

# FITNESS



**Dr. Sara Solomon**  
Soaring to New Heights

**HOT**  
BODY TIPS

4 Key Foods  
for Beautiful  
& Healthy Skin

**5** Fat-Blasting  
WORKOUTS!

**Clean Eating**  
Recipes for Success

Need More Fun  
& Motivation?  
**Partner Up!**

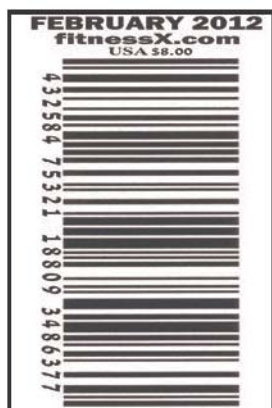
**MORE ENERGY  
MORE MUSCLE  
= LESS FAT!**

**AMAZING  
ABS**

**IN JUST 30 DAYS!**

**Body Fitness  
Makeover**

**VALENTINE'S DAY  
CHOCOLATE**  
*Is it really about LOVE?*





# Dr. Sara Solomon

## A Health & Fitness Phenom



Photo by:  
EVA SIMON

Dr. Sara Solomon was born on January 25, 1978 and raised in Belleville, Ontario, Canada. Sara completed her undergraduate training at McGill University in Montreal, Canada where she received her Bachelor of Science in Physical Therapy in 2001. During her physiotherapy training, Sara became captivated by fitness, and earned her personal training certification in 1999. Sara's desire to interlace science and artistry resulted in her pursuit of dentistry. After obtaining her dental degree (DMD) from McGill University in 2005, she moved to Toronto, Ontario, where she currently practices dentistry. After 8 years of studying at the university, Sara had gained weight. She longed for a toned athletic look, but despite regular exercising, was unable to achieve any visible results. She decided to join a gym where she met PRO fitness model, Lyzabeth Lopez. Lyzabeth taught Sara the principles of clean eating, and within a few months, her body completely transformed. Sara's transformation was featured as one of *Oxygen Magazine's Success Stories* in 2011. Sara became so enamored with fitness, not only did she enroll in gymnastics and ballroom dancing, but she also became a certified spinning instructor. Shortly thereafter, she decided to pursue jump rope, and became a certified jump rope instructor with the Jump Rope Institute under the tutelage of Olympian and world-renowned jump rope expert, Buddy Lee. Lyzabeth encouraged Sara to enter a fitness competition, and in 2009, Sara entered and won her first fitness competition at 31 years of age. In 2010, Sara began actively competing with the *World Body Building and Fitness Federation (WBFF)*. In the fall of 2010, Sara welcomed 3X *WBFF PRO Figure World Champion*, Emily Stirling to her training team. On July 2, 2011, Sara was awarded her PRO Status at the Alberta *WBFF Championships* and has been proudly competing on the *WBFF PRO* stage since.

Sara's goal is to motivate others to become healthier, happier and more productive through the adoption of a healthy lifestyle. Sara teaches evidence-based lectures addressing prevention and treatment of work-related musculoskeletal injuries, proper exercise prescription, as well as high-energy nutritional strategies to ensure long and healthy careers. Sara has also been selected by *Buddy Lee's Jump Rope Technology Inc.* to serve on the 2012 Official US Army *Get Fit...Be Strong...World Team Fit Tour* to motivate, educate and encourage children and adults to get fit and stay fit for life! Sara is also a *Team True Star Athlete* and proudly adheres to and educates others on the *Truostar* philosophy on the five key areas of health: Nutrition, Exercise, Vitamins, Attitude and Sleep.

Not only has Sara been featured on numerous fitness magazine covers, but she is also the author for *Oxygen Magazine's "Work Train Compete"* blog where she creatively imparts tips for balancing a busy career with competing and a healthy lifestyle. Sara's motivational strategies, recipes, fitness regimes and educational articles have been published in numerous international magazines, including *FitnessX Magazine*, *Oxygen Magazine*, *Inside Fitness*, *Natural Muscle Magazine*, *Status Fitness Magazine*, *World Physique Magazine*, *Urban Male Magazine*, *Ontario Dentist* and *WBFF's Fit and Firm Magazine*.

Sara also studied piano to the grade 10 level with *Toronto's Royal Conservatory of Music* and has recently taken up photography and acting as a hobby. Sara lives by the motto, "Do it Now!" and prides herself in being an athlete, a dentist, a writer, an educator and a role model.

