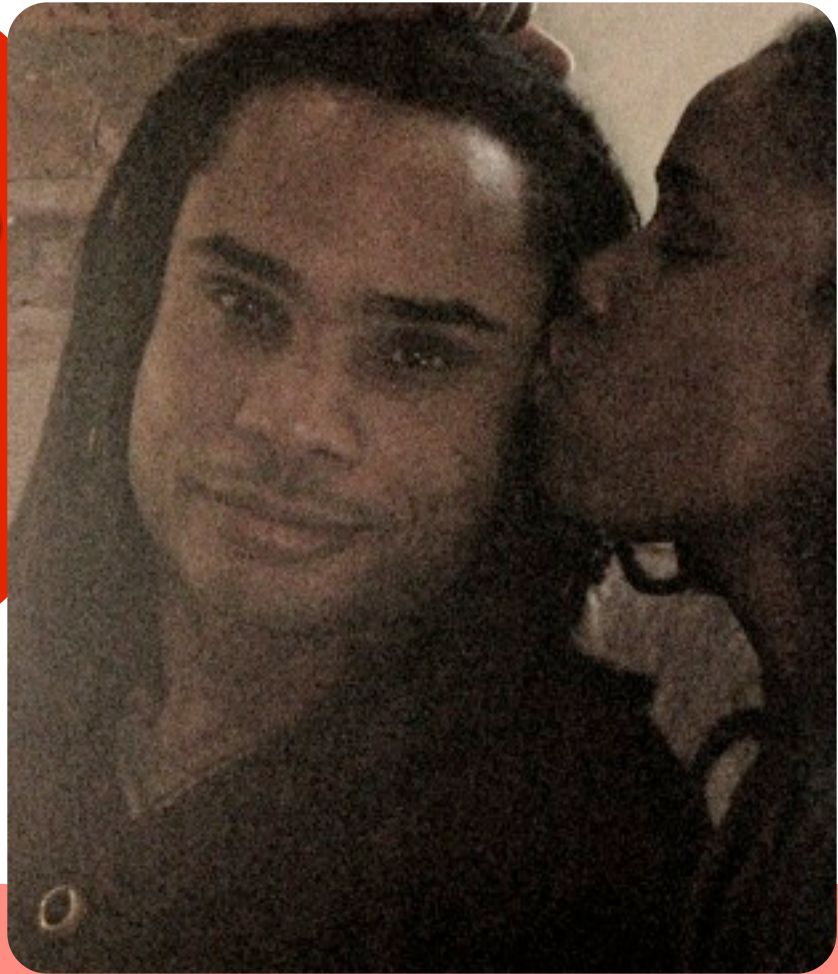


## THE NU METHOD

Expand Your Definition of Health and Wellness

CHOOSE NU from the INSIDE out

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## ALL IN THE FAMILY

By Tanya Fly

Over the past several years, Mother's day has always been a bitter sweet holiday for me. The blessing of my two boys goes without saying but there's always some portion of the day I find myself missing my own mother and her tradition of having my brother, sister and I fly home to Michigan to attend church with her as did our other brother, Elliott, (who still lives there).

My siblings and I lost my mom suddenly, (within 6 months) to Colon Cancer on June 25, 2001. My dad passed away two years

later from Emphysema one month after my youngest son was born.

I had been on my own for sometime here in NY before my parents died but it wasn't until I was no longer my mamma and daddy's little girl that I think I began to grow up. I had gotten married, even given birth but my personal growth as a woman and parent--like gratitude, appreciation, compromise, sacrifice and **Expanding my Definition of what LOVE really was** didn't begin to emerge until



PHOTO: JFLY

I no longer had the luxury of speaking to my own.

As I've shared before, there have been times when I thought the early mornings and late nights of creatively, (sometimes shy of an orange jumpsuit), to find ways to *respect our love*

con't pg 2



**MY FAMILY...the best gift I could have.**

and maintain the family bond was not always appreciated.

Especially when my boys dad and I do not agree on how to best achieve that. At some point though you must make a *choice* about what matters MOST. Is it

being **right** all the time or is it **having the honor of being a part of the gift called FAMILY?**

My family semantics didn't quite turn out the way I initially envisioned it and being a part of it has certainly not always been a walk in the park. (I'm sure their dad would tell you--I ain't always been no bed of Roses neither 8-).

However, despite the challenges we still strive to be the best *our* FAMILY can be. For that, on this Mother's Day, I am eternally grateful.

