



## Fitness Motivation Monitor

Fitness Information and Inspiration



No guilt. No grief. Just results!

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### But It Tastes So Good

This is one of the most frequently given reasons for over-eating. It's instant gratification. And not just the kind where long-term health and happiness are sacrificed for immediate pleasure. It's that one is also willing to experience next-to-immediate displeasure—the kind where we beat up on ourselves when we've eaten something we wish we hadn't. The best tool to overcome this situation is logic.

First, over-eating genuinely doesn't feel good physically. A little logical self-talk can help: "Sure, this will taste good for the next five minutes while eating, but I'll feel sick for an hour afterward." Try asking the question of how you want to feel after you eat. I promise the answer will not be "stuffed and bloated."

Second, foods that taste good are universally available. An occasional over-do for reasons of "tasting so good" is normal. When done habitually it prevents weight loss and often fuels weight gain. A reminder that good food will be available again the next time hunger strikes can keep over-eating in check.

Lastly, regularly eat foods that you enjoy. When deprived of favorites it's easy to over-indulge when you *finally* allow yourself to eat them—logic is out the window. I regularly eat foods I really love (from chocolate to fruit) and I avoid eating meals that don't entice me because they leave me unsatisfied, which will send me looking for more food, hungry or not.

Next time you start to say those five words, use a little logic and congratulate yourself when you make a decision that best honors you. Most importantly, do not beat on yourself when you don't.

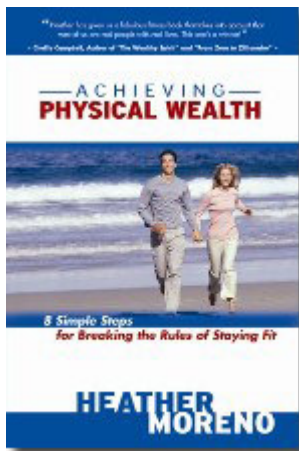
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### Message From Heather

I've been traveling a lot recently and meeting new people. Someone remarked to me just last week, "It looks like you never meet a stranger." I took it as a compliment and a reminder of how I am at my best—friendly and easy going.

A reminder is helpful because I'm not always at





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my best in every situation. And the less I'm at my best, the harder it is to be my best. For me, an outsider is a great reminder. If I'm focused on my personal "world" and how everything affects me, I forget my impact on others. But a compliment like that one pulls me back to look at the bigger picture and my place in it.

And you know what? I will now notice the best in others and, most importantly, tell them so.

In health,  
*Heather Moreno*

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## Somewhere In Between

The biggest obstacle to [Physical Wealth](#) is the mindset that exercise and eating habits must be perfect. That idea keeps us stuck in all-or-nothing, which eventually leaves us with nothing but the guilty feeling of failure.

While traveling, I've had to be creative about exercise and eating. For example, in Colorado I simply walked for one mile three out of four days, did a quick 10 minutes on the elliptical trainer one morning, and engaged in a little light hiking (okay, walking really) at Lair o' the Bear park. Trying to minimize my tendency towards high maintenance (which is my M.O. when it comes to food) I ate fruits and vegetables when readily available, honored my hunger, and respected my fullness. I also ate pulled pork, beef brisket, cake, and drank wine.

It's tempting to take a break from exercise and eating habits when our schedules are disrupted. The problem is that disruptions are commonplace. Learning to be somewhere in between all and nothing is how we get and stay fit. It takes some creativity, but that's easy. It's the illusion of perfection that's tough to shake. Let's redefine perfect as "the best I can do in any given situation." Then no longer is "all" held up as the standard for perfection and we can be happy with living somewhere in between.

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