

# HOW TO LOOK & FEEL HEALTHY when you walk down the aisle

LillyPad Connections ([www.lillypadhwc.com](http://www.lillypadhwc.com)) supports clients in their journey to better health. Their team provides the education and assistance you'll need to help you achieve your weight loss goal and change your relationship with food. They do this through daily videos, recipes and samples, monthly workshops and supplemental products. In this featured expert tip, owner Karen Lill shares her suggestions for looking and feeling healthy in time for your wedding...

- 1 Wedding planning can be stressful! All the details and added excitement can wear you down, but it's not just the never ending "To Do" list at fault – what you eat during the planning process can crash your energy and mood. Avoid this pitfall by choosing healthier foods to snack on and reducing your processed carbs. Those handy bagels and muffins are not your friends.
- 2 Having a good body composition (fat and muscle) is more important to your health and look than any of the numbers on your scale. If you're trying to slim down for your special day, make sure you are losing fat, not the muscle you need to burn that fat. This means keeping up your protein intake even when you're reducing other foods (like carbs and sugars). If you aren't sure where you stand, LillyPad provides free initial Body Composition Analysis readings. *Note: Anything above 31% body fat percentage for women can put them at risk for health problems. Men are at risk if they are above 25%.*
- 3 Avoid the blood sugar rollercoaster that will drop your energy and boost your cravings by making sure you get enough protein and reduce your carbohydrates. Why are we so down on carbs? Refined carbs and foods with added sugars have a more sudden effect on your blood sugar level, making it spike quickly. Your pancreas will respond just as suddenly by spiking your insulin, which can then crash your energy and cause carb cravings, sending you into an unhealthy cycle.
- 4 Keeping a food journal can help you evaluate how you are really eating and feeling. You might be surprised by what you find when you look back on your eating patterns for the past few days/weeks/months.
- 5 Make sure you're getting the right amount of protein. How do you know if you're getting the protein you need on a daily basis? Here's how to calculate your goal amount:

**Daily Protein Goal** = your weight in pounds, divided by 2, equals the number of grams of protein you need each and every day! For example, if you weight 160 pounds, you should be aiming to get 80 grams of protein per day for regular activity.

- 6 Lower your carbs by trying these simple substitutions:
  - ♦ use cauliflower rice instead of white or brown rice
  - ♦ use raw spirolized zucchini noodles instead of regular pasta
  - ♦ mash turnip or celery root/celeriac as a side instead of potato
- 7 If you need convenient snack or meal options while you're on the go, LillyPad carries products that can help. Our low-carb, low-fat, low-sugar protein bars are delicious and not packed with the added sugars and carbs in bars designed for athletes. We also have similarly designed snack foods and meal replacement drinks.
- 8 Don't want to have to think about all this while planning your wedding and managing the rest of your daily life? Come in to see us for a free, no pressure, no commitment consultation to find out how our program can help you. We provide weekly one-on-one support with Body Composition Analysis, and offer a variety of other services which can include daily videos, workshops, recipes and samples, and so much more. Our program can help you burn fat, maintain muscle, and improve your energy levels.



LillyPad Connections owner Karen Lill, and her husband Steve, before and after their dramatic weight loss success.

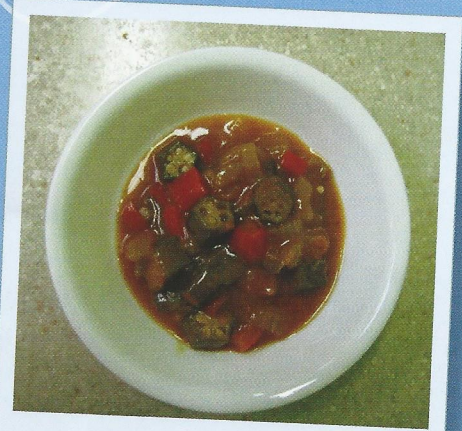
*Karen Lill's success with this program, losing weight and improving her health dramatically, inspired her passion for health and was the catalyst for the creation of LillyPad Connections. She has since helped many clients reach their own weight loss and health goals – including several brides and grooms.*

Stop by the LillyPad exhibitor display at The Ring's K-W Winter Wedding Expo in January 2015, or call to make an appointment for a free Body Composition Analysis and to learn more. LillyPad can be reached at 226-476-1763 and at 22 King Street South - Unit 202 in Waterloo. You can also visit LillyPad online ([www.lillypadhwc.com](http://www.lillypadhwc.com)), on Facebook ([www.facebook.com/lillypadconnections](http://www.facebook.com/lillypadconnections)), on Twitter ([twitter.com/lillypadhwc](http://twitter.com/lillypadhwc)) & on Pinterest ([www.pinterest.com/lpconnections/](http://www.pinterest.com/lpconnections/))!

# recipe

## LOW CARB, SPICY MEXICAN VEGETABLE SOUP

from the LillyPad kitchen



*This spicy soup will warm you up in a hurry with its healthy, low carb vegetables... Makes 2 Servings.*

### INGREDIENTS:

- 2/3 cup okra, sliced
- 2/3 cup celery, sliced
- 2/3 bell peppers, diced
- 2 cups Salsa (sugar free)
- 4 cups vegetable stock (sugar free) or chicken stock
- 1 tsp cumin
- 1 tsp chili powder
- 2 tsp onion powder
- 1 small jalapeño, diced
- Hot sauce to taste

### DIRECTIONS:

1. Sauté okra, celery and peppers for five minutes.
2. Add salsa, broth and spices. Bring to a simmer and cook another twenty minutes.

*OPTIONAL: For a complete meal, add 8 ounces of protein per serving and additional water or stock if needed. Good protein options include tofu cubes or diced and cooked chicken or beef.*

For more recipes and healthy ideas, visit the LillyPad blog at [lillypadhwc.blogspot.com](http://lillypadhwc.blogspot.com) ♥