

# Define Yourself

health coaching



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#### Champion vs. Cheerleader

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- Nutritional Coaching
- Know your BMI, and how it may link you to cancer risk.

## Simple Truth

Words are Windows  
(or They're Walls)

Before I rise to my defense,  
Before I speak in hurt or fear,  
Before I build that wall of  
words, Tell me, did I really  
hear?

Words are windows or they're  
walls, They sentence us, or set  
us free, When I speak or when I  
hear, Let the love light shine  
through me.

Part of a poem by  
Ruth Bebermeyer

## Nutrition Bars – a comparison

Nutrition bars are a fast and portable occasional small meal option. Accompany them with an apple. Carry them in the trunk of your car. Here is how I categorize them.

A. Best choice meal replacement = Vitamins and fiber with a balance of fat/protein/carbohydrates.

1. Clif Bar – high fiber, low fat, get uncoated flavors so they don't melt in your car, soy and oat protein, 230 calories
2. Spiru-Tein – soy protein, 150 calories
3. Triumph Bar – misc. protein source, 170 calories
4. Promax Bar – whey protein, coating melts. 280 calories.
5. Luna Bars – women's meal replacement, soy protein, some coatings will melt, 180 calories.
6. Power Bar, Harvest– low fat, milk protein, 240 calories
7. Source One – women's meal replacement, whey and milk protein source, 170 calories
8. Balance Bar – soy, caseinate, and whey protein, low fiber, 200 calories
9. Genisoy – soy protein, low fiber, 220 calories.
10. Ironman – soy and caseinate protein, low fiber, coating melts, 230 calories.
11. Optein – soy protein, low fiber, 170 calories.
12. Protein Bar – whey and caseinate protein, low fiber, high protein, 290 calories.

B. Good energy bars, though not as balanced.

1. Soy Sensations – soy protein, no vitamins, balanced macronutrients, 180 calories.
2. Boulder Bar – soy protein, no vitamins, balanced macronutrients, 200 calories.

Generally these bars are in the nutritional supplement area of your grocery store. All data may vary slightly for different flavors. The above information does not take into consideration sugar content. This is not an exhaustive list.

### Distinction:

#### Champion vs. Cheerleader

When you champion someone you do it regardless of the results.

**Cheerleading** is often a seductive way to get results or to praise results.

### Tools:

#### Nutritional Coaching

With the holidays soon upon us now is the opportune time to consider nutritional coaching. Learn more about sugar and your body, portion control, how to make the best food choices, and how you can best win the holiday food challenge. Get the support and accountability you want, all in the convenience of your own home.

Call me or [email](mailto:Danielle@defineyourself-coaching.com) me for details.

#### Body Mass Index and you.

Are you at risk for disease? Get a read on your physical health with a simple BMI evaluation.

#### Free evaluation and consult

This is your first step; call me today, before the holiday food fest.

### The Power in Consciousness

By observing our mind's noise, or thoughts, we can re-create our world. The moment we observe our mind processing, we free ourselves to choose the next step. When we chose to be conscious observers we are fully present.

Be open to the experience of your mind, and its autopilot program. Accept your repertoire and dance on from there. If you feel a stress sensation arising, acknowledge it. Observe what thoughts are being processed in your mind, and the emotion that it catalyses. Then move away from the thought that does not serve you well. You are not your thoughts; you are your response to your thoughts. Live in the now, give from your heart, and access your innate knowing.

Try these simple ways to tap into yourself.

1. Create a conscious healthy daily habit. Do it willingly, take full responsibility for its occurrence, and acknowledge it.
2. Create some daily blessings. A heartfelt morning wake up ritual, and a peaceful evening bedtime ritual, such as, a visualization, a gratefulness mantra, a prayer, inspirational reading or music, or touch someone.
3. Do what you most want to do from your heart, not your guilt-ridden mind or your ego. Practice, practice, practice.
4. Identify time for just you, stay in touch with your physical sensations, and feelings, throughout the day.
5. Take some conscious breaths to quiet your mind and body. Close your eyes and shut out the external distractions. Be present to only your breath going in and out of your body. Feel the calm, feel your energy, your stillness, and your innate beauty.
6. Practice observing without evaluation. Spend the week journaling the process.