

THE NU METHOD

Expand Your Definition of Health and Wellness

CHOOSE NU from the INSIDE out

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• Bracelet's J&H made for their dad
• and the family for Father's Day..

Got VALUE?

By Tanya Fly

Hey, what do you **VALUE**?

What matters most to you and does what you say you care about really manifest itself in your everyday life? How did what you claim to care about or want show itself in your life today? Some days, it's so easy for me to do what I believe I'm suppose to be doing because there are instant rewards for doing so i.e. on a personal; my boys, professionally; selecting new music to set the pace, writing or preparing a lesson etc. Knowing not only will folks be inspired by learning or reading something,

new but I will get instant feedback and become even more enlightened or inspired myself. Then there are those days where there isn't one part of doing the "Right" thing that has any interest to me at all. I'm exhausted either mentally, physically or a combination of the two that frankly has me telling *right* where it can go...which usually leaves me **LEFT:** drained and moody, tryin' to claim confused--like I don't know why things are playing out in a way I don't want them to. (Again, one reason why you need to get quiet and be



PHOTO: TFLY

alone on a regular.) **Not always, but usually when I find myself the most out of sorts is when I allow My Personal VALUE(s) to be compromised in some way either by myself or by others.** When I allow my short term actions regarding **anything** to compromise what I'd like **my long-term result to be,** con't pg 2

it is *never* a healthy thing. See, I've made this mistake often enough to know that compromising what I value too often causes what I believe are **little deaths to one's soul...**a bit every day. Life Noise (other folks issues, drama), gets louder, while God's voice becomes more distant and far removed. Creating what I experienced to be an almost intolerable stagnation--purgatory if you will in both my personal and professional life.

So what I decided for myself last summer was that I would begin going **deeper** -- beyond *surviving, coping,* or *flat out lying to myself.* (When you begin to **change** the lying to yourself part, **Note to Self: you and others around you will have growin' pains but it's ALL good- everyone here now ain't**

**TOILETRY DONATION
NEEDED**

We could use them here at the **YWCA** of Brooklyn. (Again we are a single women's residence). We have many women who come to us from homeless shelters, through the Women's Prison Association or who quite frankly can't afford these necessities.

Thank you so much!

Linda Sarsour
Coordinator of Community
Initiatives
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**ywca of brooklyn
eliminating racism
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necessarily meant to stay.) I wanted to better understand and then honor through my actions my **Value(s)**; Like Purpose, Quality, Joy, Creativity and LOVE.

Have you given any thought to yours lately or are you on auto pilot? Even if you think, "Of course I know", write them down and place them somewhere you can see them on a regular. I think you'd be surprised just how often they're compromised. Look, if you're the only one leaving the dinner table hungry, (fed everyone but yourself), don't hate cause they're satisfied while you starving, Ghandi.

Q(s): What is the value behind the act? What is your true intent? You've proven your "I Will Surviveness", but can you preserve your value and actually **LIVE** personal quality too? *Hmmmm.*

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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 and click on http://thenumethod.com/TNM_COMMUNITY.html for further details.



FATHER'S DAY...

Doesn't seem to get as much HOOPLA as Mother's Day and also not so much in the representation in TNM's space today BUT as in Life it is not the QUANTITY, (perfection or lack there of 8-) but QUALITY of the Father that counts. This is a shout out to my MIT's, (Men In Training), 1&2, Daddy, Jason and countless others for working with Mommy's in the constant effort to Hold the FAMILY Down. You can really work a sista's nerve sometimes but it's alllll GOOD. FAMILY, Forever and Always...ONE.



Michael Chiarello
Baked Meyer Lemon Fries

Recipe courtesy Michael Chiarello

Show: Easy Entertaining with Michael Chiarello
Chiarello Episode: The Kid in You



Baked Meyer Lemon Fries

Cut the Fat in Frying

Who doesn't love the savory crunch of fried foods? With a few tweaks, make lighter versions of chicken, fries, onion rings and other fried classics.

