



**Fitness Motivation Monitor**  
Fitness Information and Inspiration



No guilt. No grief. Just results!

## Inside this issue:

**Volume 10, Issue 12:**  
**December 2009**

How to Exercise During  
the Holidays

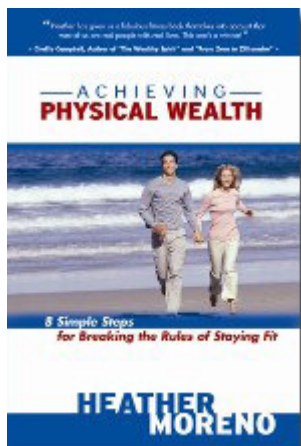
Message From  
Heather

Size 4 model: I was  
fired for being too fat

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## How to Exercise During the Holidays

During the weeks between Thanksgiving and New Year's, there's so much to do--what with the Festivus shopping and all--that it's easy to let exercise take a back seat to the celebrations. But if you slack off, January invariably arrives sluggish and grouchy. This year, greet the new year with energy and fitness to spare.

- Set a goal and make it a fun one. For example, vow to exercise every day (or every other day) for a month straight. Or aim to walk a mile for every \$10 you spend on gifts.
- Sign up for a race or event. Many cities have a version of the Turkey Trot or Jingle Bell Run/Ride, and these easily can become an annual tradition. Or train for a big event, like a marathon, that is held in January or February. If you are doing 20-mile runs in late December, it's tough to gain weight from all the holiday desserts. Be sure to sign up early so you are committed to training for and completing the race.
- When you tour your neighborhood lights, leave the car at home. Instead, bundle up and walk or bike.
- Schedule a hard workout on a day when you'll be partying later that night. It's torturous to refuse red wine and chocolate at every single party, so why not burn calories beforehand and leave your guilt at home.
- Try a new sport. If you live with snowy winters, try something you've never done—snowshoeing or broom hockey. If you must only dream of snow, try indoor ice skating or outdoor (polar bear) swimming.
- Add workout clothes or gear to your wish list. Santa knows that if you look good, you feel good. And if you feel good, you'll sweat more.

By [Elizabeth McGuire](#)

[Return to top](#)

## Message From Heather

I took a two-week respite from the gym. With company in town for Thanksgiving and an increased workload it just made sense, not to mention my body is *still* healing from my fall



fitness compliment."

~ Diana Lipson Burge ~  
Registered Dietician and  
Co-Author of "Un-Dieting"

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three months ago. I made sure to walk outdoors on most days, but the intensity was much less and I did no strength training.



This week I'm back to my routine and boy do I feel it: sore chest muscles, hamstrings, inner thighs, and after step class today I'm anticipating my calf muscles to speak up tomorrow morning. In a strange way it feels good.

I'm all for taking much-needed breaks, as long as I'm honest about why I take them and truly honor my body rather than simply slacking off. This experience reminded me that my body will respond to whatever I do or don't do and reinforced the importance of keeping my exercise habit, even if it's modified. There was no decision to be made whether to start up again or not, because I never really stopped.

Merry Christmas and Happy Holidays  
*Heather Moreno*



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[Return to top](#)

### **Size 4 model: I was fired for being too fat**

If you asked people at random to describe Filippa Hamilton in a word, you'd hear a lot of synonyms for "gorgeous." What you wouldn't hear is "fat."

And yet the 5-foot-10-inch, 120-pound model says that is essentially why she was fired by Ralph Lauren after eight years with the fashion designer.

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"Photoshopped" image of model sparks controversy

[Return to top](#)



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