

# Baton Health & Fitness Newsletter

Passing on Knowledge & Truth About Healthy Living

February 2008  
Volume 1, Issue 1  
Winter  
[www.tonyamjones.com](http://www.tonyamjones.com)



## Living in the Light



Dear Tonya

We are well into 2008 and 2007 is part of the past. Every year ends with the most celebrated holidays in American culture.

However, the holiday season leaves many people feeling overwhelmed, lonely, and depressed. During these times, many of us turn to food for comfort. Long lines, rude cashiers, and not enough help in the gift wrap center may tempt us to stop and treat ourselves to Auntie Anne's Pretzels or Mrs. Fields.

An ongoing habit of these "treats" will result in a life of obesity, depression, personal dissatisfaction, and a host of obesity related illness such as; Diabetes, Hypertension, Dyslipidemia, Sleep Apnea, and many forms of cancer. **The reason for these deadly results is simple; food was not designed to treat the body, but to fuel the body.**

As Americans we have it all twisted, which is proven by the CDC, most recent statistics "34 percent of U.S. adults aged 20 and over,

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Hicks, M.Ed.

## Health and Spirituality

### "God's Plan for a Healthy Lifestyle"



**Minister Chastity D. Johnson**

God, a loving Father, desires that we live a physically healthy life, as

"34 percent of U.S. adults aged 20 and over, are overweight and obese." For 10 years of my adult life, I was among the 34% of overweight and obese adults. After 7 attempts at weight loss, I finally beat the scale by:

- Shedding over 70 lbs
- Dropping 7 dress sizes
- Reducing my body fat by 12%
- Eliminating well over 10 inches from my waist
- Transforming spiritually, emotionally, and physically

When I look back on the decade I spent as an unhealthy and overweight young woman, I realize that I was living in darkness.

**Today, I live in light** and have given birth to "Baton Health and Fitness Newsletter." "Baton" is a collaborative effort with the **BEST** health and fitness professionals, as well as, men and women who have achieved their weight loss goals.

We believe that weight loss and management is holistic and is best achieved through: spirituality, nutrition, and exercise. Our goal is to support you in your journey and efforts to live a healthy life.

Yours in health,

*Tonya M. Jones, M.Ed.*

Professional Speaker & Group Fitness Instructor



well as, a spiritually healthy life! Proverbs 1:1 - 3a (NIV) tells us what the proverbs are for: "The proverbs of Solomon son of David, king of Israel: for attaining wisdom and discipline; for understanding words of insight; for acquiring a disciplined and prudent life." When we receive instruction and become disciplined, we can liken it to the process of receiving knowledge and then applying it to our daily life.

How can we maintain a healthy body? By using wisdom and practicing a healthy lifestyle!

What's required to practice a healthy lifestyle? Discipline. Just as one may discipline himself or herself spiritually to read the bible, spend time in prayer, or to fellowship with a community, this same process of discipline can be applied to our physical life - eating right, getting proper rest, maintaining positive healthy relationships, exercise and minimizing stress. So I close with the blessing from III John 1:2 (NKJV), "Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers."

*Chastity Johnson works as a Manager in Health Care and serves in ministry. Through each vocation, she seeks to promote and educate others on the importance of having quality health care experiences, and achieving holistic spiritual health.*

*Tonya's photo prior to embracing a healthy lifestyle - weighing in at 199.6 pounds.*

## Healthy Habits for Weight Loss and Healthier Eating



**By: Carmen Roberts,  
MS, RD, LDN**

**Registered Dietitian  
and Licensed  
Dietitian/Nutritionist**

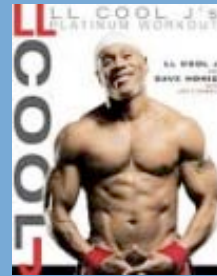
Think losing those 10 pounds seems insurmountable? Remember that it only takes a deficit of 3500 calories to lose a pound of body fat. While that may sound like a lot, if you do moderate exercise each day to burn off 300 calories, and just cut out a modest 200 calories per day, you will lose a pound a week! It's that simple! You can cut additional calories out of your diet to lose even more. Here are a few tips for giving yourself a "weight loss makeover" in 2008!

