

We are here to help you build a healthy new you and are offering many different discount options for Adventure Boot Camp as well as some great deals on top quality Nutritional aids and products. Take a stroll over to [www.greatvalleybootcamp.com](http://www.greatvalleybootcamp.com) to view the [discount page](#), [MyNutritionStore](#), and setup a "Risk Free Trial" of the [MillionDollarBody Club](#). We provide these tools to help you stay accountable to yourself while achieving top notch results. Remember, the only competition you have when attending Adventure Boot Camp is yourself. So, lets get out of the comfort zone and strive for greater health in 2009. Take a moment to read through the newsletter and check out all the links to help you on your journey to optimal health and wellness.

#### Are You Wired to Relapse?

February is the month that most people revert to their pre-New-Year's-Resolution habits. Have you given up on your fitness goals yet?

"If you are looking for an excuse to fall off the wagon, the universe will provide one."

That was the lesson that Oprah shared in her recent confession about her ongoing struggle with weight. Oprah knows how it feels to fall off the fitness wagon; in the January issue of The Oprah Magazine she described her recent 40 pound weight gain.

Her testimony was filled with valuable insights for anyone else prone to relapse. There was a hidden cycle that I found in her story - one that exposes the process of falling off the wagon.

#### 1) You Fall

Your fall off the wagon could take place in a single moment, or it could be the result of a drawn out process. Oprah described her fall as one that happened slowly as a result of health problems. These health problems became her reason for not exercising.

Illness, vacation, holidays, changes at work or any other change in your schedule are all things that'll get you off the wagon. Once you're off the real damage begins.

#### 2) You Surrender

There comes a point after you fall off the wagon that you simply throw your hands up in the air and give in. For Oprah this was a dramatic moment. "I started eating whatever I wanted - and that's never good. My drug of choice is food. I use food for the same reasons an addict uses drugs: to comfort, to soothe, to ease stress."

This is the most destructive part of the cycle. You remove all expectations from yourself and as a result you plummet into an unhealthy realm. The progress that you've made toward your goals is lost and even more weight is gained.

#### 3) You Hit Bottom

Inevitably there comes the moment when you hit bottom. Your body shows the new weight gain and you feel awful about it. For Oprah it was a sobering moment. "I felt completely defeated. I thought, *I give up. I give up. Fat wins.*" She went so far as to say, "I felt like a fat cow. I wanted to disappear."

While hitting bottom is never a fun experience, it is a necessary one. The pain must become great enough for you to turn it around and take the control back.

#### 4) You Take Control

Now comes the good part. When you hit bottom you were out of control, now you're ready to once again grab the reigns. Oprah says that "These days I've put myself back on my own priority list."

She plans to get an hour of exercise five or six days a week, as well as eating healthfully and reordering her life to include time to replenish her energy. Her new goal is to be strong and healthy and fit.

Have you fallen off your priority list, like Oprah fell off hers?

The time has come to put yourself back on that priority list. The time has come to decide that you *are* worth it.

I'm here to help you do just that. Call or email today to get started on an exercise program that will change your body and your life...just like Oprah.

#### Think Small

When you eat out, make it a habit to order the smallest portion available. We are programmed to eat whatever is in front of us, even though we'd feel just as full on less. And since portions have grown in recent years, the smallest size isn't very small at all.

#### Healthy Chicken Fajitas

This recipe is a wonderful option for a weekday dinner - it's healthy, delicious and ready in 20 minutes. Serve with low fat toppings like salsa, chopped tomatoes, fat free sour cream or hot sauce.  
**Yield: 4 servings**



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Jennifer Brango

Great Valley Adventure Boot Camp

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#### Boot Camp Success Stories

Boot Camp has become an integral part of my life and I can hardly imagine a day without it! I have never felt so strong and in-shape in my life-even during my marathon days. Your spirit and creativity has made the daily trek in the dark beginning at 4:45 AM (with walking the dog) a wonderful way to wake up and start my day. Thanks again for being there! Jeanne J.

I look forward coming to Boot Camp. I feel stronger and more motivated. I enjoy the camaraderie of all the women in the class. They are motivational and inspirational to me. Roe R.

