have never done any Yoga before, I recommend trying a few different types of yoga to find out what you like best.

Remember, there's no rule that says you have to stick to one type of Yoga. I like Ashtanga Yoga best, but I also go to occasional Iyengar and Hatha Yoga classes for a bit of variety.

To find out more about the different types of Yoga visit the [Free online Yoga Guide](#)

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