**Looking to cut calories? Eat them...don't drink them!** Many of the hidden calories we eat are found in the beverages we drink. If you drink soda, juice, iced tea, or even that little bit of sugar in your coffee, these calories add up over the course of the day. Make water your primary beverage. If you're really craving soda, switch to diet, and if you need to drink coffee or tea, use non-nutritive sweeteners (like Splenda) to add some flavor.

**Fluid, fluid, fluid.** Even if you're not an avid exerciser, your body needs a minimum of 8 cups of fluid a day. Caffeine-containing beverages don't count towards your daily allowance, since they tend to dehydrate you.



### Book of the Month



*[Click here to purchase!](#)*

**If you are new to health and fitness or seasoned, LL Cool J's Platinum Workouts will provide you with easy to follow exercises, as well as, challenging workouts. You will also find strategies to overcome hurdles and criticism from individuals, who may discourage you from embracing a life of health and fitness. Check it out!**



allowance, since they tend to dehydrate you. When you don't get enough fluid, your body doesn't burn calories as efficiently as it does when you are well-hydrated. If you exercise, you need even more water (a good rule of thumb is one cup for 20 minutes of exercise). Drinking fluids can also help to make you feel fuller.

**Eat more often!** Eat regularly (about every 3 hours), including some lean protein at each meal and snack. Ever wonder why when you're famished, you end up overeating or choose foods that aren't as healthy for you? Eating at regular intervals helps to regulate and stimulate your metabolism, balance your blood sugar, improves your energy level, and enhances your athletic performance. Lean protein sources include lean meat/poultry, seafood, egg whites, low-fat dairy products, and soy protein.

If you follow your plan 90% of the time, the other 10% won't ruin your path to weight loss success. Be realistic. You should be able to enjoy an occasional meal out or a favorite food at a party. But if you resume your normal eating plan with the next meal and continue with your workouts, you won't ruin your weight loss efforts.

*Carmen has over 12 years of experience in nutritional counseling, education, and program management. Carmen's most recent position at Johns Hopkins Bayview Medical Center in Baltimore included directing all nutrition education and research programs within the medical center. To contact Carmen Roberts, please email her at [robertsnutrition@yahoo.com](mailto:robertsnutrition@yahoo.com).*

### Returning to My Pre-Baby Weight by Learning to Eat Clean



### I am you, you are me; A mother of three's story on beginning the weight loss journey.



**By: Valerie Hicks, M.Ed.**



I began my weight loss journey in December of 2006. I had reached an all time high at 217, with my weight during my last pregnancy. Two months after my son's birth my body held on tight to the remaining weight. One of my closest friends shared her positive weight loss experience and I

began what I assumed would be another short term fix. I was always a yo-yo dieter, never really understanding how the body and food worked. I know now that I made poor food choices and lacked portion control. As I began this new weight loss plan, I told myself that this would not be a diet, but a lifestyle change.

I began the journey at 199.8 lbs in a size 14/16. I am currently 140lbs and a size 2/4. How did this happen? My answer is; I was ready for it to happen. It was my time and I was finally able to make the connection between nutrition, fitness and weight management. What will it take for you to make



**By: Terrill Dolet**

Eating healthy and exercising was something that I was forced to embrace after gaining 80 pounds while pregnant with my first child. At delivery, I weighed 200 pounds and to those who knew me, **I was unrecognizable**. I had always been small and had never been concerned about diet or exercise.

Months after my son was born, the weight was not "disappearing." I immediately made a commitment to eat healthy WHILE exercising. This new lifestyle was difficult because I was a working single mom. Here are a few tips that that allowed me to return to my pre-baby weight and maintain it for the past 11 years:

- Drinking at least 8- 10 glasses of water a day. By doing this, I did not waste calories on soda or juice.
- Limiting my sugar intake to 8 grams of sugar or less per snack. Animal crackers and low fat gram crackers were my favorite snacks because snacks made for kids have less sugar.
- Never skipping breakfast. Specifically eating a bowl of plain oatmeal with honey or fresh fruit.

the change?

