

Holiday SURVIVAL GUIDE

“Your FIT Guide to Surviving the Holidays!”



Fit For Life Personal Training Studio
Fitness Boot Camps

By: Stacey Cutler

www.FitForLifePTStudio.com

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Happy Holidays!

Thank you for reading our "Holiday Survival Guide" which is jam-packed with healthy recipes, fitness tips, and at-home workouts for fighting the holiday bulge!!

FREE TO YOU for reading this guide: If you're looking for accountability, motivation, and most importantly **RESULTS**, I encourage you to come to a **FREE TRIAL Group Exercise CLASS!** It is a perfect way to stay fit and healthy during the holidays! Just email us Stacey@fitforlifefptstudio.com for more details and we'll get you started right away!

Let us help YOU make your New Year's Resolution of "Getting in shape" this year a reality!

Best of luck with your health and fitness goals over the holiday season and the New Year! I hope to hear from you soon!



Committed to your health and fitness success,

Stacey Cutler
610-358-2395

25 Tips to Fighting the Holiday Bulge



1. **Start your day strong with a healthy breakfast.** If you don't, you will tend to overeat the rest of the day. Good rule to follow: eat breakfast like a king, lunch like a prince, and supper like a pauper.
2. **Curb your appetite.** Drink a glass of water before every meal. It will help you fill up faster and help you eat less.
3. **Slow down.** Eat slower and taste your food. It takes about 20 minutes for your brain to recognize how much is in your stomach. It is a good idea to take a break after you eat to lessen the temptation to go for another serving!
4. **Stay active.** Exercise with your family and go for a walk or jog outside! Sign up for a Turkey Trot or Christmas Jingle Bell Run 5k to do with your family over the holidays.
5. **Keep a food diary.** Tracking everything you put into your body will help to point out your weaknesses. You will then be able to focus on limiting your intake of certain foods and spot when you missed a meal. What you measure you can manage!
6. **Choose to eat clean 80-90% of the time.** Eat more protein, vegetables and fruit and healthy fats like nuts and seeds. A handful of almonds or a freshly sliced apple is a great snack to curb your hunger!
7. **Don't go anywhere hungry.** Try to arrive at any holiday parties having already eaten something healthy. That way you won't be too prone to digging into high-calorie party foods. Also, bring a healthy option to a holiday party!
8. **Maintain portion Control.** Pay attention to how much you put on your plate. Use smaller plates. Moderation is one of the most important elements in weight control – especially at holiday parties!

9. **Choose water over Alcohol.** Drinking water in place of alcohol will keep you hydrated and keep your energy level high. Also – it is amazing quickly calories in alcoholic drinks can add up! Try not to drink your calories for the day!

10. **Don't eat things if you don't like them.** Sounds simple enough! If you put it on your plate and it doesn't taste as good as you thought, why eat it?

11. **Don't give up!** Falling out of habits you are trying to accomplish for a few days, DOES NOT mean your effort is hopeless. Simply acknowledge that you 'slipped up' or ate poorly and get back on your plan. New day, new start!

12. **Exercise on days you eat a holiday meal.** Try to get a workout in on the days you know you will have a big holiday supper that day. Your metabolism will be running higher and chances are you will choose better foods!

13. **Decide how many drinks you are going to have before the party.** Choose light and clear alcohol over dark, and alternate between an alcohol beverage (if you are drinking) and water (same goes for soda). This cuts 100's of calories!!!!

14. **Eat more vegetables.** Try to fill half of your plate with vegetables.

15. **Wrap up leftovers immediately.** If you wrap them up, you less likely to eat them mindlessly when you are already full.

16. **Say "no" to keeping unhealthy leftovers in the refrigerator.** These foods will tempt you! It is best to keep your kitchen full of healthy foods so when hunger strikes, you don't have high calorie options to choose between.

17. **Use the dirty napkin trick.** When you want to stop eating throw a dirty napkin over your food.