For more healthy recipes click on this link and go to Food Network
<http://www.foodnetwork.com/recipes/michael-chiarello/baked-meyer-lemon-fries-recipe/index.html?>

Cook Time

40 min

6 to 8 servings

Close Times:

Prep 20 min

Inactive Prep --

Cook 40 min

Total: 1 hr 0 min

Sign In or Create your Recipe Box
Ingredients

- * 6 Idaho potatoes
- * 1/4 cup extra-virgin olive oil
- * 1 tablespoon salt
- * 1/2 teaspoon freshly ground black pepper
- * 3 Meyer lemons, zested
- * 2 tablespoons freshly chopped Italian parsley leaves
- * 2 tablespoons minced garlic

Directions

Preheat the oven to 450 degrees F.

Peel potatoes and cut into 3/8-inch thick slices (lengthwise) cut again into 3/8-inch thick fries. Place the potatoes into a bowl with cold water; this will help keep the fries crisp and white. Just before cooking, drain water and place on paper towel, pat dry completely. Put in a bowl; add olive oil, 1 tablespoon salt, 1/2 teaspoon black pepper. Toss well and lay out in 1 layer on nonstick baking sheets. Bake until light brown. Cook for approximately 30 to 40 minutes, turning frequently until golden brown.

Remove from oven. Add lemon zest, parsley, garlic, salt and pepper. Toss well and serve.

DADDY DAY SUMMER CAMP



Recently laid off dad is here to answer your "what do we do about the children during the week between school closing and summer camp beginning?" conundrum.

Many of you already know me and my wife Jamie and our two children River and Cash. Being out of work since May has not been easy so I have decided to take that week with my children and have planned lots of fun outdoor and indoor activities.

**From June 29th till July 3rd, we have plans to visit the New York Aquarium and make it a day at the beach playing at the Coney Island playground and generally having fun in the sun. We also have planned a trip to the Prospect Park Zoo for another fun filled day. Would your children like to join us? Being by no means an expert, I have figured this daddy thing out and would welcome 2-4 children (walking age) to join us in our cool adventures.
con't on pg 4**

Now the best part for you (and jobless me) is that I am only charging what amounts to \$8 an hour for your child to join us from 9-4. That is almost half of the going rate. What a deal! So for \$280 a week, your child gets a fun dad/nanny/sitter/alien! lots of playing and learning time, two field trips, a morning and afternoon snack everyday, park time, water time, play dates galore, the list goes on and on. The point is you can report to work knowing that your child is in good hands. (My wife reports to work everyday with

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??

TNM SUMMER SPECIAL

BUY 4 SESSIONS GET A 5th ONE FREE
 \$340
 for further details contact the.nu.method@gmail.com

Check Out **The DOME Project** that my girl, Mrs. Paula Griffith Edgar hipped me to and a quick

HOMEGROWN WORKOUT BELOW.

..DADDY DAY SUMMER CAMP

•con't pg 3
 •that knowledge)

•If 9-4 is not for you, How
 •about an hourly rate of \$10?
 •Still a steal!

•All I ask is that you pay for
 •admission to the aquarium
 •(\$9) and the zoo (\$3) and pack
 •your child a sack lunch
 •everyday and bring enough
 •necessities such as diapers.

•It takes a village! (and I am
 •willing to be the village idiot
 •for a week.)

•Write me at
 •kip.yates@hotmail.com. Since
 •I am only taking a limited
 •amount of children, the
 •sooner you respond, the better
 •your chances)
 •I look forward to hearing from
 •you.

•Kip Yates

MORE ABOUT KIP

• Kip originally hails from Texas but moved to New York by way of Denver 12 years ago to pursue an acting career but settled (until recently) for the corporate lifestyle. He lives in a not yet chic named area between Clinton Hill and Bed-Stuy which he likes to refer to as CliHiStuy with wonder wife Jamie and bouncy sons River and Cash. Kip is enrolling at the Swedish Institute in the Fall.
 • Please contact Kip at kip.yates@hotmail.com.



