



DECEMBER 2012 | HAPPY HOLIDAYS!!

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Welcome Winter!!

How many of you love the Holiday Season? The stores are jam packed, holiday music blasting, the smell of cinnamon and gingerbread...NYC becomes a Winter Wonderland, and a little snow makes it even more special. This time of year can be challenging with parties, treats all around, busy schedules, and family gatherings, so **don't** be too hard on yourself.

Here are some tips that I share with my clients:

- \* Make your workouts an appointment in your calendar. If your days do not permit it, try some of Layla's at home tips from the Conditioning Corner.
- \* Choose your favorite holiday treat and make a healthier version such as [Eggs Benedict](#) and [Potato Latkes](#) that I share in Richter's Recipes.
- \* Participate in non-eating activities with friends like ice-skating, the ballet, or the movies.
- \* Taste your food and enjoy it without over indulging.

In January I am going to be teaming up with two amazing women, Jamie Graber and Erin Jacques, to create a New Year's jump-start cleanse. We didn't want to do the usual cleanse that often leaves you feeling deprived, only drinking liquids, and having zero energy. Instead, we are recommending a combination package: a raw vegan 5-day food cleanse with [Gingersnap's Organic](#), a week of unlimited yoga and an opening yoga cleanse class with [SLT cofounder, Erin Jacques](#), and a nutrition counseling session with me. I share this with you as we head into the Holiday Season so you can have a game plan for 2013 and sign up by January 9th to participate. Enjoy this season with friends and family, but don't

forget: **You only have one body, treat it with respect!**

See you in the New Year!



## Sharon's Suggestions

### Beets Can't Be Beat!



Juicing enthusiasts have known for ages that beets are a great addition to their cleansing regimen of ingredients. Long touted for glorious pigment which boasts the powerful antioxidant betanin - a cancer fighting phytochemical shown to inhibit both colon and stomach cancer cells - beets belong in a healthy diet as an excellent source of fiber and other nutrient content. But recently, athletes have discovered that beet juice may be just the ticket for providing that extra boost needed for stamina during competition. A study from the University of Exeter found that the specific type of nitrate found in beets has the ability to reduce the amount of oxygen required by muscles to perform. This translates to a 16% longer period of exercise.

Exactly how much and how often we need to consume beet juice is still under debate. Athletes were tested by drinking 500ml of

## Nutrition News

### Omega 3, 6, and 9



Omega-3 fatty acids have been the focus of much discussion over the years and, along with omega-6, they constitute what are called the essential fatty acids (EFAs). Why essential? Because of all the different types of fat that exist, we must have EFAs in our bodies to function or we cannot survive. The construction of hormone-like substances called prostaglandins is just one of their roles, necessary for healthy cardiovascular, immune, and nervous systems. Omega-3 consumption, in particular, is linked to healthier brain function and perhaps may even be instrumental in warding off Alzheimer's and dementia.

Fish that acquire their omega-3 by eating algae and other forms of sea plant life can provide a strong source of omega-3, if eaten on a consistent basis. Specific fish include salmon (especially wild salmon), sardines, herring, mackerel, bluefish, and albacore tuna. In fact,

beet juice and experienced improvement after just one glass, but it's probable that regular consumption is necessary for improved stamina in the long term. Health and specialty food stores often carry bottled beet juice. Add a few ounces to other juices or sparkling water to get used to the taste, and begin enjoying the benefits of beet's energizing boost.

[Learn more about beet benefits!](#)

consuming two to three portions of these fish per week may be enough to make a difference in heart health and age-related disease prevention. The scientific evidence is clear: we need to increase our omega-3 consumption whether through fish, supplements, or vegetarian sources such as flax and walnuts.

[What about Omega 6 & 9? Learn here!](#)

## Richter's Recipes

### Eggs Benedict



#### Ingredients

- 3/4 cup plain Greek low-fat yogurt
- 2 tsps lemon juice
- 3 egg yolks
- 1/2 tsp Dijon mustard
- 1/4 tsp salt
- 1/4 tsp white sugar
- 1 dash ground black pepper
- 1 dash hot pepper sauce
- 8 eggs
- 4 Whole grain English muffins
- 8 oz smoked salmon (cut into thin slices)
- 1 tbsp fresh chopped parsley
- 1 tsp capers

#### Directions

## Conditioning Corner

### With Layla Luciano



#### At-Home Boxer's Circuit Workout!

A simple circuit workout using just a jump rope! This circuit can always be modified by simply adjusting the time intervals, starting with 30 seconds for each exercise and working up to 60 as you build strength, speed, and endurance.

1. Jump rope! Jumping rope is one of the best cardio exercises that help to warm up the body, improve coordination, agility, speed, and footwork and burn calories. Running in place

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1. Sauce

In the top of a double boiler, whisk together yogurt, lemon juice, egg yolks, mustard, salt, sugar, pepper and hot sauce. Cook over simmering water while stirring constantly, for 6 to 8 minutes, or until sauce is thick enough to coat the back of the spoon.

2. Eggs

In a large stockpot heat 2 quarts of salted water to a boil. Carefully break the eggs one at a time into the boiling water. When all the eggs have been added, reduce the heat to medium. When the eggs float to the top, remove them with a slotted spoon and let drain briefly.

3. Eggs Benedict

Toast English muffins and top each half with a slice of smoked salmon and a hot poached egg. Drizzle with yogurt sauce, garnish with parsley and capers.

[Click here for printable recipe!](#)

[And, here for my Potato Latke Recipe!](#)

with the jump rope is one of the easiest rope skipping patterns to learn and it great for conditioning.

2. Shadowboxing! Start in a boxer's stance by placing one foot in front of the other at shoulder-width distance from each other with weight distributed about 50/50 between the front leg and the back leg. Make sure you have space in between your legs to your stance can be strong and stable.

3. Pushups! Start in a plank position on your hands with your shoulders aligned with your wrists and back is flat. Lower yourself until your upper arms are lower than your elbows and push your bodyweight back up. Repeat for 30 seconds.

4. Crunches! Roll over onto your back. Feet on the floor, hands behind your head, and shoulders lifted off the ground, then lower and repeat for 30 seconds.

[Get the entire 7-step program here!](#)

### Why Sharon?

I am a Registered Dietitian and for the past ten years have based my private practice in New York City. My main objective is to help others achieve a healthier lifestyle by incrementally creating attainable mental and physical goals. [Click here](#) to learn more!

### Let's Get Started!

Sharon Richter  
200 West 57th Street  
New York, NY 10019  
212.977.7779  
[sharon@therichterreco.com](mailto:sharon@therichterreco.com)

### Richter Reco Blog

Read about Sharon's most recent projects, nutrition advice, and media appearances!

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Sharon Richter | 200 West 57th Street | Suite 1400 | New York | NY | 100 19