



Find your fit

stock up on fresh food and fruit. Instantaneously four rebuttals rang out loud and clear: "Shut up, Bob!", "Oh, please!", "Give me a break!" and "Yeah, right." 'Classic', indeed! Naturally, this unanimous outburst got me thinking...

Were we behaving like healthy misfits or were our gut reactions to Bob's message speaking volumes on what people really think and feel? And, is there something truly wrong with embracing the concept of a total vacation? Vacation from work, stress, eating right, working out...don't all these things require a break away once in a while?

I have often noticed that some of the Biggest Loser contestants almost seem scared into behaving perfectly with food and fitness. It's as if fear becomes a driving force in their success; not a good thing, when you think about it. A passage on weight control in The Secret also comes to mind: "...if you focus on losing weight, you will attract back having to lose more weight, so get "having to lose weight" out of your mind. It's the very reason why diets

don't work. Because you are focused on losing weight, you must attract back continually having to lose weight." Interesting concept, isn't it?

Absolutely no disrespect is meant toward the amazing weight reductions logged in by the Biggest Losers or the strong support they receive from trainers, Jillian and Bob. It seems clearly evident that the common bond of the experience is sincerely and deeply rooted - TV or no TV.

Ultimately the question is, do we want to approach weight control from a fear of fat perspective or from a state of mind/body that supports positive driven behavior and thought? What messages do you routinely play over and over again in your mind on the subject of weight control?

Ironically, our guests that night had just returned from a four day 'Vegas tour. My friend further elaborated, "BK, Hooters and Margaritaville, Bob - that's what I ate on vacation...BUT, I walked a TON!"

Wellness is *everything!*
J.J.Rusch

Fear & Focus

I have an interesting story to share with you. It happened one evening last April when we had some friends over for dinner while watching an episode of the Biggest Loser. Okay, I'll fess up too - we were having pizza and beer while watching an episode of the Biggest Loser. Classic, isn't it?

It was the episode where the final five were on location in Australia. The BL tip theme that night was watching what you eat while on vacation. Bob, the Trainer, said something that went along these lines: *When you go on vacation find the closest fresh market and*

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Breaking News

Dave Grotto, RD, LDN, author of, 101 Foods That Can Save Your Life, President of Nutrition Housecall, Nutrition Advisor, Men's Health and Fitness Magazines, and former ADA Media Spokesperson, has joined CWM to write Ask the Guy-a-titian, a new column beginning in our next issue. Until then, look for Dave's Q&A in current E-weekly issues of CWM Express.



Cover Photo by Lee Balgemann

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Have Pills, Will Travel

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Setting Boundaries

The law of attraction is a law of nature. It is impersonal and it does not see good things or bad things. It is receiving your thoughts and reflecting back to you those thoughts as your life experience. The law of attraction simply gives you whatever it is you are thinking about.
- Rhonda Byrne

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CWM Out 'n About

Tune In to 98.3 FM at 10 am on Monday, May 12th to hear CWM Publisher, J.J. Rusch brain train with Ann Babiartz, "The Transition Magician" and host of Life Outside the Box. The radio show will also be streamed live on the internet at: www.wrlr.fm.

Guest Speaker CWM Editor, Suzanne DalLago will be speaking on "Nutrition, Exercise & Stress" at an upcoming McDonald's employee group conference on May 28th at the Wyndham Chicago.

Meet 'n Greet Meet J.J. Rusch, CWM Columnist, Andrea Metcalf and the rest of the FIT TODAY show cast throughout May and June at the "Meijer in Motion" weekend festival of events at Chicagoland Meijer stores. (And don't forget to watch FIT TODAY on CLTV, Saturdays at 11 am and Sundays at 8 am.)

Top Win Major congrats to CWM Graphic Designer, Christina Landon, for her Illinois Press Association "Best Ad Designer" award. This win marks Christina's 26th award received for her work in advertising and graphics. We are so proud of her!

Dance Class & Show CWM Editor (and professional dancer), Joanne Flom's next Zumba & Belly Dancing classes will begin on May 5th for all skill levels on Monday and Tuesday evenings in Des Plaines. Call Joanne at: 773-403-5149 for more info. "Abrevaya's Belly Dance Oasis - A Theatrical Event" will be held on Sunday, June 1st from 1-4 pm at Maine West High School in Des Plaines. For ticket info go to: www.abrevayadance.com.