

Editor's note

The beginning of a new year is always a time of anticipation as to what new challenges and goals lay ahead. What better time to implement new strategies for successful living? Part of a healthy lifestyle is making smart choices about nutrition both at home and on the go. In our latest edition, we have included some tips to ensure you can make health-conscious choices while dining out, another fantastic low-fat, protein rich recipe, and the unveiling of our new Fat Burn line. Wishing all of our readers a wonderful and healthy start to 2010!!

Yours in health,



Jason S. Carter,
Senior Director, Apex Fitness

Eating on the Go

Rick Wenner, Senior Category Manager,

With the average American eating one meal a day away from home, it's critical to learn to make healthy choices when on the go. With careful thought and some planning, you can eat out and stay on the right road to your weight loss goal.

Make Educated Decisions

Restaurant foods are known for their hidden fat and calories. Just one teaspoon of oil or lard adds 45 calories of pure fat to your meal. An extra 50 calories a day of hidden fat in a restaurant meal can result in a five-pound weight gain over the course of one year! That's why it's so important to use the nutritional information on menus, websites and pamphlets. These resources provide calorie totals which can help you decide what items to eat while still maintaining your target calorie deficit. Many restaurants have "healthy" items that are lower in fat and total calories, and choosing these items may make it easier to hit your target calorie deficit.

Tips for Eating Out

Use these tips to stay on track while eating on the go:

Always ask how the food is prepared. To cut calories, request that items be grilled, baked or broiled.

Avoid buffets and all-you-can-eat restaurants. Research shows that people tend to eat more when there's more food available. Also, restaurants add extra fat to various items to help food retain its taste. Ask for sauces, cheese and salad dressing on the side so you can control the amount you eat.

Replace French fries, onion rings, casserole side dishes and creamy or cheese soups with steamed rice, a baked potato, a broth-based soup, corn, beans, fresh fruit or a side salad.

Order bread, toast, sandwiches or rolls dry and add your own condiments (butter, mayonnaise, etc.) to control the quantity.

Split entrees and large portions of meat when servings are especially large. If you're dining alone, ask for a box right away and package the extra food to take home, and order extra vegetables with your entrée.

Instead of an omelet with cheese, try an egg white omelet with flavorful vegetables such as onions, mushrooms, green peppers and/or tomatoes. Choose chicken, turkey or fish instead of fatty beef, hamburgers, pork or lamb.

Avoid alcohol's empty calories. If you choose to drink, opt for light beer and wine spritzers rather than frozen fruit drinks, liquors and creamy after-dinner drinks. Pick restaurants that provide nutritional information

Focus on the Big Picture

Keep in mind that indulging in your favorite foods won't necessarily prevent you from reaching your goal. The bodybugg system gives you tremendous flexibility - if you miss your target calorie deficit one day, you can make it up over the next day or so by eating less and/or moving more.

Remember that when it comes to weight loss, it's not what you eat, it's how much you eat that determines your success. In other words, you can eat what you want and still reach your goal as long as you maintain, on average, your calorie deficit.

Mexican Crock-Pot Chicken



Cost per serving: \$2.85

Prep Time: 10 minutes

Cook Time: 6 hour(s)

Yield: 6 Servings

Ingredients

3/4 cup chicken broth

1/2 cup green or red

salsa, plus more for serving

1/3 cup flour

1 large onion, chopped

2 1/2 pounds boneless skinless chicken breast halves

2/3 cup reduced-fat sour cream

1 can (15 oz.) red beans, heated (continued on page 2)

2 cups shredded iceberg lettuce

Soft, fresh corn tortillas, warmed for serving

Preparation

Combine broth, salsa and flour in a slow cooker, whisking to blend. Stir in onion. Arrange chicken in the pot, smooth side up. Cover and cook on low for 6 hours.

Remove chicken-breast halves to a plate. Ladle sauce from pot into a blender and puree. Stir in sour cream. Return sauce and chicken to the pot. Keep warm until ready to serve.

Arrange chicken on plates. Serve with beans, lettuce, additional salsa and tortillas.

Nutritional Analysis (6oz chicken with sauce)

Calories: 261

Fat: 6g

Protein: 36g

Carbohydrate: 2g

Ways to Avoid Fast Food

Michelle Ricker, RD

The key to staying out of the drive-thru or vending machine is being prepared. When we wait too long to eat, appetite can overshadow our ability to make sensible choices. When you eat a meal or snack every 4 hours, you will be less likely to pull into a drive-thru on your way home from work because

you will not be starving and looking for an immediate fix. Keep your meal replacements (a.k.a. **Apex Fitness Fast Foods**) such as bars, crisps, protein cookies and shakes in your car, gym bag, desk or purse. These items can help you accomplish three critical components of weight control: 1) portion control; 2) balanced meals and 3) regular meals. Studies demonstrate that consuming foods from your normal diet AND incorporating meal replacements leads to greater weight loss than traditional calorie restricting diets.

Finding an alternative to Fast Food is critical to your success. In addition to having snacks handy, it is important that you grocery shop to have healthier meal options readily available. Pull out the crock pot in the morning so that you have a meal waiting for you when you get home from work (see recipe). Take the time to stock your refrigerator and freezer with easy food: frozen chicken breast or fish fillets, fresh or frozen vegetables, lettuce for a salad, fresh fruit, rice, etc.

Another option is to be aware of better menu choices to your 'usual' fast food meals. Thanks to the awareness of obesity, some fast food companies have offered lower calorie options. Don't be afraid to try one – who knows, you may like it. Remember that you can save yourself a lot of calories just by eating at home instead of going through the drive-thru!

Enjoy, Michelle

Introducing the NEW Apex Fat Burn Products



We've changed the Apex Fat Burn product line to help you burn more fat and calories, stay energized, enhance your nutrition, and control your appetite. We now offer four formulas, **ULTRA** fat burn, **THERMO** fat burn, **SUPERFOODS** fat burn & **CAFFEINE FREE** fat burn to help you meet your specific fitness goals.

For more information about each individual product, visit the [Nutrition Store](#)



Common question about the first upload

The first time you upload your armband, you will notice you have already burned calories. How can this be? I haven't even worn the bugg yet? Well, the bodybugg is intelligent enough to estimate your calories burned even when you are not wearing the armband. When you activated your armband, you put in all your physical statistics. The bodybugg starts to calculate your calorie burn based on body size, age, gender, physical activity level, etc., before you wear it. These math formulations become more accurate the longer you wear your bodybugg. The system begins to alter the formula to be more precise for your body using the 4 patented sensors to pick up the body changes and run that data through the algorithms. The bodybugg now has YOUR formula and all it needs to display how many calories YOU burn during all activities including sleeping.

[Click here](#) and learn a lot more about the bodybugg.



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