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Celebrity or Not: The Same Rules Apply

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Loss And Maintenance Program (LAMP) - Now FREE

Join us the third Tuesday
of every month from
5:30 - 6:00 pm

June 16
July 21
August 18
September 15
October 20
November 17
December 15

To Register:
Call 973-765-9355 or
Email contact@smnc.org

Dear Maureen,

Even the money and resources available to celebrities can't guarantee successful weight loss and maintenance. They are faced with the same challenges as the rest of the country. We at Storch Medical are pleased to now offer a maintenance class for **FREE**. The importance of continued accountability cannot be underestimated. Join us for our monthly "Loss And Maintenance Program" (LAMP) to keep your weight management goals on track.

→ [Celebrity Struggles & Successes](#)

What do you have in common with Randy Jackson from *American Idol*; Jillian Michaels from *The Biggest Loser*; actress Kirsty Alley; and talk show host Oprah Winfrey? They among many other celebrities have struggled with their weight. Having access to personal chefs, trainers and state of the art in-home gyms might make the quest for weight loss easier, but does not guarantee success. It is hard work and determination and in the end, celebrity or not, the same struggles still exist.



Randy Jackson, judge for *American Idol*, has struggled with his weight for years. Partly due to his Southern upbringing of high-fat foods and partly due to living the celebrity high life. His weight ballooned up to 300 pounds. But after a diagnosis of Diabetes, he chose to have Gastric Bypass Surgery (GBP). The easy way out? Not at all. Randy Jackson, like many others who have GBP, gained 15% of his weight back after surgery. So he has to watch his intake very carefully and exercise to maintain his weight loss. His favorite exercise is now yoga and he has created some of his favorite Southern dishes to accommodate his healthy eating habits.

Jillian Michaels, the 115 pound trainer for *The Biggest Loser*, is buff and fit. As a teenager she was 170 pounds but was motivated by a martial arts trainer to get into shape after she was spotted eating a bag of Cheetos. Until this day, she states she struggles with food and hunger. But exercise five days a week and portioning out her favorite splurge foods allow her to maintain her weight loss.

Kirsty Alley, in the public eye for more than two decades, has watched her weight go up and down. Recently she was a spokesperson for Jenny Craig, where she lost 75 pounds. When her contract with Jenny Craig ended, so did her weight maintenance efforts. The first step on the slippery slope of weight gain came when she stopped having to weigh in, and therefore be accountable. It was uphill from there and she is now heavier than when she started. She is not giving up. She has started to exercise



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I has a new goal of completing a triathlon.

...re's Oprah. She has shrunk and grown year after year. The outcome of her efforts, what Oprah knows basic steps need to remain constant: be conscious of and aware of every bite; take time to chew food slowly; and a weekly commitment to exercise (How Did I Let This Happen, O Magazine, December 2008).

Celebrity status does not buy you weight stability. The same rules apply. Accountability, mindful eating, a commitment to exercise and perseverance will put you on the road to success.

→ Recipe Of The Month - Corn Salsa

4 ears yellow corn, roasted
2 tablespoons olive oil
1 large red tomato, chopped
1 jalapeno pepper, chopped
1 garlic clove, chopped
1/2 red pepper, diced
1 tablespoon lime juice
1 tablespoon fresh cilantro
1/2 teaspoon salt
1 teaspoon black pepper
1/2 teaspoon cumin



1. Cut corn kernels from ears.
2. Combine all ingredients in serving bowl.
3. Cover and refrigerate until using.

Serves: 4

Per 1 cup serving: 140 calories; 17 g carbohydrate; 0 g protein; 8 g fat

Maintaining the structure for a healthy lifestyle remains a continuous challenge. Our goal is to provide the support and guidance needed for everyone's success.

Sincerely,

SMNC Staff
Storch Medical Nutrition Center

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