



## Fitness Newsletter

November 2015

Transforming Lives With Educated Fitness Solutions

Hello!

Hope you are doing really well! We had an amazing turn out for our very first, First Friday/8 Year Anniversary event! We had over 100 people come through our doors! The artists had amazing displays, the salsa dancing/instruction provided by Latin Expressions Dance Company (Kyle Culmann) was so fun, Amanda Harpeneau did a great job with the salsa performance and DJ Latin Spy (Job Sanchez) did a wonderful job setting the mood with his music! Also, a huge thank you to our staff for not only making this event happen but also the last minute project Tony likes to add day of! (Check out the cool TFW at the front desk!)

We started this business because of our sincere passion to change people's lives and seeing everyone walk through on Friday was exciting. It's crazy to think how many people this business has impacted over 8 years! We are very proud and excited for many more years to come and thank you for being apart of it!

We had planned a staff outing on Saturday Nov 7 after the First Friday event and thankfully we all like each other and did not mind all the quality time together! Tony and I like to keep it interesting so we challenged our staff to do an hour of Hot Yoga at the Indy Hot Room Downtown! The Hot Room created a class just for us and they did great! It definitely got our staff outside their comfort zone, but in a good way! Super proud of them for trying! Definitely check out The Hot Room Downtown. They are on New York and Alabama. They get the temperature to 105 degrees and 40 percent humidity, that's hot yoga!

Then we had our staff over for dinner and I cooked up the amazing mini meatloaf's that have sun-dried tomatoes, pesto and all wrapped in bacon...its all good, one strip of bacon won't kill ya! It was fun to hang out with our awesome team, they are definitely some people I don't mind spending quality time with! :)

Lastly Tony and I are off to Dallas for a mastermind trip. We meet twice a year with other fitness business owners all over the U.S. and we always come away with great clarity and ideas. This is a solid group we have been around for the last 6 years.

We hope you have a wonderful Turkey Day and remember it is one day! Enjoy yourself, but not too much!

Happy Thanksgiving,

Arin



# TRENDING AT TFW

## 5 Fun Facts!

More than 50% of the people in the world have never made or received a telephone call.

The 57 on Heinz ketchup bottle represents the varieties of pickles the company once had.

If you yelled for 8 years, 7 months and 6 days you would have produced enough sound energy to heat one cup of coffee.

The flea can jump 350 times its body length. It's like a human jumping the length of a football field.

"Almost" is the longest word in the English language with all the letters in alphabetical order.

## Happy Birthday!

Deb Oats

Sherron Rogers

Sylvia Bier

John Lathrop

Angie Eaton

Larry Hicks

Karen Grant

## Maple-Roasted Sweet Potatoes

### INGREDIENTS:

2 1/2 pounds sweet potatoes, peeled and cut into 1 1/2-inch pieces (about 8 cups)  
1/3 cup pure maple syrup  
2 tablespoons butter, melted  
1 tablespoon lemon juice  
1/2 teaspoon salt  
Freshly ground pepper, to taste

### PREPARATION:

Preheat oven to 400°F. Arrange sweet potatoes in an even layer in a 9-by-13-inch glass baking dish. Combine maple syrup, butter, lemon juice, salt and pepper in small bowl. Pour the mixture over the sweet potatoes; toss to coat. Cover and bake the sweet potatoes for 15 minutes. Uncover, stir and cook, stirring every 15 minutes, until tender and starting to brown, 45 to 50 minutes more.

### TIPS & NOTES:

Make Ahead Tip: Cover and refrigerate for up to 1 day. Just before serving, reheat at 350°F until hot, about 15 minutes.

### NUTRITION:

Per serving: 96 calories; 2 g fat (1 g sat, 0 g mono); 5 mg cholesterol; 19 g carbohydrates; 1 g protein; 2 g fiber; 118 mg sodium; 189 mg potassium.  
Nutrition Bonus: Vitamin A (230% daily value), Vitamin C (15% dv)  
Carbohydrate Servings: 1 1/2  
Exchanges: 1 1/2 starch, 1/2 fat