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REALLY?!?! BUT, but...it's **FREE!** SIGH--ah, OK 8-(

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**SPECIAL**

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Help us support our movement to teach children, (and adults), how to Choose being their best from the **INSIDE** out!  
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# Are You Making Your Child Fat?



Although you know how important it is to teach your child healthy habits, it can still be difficult to make the right choices in a world filled with fast food and sweets. Are you in control of your child's healthy eating habits, or could your overly restrictive or permissive parenting style be making your child fat? Take this quiz to find out. <http://www.lifescrypt.com/Quizzes/Parenting/>

## DID YOU KNOW

There is alarming increase in the number of children and adolescents developing **Type-2 Diabetes** (also termed as adult-onset diabetes) due to being overweight?

## ALSO...

**Obese children are on higher risk of developing, liver diseases, orthopedic problems and asthma?**  
Learn more about the damaging affects obesity can have on your child(ren) lives and positive ways you can choose to change it at <http://www.peoples-health.com/>



On April 27th, 2009 I was invited to attend **Long Island College Hospital of Brooklyn President's reception** celebrating 150 years of community service hosted by Dominick Stanzione, Interim President.

It was certainly an honor for **TNM Community** to be invited. Once again demonstrating in a realistic way that when you **Choose NU from the INSIDE out** a little each and everyday, the change may begin small but the positive affects it can have on your life and the lives of others can be HUGE!

## HOME GROWN WORKOUT: Couple's Corner

**"Plays Together, Stays Together"**

By Julie Tinker



When I married my husband, just a year ago (we're blissful newlyweds), I never considered that working out would be amongst the social activities we do together.

But since our lives were merging in other ways and slowly we've come to share a pretty similar schedule with work and leisure time, it was natural that our exercise activities would converge as well. Here are a few of the reasons why working out with your significant other is incredibly fulfilling and fun. I can't recommend it enough to other couples, spouses, lovers, and partners.

1. You know how having a workout partner helps us hold ourselves accountable? Working out with a friend or a personal trainer can be such a huge aid in getting in shape from encouragement to just knowing someone expects you to be at the gym at what ever ungodly hour in the morning. Well, imagine that person who can hold you accountable and encourage you in your physical goals lives with you every day. You can be each other's greatest motivator from diet to exercise.

2. Healthy competition is playful and fun. Granted my husband has a slightly unfair advantage called testosterone, but the point is that games are fun, competition is healthy especially from a loving partner. I love the laughter it inspires in both of us.

3. From a very practical standpoint: working out with your spouse means you always have a partner to stretch with, an automatic spot while lifting, a person to run with as it gets dark, and someone to motivate you who knows your weaknesses and your strengths and can help speak to those helping you get the most out of your workout.

4. Um...endorphins. You work out, you feel a natural high (at least hopefully you do) and sharing that feeling together is just plain nice.

5. Relating to number 4, if you work out together you feel good together and that inevitably leads to good physical activity outside the gym. Ain't nothin wrong with that. :)

**Here are a few exercises my husband and I do together:**

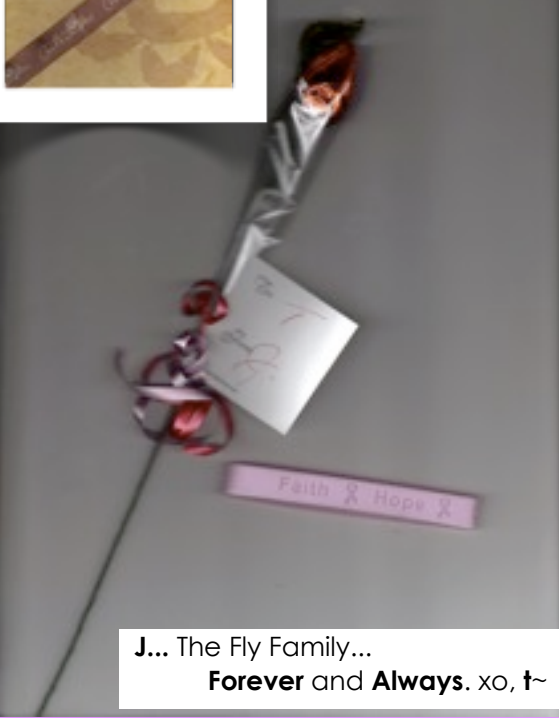


# MOTHER'S DAY SUPERSIZED!

A snapshot of your girl being FLY. 8-)



Carol's Daughter, one of my favorite stores. Thank U.. 8-)



J... The Fly Family...  
Forever and Always. xo, t~

It began with the boys being dropped off by their dad to attend church with me to worship with my other family at Emmanuel Baptist Church here in Brooklyn. They all came up, including their dad and presented me with most of what you see here, (minus the home made banana bread and chocolate kisses).