The challenges that I faced in my journey were real, as they will be in yours. But, I am a living testimony that you can eat well, be fit and lose weight while still being a fabulous wife and mother. Completing your weight loss goal will help you to become more confident, fulfilled, and energetic. The time is now. Start today.

Below you will find steps that helped me begin my weight loss journey.

Looking in the mirror, journaling and reflecting upon the phrase, "I am worth it."

Replacing processed foods with whole foods.

Eating lots of fruits, vegetables, protein and fiber daily.

Joining a gym and hiring a personal trainer.

Deciding the best time for me to work out.

Writing "Exercise" in my planner and sticking to the schedule.

Packing my lunch daily.

Drinking plenty of water.

Eating protein bars.

**\*Consult your physician before starting any weight loss program.**

*Valerie is an Assistant Professor of Reading and English, as well as, a business owner. Valerie is a graduate of University of Maryland College Park and University of Maryland Baltimore County. She is married and lives with her husband and three children in Baltimore County.*

oatmeal with honey or fresh fruit.

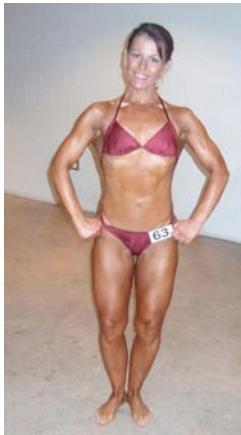
- Eating rye or pumpernickel bread on sandwiches along with taking the top piece of bread off.
- Starting an exercise routine that was created and supervised by a certified personal trainer.
- Eating my last meal of the day prior to 6:00pm.

It is never too late. You will feel great and eating healthy and exercising is something that we CANNOT afford to ignore. Good luck getting started!

*\*Please consult your physician before starting any weight loss program.*

*Terrill is a master Special Education Instructor in the Prince George's County Public School System. She is mentor to many of her former students and believes that teaching is her calling. Terrill is a graduate of Virginia State University and her undergraduate degree is in Sociology. She is married and lives with her husband and two children in Montgomery County.*

## One-Two Punch



**By: Marion Bolding**

If you are really serious about starting and sticking to an exercise program, get a notebook and pen, find a quiet place and then read on to learn how to add a "one-two punch" for a successful exercise program.

1. Identify and write down all the reasons why you want to start exercising, i.e. decrease stress, lose weight, control blood sugar.

Establish goals for your exercise program using the **MAT** principle:



The mission of Freedom Consulting is to promote positive change in the lives of youth and adults; in particular we are committed to life-long learning, self-esteem, health, wellness, and fitness.

Our mission is accomplished by developing speeches and workshops that encourage audiences and workshop participants to live their best life.

To request Tonya Jones to speak at your event, send an email to [tjones@freedomconsultingllc.com](mailto:tjones@freedomconsultingllc.com) and a company representative will contact you soon.



"There is nothing you can't do!"  
-E. Ruddle

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**Measurable** - include milestones for gauging success, i.e. run a % K, lose 10 lbs.

**Achievable** - be realistic but set a goal that makes you reach; this may require several short term goals before you can reach your ultimate goals. For example, if your goal is to lose 50 lbs, start by losing 10 lbs.

**Time Frame** - set an exact date the goal should be completed, i.e. April 1, 2008.

Think of possible obstacles that may hold you back and think of how to overcome these barriers. One example of an obstacle is not having enough time. The solution would be to make your workout a priority and to schedule time as you would for any other priority, i.e. meetings.

Now that you executed the "one-two punch" put on those sneakers and get moving: keeping in mind you are worth every minute you devote to yourself.

*Marion is a committed to the health and fitness profession. She is certified as an AFAA Personal Trainer, an AAAI/ISMA Older Adult Fitness Trainer, and a Reebok Cycling Instructor. Currently, Marion is a personal trainer at Lynne Brick/Owings Mills. She can be reached by email at [marion.bolding@brickbodies.com](mailto:marion.bolding@brickbodies.com)*

