



## Fitness Motivation Monitor

Fitness Information and Inspiration



No guilt. No grief. Just results!

### Inside this issue:

Volume 8, Issue 4:  
April 2007

[It Beats the Alternative](#)

[Message From The President](#)

[Custom Coaching Works! Client Testimonial](#)

[Who? Me? Procrastinate?](#)

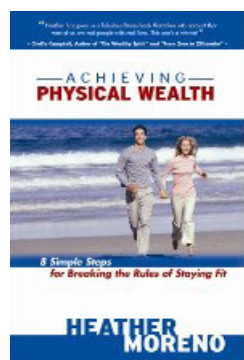
[Want a Better Boomer Body?](#)

[Order "Achieving Physical Wealth" by Heather Moreno](#)

[Motivation To Exercise](#)



Printable PDF  
Version  
[available here](#)



*"I loved Heather's book. The information inspired me to increase my workouts. I*

### It Beats the Alternative

I turn 40 this year! I'm actually excited about it, but I imagine I am in the minority. Just the other week at my bank when the account executive noticed my birthday, she admitted she was turning 40 this year too. Her plan was to stay in bed all day, depressed and miserable. What a shame.

When someone complains about a birthday, my stepmother – often the optimist – responds, "It beats the alternative." Beyond that clear benefit, can't we also identify ways that we are improving as we age – getting stronger and better each year? While I look back fondly at many times in my life and indulge in the thought of re-living a day or two (like my wedding day – it was a blast!), I have never wanted to "go back" to another time in my life.

I encourage you to make a list of all the ways in which you, and your life, are getting better as you move through the years. Even if you are not where you thought you'd be now, the best place to start is with gratitude.

Our health, energy, body weight, and vitality all affect how we view aging. If we get better each year, our confidence reflects that and we enjoy life without the need to hang onto our youth (we can always be young in our head and heart). Taking good care of ourselves makes life, and aging, a lot easier.

Reflecting on your current circumstances, are you in the shape you thought you would be now? The shape you want to be in? Do you have [Physical Wealth](#)? If your reality does not match up with your expectations, consider what steps you could take to move you in the direction of the body (how you look and feel) that you want. Do you need to change your eating habits, and in what way? Do you need to move more? Reduce stress? Decide what kind of shape you want to be in and take action.

Simply deciding may be enough to move you forward and make the changes that you acknowledge need making. But if you need help in changing your habits and creating a happier, healthier lifestyle, consider partnering with me as your coach. I would be happy to support you – simply [email](#) or call (805.460.9537).

Whatever path you take, I challenge you to go beyond beating the alternative – live with oomph!

[Return to top](#)

### Message From The President

My strength training habit has been on-again-off-again over the years. I've always been partial to cardio, and while I enjoy having toned muscles and I know logically the benefits to be derived, I never experienced any great benefit from strength training – until now.



Most recently my strength training routine is on-again. Three days a week I do several Pilates style exercises, a couple lower body moves, and one upper body. Nothing that will put me in the Ms. Universe competition, but thankfully that is not

already dropped a dress size!"

~ *Dodie Champion* ~

Now available at  
[Amazon.com!](http://www.amazon.com)

### Need Motivation to Exercise?

#### What woman doesn't?

We can help!  
Take the FR\*EE five-part Motivation to Exercise eCourse today.

[Take the eCourse!](#)

my goal.

This last Saturday I spent several hours in the garden: squatting, bending, raking, and planting. Normally this would lead to very sore back and leg muscles the next day, and I certainly anticipated such an outcome. To my surprise, I felt minimal soreness. I was thrilled and had enough energy on Sunday to begin painting our master bedroom.

When I lived in Orange County and rented my apartment, I had no need to garden or paint. The only "proof" I had that strength training worked was that I could increase my weights. For me that was only remotely satisfying. Actually seeing and feeling the impact directly makes all the difference.

Can you think of something you'd like to prove to yourself about exercise? Test it and watch – feel – what happens!

In health,  
*Heather Moreno*

[Return to top](#)

### WANT A BETTER BOOMER BODY IN 90 DAYS?

Join my friend and Boomer Babe, Mary Pearsall, in a step-by-step, proven program to get you motivated to make exercise and healthy lifestyle choices a permanent part of your life. And, get a better boomer body in 90 days!

Visit Mary's [website](#) to get going!

### Custom Fit Coaching Works! Client Testimonial

"For quite some time I was working out very consistently, several times a week, and not getting results. I knew exercise was the answer to reaching my goals, but what I was doing wasn't working.

When I began my Custom Fit Coaching program with PeopleFit USA, I quickly saw why my workouts were not "working." My coach helped me to focus on specific goals and targets for my cardiovascular workouts so that my time was spent more effectively. Heart rate training has given me a way to know that I am exercising appropriately and my workouts are more satisfying, where before they were somewhat lax. Now I actually spend less time and get a better result.

The accountability on a regular basis helps me to keep focus and keep on track with my exercise program. I have learned how to fit workouts into my schedule so that I never lapse into weeks or months without exercise, but stay consistent. My coach also helped me with my eating habits so that I keep up my productivity during the day and am less likely to over-eat.

Through this process I have more energy, I sleep better, and I am wearing my "back of the closet" clothes again. To top it off, I began running 5k races, then 10ks, and I just completed my first half marathon. Setting these new goals has helped me achieve what I had never been able to do before. Thank you!"

Dave Dugan, CPA  
Los Alamitos, CA  
[dave@dugancpa.com](mailto:dave@dugancpa.com)

[Return to top](#)

### Who? Me? Procrastinate?

While I was not surprised by a newspaper headline announcing "Study shows many Americans say they procrastinate," what did surprise me is that procrastination is getting substantially worse. The article quoted University of Calgary professor, Piers Steel, as saying, "In 1978, only about 5 percent of the American public thought of themselves as chronic procrastinators. Now it's 26

percent.” Steel also said, “People who procrastinate tend to be less healthy, less wealthy and less happy.

Giving us today the benefit of the doubt, maybe we are more honest about our procrastination. But that cannot explain the entire 520% increase. The article boils down the main culprit to temptation: there are so many fun ways to kill time that it is easier than ever to procrastinate.

Have you ever had the intention to do something (say, exercise), just as soon as you check your email? Then one email piques your interest, sending you to the internet in search of... next thing you know 45 minutes has passed and it's time to get dinner ready. Is it obvious that I speak from experience?

Personally, I don't like the feeling of procrastination – the sense that I am avoiding something or wasting time when I really want to be accomplishing something important. It's not that killing time is bad (although I would prefer a different term), but I want it to be intentional, not with the goal of avoidance. Let it be because I want down time and to have some fun.

Can you identify ways in which you procrastinate? If not, we'd love your secret! But if so, consider one change you could make to alter the situation and improve your health, wealth, and happiness. For example, consider scheduling a particular time for email and internet usage. Even better, schedule in your calendar a particular time for your workout or other important task, turn off all distractions, and let nothing get in your way!

[Return to top](#)

---

[PeopleFit USA](#)

7343 El Camino Real, Suite 200

Atascadero, CA 93422

Phone: (877) 348-2100

Phone: (805) 460-9537

Fax: (805) 460-9538

[info@peoplefitusa.com](mailto:info@peoplefitusa.com)