18. **Throw the snack plate away.** When at a party, if the plate is plastic, toss it. If it is a dish put it in the sink. The longer you hold on to your plate, the more you will eat.

19. **Trim all the fat.** If you are cooking it, do it before you cook it. If you didn't cook it, just trim it off before eating.

20. **Split dessert with somebody.** This way you will only have half the calories!

21. **Set goals for yourself over the holidays.** Read them first thing in the morning, throughout the day and before bed. Share these goals with somebody to help you stay accountable!

22. **Brush your teeth.** Brush your teeth after you eat so that you won't continue eating. Or, keep chewing gum with you and do that instead!

23. **Leave the kitchen.** Don't hang out by the food table at home or at parties. Too much mindless eating!
24. **If eating out, put half the meal in a box before you start eating.** This will help you with portion control!
25. **Make a workout calendar for yourself!** Commit to a certain number of days per week that you exercise. Mark them off with a marker to show your progress. Come to a free trial of boot camp at Stacey@fitforlifeptstudio.com and burn 800-1,000 calories per workout!

At-Home Holiday Workouts!!

**Brought to you by:
Stacey
www.fitforlifeptstudio.com**



**Burn off the extra calories you eat during the holidays with these 3 workouts!
Make this a "No Gain" Holiday Season!!**

Try this through the Holidays...
(Check with your doctor, of course, first before starting an exercise program)

Add to the Challenge: Toxic Free Tuesdays - No Processed Foods ALL DAY!

HOLIDAY WORKOUT #1

“LUCKY 7’S”

Warm-up (5-10 min)

Workout

Complete 7 rounds in best time:

7 jumping jacks

7 squats

7 walking lunges (each side)

7 bicep curls (each side)

7 tricep dips (on a chair or bench)

7 push-ups

7 crunches

3-5 min rest

Core work - complete 1-3 rounds

20 crunches

20 oblique crunches (left)

20 oblique crunches (right)

Cool-down (5-10 min)

STRETCH OUT WELL!

HOLIDAY WORKOUT #2

“TANK TOP TONER”

Warm-up (5-10 min)

Workout

complete 1-3 sets of 12-15 reps

chest press (with dumbbells)

shoulder press

jumping jacks

complete 1-3 sets of 12-15 reps

tricep kickbacks (left arm)

tricep kickbacks (right arm)

hammer curls (biceps)

jumping jacks

3-5 min rest

core work - complete 1-3 rounds

30 sec hold plank

30 sec full sit ups

30 sec straight-legged crunches

Cool-down (5-10 min)

STRETCH OUT WELL!

HOLIDAY WORKOUT #3

“HOLIDAY LADDER CHALLENGE”

Warm-up (5-10 min)

Workout

Complete in best time possible:

100 Jump rope

80 BICYCLE CRUNCHES (40/side)

60 Jumping jacks

40 Bicep Curls

20 SQUATS

10 crunches

5 push-ups

½ - 1 mile run

3-5 min rest

core work - complete 1-3 rounds

30 sec crunches

30 sec bent knee crunches (90° angle)

30 sec crunches (legs straight up)

cool-down (5-10 min)

STRETCH OUT WELL!

Exercise During the Holidays!

Burn off the Extra Calories! Shoot for a “No Gain” Holiday!

Try this through the Holidays...
(Check with your doctor, of course first before starting an exercise program)

Odd Days of the Month:

10 Jump Squats, 10 Push-ups, 10 Bicycle Crunches (3 sets).

Even Days of the Month:

10 Bench Dips, 10 Sumo Squats, 10 Frog Jumps (3 sets).

(Don't forget to warm up and cool down)



Add to the Challenge: Toxic Free Tuesdays - No Processed Foods ALL DAY!

Try joining a group like our fitness boot camp. Anywhere you get motivation and accountability will ALWAYS help!