The DOME Project

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PRESENTS

EDUCATIONAL SCHOLARSHIP FUNDRAISING EVENT

\$20 Donation Cover Charge*

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EVENT CO-CHAIRS

- Sina Choi – Law Clerk, Charities Bureau
- Mery Diaz - Social Work Consultant, TurnAround for Children
- Paula Griffith Edgar, Esq. – Executive Director, Practicing Attorneys for Law Students Programs (PALS)
- Ifeoma Ike, Esq. – Founder, Pink & Brown United
- Tanya St. Julien – Youth Development Specialist, NYC Department of Education
- Michael Shaw, Esq. – Assistant District Attorney, Kings County Prosecution Office
- Mark Smith – Financial Advisor, UBS Financial Services Inc.

The DOME Project, an acronym for *Developing Opportunities through Meaningful Education*, provides advocacy, educational support, and youth empowerment opportunities to young people who are economically, socially, and academically challenged. Our mission is to promote education as a means to success.

Please RSVP to Richard Celestin
 486 Amsterdam Avenue
 New York, NY 10024
 (212) 724-1780
richard@domeproject.org
www.domeproject.org

Friday, June 26, 2009
 6:30 – 11:30 p.m.

@

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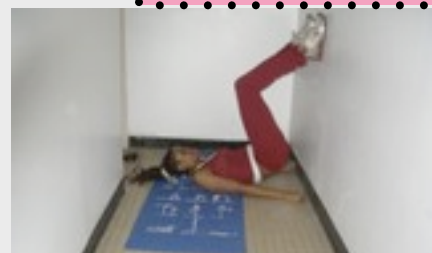


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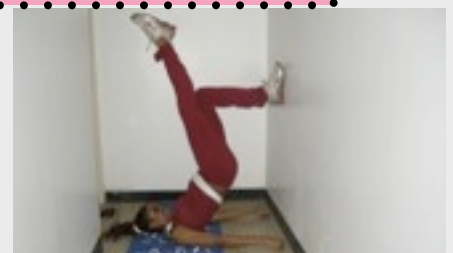
DEVELOPING OPPORTUNITIES THROUGH MEANINGFUL EDUCATION since 1973

HOMEGROWN WORKOUT:

Quick Tip on How To Work Your Butt and Legs.



Start: Lay on the ground with your butt, (Glut) as close to the wall as possible. Then place feet together but slightly higher than your knees.



Move: Raise one of your legs off the wall, using the other to help you pulse your hips up and down. Each time

BY THE NUMBERS

By Janessa Wilson



I weigh 131 lbs today. Or rather I did as of last Friday. Ever since a girlfriend broke my scale plopping an enormous piece of luggage on it in an effort to avoid airline over-weight fees, I have only been weighing myself when the opportunity arises: doctor's offices, friend's homes, complete stranger's homes. In this case, my 5 year old daughters regular surreptitious weigh-in.

For a good part of my adult life, I have been obese. For my entire adult life, I have been obsessed with how much I weigh. At 5'5", I was in the 200lb range throughout my twenties. By the end of that decade, after two miscarriages, I was determined to get pregnant. By thirty, I had taken some ill-meant, though ultimately transformative advice, to lose a good amount pre-pregnancy before gaining so much I would "never get rid of it." I dropped 50lbs from an all-time high of 210lbs, to 160. Going from a size 18W down to a 10 was like winning the lottery, and I felt like Miss America. When I was finally pregnant with my first daughter, nearly nine years ago, I gained exactly 24lbs. When she was 18 months old, and I had finally gotten back down to 160, I became pregnant again, with my now 5 year old. Again, I gained exactly 24 pounds, delivering another child at 184lbs. The problem was that this time around, the weight never came off. On my second daughter's first birthday, I weighed 185lbs, an entire pound more than the day she was born. Impossible, I thought. I had the whole weight loss thing "figured out", I had assured myself and anyone else who would listen. I would NEVER be back up into the "plus sizes" I had declared and believed. So this was when the true struggle began.

