



Fitness Motivation Monitor

Fitness Information and Inspiration



No guilt. No grief. Just results!

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Ditch the Diet

At Cal Poly San Luis
Obispo Extension
Starting May 1 st!

Principle of Specificity

In the exercise world, the principle of specificity refers to the fact that if you want to make physical improvements in a particular area (e.g. ability to play basketball) then you need to specifically train for those improvements. The same can be said for any mind/body changes one desires, but contrary to sports (to be good at basketball, one must play basketball) goals can often be reached through different channels.

Sometimes people start with the channel, thinking it's the only way to achieve the result. Take yoga for instance: it offers the benefits of flexibility, strengthening, and stress relief. What if someone wants those benefits but doesn't like yoga? It becomes a square-peg-round-hole situation with the individual trying to force herself into yoga. But obstacles will arise, whether it's class availability or an erratic work schedule, because while she wants the specific results she's not interested in this particular path to attainment. Luckily if she wakes up to this fact and looks outside her entrenched thought that yoga is the only solution, she'll find that strength training, stretching, meditating, and other activities can achieve the same results.

Is there any particular goal you're struggling to reach? If the activity (channel) itself seems to be the sticking point search for other options. Consistency is more likely when you enjoy what you're doing, from finding exercise that you like to eating foods that are nourishing and tasty to your pallet. One-size has never fit all and never will. Find what fits your unique self.

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Message From Heather

Moving to the central coast four years ago was an exciting prospect for my husband and me, but not without trepidation. I was leaving my family, church, and a lifestyle I was comfortable with. Maybe that was the problem although I didn't know it at the time. I was comfortable.



Now I say to myself, "If someone had told me four years ago... I never would have believed it." While I can't know what would have happened had I stayed put, I think it took

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ladies!**

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scenic central coast:
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getting me out of my comfort zone to write a book, start graduate school, and become involved in several things I may not have done had I stayed in Orange County. It took close to two years, but now it feels like I'm home—and I love it. It's not that I no longer miss the close connections from my old home, but rather the pluses have compensated for them and I've kept important relationships intact.

Change, true transformation, takes an investment of time, energy, and often money. Many people are dreaming of what life could be but are stuck living a life of what is. I see it every day as in the woman who badly wants to be fit, healthy, and self-confident in her appearance, but she's over-worked, un-healthy, and worn out. Or the single mom of two children that I spoke with last month who thought it was too late to go back to school; after all she liked her job well enough. Maybe living in comfort isn't all it's cracked up to be. What do you think?

In health,
Heather Moreno

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Spinach Sauté

This is one of my favorite side dishes! Besides being delicious, spinach offers an excellent source of folate, and vitamins A, C and K. Then add the garlic, and you have powerful cancer-fighting potential.

1 Tbsp. extra-virgin olive oil
2 garlic cloves (or according to taste), peeled and crushed
1 large bunch fresh spinach or 1 package baby spinach leaves (cleaned and dried)
Salt and freshly ground black pepper, to taste
Worcestershire sauce

In a non-stick skillet, heat oil over medium heat until hot. Add the garlic and sauté until cooked. Add the spinach. Toss the spinach with a fork or tongs while adding several "shakes" of Worcestershire sauce straight from the bottle. Add salt and pepper to taste, and continue tossing until it has wilted. Serve immediately.

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