**Tuesday 6-7pm
Thursday 6:30-7:30pm
Saturday 9-10am
(Reservation Required)**

Tips to Cut At Least 100 Calories at Each Meal

Breakfast:

- Select almond or organic milk instead of regular milk (trader joe's unsweetened almond smooth is delicious!)
- Use a small glass for your juice (4oz.) and a small bowl for your cereal
- Have a bowl of fruit
- Choose a greek yogurt with no sweeteners and have only one serving
- High fiber (3 grams at least) bread or bagel. Can spread a light cream cheese (2 teaspoons) on it or peanut butter (1 tablespoon)
- Split a bagel with someone, or wrap up the other half for tomorrow's breakfast
- Use a nonstick skillet and cooking spray in place of butter or margarine to prepare your eggs
- Try turkey sausage or bacon or Canadian bacon for less saturated fat and lower sodium than regular sausage or bacon
- Fill your omelet with onions, peppers, spinach, and mushrooms instead of cheese and meat
- Use 2 egg whites and one egg for your omelets or scrambled eggs or use egg substitutes all together. Same with egg salad sandwiches take out some of the egg yolks.
- Trade regular butter for organic butter

Lunch & Dinner:

- Put lettuce, tomato, onions and pickles on your turkey burger or veggie burger instead of cheese
- Prepare tuna or chicken salad with smaller amounts of light mayonnaise
- Grill your sandwich using nonstick cooking spray instead of butter
- Stuff a pita pocket with more fresh vegetables and less meat and cheese
- Pick tuna in water over tuna in oil
- Of course, make your sandwiches with high fiber bread instead of white or low fiber bread (whole-wheat bread)
- Try a veggie burger or turkey burger
- Substitute low-fat sour cream in recipes
- Choose 1% cottage cheese

- Skim the fat off soups, stews, and sauces before serving
- Enjoy your salad with 6 croutons or less (nuts even)
- Use light salad dressing instead of regular and choose non-creamy types, and get it on the side. Olive oil and vinegar is a great choice, also.
- Trim all fat from beef, pork, and chicken (remove the skin from chicken also)
- Bake, broil, or grill chicken and fish rather than frying
- Remember to limit meat portions to 2-3 ounces (a deck of cards)
- Add vegetables to your spaghetti sauce like, zucchini, green peppers, mushrooms, and onions
- Add blueberries, strawberries, mango, almonds, and/or chicken to a mixed green salad or spinach salad
- Remember, your serving sizes when eating pasta and rice (portions are measured after cooked)
- Use 1 tablespoon less organic butter or oil in your recipes (you can't tell the difference)
- Use reduced fat cheese in casseroles and appetizers
- Season steamed vegetables with fresh lemon and herbs instead of butter
- Use vegetable cooking spray and nonstick cookware instead of butter, margarine, or oil when cooking on your stove top
- Omit or use half the amount of butter, margarine, or oil called for in macaroni and cheese, rice, pasta, and stuffing
- Leave a couple bites on your plate
- Use smaller plates
- Eat slowly, make your meal last and reduce your urge for second helpings.

Dessert:

- Take a sliver, bite, or taste of dessert instead of a full portion
- Have a single scoop ice cream cone instead of several scoops in a bowl
- Choose an inside piece of cake, where there is less icing
- Put berries on top of angel food cake and light cool whip
- Select a cupcake instead of a slice of cake
- Have low-calorie frozen yogurt or sherbet instead of ice cream
- Eat a dish of fresh fruit instead of other higher calorie desserts
- Choose apple, peach or blueberry over pecan or cream pie
- Follow the low fat directions when preparing brownies, cake, and cookie mixes
- Cut a half of piece of cake or pie
- Substitute half or all the oil in a recipe with applesauce when baking

Snacks:

- Blend a smoothie out of Greek yogurt, organic low-fat milk or water (its best) and fresh fruit
- **Have a delicious Visalus shake! I sell it! Check out www.fitforlifeptstudio.myvi.net**
- Freeze grapes or watermelon wedges for a Popsicle-like treat
- Don't eat from a bag use a little bowl (chips and cookies, etc.)
- Try hummus with veggies or pita wedges

