




EWV Newsletter

 Earth and Water Wellness, LLC
Nutrition Therapy & Personal Training

Nourishing News Spring 2008

Vicki Gerberich,


Certified Nutrition Therapist
and Personal Trainer

303-718-3360

Serving Colorado's Front
Range and Summit
County

Call for details and to
make an appointment!

[More Details...](#)

Learn how to eat, move
and live naturally and
healthfully - bringing
mindful awareness to
nutrition and fitness for
optimal wellness
throughout! 

Nourishing Quote

"Live with intention. Walk to
the edge. Practice wellness.
Play with abandon. Laugh.
Choose with no regret.
Continue to learn. Do what
you love. Live as if this is all
there is."

-Mary Anne Radmacher

Spring is here and it is the perfect time to focus on your health. It is time to focus your attention on the importance of making smart food choices and practice healthy eating habits. Did you make any New Year's Resolutions? How are those going? Read on for tips and advice on setting achievable health goals for 2008!

Are you confused by all the latest reports and what's "good" and now "bad" for you? There is so much nutritional information out there; it can get confusing and overwhelming. I will decipher all the latest and greatest information for you by developing an individualized program specifically designed to support your current state of health and your wellness goals. But first, test your Nutrition IQ with this quick quiz.

TRUE/FALSE:

1. Fat-free cookies have less calories than the regular version
2. Eggs are high in fat and should be limited to only 3-4 per week
3. Brown sugar is a healthier sweetener than white sugar
4. Eating before bed causes weight gain

1. Fat-free cookies have fewer calories than the regular version -- **FALSE**

Fat-free does not mean calorie-free. Fat-free cookies often have higher amounts of sugar added to replace the texture and volume lost by removing fat, and may contain the same or even more calories than the original. Read the portion size of one serving, and then how many calories per serving, and compare the fat-free cookie with the regular for an accurate reading.

2. Eggs are high in fat and should be limited to only 3-4 per week -- **FALSE**

Eggs are relatively low in fat and saturated fat; a large egg contains only approximately 5 grams of fat, 1.5 grams of it saturated, and 2.5 unsaturated. Eggs also contain high amounts of lecithin, a fat emulsifier that helps the body with fat metabolism. The American Heart Association recommends preparing eggs without added saturated fat or trans-fat, (butter or margarine).

3. Brown sugar is a healthier sweetener than white sugar -- **FALSE**

Most brown sugar is just white sugar with molasses added. While molasses has slight nutritional value (iron), it's insignificant. White sugar, brown sugar, honey, concentrated fruit juice, high fructose corn syrup, or cane juice -- there are many ways to say sugar. Sugar is essentially the simplest form of carbohydrates, and should be used sparingly.

4. Eating before bed causes weight gain -- **FALSE**

If you're eating what you need to maintain your weight, it really doesn't matter when you eat it... as long as you're not eating more than you need. However, eating a large meal just prior to bed is not recommended: your metabolism slows down and the food may not be digested well - causing acid reflux and difficulty sleeping. A small snack is best, such as a glass of milk or cocoa, and a piece of fruit. Stay within your daily meal plan's parameters to avoid weight gain.

Resolutions...How to Achieve your Wellness Goals

Six steps to creating achievable health goals:

1. Be Precise: clear and simple
2. Think Positive, rather than negative (ie: eat more..., do not eat...)
3. Make it a bite-sized doable goal: Break down large aspirations into doable steps
4. Give it time: habits take time to create and break - give yourself time to reinforce your new brain pathway
5. Plan ahead: prepping makes it easier to stick with a new goal
6. Make room: Don't try to add a new activity (walking) into an already jam-packed schedule - fit it in - instead of watching TV after work, take your walk.

Quick Doable Solutions:

Stop the insanity and pressure of fulfilling all your health goals in an ultra-magnificent manner - instead focus on the small steps that you can make every day that will ultimately improve your health and change your way of thing about health and wellness. Try the following steps and see what happens!

Instead of: Cut back on carbs

Try: Increase whole grains, including quinoa - pair your new whole grains with foods that you already love and are familiar with - chicken tacos with brown rice instead of white.

Instead of: Eat less Fat

Try: Enjoy omega-3 rich food twice a week - aiming for low fat everything is unrealistic and unhealthy - we need the essential fats found in cold water fish (tuna, salmon, cod, herring), walnuts, flaxseed - instead of sprinkling cheese on your salads, sprinkle some walnuts and flaxseed; order poached salmon instead of the fried shrimp platter.