## What to do with Leftover Turkey

### Chipotle Turkey and Corn Soup

### INGREDIENTS:

1 tablespoon canola oil  
1 pound turkey cutlets, cut into thin strips  
2 teaspoons adobo sauce  
1 to 2 teaspoons chopped canned chipotle chiles in adobo sauce  
2 (14-ounce) cans fat-free, less-sodium chicken broth  
1 (14 3/4-ounce) can cream-style corn  
1/4 cup chopped fresh cilantro, divided  
1/4 teaspoon salt  
1/2 cup crushed lime-flavored tortilla chips (about 1 1/2 ounces)  
4 lime wedges

### PREPARATION:

Heat canola oil in a large saucepan over medium-high heat. Add turkey; cook for 3 minutes or until browned, stirring occasionally. Stir in adobo sauce, chiles, chicken broth, and corn; bring to a boil. Reduce heat to medium-low; simmer 5 minutes. Stir in 3 tablespoons cilantro and

salt. Divide soup evenly among 4 bowls; sprinkle evenly with remaining cilantro and crushed chips. Serve with lime wedges.



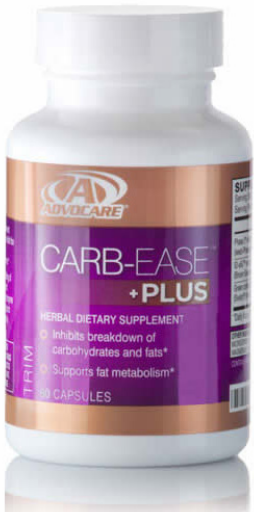
# CLIENT OF THE MONTH



## DENNIS WATSON

Dennis has been a client at TFW for just under two months. He came into the program and hit the ground running. He has shown what internal motivation and focus can really achieve! In his first six weeks Dennis lost 11 lbs and 2% body fat! He attributes his success to making a habit of getting more protein. Dennis has been able to consistently get 150-200 grams a protein each day and he has the waistline to prove it! Great work Dennis and keep that momentum going!

## Carb Ease Plus



Herbal Dietary Supplement

Carb-Ease Plus supplement is a full-spectrum product that helps support weight management and body composition.\* Carb-Ease Plus contains ingredients that help inhibit the breakdown of fats and particular carbohydrate molecules so that the body is less likely to absorb them.\* It also helps maintain weight and healthy blood glucose levels already in the normal range by reducing the negative effects of excessive carbohydrate consumption.\*

Key Benefits

- Helps reduce the absorption and breakdown of carbohydrates and fats\*
- Helps maintain a normal blood glucose level\*
- Helps reduce the negative effects of excessive carbohydrate consumption\*
- Provides support for body composition\*

**\$37.95**

## AT HOME WITH TFW

Push Ups  
Squats  
Planks

## Suggested Sets/Reps and Time Intervals

- 3 sets at 20 reps each for pushups and squats
- 60 sec work and 30 sec rest for planks

# 10 Ways to Avoid Holiday Weight Gain

by WebMD

It's that time of year when extra calories lurk around every corner -- frosted cookies at the office, eggnog at your neighbor's, jelly doughnuts for Hanukkah or chocolates in your stocking. All these extras add up, and if you're like most Americans, you'll put on a pound or two by New Year's Day.

So what's the harm in a little holiday weight gain, especially if it's just a pound? According to researchers at the National Institutes of Health, most Americans never lose the weight they gain during the winter holidays. The pounds add up year after year, making holiday weight gain an important factor in adult obesity.

But you don't have to fall into this trap. It is possible to enjoy holiday goodies without putting on a single pound. "Portion control is the key," says Susan Finn, PhD, RD. Finn serves as chairwoman of the American Council for Fitness and Nutrition. "I don't believe you can't eat food that you like -- even indulgences -- but it is the amount you eat," she tells WebMD.

Of course, it's not easy to go on portion patrol when the temptations are endless. That's why WebMD compiled these tips to help you avoid overindulging.

## 1. Never Arrive Hungry

New York psychologist Carol Goldberg, PhD, says planning ahead can help you maintain discipline in the face of temptation. "Don't go to a party when you're starving," she warns. Try to have a nutritious snack beforehand. If you do arrive hungry, drink some water to fill up before filling your plate.

## 2. Divert Your Attention

Many people forget that there's more to a holiday party than food, Goldberg tells WebMD. "Don't look at the party as just a food event," she says. "Enjoy your friends' company or dancing. Focus on something other than food."

Finn agrees. She says chatting is a great diversion, whether you're at a small family dinner or a large party. "Take your

mind off of food and focus on the conversation."