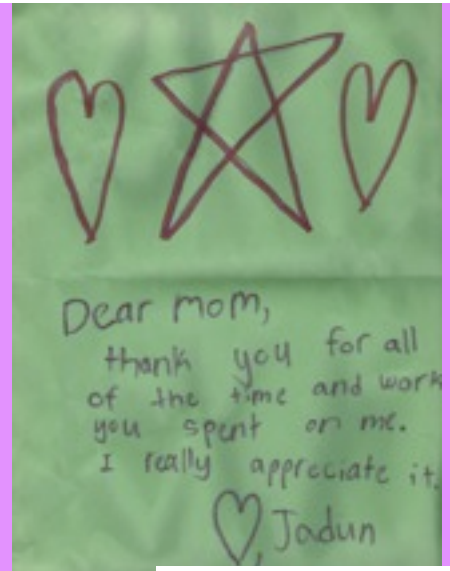
Before we left church my sister presented me, (with my boys), an additional gift from them and her. **MY very 1st piece of real jewelry designed by Helen Ficalora!**

Gotta get a move on though cause it's time to rush back home to tag team with Jason to get Jadun to his baseball game--they won!

My family, (on their dad's side--sister, Sabrina and brother n law Marvin), were also visiting from Maryland and gave me the most beautiful gift from Carol's Daughter. But wait, there's



J's card to me--HOW VaCLIMPED was I?!

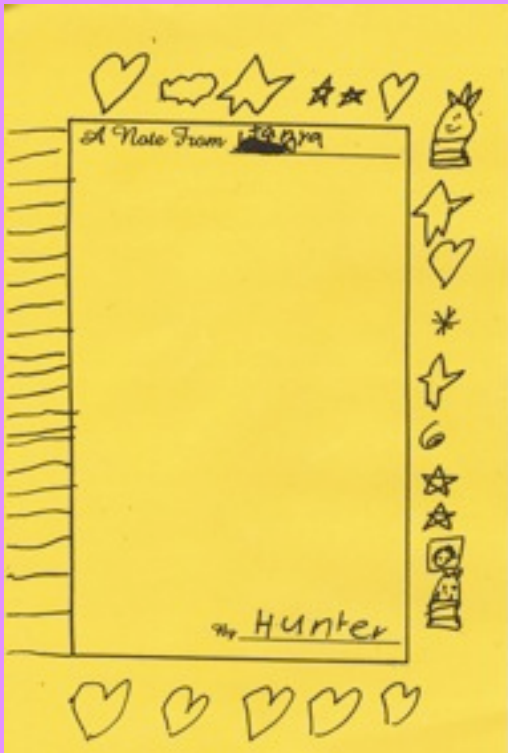


more!

The icing on the cake? The boys and their dad honored my request to go with me to see the STAR TREK movie! LOVED IT!!

As late as it now was, being as blessed as I had been, I couldn't go to bed without sending off this video--also sent to me by my friend, Adiaha R.

**Watch it here:**  
[http://news.cnnbcvideo.com/?nid=I7QlwSMcihgBDQ\\_s6shgCjMxNDQzMDE-&referred\\_by=8859963-dla5Mhx&p=moveon](http://news.cnnbcvideo.com/?nid=I7QlwSMcihgBDQ_s6shgCjMxNDQzMDE-&referred_by=8859963-dla5Mhx&p=moveon)  
I'm telling you, the day was so good I simply can't BREATHE. LOL



A Note Pad that Hunter created so I have something to send my Thank You's on. 8-)



The necklace I got has the word MOM on it. Gina, my sista', the FLY family simply couldn't run as seamlessly without you.

CHOOSE **NU**



## FINAL WORD JUST A THOUGHT

By Tanya Fly

Celebrate Mother's Day everyday by CHOOSING NU and staying connected to your FAMILY...be it blood or the community at large.

At the end of *your* day, it's the **ONLY success** that truly matters.



**Emmanuel Baptist Church** is having their 2nd annual **HEALTH CHALLENGE** to promote over all health and well being in the community and beyond.

A special thanks to **The Dodge YMCA**, (my personal stumping ground) and **Barbara Elovic**, (fellow instructor) , for agreeing to offer her services of Pilates through the duration of the 12 wk program. For further information on other classes, locations and programs go to the website at <http://www.ebc-ny.org> more details.

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4-5pm

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- Weds: 6:10-7pm
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