



Athletic Development

Fitness Consulting

Health & Wellness Education



www.2goodhealthllc.com

March/April 2010 Issue

© 2 Good Health LLC

Greetings from 2 Good Health!

Snow, snow, go away. Come back another day.

O.k., suffice it to say, I don't want any more snow and I am looking forward to warmer days. We live in Georgia, for goodness sake and phrases like "closed due to inclement weather" are not a common part of our vocabulary any more (originally northerners).

None the less, the winter months allow us time to prepare for Spring. During this time, we tend to "hunker down", stay close to home, and "wait it out." Well, in a sense, that is what we have been doing here at 2 Good Health. We have been waiting and preparing for the Spring.

One of our major preparations has been to "transform" into an online fitness and nutrition company. What does that mean for current and future clients, like yourself? It means you will get the same quality fitness, meal planning, and nutrition services at more manageable rates. The wonders of the Internet allow us to do more for less, passing on the Savings to you.

Also, we have turned our focus more toward weight

LINKED CONTENTS

Greetings from 2GH	1
Love Your Heart- Feature	1
2 Good Health Radio Show	2
Client Spotlight	2
Upcoming Events	3
Nutritional Nuggets	3
Love Your Heart cont.	4

loss & body transformation. Our newest and most value-packed service...our [Metabolism Makeover](#) Body Transformation Program, is an all-inclusive program that addresses ALL THREE major components for successful weight loss: fitness, meal planning, and nutritional programming. Check out what our newest client, Pat has to say about the Metabolism Makeover Program in our Client Spotlight section on page 2 of this newsletter.

Click the link above for more details on this service and read on to see what else we are up to.

Love Your Heart

By Sheril Burrage



Have you taken time to think about your heart, lately? No, not your romantic heart, but your real heart. You know, your h-e-a-r-t; the organ responsible for

pumping life through your body on a moment-by-moment, daily basis. That heart. Do you take time to love your heart?

Well, now that Valentine's Day is over, it is still a good time to remind ourselves to be attentive to our own heart that does so much for us (did you know that February was American Heart Month?).

In my opinion, one of the best things we can do for our heart is to be aware of our **cholesterol consumption**. We need to know healthful recommendations, the effects of cholesterol on our heart, and how we can combat high cholesterol.

First, how much cholesterol should we be consuming on a daily basis? Well, according to the USDA, it is 200-300 mg per day. But, believe it or not, we actually don't need to ingest **any** cholesterol—our liver creates what our body needs on its own. Wow! Isn't that amazing?

See *Love Your Heart* on Page 4



2GH Radio Show

Every Saturday at 10:30 am on AM 1300 WIMO Radio

The 2 Good Health Radio Show is a FREE resource for you to get dependable, up-to-date information about health, fitness, and nutrition. We share tips and information that you can immediately use to improve your overall health and quality of life. Tune in every Saturday at 10:30 AM on WIMO Radio 1300 AM or online at www.WIMORadio.com.

Tune in to hear exciting, motivational guests like:

- **Denise Novicki** – President of [Tri2Remember](#) Triathlons. Learn about her organization and how you can stay fit and simultaneously benefit Alzheimer's research with her.
- **Dr. Matthew Ryan** – Owner of [Stewart Clinic](#) in Winder. Learn about his pain-free methods and the benefits that chiropractic can have on your total health.
- **Dr. Renee Tocco** – Founder of the [American Chiropractic Autism Board](#). Learn the types of nutritional supplementation that can greatly help children with autism.

Also, stay tuned to learn more about special topics that Charles and Sheril will be bringing to you like:

- **From Fat to Fit** (How to turn your body into a fat burning machine)
- **Snack Attack** (snack your way to mind-blowing weight loss)

One more thing. At least once a month, we will be giving away a FREE 30-day [Metabolism Makeover](#) trial. So, make sure you **listen in** and **call in** for your **chance to win** this and other great prizes to improve your health and wellness. Remember, we air **LIVE** every Saturday at 10:30 AM on 1300 AM WIMO Radio or online – www.wimoradio.com.

We invite you to call in to the show with your Questions or Comments at **(678) 963-5482**



Check [You Tube!](#) For previously aired shows

Client Spotlight



Pat is a 50 year old woman who came to us with a long list of health goals. She wants to lose weight, tone muscle, and improve cardiovascular health, general fitness level, flexibility, and nutrition. Seem like a lot to ask? No problem at all.

We immediately started Pat on our new comprehensive [Metabolism Makeover Program](#), tailored to her unique needs and goals.

With this program, Pat receives:

- ☑ Fully Customized Fitness Program
- ☑ Flexible Daily Menu Plan including Grocery List
- ☑ Unlimited Email Support
- ☑ FREE Fitness, Nutrition, and Weight Loss Resources Emailed directly to her Inbox
- ☑ And the **KEY** – Weekly Telephone Weight Loss Coaching Sessions

WOW! That's a lot! All for one **AMAZING** price.

