

# Define Yourself

health coaching



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## In this Issue

### Articles:

- Five ways to keep the keep the weight off.
- 32 healthy cooking tips.

### Distinction:

**Addiction free vs. managing behavior**

### Tools:

- PERSONAL FOUNDATION – You will accomplish more and more easily if you strengthen your life spirit.

Curious? Ask [Danielle](#)

## Simple Truth

**There are now more overweight people across the world than hungry ones, according to expert**

- Professor Barry Popkin  
BBC News

**New**

**Healthy Body and Soul**

Click link

<http://www.defineyourself-coaching.com/healthybodysoul.htm>

## Five Ways to Keep the Weight Off

- A. Have a strategy, an action plan that is measurable
  - Set clear goals
  - Make incremental steps that are not overwhelming
  - Have an accountability system
  - Make periodic re-assessments of goals, and progress
  - Expect relapses and be prepared
  - Prioritize
  - Assess strengths
  - Know your Phenotype – external characteristic tendencies
- B. Nutrition
  - Get that you are what you eat
  - Eat for Health
  - Know what you put in your body and take responsibility
  - Listen to your body
  - Maintain a food chart
- C. Exercise
  - Move your body
  - Pursue a physical challenge
  - Track progress
  - Do what you enjoy
  - Enlist a friend or trainer
  - Make it as fun as possible
- D. Mind body connection
  - The physical body is a looking glass into the soul
  - Deal with emotions in a healthy manner
  - Balance all aspect of your life – tolerations, getting needs met, setting boundaries, clearing room for your vision.
  - Develop and practice problem solving skills
  - Think highly of your self
  - Phenotype – know yourself, your tendencies, your strengths, your characteristics
- E. Support – establish a healthy support system
  - Teams
  - One to one coaching
  - Mentoring

### Distinction:

**Addiction free** - when one is truly healthy they no longer feel the desire, the need, or the compulsion to medicate.

**Managing behavior** – Attempts to manage a behavior in our external world is not as effective as nipping the source of that behavior in our internal world.

### Tools:

**Ask me about -  
The PERSONAL  
FOUNDATION WORKBOOK** - a step by step guided process to help you significantly strengthen and improve your personal and professional life.

- The program is organized into distinct lessons.
- Each lesson focuses on you and an area of your being.
- The lessons help educate, identify actions and illicit shifts in your thinking.
- Each lesson points you to the next step.
- The lessons are challenging.
- The program is designed to provide support.

### 32 Healthy Cooking Tips

1. Add herbs and spices instead of salt and fat.
2. Marinate fish, chicken, vegetables, and tofu before cooking.
3. Toast nuts and seeds to bring out flavor and use less.
4. Sizzle garlic in broth before adding other ingredients.
5. Balance flat flavor with an acid, use vinegar or citrus.
6. Stimulate taste buds with Tabasco, chili oil, or cayenne.
7. Reduce liquids to intensify flavor by cooking uncovered.
8. Cook at low temperatures to flavor low fat dishes.
9. Partly cook meats before barbequing.
10. Use wine, broth, juice, or vinegar to sauté fat free.
11. Use non-stick cookware.
12. Use aromatic cheese and roasted nuts to top off dishes.
13. Use a non-stick vegetable cooking spray.
14. Cook savory onions in broth, covered, over low heat.
15. Refrigerate dishes uncovered overnight to skim off fat.
16. Thicken low fat sauces and dishes with gelatin.
17. Reconstitute dried fruit and tomatoes in water then puree.
18. Substitute two egg whites for one egg.
19. Substitute yogurt for sour cream.
20. Add chopped apples or onions to ground low fat meat.
21. Replace fat in baking with applesauce or pureed prunes.
22. Cook meats split down the middle for more plate coverage.
23. Pound poultry, meat or fish for fast cooking and more plate coverage.
24. Slice fatty fish such as salmon paper-thin, cook without adding any fat as it releases its own.
25. Use tofu to extend volume in sauces and salad dressing.
26. Use cooked cauliflower to extend volume in dishes.
27. Marinate tofu in stock, vinaigrette, or fruit juice and add to salads or soups.
28. Bake marinated tofu to help maintain firm texture.
29. Add aromatic wood chips under your steamer basket for a smoked flavor.
30. Add spices, (capers, cinnamon sticks, rosemary sprigs) under your steamer basket or to the content towards the end of the cooking.
31. Marinate fish and poultry in buttermilk or yogurt.
32. Cook in parchment paper or foil to keep in moisture.