## 3. Pace Yourself

Have you ever tried telling yourself you'll only eat during the first half hour of a party? Goldberg says this strategy is a mistake. "If you cram in as much as you can in half an hour, you chew faster. Chewing more slowly will fill you up with less food."

To munch at a leisurely pace, Finn recommends putting your fork down between every bite. "This puts you in control."

## 4. Count Your Calories

When there are calories, it's easy to lose count of how many you eat. Set a limit and stick to it.

## 5. Outsmart the Buffet

When dinner is served buffet-style, use the smallest plate available and don't stack your food; limit your helpings to a single story. "Go for the simplest foods on the buffet," Finn says. "Fresh fruits and vegetables and shrimp cocktail are good choices. Watch out for sauces and dips."

## 6. Limit Alcohol

Avoid drinking too much alcohol at holiday parties. "It's not just about calories but about control," Finn explains. "If you drink a lot you, won't have as much control over what you eat."

If you feel out of place without a drink, Goldberg suggests sipping water or club soda, "so you have something to carry like everyone else."

## 7. Be Choosy About Sweets

When it comes to dessert, be very selective. "Limit your indulgences to small portions and only what is very sensual to you," Goldberg says. Her personal rule on sweets: "If it's going to have calories, it has to be chocolate."

What about sampling several desserts, if you only take a tiny bite of each one? "You have to know yourself," Goldberg

says. "Some people can eat one bite of something and stop. I don't think most people can do that. "If you know you're the type who can't stop at one bite, you're better off taking a small portion of a single dessert than piling your plate with several treats you plan to "try."

## 8. Bring Your Own Treats

Whether you're going to a friend's party or an office potluck, consider bringing a low-calorie treat that you know you'll enjoy. Bringing your own dessert will make the more fattening alternatives less tempting.

And don't feel your dessert has to be typical holiday fare. "Get away from rigid thinking about what holiday food has to be," Goldberg says. "People love fruit."

## 9. Limit 'Tastes' While Cooking

If you do a lot of cooking during the holidays, crack down on all those "tastes." "People lose their appetites when they've been cooking because they've been eating the whole time," Finn tells WebMD. Instead of tasting mindlessly every few minutes, limit yourself to two small bites of each item pre- and post-seasoning. "Just put the spoon in and taste a little bit," Finn says. "It's not grounds for a big scoop."

For tried-and-true recipes, dare yourself not to taste the dish at all until it is served.

## 10. Walk It Off

Make a new holiday tradition: the family walk. Besides burning some extra calories, this will get everyone away from the food for awhile.

"Get people off the couch and move," Finn says. "Go out for a walk as a family before or after the meal." She says walking not only benefits you physically but also puts you in a mindset to be more careful about what you eat. "There's something about activity that puts you in control."



# DATES TO WATCH

## Kettle Bell and Foam Rolling Workshop

November

# 18

6:45pm - 7:45pm

Kettle Bells are a great way to train your body but they are very technical! Not all SWINGS are created equal! Also the Kettle Bell takes up minimal room and can be a great way to get a workout in when you are crunched for time.

We will teach you:

- Goat Bag Swings
- Clean and Press
- Swing
- Judo Chop
- Cleans
- Turkish Get Up

Then we will dig into some soft tissue work. This is something that we don't take enough time before and after workouts to do and can literally make a world of difference! If you have low back pain, knee pain, etc., let us show you some great movements that can help you live with less pain!

You do not need to have any experience at all for this workshop. We will break it all down and you will leave with a much better understanding of what to do with a Kettle Bell and Foam Rolling! Also please wear comfortable clothes/workout clothes.

## Holiday Closings

Thursday Nov. 26th

Friday Dec. 25th

Friday Jan. 1st

**Limited hours:**

Christmas Eve

New Years Eve

If you are schedule for any of the closing dates feel free to give us a call at 317.927.9689 or email [admin@tfwellness.com](mailto:admin@tfwellness.com) to reschedule any classes.

We will keep you updated on the limited hours on Christmas eve and New Years eve.

## Spread the Word

Do you enjoy your workouts and accountability at Transformation Fitness and Wellness? If so, tell your family and friends so that they can join you. Here at TFW we love our clients and we are always looking for more who are just like you! Tell us about the people in your life or give them our contact info so that they can reach out to us themselves.



@TFWellness



@tfwellness



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TRANSFORMATION



FITNESS & WELLNESS