- Mix fruit in gelatin
- A piece of fruit
- Dip apples in low-fat caramel
- Celery in lite cream cheese
- Veggies in low-fat dressing (no HFCS)
- Fruit in a yogurt
- 1% cottage cheese with fruit
- Eat just 1 of the granola/snack bars in a package, share the other one with someone else or save it for later
- A handful of almonds or walnuts
- Chocolate cravings, the little peppermint patties, Hershey kisses, or fat-free pudding packs, fudgsicles, dark chocolate (70% cacao at least)
- Eat 2 of your favorite package cookies instead of three

Drinks:

- Watch out most drinks have empty calories
- Watch serving sizes in containers, especially a single bottle
- Choose water as much as possible
- If you're going to have pop get a small instead of medium or large
- Watch sugar content in juices and drinks also check them against total carbohydrates
- Drink light beer instead of regular and try to limit it to 1 or 2 glasses or cans
- 1% organic milk
- Have 1 cup of low fat (1%) organic chocolate milk instead of whole milk with chocolate syrup
- Try to request nonfat milk for your coffees and use at least half the sugar

Dining Out:

- Limit yourself to 1 serving of bread, crackers or chips or don't have any at all
- Ask for a cup of soup instead of a bowl and try not to get a cream soup; vegetable, minestrone or other broth soups are best
- Ask for dressings and sauces on the side. Use for taste and try not to use it all
- Dip your fork into your dressing, then into your salad
- Order a vinaigrette dressing instead of a mayonnaise-based dressing
- Ask for no cheese on your salad
- Ask for the vegetable for the day, instead of potato, rice, or pasta side
- Select an appetizer as your main dish; add soup, salad, or vegetable side dish
- Choose a healthy option item designated on the menu
- Ask for a half-portion or don't eat everything on your plate
- Use fresh lemon to season your fish instead of tartar sauce
- Choose a side salad instead of fries when ordering fast food
- Skip the super-size portions

Holiday Quick Reference

- *Meats- the size of a deck of cards
- *More veggies to fill your plate
- *No white bread (whole grain)
- *Don't stand near the food
- *Eat a little before a party-don't go starved
- *Wrap up leftovers immediately
- *Serve food in a different room
- *White meat-little or no gravy
- *Trim all the fat
- *Smaller plates
- *Bring something healthy to the party (That you like)
- *No picking- put the portion on your plate and that's it!
- *One time around-if a second time around occurs choose healthy foods only-you already had your treat
- *Say no to one thing you really would like to eat
- *Have a small piece of a have-to have
- *Drink a big glass of water before eating and drink plenty of water throughout the day
- *Leave a bite on your plate
- *Say no thank you to leftovers, unless it healthy foods
- *Ask yourself is this good? And if not, don't eat it!
- *Visualize your portions
- *Put gum (spry kind) quit snacking
- *Brush your teeth or use mouthwash
- *Leave the room
- *If you don't have it today, you'll never get it again?
- *Don't use the holidays as an excuse. Then Mondays, weekends, M-W-F, friend's birthdays, etc. become excuses as well
- *Dirty napkin on food!!
- *Through the snack plate away if plastic when you are done.
- *Ask yourself if you're full.
- *Split a treat with someone
- *Stick to your goals, read over & over – make them real
- *Look at that article of clothing you want to wear or visualize it
- *Don't let the food own you "you own you!"
- *Listen to that squeaky voice inside you know what or who that is.
- *Make food your friend not your foe
- * You CAN or WILL do it!