#### 2009 Program Discounts

**Register & Pay for 3 Camps - Receive the 4th for 50% OFF**

**Register & Pay for 5 Camps - Receive the 6th for Free**

\* All discounts will be applied after completion of first camp

++ Special Program Discounts subject to change without notice

#### New Camps Start January 12th

The camps scheduled for February 16th will be held indoors at the following locations.  
**Phoenixville Boot Camp**  
Phoenixville Civic Center, 123 Main Street, Phoenixville PA

#### West Chester Boot Camp

Miller Flooring, 827 Lincoln Ave., Suite 15, West Chester PA  
**Please Register ASAP - [Register Now!](#)**

#### Nutrition 101

In order to optimize your health a good diet is essential. But, with all the fad diets around it can be difficult to know what is 'good'. Nutrition science to the rescue! Though some things are still controversial, numerous studies reinforce the following basic information.

A healthy diet requires not just items from the four basic food groups, but in the proper proportion. The average person will need about 2000-2500 calories (sometimes more for larger men, less for women and those looking for rapid weight loss). About

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

- 1 teaspoon Chile powder
  - 1 teaspoon salt
  - 1/2 teaspoon ground cumin
  - 1/2 teaspoon garlic powder
  - 1/2 teaspoon onion powder
  - 1 tablespoon cornstarch
  - 1/4 cup water
  - 4 uncooked chicken breasts (4oz each)
  - 1/2 green bell pepper, sliced into thin strips
  - 1/2 red bell pepper, sliced into thin strips
  - 1 medium onion, sliced
  - 1 tablespoon olive oil
  - 2 tablespoons lime juice
  - Lime wedges for serving
1. In a re-sealable bag, combine Chile powder, salt, cumin, garlic powder, onion powder, cornstarch, and water. Add chicken, bell peppers, and onion; gently knead to coat. Refrigerate for 15 minutes
  2. Heat the oil in a skillet, empty the contents of the bag into the skillet and cook over high heat. Stir occasionally and cook until the vegetables are tender crisp and the chicken is cooked through, about 7 minutes. Remove from heat and stir in lime juice
  3. Transfer to serving dish and enjoy with lime wedges.

**Nutritional Analysis:** One serving equals: 160 calories, 5g fat, 5g carbohydrate, 1g fiber, and 24g protein.

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50% of those calories should come in the form of carbohydrates, with 30% from fats (yes, fat is good!) and 20% from protein.

Carbohydrates are the main source of compounds needed for energy. Simple sugars, such as glucose and fructose, are rapidly broken down in the intestine and absorbed. Some processing starts the minute they hit your tongue. Complex carbohydrates - starches, such as those found in potatoes - take longer, but are also healthy in moderation.

Fats are chemically similar to carbohydrates, and contain fatty acids essential to health. Proteins are lysed (split) to make amino acids, that are then recombined to form proteins used in muscles and other structures.

Meat is a valid and healthy source of protein for almost everyone. About 3 ounces per meal is about right for the average sized person. A cup of pasta is a good source of carbohydrates.

Two cups of leafy green vegetables supply fiber, minerals and vitamins.

A balanced meal can be made up of a serving of meat or other protein source, starchy carbohydrates such as pasta, rice, corn or potatoes, and fruit. Easy on the butter or margarine, go light on cheese, sauces and anything high in sugar or fat.

Though you could get the basics from a variety of sources, when considering weight control in addition to getting the proper balance, it's important to know which sources are high in what.

Fat contains nine calories per gram, which is double than other energy sources. Thus, you need to keep those foods high in fat down to modest levels. That also helps control cholesterol levels.

All sources of carbohydrates have four calories per gram. But healthy sources also contain needed minerals, vitamins and fiber. Some examples are fruits (apples, pears, peaches), nuts (walnuts are lower in fat than peanuts or cashews, for example) and grains (for fiber and minerals).

Why is candy bad, unless consumed in very modest portions? Because they are designed to be high in fat, high in sugar with much lower amounts of helpful nutrients. Neither fat nor sugar are harmful in moderation. Indeed, they're essential to good health. But when consumed in a form that contains an excessive proportion, they provide enormous calories and fewer other nutrients.

A single Snickers candy bar, for example, contains 63g, with 53g of sugar, but only 2g of fiber. A cup of broccoli, by contrast, has only 6g total, of which 2.5g are fiber, 1.5g are sugars. A cup of sweet corn has 31g total, 21g are starch (complex carbohydrates), 3g of fiber.

Making a list of items you consume will show you the relative amounts of helpful nutrients - and how many calories each contains. Putting a little arithmetic into your diet plan will help you reduce the number you obsess over - your weight.

### Nutrition, Health and Wellness Partners

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