



## Fitness Motivation Monitor

Fitness Information and Inspiration

No guilt. No grief. Just results!

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**Searching For The Perfect Gift?**

### Are You In Control?

**Success is the sum of small efforts, repeated day in and day out. ~ Robert J. Collier**

For many of us, this is the month when our resolve will be most tested. Can we enjoy parties and manage a hectic holiday schedule, while keeping exercise and mindful eating habits a priority? Can we enter the New Year refreshed and energized, ready for new challenges? Will we?

In the October 2006 issue of Entrepreneur magazine, Robert Kiyosaki, author of the Rich Dad book series, wrote an article titled "In Control." He asks the question, "But what actually brings health, wealth, and happiness. Is it success and success alone?" He says that the pursuit of success does not automatically bring health and wealth. This conjures up thoughts for me of the numerous diet programs and pills offering success that in the end leave people worse off than before. That is not health.

Mr. Kiyosaki asserts that our pursuit of happiness can cause health and wealth problems. In the case of health, people who eat and drink to be happy have only found a temporary high, and the end result, if this behavior is a habit, is poor health and excess weight.

He says one factor, in particular, that is shown to help entrepreneurs lead happy, healthier, and wealthier lives is self-control. As an entrepreneur, that makes perfect sense to me. In fact, it makes sense, period, entrepreneur or not.

This is suggestive of a favorite scripture of mine in the New Testament – 2 Timothy 1:7: "For the spirit that God gave us is no cowardly spirit, but one to inspire power, love, and self-discipline." At first glance, we easily understand and appreciate the gifts of power and love, but self-discipline? Yes. The reality is that doing the right thing, whether or not we feel like it in the moment (self-discipline), leads to long-term happiness. Think about a time you were in school or working on an important project. While putting in the time to study, research, write, make phone calls – whatever was required to produce the end result – may not have been your first choice of activity in the moment, the end result likely produced happiness. Think about the dissatisfaction that results from not doing the necessary actions. Have you experienced that before?

How can you stay in control and still enjoy the holiday season so that you remain true to yourself and the healthy habits you have established? Think of three promises you can make to yourself (e.g. "I will fit in at least ten minutes of exercise every day" or "I will eat a fruit or vegetable at each meal"), and keep them. During a time when most people feel crazed and out of control, you can happily experience the freedom (yes, really) of self-control.

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### Message From The President

When friends and family ask what you want for the holidays, do you rattle off a list of gift ideas or are you stumped? Kids always have a ready-list



Buy any three motivational exercise tools by Dec. 15th and **receive free shipping!** (anywhere in the U.S.)

Choose from:

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of toys and games they would love to have but as adults, it becomes more of a challenge. After all, you're not going to tell your sister that you want a new couch.



If that question leaves you at a loss, consider ideas to enhance your fitness program. For example, the Apple 1 GB Shuffle is a metal iPod the size of a matchbook that holds up to 240 songs for under \$100 – you can take it anywhere to add music to all your workouts. ([www.amazon.com](http://www.amazon.com)).

I am also happy to be a resource, offering a variety of tools such as Un-dieting CDs, Be Fit Now exercise CDs, strength training fans, wrist wands, heart rate monitors, and more to increase your motivation and make your workouts more effective (see my offer at left). If your exercise routine has become stale or, worse, is not producing the results you want, these items can help. Call or email my office for details. Enjoy!

In health,  
*Heather Moreno*

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### Thriving Through The Holidays

Forget all that you have heard about surviving the holidays – we can do better! From religious celebrations and gift giving to family, friends, and parties, this is a time for connection, renewal, enjoyment, and down right fun. Try these five tips for a happy, healthy, and thriving holiday season:

1. **Be generous with yourself** – Busy finding, buying, and wrapping gifts for everyone on your list? Include yourself in the mix, and make it good – something no one else would give you. I'm talking about time. While everyone is hustling about, consider taking an afternoon to relax. If that seems too long, how about an hour? Read a book, meditate, watch a movie... and the best thing is, this gift you do not have to wrap!
2. **Be a fun party-goer** – Instead of dreading parties for all their calorie-laden foods, approach them with the anticipation of fun. Whether the party is an opportunity to connect with old friends you do not see very often or the chance to meet new people, go with the goal of being social.
3. **Be choosy** – Of course you will inevitably eat at a party. When you do, be choosy. If that chocolate treat that looked so good on the platter tastes less than spectacular, dump it.
4. **Be cautious of liquid calories** – One cup of eggnog (without alcohol) is 340 calories. Now, if you love eggnog – enjoy a cup. If not, see #3 above. Liquid calories – from cider and liquor to beer and wine – really add up if we are not mindful. And, have you noticed that when drinking alcohol you tend to not pay attention to over-eating? If you do drink, consider a glass of water between every beverage to reduce your calorie intake and keep your mind clear.
5. **Be selfish** – Selfish at the holidays? No, I have not gone off the deep end. Say “no” when you need to. Agreeing to something out of guilt or a sense of “should” (all the while dreading the commitment) does a favor to no one, least of all you. Trust that gut feeling (instinct) that tells you “this is something I don't want to do.” And then, don't do it. If you feel an obligation to contribute, offer to help find someone to fulfill the commitment.

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## The Stress-Fat Connection Part Two: Managing Cortisol

In last month's issue, we talked about what cortisol is and how it causes weight gain when you are under chronic stress. Now let's discuss what to do about it!

Before I reveal what does work, here's what does not: all of the pills that claim to control cortisol and help you lose abdominal fat. The Federal Trade Commission (FTC) has warned manufacturers of these products and has brought charges of false and unsubstantiated claims against them. In fact, because of the FTC charges, some manufacturers include the following fine print after their testimonials: "Results not typical. Your results may vary. Results dependent on diet and exercise."

So now you know the secret behind these products – you have to eat right and exercise (no surprise there). Consider the following recommendations to reduce stress and prevent unnecessary weight gain.

- **Get enough sleep:** Researchers have now found a link between the amount of sleep you get each night and your weight. Results show that women who got 5 to 6 hours a night of sleep gained more weight than those who slept 7 hours each night. Your ability to be in tune to hunger is also diminished and research has shown that sleep-deprived people tend to eat 15% more food than those who get the sleep they need.
- **Eat to avoid nighttime overeating:** In the normal cortisol daily pattern, levels start to drop midmorning and by 3 to 4pm, you can feel yourself getting tired and losing focus. You may find you crave sugar or caffeine. Often, people don't eat at this time because they are at work and they wait until dinner. This leads to overeating all night long because they were so hungry and didn't eat something when they needed it. Plan for a snack around 3 to 4pm to hold you until dinner and prevent munching all night long.
- **Get some exercise:** You likely know that exercise reduces stress and increases the release of endorphins. What you may not know is that this exercise-induced stress reduction also reduces cortisol levels. Today's stress does not require a physical response, but your stress hormones do in order to return to normal levels. What moderate exercise does is complete the fight-or-flight response. So by exercising, you are completing the cycle and bringing your body back to a normal state.
- **Take time for yourself:** High levels of cortisol will drop when you increase your endorphin levels, as with exercise. This can be done in others ways too, including getting a massage and meditating.

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### [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)