Ten “Do’s” for Losing Weight Any Time of the Year

1. Keep a Food and Exercise Diary
2. Get more sleep – ideally 8 hours
3. Eat Breakfast - not hungry have something small
4. Strive for Five – Veggies & Fruit, low in calories and a great energy source
5. Drink more Water – breaks down fat, helps your muscles function properly & build strength, curbs your appetite and makes your skin soft and supple. Take it with you everywhere you go!
6. Eat when you aren’t Hungry – missed meals leads to being starved later! Remember your fiber!
7. Get moving before Dinner – even if it’s 10 minutes. It helps relieve stress and can help curb your appetite- you end up eating less.
8. Establish a Kitchen Curfew – at night your metabolism slows down, food will be more likely to get stored rather than burned off. Turn the lights off and tell yourself the kitchen is closed, until morning.
9. Breathe – Take deep breathes throughout the day. Oxygen is needed to survive and thrive (3 deep breathes each morning to start)
10. Smile – Laugh & enjoy the day. Enjoy lives simple pleasures, sunset, book, flowers, chat with a friend. Be thankful every day!

Tips to Reduce Cholesterol and Fat

1. Steam, boil, and bake vegetables rather than fry.
2. Season vegetables with herbs and spices instead of fatty sauces and butter.
3. Try flavored vinegars or lemon juice on salads or use smaller servings of oil-based or low-fat salad dressings.
4. Try whole-grain flour to enhance flavors of baked goods made with less fat and fewer or no cholesterol calorie ingredients.
5. Replace whole milk with organic milk or almond milk in soups, puddings, and baked goods.
6. Substitute plain Greek yogurt or blender-whipped low-fat cottage cheese for sour cream or mayonnaise.
7. Choose lean cuts of meat, and trim fat from meat and poultry before and after cooking. Same with skin.
8. Roast, bake, broil, or simmer meat, poultry and fish rather than frying.
9. Cook meat and poultry broth on a rack so the fat will drain off.
10. Limit egg yolks to one per serving when making scrambled eggs. Use more egg whites as a substitute.
11. Use two egg whites in place of one whole egg in recipes such as cookies & puddings.
12. Use applesauce instead of oil in baking goods.



Ask Yourself How am I Doing?

Use this to measure any changes you are making in your life now (during the Holidays) and any other times throughout the year. What is measured can be managed.

A couple of Questions to ask yourself:

1. What changes am I making?
2. What is working?
3. What is not working?
4. What portion is measurable?
5. Any new learning's about you?
6. What is my action plan?
7. What are my new commitments?

Healthier Holiday Drinks

Pomegranate Punch

- 2 ½ Cups of Seltzer
- 2 cups of Pomegranate Juice
- Lemon twists

Directions: Mix Seltzer & Pomegranate juice in bowl and then garnish with lemon twists

To add alcohol: add 2 cups of champagne, decrease both Pomegranate juice & Seltzer to 1 cup each, and add ½ cup vodka. (Serves 6, 128 calories, 7 gr. carbs, 5 mg sodium, 72 Potassium).

Banana Split to Sip

- 1 container of strawberry yogurt (no artificial sweeteners)
- 1 banana, peeled and sliced
- ½ cup organic milk
- 1 tbl. of light chocolate syrup

Directions: Combine all ingredients in blender. Pour into serving glasses and garnish with a fresh strawberry slice. Serves 2.

Low-fat Eggnog

- ¾ cup organic sugar
- ¼ tsp cinnamon
- ¼ tsp freshly grated nutmeg
- 1 egg
- 4 egg whites
- 1 ½ cups organic milk 1 ½ cups fat free half-and-half
- 1 ½ tsp vanilla extract
- ¼ cup rum or brandy (optional) (can use rum extract instead)
- freshly grated nutmeg to garnish

Directions: Combine sugar, cinnamon and nutmeg in a large bowl. Add egg and egg whites, and beat with a mixer for 3-4 minutes.

Gently heat fat free milk in a large saucepan. Gradually stir egg mixture into the hot milk. Heat, stirring constantly, until mixture is slightly thickened. Stir in vanilla extract and remove from heat.