The first 50lbs that I dropped, pre-pregnancy, or what I now think of as "phase one", consisted of a sensible, though self-directed plan, of eating less and moving more. It is impossible to over-estimate, or overstate, the simplicity and effectiveness of this basic equation. And this time I took it to the extreme. To this day, whenever anyone asks (usually someone who has not seen me in years, or as I think of it, in 50, 60, 70, 80lbs) how I "did it" the answer remains the same "Half." And to a large extent, this is true. Portion control is the easiest form of "dieting", but only if, and it's an enormous if, you can be brutally honest with yourself. Even at 210, I was able to say what so many overweight people say, with a straight face and no trace of irony "I don't really eat that much."

Nothing could be farther from the truth - (Tanya Fly (TF) talking, "Didn't I just blog about discovering and dealing with your personal truth one choice at a time—your life, your way? Now this is getting reeeeeaaaallllllly good Preach, Janessa! 8-). To reach and maintain that level of obesity, you have to be taking in far more calories than you expend each day. As a nursing mother running around after a toddler all day, the amount of calories

BY THE NUMBERS con't pg 5

required to maintain that size is astronomically greater than the calories necessary for a healthy weight and life. But you live the lie to get on with life. **TF: TRUST we all do it. How we all LIE to ourselves in our day to day actions may not play out semantically the same way i.e.: some overeat, others drink, smoke, use sex, overwork, take or give too much, anger, hide our true feelings from other people etc. but we alllllll do it. If it's working for ya, fine. If not, time to keep reading!** It was only after becoming really clear about my intentions and goals that I was able to be honest with myself about just how much I was stuffing in my face each and every day. And night. Because no matter how "good" I was all day, there was that late night pint, yes, pint, of Ben & Jerry's waiting for me after the girls went to sleep each night.

My weight loss goal became 145lbs, not because it was an ideal weight for me based on height, frame, BMI or anything else. It was just the lowest number I could possibly conceive of for myself. **TF - Where your THOUGHTS go your LIFE follows. I should know cause mine does and sometimes I'm pissed cause where my thoughts decided to take me was really not cute. Not cute at all. LoL** And then the real-ness began. I was determined to be able to eat all of the things that I enjoy, just far less of them. And so "half" became my mantra. The biggest challenge with half, of course, is being honest about what the "whole" consists of, so that the half is for real! This meant one egg and one slice of bacon on one piece of toast for breakfast, rather than two eggs, three slices of bacon and two pieces of toast. But I didn't cut out the eggs. Or the bacon. Or the toast. Nor did I cut out the late night Ben & Jerry's. Just half the pint, or even less.

It was at just this time that I started hearing about a fantastic new trainer in the neighborhood, one with the unlikely name of Ms. Fly. Well, didn't we all want to be "fly"? Wasn't that the ultimate goal of all the dieting and working out? And one look at Tanya Fly, we all believe that we can be just as fly as she. So I decided to give the Nu Method a try. All the cool moms were doing it! The concept and the community completely changed my life. Having a group of women, lead by their fearless and fly leader, encourage and motivate, rather than discourage and sabotage, each other was life altering.

I not only reached my goal of 145, I surpassed it. I was working out fanatically, and eating the tiniest portions of the most obscenely decadent food. I loved the way I looked, the way I felt, the attention, even the haters. At this point though, my marriage was ending, and the stress was taking its toll. A fat girl who had comforted herself so many times with tons of fat, salt and sugar, I had become the "I'm too upset to eat" skinny woman. Suddenly I found myself at the other end of the spectrum, 122lbs of bones and a ton of extra skin.

Next issue: Finding the balance AMEN, Janessa...CAN I GET A WITNESS!! CAN'T WAIT!! 8-) xo, t~

CHOOSE **NU**



FINAL WORD

JUST A THOUGHT

By Tanya Fly

Only **YOU** know what you Value Most in life and only *you* can honor that.

Choosing to actively work on the best way(s) for you & yours to do that leaves your life no choice but to improve beyond measure.

XOXO
t~



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IT MOVE IT!!!**

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FIT Kid in a FIT
Family mean to
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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.

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Tuesday's &
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10-11am Atlantic Avenue (corner of Atlantic & Court)
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