

## THE NU METHOD

Expand Your Definition of Health and Wellness

CHOOSE NU from the INSIDE out

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## UPGRADE, yourself.

By Tanya Fly

Every 3 to 6 months I tend to take an *unofficial* inventory of where I am in my life.

“Unofficial” because unlike some, I don’t make my **life inventory “Compared To You”** but how **I** PERCEIVE the quality of my life based on what **I** not *other’s* think, thank U.

I.E. when I transitioned from a **Single-Minded Mental**, (Individual), with a goal of becoming a singer-songwriter into a “**Community Driven**” MOTHER and WIFE of 2, the *individual* plan had to shift to support the **NU** plan of being

**mommy and wife**. When it was clear the “**Wifey-Husband**” part wasn’t quite working out but the part that still had viability, (a **NU FAMILY--urrrrrrk**), thus “**Unofficial Inventory**” shift underway. We then began Upgrading from **Marriage-so not-working to reNUed Family glass half FULL**.

NOW, that the basic foundation of **my Family** was done, (and be clear, NO EASY FEAT), during the Summer 2008 I decided 2009 would be **MY** year. Not that I would forsake my boys or Family function, but I had spent many years JUST doing “us”.



PHOTO: JFLY

I knew I couldn’t do ALL of what I felt I was suppose to do with my life if **I didn’t go into my own closet and begin to clean it out**.

When I felt my boys were old enough to TALK to them about  
con’t pg 2

what I needed to do for myself...when *they* got it, I finally had my Green Light to once again Choose NU for self.

So I began to take better care of me and began laying the groundwork for my NU KIDZ program.

Then, I gave myself a deadline on other self improvement, purpose/ career related goals that were supported by the Life I Live right now...TODAY.

This created much Personal Upheaval because my change would force other's around me to

either change how *THEY* did things or be put on pause. Not cause I didn't love them but because I HAD to Choose NU again in order to "Expand the Definition of Health and Wellness" in my own life, period.

TRUST...it ain't easy, much is done solo and many won't get it/ you at first but if you stick to it, it'll all work out in the end. **The NU Method is really YOURS.** How YOU decide to improve the quality of your life and the life of other's. Thing is, you must be willing to admit and **UPGRADE** what isn't working in your own life before you can save the world. Thank U, Beyonce. 8-)

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

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**WE WANT TO HEAR FROM YOU**

**TNM believes everyone has insight about what living a whole and healthy life means for them. From changing your physical habits to dealing with emotional ones.**

**If you have a story, question or idea that you would like to have explored in TNM Blog and Newsletter go to our website [www.thenumethod.com](http://www.thenumethod.com) and click on [http://thenumethod.com/TNM\\_COMMUNITY.html](http://thenumethod.com/TNM_COMMUNITY.html) for further details.**

**CASTING  
for a NU KIDZ  
Production!**

**The NU Method** is looking for a diverse group of children, (10-14), between the ages of 5-7 yrs, who enjoy running, dancing, learning and playing ALOT. We will be shooting our

**Fit and Lifestyle Program** called **NU KIDZ** on **SATURDAY, AUGUST 1st, 2009.** Location TBA.

There will be no pay but a copy of the finished production for your family will be provided. Interested?

**Send a snapshot of your child, age and grade to by 7/13/09 to: [the.nu.method@gmail.com](mailto:the.nu.method@gmail.com)**



**HAVE YOU BEEN  
THINKING LATELY...**

My workout plan has been going OK but every now and again I wish I had a little push. or

I had all the intensions a few months ago to get my **change** going on but what I did wasn't working and didn't know where to go from there??

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for further details contact [the.nu.method@gmail.com](mailto:the.nu.method@gmail.com)

## Lean Cuisine: The Best Meat Cuts for the Grill

\* by Toby Amidor in Healthy Tips – Posted Monday, May 18, 2009, 10:30 am



For More Healthy  
Eat Tips go to:

[http://  
blog.healthyeats.com/](http://blog.healthyeats.com/)

Grilling is one of the lightest ways to cook, but to keep it that way, you want to pick leaner meats. Find out which cuts to look for.

### Leaner Cuts

First off, here are the cuts you should be looking for:

- \* Poultry: Skinless, white meat chicken or turkey; ground turkey breast
- \* Beef: Flank steak, top loin, sirloin, porterhouse, T-bone steak and tenderloin;

90% lean ground beef

- \* Veal: Any trimmed cut
- \* Pork: Pork chops or tenderloin
- \* Lamb: Look for the word “loin”
- \* Game: Rabbit and buffalo
- \* Game birds: pheasant, quail and ostrich

The American Heart Association certifies many cuts of beef and pork as low in fat and saturated fat. When browsing the meat aisle, check packaging for their symbol. Also, fish is a lean protein. While not technically “meat,” you might try salmon, tuna, mahi mahi, halibut or tilapia — all sturdy enough for grilling.