Let the milk and egg mixture cool a little before blending with fat-free half-and-half milk. Cover and chill in the refrigerator. Before serving, add rum or brandy if desired and sprinkle with freshly grated nutmeg on top. Serves 4

Healthy Holiday Appetizers

Stuffed Mushrooms

- 24 large button mushrooms, cleaned and stems removed, reserving stems
- 2 tablespoons onion, finely chopped
- 1/4 cup celery, finely chopped
- 1/4 cup unsalted organic butter
- 2 cups bread crumbs (whole wheat)
- Juice from 1/2 lemon (about 1 tablespoon)
- 2 tablespoons dry sherry (or substitute apple juice)
- 2 teaspoons dried parsley
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon dried basil
- 1/4 teaspoon dried oregano
- 1/4 teaspoon black pepper
- 3/4 cup freshly grated Parmesan cheese, divided

1. Preheat oven to 400 degrees.
2. Arrange mushrooms, cavity facing upwards, on a lightly greased baking sheet. Set aside. Finely chop the reserved mushroom stems. Heat a small frying pan over medium heat; melt butter and sauté the mushroom stems, onion, and celery until soft, about 3 minutes.
3. In a large mixing bowl, combine breadcrumbs, lemon juice, sherry, parsley, garlic powder, salt, basil, oregano, pepper, and 1/2 cup Parmesan. Mix well. Add sautéed vegetables and mix well to combine.
4. Using a small spoon, stuff the prepared mushrooms. Bake in the preheated oven for about 12 minutes, or until stuffing is starting to brown. Remove mushrooms from the oven and sprinkle with remaining Parmesan cheese. Turn the oven to broil and return the mushrooms to the oven, until the cheese has browned nicely.

****Serve warm from the oven. Makes 24.

Herbed Tomato Cheese Spread

- 1-cup low-fat cream cheese
- 2 cloves garlic, minced
- 1 tbl. freshly snipped or frozen chives
- 1 tbl.snipped dill or seasoning
- 4 tomatoes, peeled, seeded and diced

Directions: In a medium bowl, combine cheese, garlic, chives, and dill. Add tomatoes and mix well. Good as a spread for Triscuits or whole grain crackers.

Lemon-Garlic Marinated Shrimp:

- 3 tablespoons minced garlic
- 2 tablespoons EVOO
- ¼ cup lemon juice
- ¼ cup minced fresh parsley
- ½ teaspoon kosher salt
- ½ teaspoon pepper
- 1 ¼ pounds cooked shrimp

Directions: Place garlic and oil in a small skillet and cook over medium heat until fragrant, about 1 minute. Add lemon juice, parsley, salt, and pepper. Toss with shrimp in a large bowl. Chill until ready to serve.

Serves 12. Can be made ahead of time and refrigerated for up to 2 hours.

Reduced Calorie & Reduced Fat Buffalo Chicken Dip

- 1 package (8 oz) 1/3-less-fat cream cheese, softened
- ½ cup low-fat ranch dressing (no HFCS)
- 1/3 cup buffalo wing sauce
- 2 tablespoons water
- 1 ½ cups shredded cooked chicken breast
- 1 cup shredded reduced-fat Colby-Monterey Jack cheese blend or reduced-fat Cheddar cheese (4 oz)
- 2 tablespoons chopped green onions (2 medium)
- Whole grain crackers or celery sticks

Directions: Heat oven to 350°F. In medium bowl, beat cream cheese with electric mixer on medium speed until smooth. Beat in dressing, buffalo wing sauce and water until blended. Stir in chicken and cheese. Spread in ungreased 1-quart baking dish or 9-inch pie plate; cover with foil.

Bake 30 to 35 minutes or until hot and bubbly. Stir; top with onions. Serve hot with crackers or celery sticks.

Checklist to see how you are doing!



Use these questions to check how you are doing. What is measured can be managed!