Instead of: Get in Shape

Try: Walk for half an hour a day - even a half hour a day can improve sleep and energy, support weight loss and reduce the risk of diabetes and cancer. Work walking into your life: explore new neighborhoods, enjoy the changing of the seasons, listen to books on tape and get Fido outside!

Fitness Footprints

No Time Like the Present

Do you want to begin eating right and exercising, but you have absolutely no idea where to begin? I can help you out. Please call to schedule a fitness assessment and training session. It does not have to be scary or intimidating! Here are some tips to help get the beginner started:

- **DECIDE** -- Goal setting is really just deciding to make a change - write down and **DECIDE** what it is you want to accomplish. You may decide you want to lose 30 pounds of body fat and gain two to three pounds of muscle. Maybe you'll decide you want to be able to walk five miles without losing your breath, or possibly fit into that size 8 dress or 31" inch waist pants. Write it down and make it quantifiable. Just saying "I want to get in shape and lose weight" is not quantifiable. There's no target.
- **GET A CHECKUP** -- Having a physical is a wise decision; because it will help assure that you will be able to attain the most benefits with the least amount of risks. If you smoke, have high blood pressure, high cholesterol, diabetes or are overweight, it's necessary.
- **STRUCTURE** -- You will need guidance. When signing up for a fitness program with Earth and Water Wellness, you are asked about your goals, current activity level, health history and several other measurements. A program that matches your goal and your current fitness level will be developed specifically for you. Also, getting a nutrition assessment will be of added value to your program.
- **GET REAL** -- Take a close look at your schedule and be realistic concerning how many days and how much time you can realistically devote to exercise. This is going to be long-term, so it has to be based on reality. Too many people start working out every day and think that's the best approach. Wrong! Maybe you only have two to three days to devote to exercise and only 45 minutes for each session. It's the combination of efficient nutrition and exercise that will yield the greatest benefit, not simply excessive exercise or complete starvation. That's a sure way to experience burn out and failure.
- **MOVE CORRECTLY** -- Focus on form, technique, precision and breathing correctly during your workout.



Wellness Tip

Are you tired of walking for 20-30 minutes three or four times a week and getting no where? Here are some ideas to change up your routine:

- If you work out on a treadmill, increase the incline on the machine. For every 2 percent increase on the treadmill grade, you burn 25% more calories. Try intervals of increasing the inclines during your walks or runs to increase your level of fitness and burn more calories.
- If you have been walking or running outside, on the same path or street route; try running a different route. This will allow the body to get out of its usual routine and also may add in some different terrain...more hills or hills at a different point in your run and a new view for your brain

www.earthandwaterwellness.com

Coming Soon...

The ability to place service and product orders through a secure shopping cart !!

To remove your name from the mailing list, please [send an e-mail](mailto:wellness@earthandwaterwellness.com) to wellness@earthandwaterwellness.com with UNSUBSCRIBE in the subject line.

Questions or comments? Call 303.718.3360

Inner Balance

Stay Present

Practice these 3 simple tips under everyday circumstances so that when you're faced with stressful situations or grief they'll be readily available.

Slowing the Breath - the breath and the mind are in sync...when the breath gets agitated, the mind cannot settle. By bringing attention to the breath, the mind is naturally soothed. Five minutes a day, sit quietly and pay attention to the path of the breath in and out of the nose as you soften the tongue and release eth jaw. Thoughts can come and go, always bringing focus back to the breath.

Dropping In - the body reflects our physical, emotional and mental states. Joy lightens our steps and softens the face; depression collapses the chest and shoulders. Check in with your physical state throughout the day and make note of your physical feelings and sensations.

Being Kind - when unpleasant situations arise, experiment with making no assumptions about why and simply offer kind support to others, loving thoughts and gentle words. Your acts of compassion will change the situation and you will benefit.

(Adapted from Dr. Weil's Breathing: The Master Key to Self Healing)

Earth and Water Wellness Mission & Vision

The mission of Earth and Water Wellness is to educate and support individuals in their journey towards wellness and health. Earth and Water Wellness was created out of a desire to help people realize their full potential through a healthy body and mind. The body can heal itself; it just needs the resources to do so. Earth and Water Wellness was established with the mission to teach and guide individuals through the healing and building phases, using foods, nutritional supplements and movement. Earth and Water Wellness believes in creating balance and harmony in the lives, bodies, and minds of our clients; to listen to their needs and concerns; and to educate, inspire and empower them to live healthier, more balanced lives.

Eat Well, Move, Breathe and Be Happy and Healthy!



 EARTH AND WATER WELLNESS, LLC