We are excited to report that Pat is working hard and sticking to her program. We will let her tell you in her own words how she felt after being on the plan for only one week.

You're not going to believe this because I almost don't believe it and I see it!!...that's 4 pounds [lost] in 9 days. I'm pretty impressed with that. And that's not with much more exercising than I normally do. My pants are feeling very comfortable and I may have to go down to a size 12 soon. I have had several people compliment me on my weight loss...

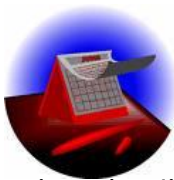
Our praises to Pat for working hard and going after her results. Thank you for choosing 2 Good Health to help you accomplish your health and fitness goals.

Keep up the good work!





Upcoming Events



Are you frequently tired? Do you struggle with lack of energy? Are you frequently plagued with minor aches and pains? Then you may have a nutrient deficiency. Don't miss these **FREE** community seminars.

Essential Nutrients for a Healthy Life

Monday, March 22

Where: Union Baptist Church

Time: 7:00 pm

Contact: www.winderubc.org or 770-867-7273

Saturday, April 3

Where: Commerce Public Library

Time: 2:00 PM

Contact: www.prlib.org or 706-335-5946

Other Events in the Area Tri2Remember Triathlon Races



Sunday, May 2

1st T2R Race

Where: Collins Hill Aquatic Center, Lawrenceville

Time: 7:30 AM

Click [Here](#) to Register

Sunday, July 18

Where: Crowe's Lake, Jefferson

Time: 7:30 AM

Click [Here](#) to Register

Saturday, September 18

Where: Laurel Park, Gainesville

Time: 7:30 AM

Click [Here](#) to Register

Nutritional Nuggets

ANTIOXIDANTS. What are they? Are they important? Why do I need them? We're here to tell you.

Oxidation is the process that occurs when we take in the life-giving oxygen we breathe. Believe it or not, oxidation creates life-threatening molecules called free radicals that damage good cells.

Free radicals are known to be major contributors to processes like **premature aging**, and diseases such as **cancer** and **heart disease**. However, the common day to day symptoms of free radical activity that you might experience are **sluggishness**, **physical weakness**, and **fatigue**.

O.k., I [Sheril] am not a war history buff or anything, but the best way to describe antioxidants is to use a war analogy.

Antioxidants are like little [kamikazes](#), killing off these harmful free radicals while giving themselves up in the process.

So, since we have these free radicals working hard to wreak havoc on our bodies, the question is... "What can we do about them?"

We can take in **anti-oxidants**. Antioxidants are mostly found in foods with deep, dark colors, and thick skins like certain beans and most fruits and vegetables.

Of course, to adequately battle free radicals, we need to make sure we get the appropriate amount of antioxidants (fruits and veggies) on a daily basis. The USDA recommends 5-9 servings a day. Are you eating that many servings on a daily basis?

Even I have trouble doing that from time to time. Fear not, though. There is help. If you are in need, antioxidants are also available in nutritional supplement form--capsules, soft gels, or liquid. Click [here](#) if you would like more information on antioxidant nutritional supplementation.



Love Your Heart (cont. from page1)

But, it is very realistic that somewhere, somehow, we will ingest some cholesterol in a meal. So, in the likely event that some cholesterol is included in your meals (hamburger anyone?), the simplest way to assess how much you're getting is to read your Nutrition Fact Labels. It's right there for us in black and white. The USDA has helped us out by requiring **all** food manufacturers to place Nutrition Fact Labels on their products. All that is left for us to do is the math.

Next, let's talk a bit about the effects of cholesterol on our hearts. What happens when we get too much cholesterol into the arteries that lead to our heart is quite simple; they get clogged. Can you imagine what is required to clear our clogged arteries? Surgery, scraping, stints...You can consult your local cardiologist for the gory details.

In light of this information about cholesterol and our heart, take the time to love your own heart with preventive care. You can start by reducing the amount of cholesterol that you consume on a daily basis, consuming enough fiber (helps to flush cholesterol), and of course, regular exercise. Also, soy is a wonderful heart-health food.



So, you are probably wondering which foods you need to reduce or limit. Well, some sneaky foods you definitely want to watch out for are cream-based or dairy-based condiments like mayo, cream dressings, tartar, cream cheese, etc. These are huge sources of cholesterol that we may not even think about, as well as significant sources of fat that can just creep up on us. Do yourself and your heart a favor and just **kick the condiments**. Another major group of foods that can negatively contribute to our cholesterol are fried foods. Check out my Your Future Figure post "[Are There Healthy Fried Foods?](#)" to get a great "unfried" recipe. After trying these unfrying tips, you will never fry in a pan of oil on the stove top again. I know I haven't.

As for the regular exercise, if you do not currently have an exercise program, simply start walking. If you need more help with creating an exercise program, contact us by [email](#) or phone at 770-881-7733.