- ✓ Do you keep a food and exercise journal?
- ✓ Do you eat breakfast?
- ✓ Do you “Strive for Five” (at least 2 fruit servings and 3 vegetables servings)?
- ✓ Do you eat your 3 meals & 2 snacks a day, even if you’re not hungry?
- ✓ Do you drink half your body weight in ounces of water daily?
- ✓ Do you get 25-30 grams of fiber a day?
- ✓ Do you mix carbohydrates & protein in most meals and snacks?
- ✓ Do you get enough sleep?
- ✓ Do you have a set kitchen curfew time?
- ✓ Do you exercise?
- ✓ Do you have someone as a support person?
- ✓ Do you put yourself in tempting situations to overeat or make bad eating choices?

Thinking about the above questions, how do you think you’re doing? The more you say, “Yes” to these questions, the more successful you will be!

Hello!

Thank you for taking the time to read through our “Holiday Survival Guide!”

I hope you've enjoyed our “Holiday Survival Guide” for the 2011 Holiday Season. If you are looking for a healthier lifestyle in 2012 and you are ready to get started, give us a call today!! We will help you reach the goals you set for yourself and get you in the best shape of your life!

Committed to your health and fitness success,
Stacey

Let us help YOU make your New Year's Resolution of “Getting in shape” this year a reality!



Holiday Gift Packages

Break free of bad habits, reduce stress & renew this year with strength & vitality. Give yourself or someone you know the gift of health & confidence that will last deep into the core of the wintery months ahead with a gift package this holiday season!

Snowman Package \$60 (Value \$75)

One Month Unlimited Group Classes

Water Bottle

Snowflake Package \$197 (Value \$285)

One Hour Fitness Consultation

Three One Hour Personal Training Sessions

One Month Unlimited Group Classes

Water Bottle

Hanukkah Gift Ideas



The Ultimate Snowball Package \$399 (Value \$575)

One Hour Fitness Consultation

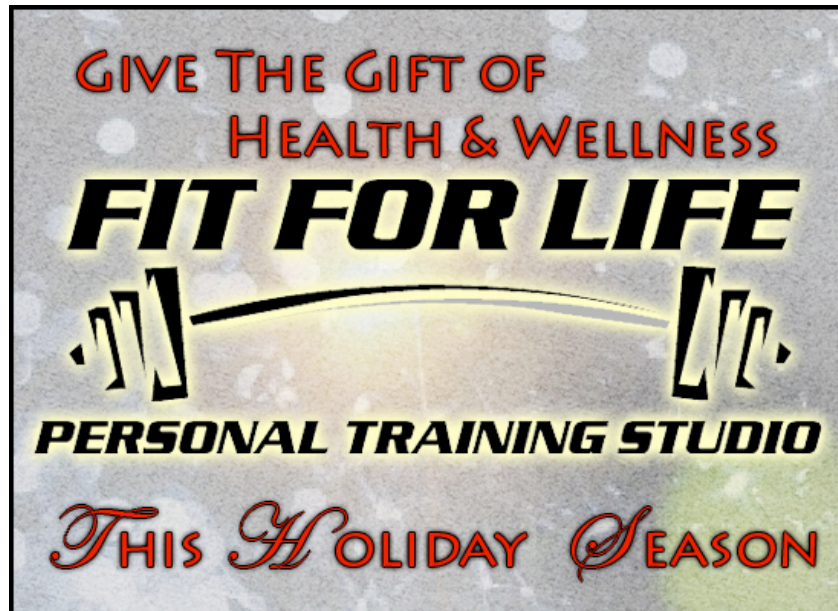
Eight One Hour Personal Training Sessions

One Month Unlimited Group Classes

Tee-Shirt & Water Bottle

(New patrons only)

****Gift Certificates are also available in any denomination.**



Please feel free to contact me at any time! Best of luck with your health and fitness goals over the holiday season and the New Year!

Thank You!
Stacey Cutler