Stay tuned for the 2012 release of Sara's evidence-based book which will reveal the precise recipes, training regime and supplementation program she used to shed her stubborn fat and become an *Oxygen Magazine* success story. ❄

### Contest History:

- Fitness Star Montreal Nov. 28, 2009: 1st place Athletic Tall Female & Best Stage Presence Award
  - WBFF World Championships Sept 18, 2010: did not place
- WBFF Quebec April 30, 2011: 2nd place Fitness Model Tall and 4th place Bikini Model
  - NPC Atlantic States June 4, 2011: Bikini - 10th place
- WBFF Calgary July 2, 2011: Fitness Model - 2nd place and awarded PRO card
- WBFF World Championships Aug 27, 2011: PRO Fitness Model: - 2nd call out

For more information about Sara, please visit her website at [www.dr.sarasolomon.com](http://www.dr.sarasolomon.com)





**ARSENIK**  
PHOTOGRAPHY



## VALENTINE'S DAY CHOCOLATE:

# What's Love Got To Do V

With Valentine's Day fast approaching, it has left me pondering what's the big deal about Valentine's Day and chocolate candy? According to The Nielsen Company, consumers are expected to purchase more than 345 million dollars in chocolate candy during Valentine's week!

I will be honest. I was originally going to write an article about healthy Valentine's Day meals & desserts. But then I started thinking, why do we associate chocolate and food with love?

WRITTEN BY: Dr. Sara Solomon

Food is not love! Yet it has become a tool we use to express love. From an early age, we learn to associate food with love and nurturing. As adults, we continue searching for love and acceptance through the same means...food. This explains why so many of us are guilty of confusing our hunger for food with a hunger for emotional fulfillment. Since we are often unaware of the connection with food and feelings, we often eat unconsciously. Perhaps you are single, lonely or bored during Valentine's Day and will use food inappropriately to fill an emotional hunger? Food should not be used to feed your soul. Food is merely fuel and should be used to feed the body.


If you must indulge your sweet tooth this Valentine's Day, then dark chocolate covered strawberries are your healthiest option. Dark chocolate and strawberries both contain antioxidants, which improve immune function and lower the risk for infection and cancer. Dark chocolate's heart-healthy benefits stem from its rich flavonol content. Flavonoids reduce blood pressure by increasing the production of nitric oxide, a substance that causes blood vessels to widen and relax.<sup>1</sup> But why dark chocolate and not milk or white chocolate you ask? Dark chocolate is less refined, allowing a higher flavonol content.<sup>2</sup> Be sure to purchase dark chocolate that has at least 70% cocoa solids.<sup>1</sup>

The benefits of eating dark chocolate are small when compared to the sugar and fat content in this high calorie treat. Remember that portion control is important. Just because something is healthy does not mean you can eat more of it and magically not pack on the pounds. The serving recommendation is 1 ounce of dark chocolate 2-3 times a week.<sup>2</sup> Do not consume dark chocolate with milk because the health benefits of dark chocolate are negated when consumed with milk.<sup>2</sup>

Another option, which is great for children, is using heart-shaped cookie cutters to cut fruit into heart shapes. You can also cut whole-grain pancakes after they are cooked with a heart-shaped cookie cutter and serve it with a pink protein shake made with vanilla whey protein powder and strawberries and raspberries.

I have presented to you some healthier low-calorie food options. But keep in mind that eating low-calorie healthy foods to fill an emotional hunger is still using food inappropriately. Reflect for a few minutes before eating to generate awareness about your eating patterns. Are you eating because a holiday dictates you should? Are you eating to stifle your emotions with food? Or are you eating because you are fuelling your body? Remember that fulfillment in life comes from accepting and loving ourselves and others, not from a box of chocolates on Valentine's Day.