### The Calories and Fat

Think about it — you choose a lower fat cut, but eat 10 or 12 ounces of it. That sabotages your healthy efforts. Aim for 3 to 4 ounces per serving — that’s about the size of your palm or your smartphone.

You may see “lean” or “extra lean” on some meats. According to guidelines, meats marked “lean” must contain less than 10 grams of total fat, 4.5 grams of saturated fat and 95 milligrams of cholesterol per 3.5 ounces. Meats labeled “extra lean” contain less than 5 grams of total fat, 2 grams of saturated fat and 95 milligrams of cholesterol. But be careful when grilling up anything that’s “extra lean” — they may turn out rubbery or dried out. Here’s a colorful chart comparing 26 cuts of lean beef; remember, not all cuts are great for grilling.

### More Tips

When shopping, look for meats that have the least amount of visible fat. If the cut is marbled, that means it’s streaked with fat. For burgers, remember that ground turkey or chicken can have as much fat as ground beef because they often have a mix of dark meat and skin. Make sure you pick ground breast meat — or look for low-fat ground chicken or turkey.

### Other Benefits

Not only are lean meats better for you, but they’re better for your grill, too. Fatty meats drip more and can cause more flare-ups, which can, in turn, burn your foods. Grease dripping on your grill also wears out the grill’s metal parts faster.

### Cost Controls

Not sure what cuts are in your price range? Fresh direct, an online food delivery service, has a great chart that gives ballpark figures on your favorite beef, lamb and pork cuts.

## “TO BE FLY”

Have a few precious memories of photos or video that you've been meaning to put together in a way that your family and friends could keep forever but you haven't the time or vision to put it together?

Allow **Laugh, Love, Live** Productions to do it for you.

Click this link and check out what they did for ME. Other work includes a piece currently running on CNN online

Just click this link and check out her work...  
<http://www.youtube.com/watch?v=uF-nLkgN0mM>

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[www.anitadavenport.com](http://www.anitadavenport.com)

## UPGRADE, Me...

Part of my Choosing NU has been taking time to reignite things within' me that make me feel more completely myself.

These are a few of the things I've Chose NU recently to give time and energy too that's helped refocus, revise and reNU my life.



## SASHA FIERCE

A music producer/tech wizard friend of mine KWIZ who's been on the road with BEYONCE for a minute invited me and my boys to her concert at Madison Square Garden! The 1st they've ever been too. It would have been easy to find reasons why I couldn't, (Retarded, I know, on my part), but I didn't and we did! FYI: (I happened to be listening to her song UPGRADE on my iPod while washing dishes when he called to invite me.)

The power of thought!

**“Where your thoughts go your LIFE follows.”**

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TIME  
 FOR YOUR  
 LITTLE STAR TO SHINE  
 ON  
 PLANET TROI!



“Everyone has their own talent and should have a place to share it”. Troi (age 6)

**Planet Troi** is the place that provides video sharing for kids and their talents, and P.S. it's monitored too.

For further information check out her website at:

<http://www.planettroi.com/>

CHOOSE **NU**



# FINAL WORD

## JUST A THOUGHT

By Tanya Fly

Working on your personal UPGRADE will not always have you doing the HAPPY DANCE because if you're *really* doing it you'll have more than a few Break Downs then **Break Through(s)!** Don't be afraid to go there. How does the chicken get to the other side? One Step, Action or Choice at a time.

xoxo  
t~



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IT MOVE IT!!!

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NU KIDZ  
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FIT Kid in a FIT  
Family mean to  
YOU?

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## SUMMER SPECIAL

Monday, JULY to Saturday, 18th \*pp (per person)

SEMI PVT: 2-4 pp \$35 PVT: 5 sessions \$340

NU (Intro) Group 5 or more pp: \$25

\*\*Pay for the amount of classes or sessions you plan to attend for the month and that's IT! No membership or long-term commitments.\*\*

### Classes currently in session:

Tuesday's & Thursday's: 9-10am Dodge YMCA (Brooklyn-Members Free)  
10-11am Atlantic Avenue (corner of Atlantic & Court)  
Weds: 6:10-7pm

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