



## Fitness Motivation Monitor

Fitness Information and Inspiration



No guilt. No grief. Just results!

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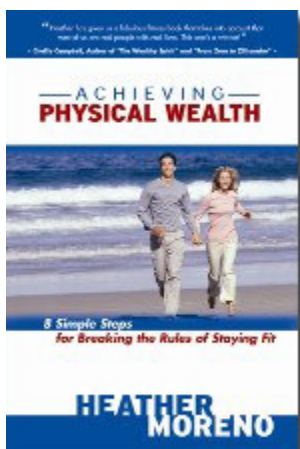
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## Are You Resolute?

My customary December advice is to not make New Year's resolutions because they frequently become license to over-eat and not exercise. "I'll start in January" is the mantra, as though life is nothing but sunshine and lollypops the moment the calendar year turns. The same can be said of "I'll start Monday." Neither becomes a lifestyle worth living.

The dictionary defines resolution as "the quality of being resolute." Resolute is "characterized by firmness, determination, and often loyalty." Given the bleak statistics on keeping New Year's resolutions and the customary disclaimer of "results not typical" on virtually all diet and exercise programs, I'm left reflecting on where the "resolute" in resolution has gone. After all, more than enough information and support options exist to help us achieve our goals.

The most universal barrier that will keep you from having the body, health, energy, stamina, etc. that you want is that you give other things greater priority in your life. It's not uncommon for me to meet someone who's M.O. is running through life at full throttle with everything taking on an emergency feel—it's clear there's "no time" for fitness. Actually, that's not true. There's no room.

New Year's resolutions and "starting Monday" are so commonplace that we don't step back to determine what we need to do in order to be resolute—and to succeed. The eventual failures drain our energy and undermine our self confidence that we can accomplish what we put our minds to.

When you really want something you always find a way to get it, don't you? It's because you make a commitment that no matter what you won't be thrown off track and (darn it!) you're going to get it done. Achieving Physical Wealth (whatever your definition) is no different. Once you make a commitment, you no longer have to make excuses. All the New Year's resolutions and Monday morning diets in the world can't hold a candle to that!

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## Message From Heather

I'm officially in my forties. Now I know what all the fuss is about—it's fantastic! Since that fateful day I've been on the radio and invited back for a second interview, a story ran on me and my business in the Pacific Coast Business Times (with my picture on the front page!), and my book hit the best-seller list. Okay, the third one hasn't happened... yet.

My grandmother made this



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fabulous chocolate-on-chocolate cake for my party (isn't that cool?). One of the best parts about my birthday every year is that I get to eat cake every day for the entire week following.

This "big" birthday prompted more reflection than usual. I started theology graduate school this year and got an A+ on my mid term—holy cow! I've written a book—on most days I take that for granted as no big deal. Do you ever do that? Other people's accomplishments look exciting because I'm not "used" to them and mine tend to dull from over-exposure, if you will.

Last week I was presented with a gift in front of a group where the presenter read a bio on my life since 1990. I thought, "Have I really done all that?" Years ago I read the idea to make a list of all your accomplishments and what you're grateful for, and then to re-write the list in the third person (e.g. "she wrote a book; he has a wonderful family"). Give it a try. It's a wonderful gift to yourself.

Merry Christmas and Happy Holidays!

In gratitude,  
*Heather Moreno*

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### If not now, when?

***How many more mornings will you wake up and say, "I've got to start exercising. I've just got to get into shape!"?***

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

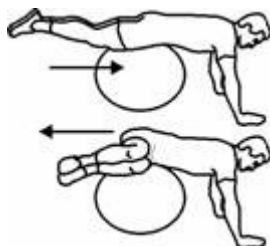
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### Is Your Gut in a Rut?

I'm asked about tightening up the abdominals more than any other body part (the "butt" comes in a close second). The abdominals, like all muscle groups, get stuck in a rut with the same tired exercises after too long. Try a couple new ideas to bring life to your routine and tone to your abs.



A great benefit of using the ball is that instead of isolating your abdominals with something like a traditional crunch, you bring other muscles into play such as the chest and shoulders.



Once you master the above move, add a twist (literally). This exercise engages your oblique muscles (waistline) in addition to all the others.

For both, keep your neck in a neutral position and start with just a few repetitions to get a handle on the form, gradually getting to where you can do the exercise continuously for 60-90 seconds. Move slowly, taking

five seconds for each repetition and breathing throughout the move.  
Build up to two to three sets of 60-90 seconds for each exercise, three days a week.

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