My eating habits were instilled in me as a child: My family has a very unhealthy relationship with food, consuming excessive portions of unhealthy foods everyday out of pleasure, boredom, instant gratification and celebration. I confess that the hardest relationship in my life is the one I have with the most intimate part of everyday of my life-- my food! I made the decision to take control and change this relationship by "breaking up" with unhealthy food and emotional eating. I achieved this by throwing away all unhealthy food in my house and by keeping a food diary. I downloaded a free application called "lose it" onto my iPhone that allows me to track my daily food intake. Before I make the decision to eat something, I always enter the item into my food diary before I actually eat it. This gives me a moment to reflect and prevents impulsive emotional eating. I have to ask myself the following: "Is this food intended to fuel my body, or am I eating it for the wrong reasons? What is this instant gratification going to cost me in the long run? Is eating this food going to cause me more pleasure or more pain?" I make an effort to focus on how being healthy and fit makes me feel. When I shift my thoughts to long-term gratification, it makes is easier for me to make more intelligent short-term choices. This is how I find the inner motivation not to eat the "treat".

It is still okay to treat ourselves once in the blue moon, but in moderation. This year, let's make an effort not to make Valentine's Day all about the treats. You can enjoy the holiday with your loved one by focusing on sweet activities you can do together. If you really want to celebrate your love on Valentine's Day, consider a bouquet of calorie-free flowers, go to the movies, start working out together and make a vow to eat and prepare the same healthy meals together. Remember the true reason for the celebration...love...and it has nothing to do with food. 



Vith It?

Photo by:  
EVA SIMON



## Leha Long's Recipes

CHOCOLATE PROTEIN PANCAKES  
WITH CHOCOLATE SYRUP/SPREAD



DID SOMEONE SAY PANCAKES? I LOVE PANCAKES! I CAN EAT THEM WHILE DIETING AND TRAINING FOR A COMPETITION, AND SO CAN YOU! THERE'S SO MANY THINGS YOU CAN ADD TO PANCAKES TO MAKE IT FUN. HERE'S ONE OF MY ALL TIME FAVORITES!

### Pancake Ingredients:

- 2 egg whites
- 1/2 cup of dry oats
- 1 tbsp. of unsweetened cocoa
- 1 tsp. of flax meal
- 1 tsp. of cinnamon (optional)
- 1/3 scoop of chocolate protein powder
- Water

### Chocolate Syrup/ Spread Ingredients:

- 1 packet of Stevia
- 1 tbsp. of unsweetened cocoa
- 1 tbsp. of unsweetened cocoa
- 1 tsp. of cinnamon
- Water

### Pancake Directions:

MIX ALL OF THE PANCAKE INGREDIENTS IN A BLENDER UNTIL SMOOTH. POUR ALL OF THE MIXTURE TO MAKE ONE BIG PANCAKE IN A PRE-HEATED COOKING PAN THAT HAS BEEN SPRAYED WITH COOKING SPRAY, OR YOU CAN DIVIDE THE MIX INTO TWO FOR TWO PANCAKES. WHEN THE MIX BUBBLES FLIP TO THE OTHER SIDE. COOK UNTIL EACH SIDE IS BROWN.

### Chocolate Syrup/ Spread Directions:

MIX THE INGREDIENTS TOGETHER IN A HOT PAN WITH A LITTLE WATER. IF YOU WANT SYRUP THEN USE MORE WATER WITH THE MIX. IF YOU WANT YOUR MIX TO BE THICK LIKE A SPREAD THEN DON'T USE AS MUCH WATER. THE MIX WILL BUBBLE. KEEP STIRRING UNTIL IT'S TO THE THICKNESS YOU DESIRE. POUR OR SPREAD ON TOP OF YOUR PANCAKE(S) WHEN IT'S READY.

References:

1. [http://www.ctv.ca/CTVNews/CanadaAM/20070704/dark\\_chocolate\\_070704/](http://www.ctv.ca/CTVNews/CanadaAM/20070704/dark_chocolate_070704/)
2. [http://weblogs.baltimoresun.com/health/fitness/2011/02/dark\\_chocolate\\_its\\_sweet\\_for\\_y.html](http://weblogs.baltimoresun.com/health/fitness/2011/02/dark_chocolate_its_sweet_for_y.html)

**ABOUT THE WRITER:** Dr. Sara Solomon received her BSc in Physical Therapy and her DMD from McGill University in 2001 and 2005 respectively. She is a general dentist in Toronto, Ontario, Canada. Sara is also a WBFF PRO Fitness Model, a writer, a cover girl, a certified personal trainer, a SPINNING® instructor, a physiotherapist, a certified jump rope specialist with the Jump Rope Institute, a university and continuing education lecturer and a photographer. To learn more about Sara, please visit her website at [www.dr.sarasolomon.com](http://www.dr.sarasolomon.com).