



Fitness Motivation Monitor

Fitness Information and Inspiration



No guilt. No grief. Just results!

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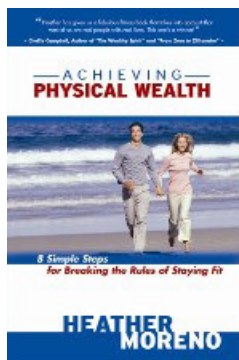
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It's Still the #1 Killer

Despite a [25.8% decrease](#) in the heart disease age-adjusted death rate since 1999, heart disease is the number one killer of men and women. But what an achievement! And the best way to continue this downward trend is through education and implementation of that knowledge. February is Heart Health Month, the ideal time to brush up.

The American Heart Association provides a number of resources including this [quiz](#) to help assess your risk of having a heart attack or dying from coronary heart disease in the next ten years. The test will ask you for information about cholesterol (including LDL, HDL, and triglycerides), blood pressure, and blood sugar levels—a quick call to your doctor should elicit this information if you don't have it handy. After the quiz you can print a copy of your results and action plans for those areas you need to work on in order to reduce your risk.

If your results are disappointing, be encouraged that many risk factors are controllable through lifestyle:

- Exercise: set an initial goal of upping your exercise by 10%. For example, if you do 30 minutes twice a week, make it 33 minutes. Once you master that, increase another 10%.
- Eat [more fiber](#) and [less saturated fat](#): increase fiber 10% and decrease saturated fat 10% until you reach desired levels. A current daily fiber intake of 15 grams would mean an increase to 16.5 grams. A diet of 20% saturated fat would reduce to 18%.
- Minimize harmful stress: exercise alone can help, but even more look at clearing out the clutter in your environment, implementing relaxation rituals, such as yoga and deep breathing, and improve your sleep habits. And lighten up—laughter is shown to reduce stress and improve health.

Risk factors such as age, gender, and family history are uncontrollable, so keep your focus on those you can be in charge of. In a matter of months you can make significant strides toward a healthier heart.

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Message From Heather

One article from my January newsletter was titled *Are You Where You Wanted to Be?* I encouraged a year-long look at implementing change and expecting results and, in looking at how quickly the past year went I hoped to encourage patience. I was thrilled to receive a number of responses from you who are in action and have been for sometime, making significant positive changes.



If you've read my book or gotten to know me over the years, you're aware that I don't love to exercise and I face the same challenges most of you do. The feedback I receive from you motivates me. Yes, I'm internally motivated but it helps to know that I have to walk the talk if I'm going to have any credibility with you. I'll take all the

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motivation I can get!

This begins my ninth year of writing this letter. Some of you have been with me since the beginning for which I'm incredibly honored. It's rewarding to know that month after month I have something to say that each of you finds worthwhile. Thank you for tuning in (so to speak) and for adding to my personal motivation.

In gratitude,
Heather Moreno

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Get motivated to exercise with our FR*EE eCourse.

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Reviews for Physical Wealth...

"Heather has done a remarkable service to all of us who have struggled with standard diets and various physical fitness programs. She has compiled a wealth of facts and common sense ideas based upon her vast experience as a physical fitness trainer and coach. Her presentation of these concepts in an easy to read and understand, eight step program is **a true fitness revolution**. It is also a relief to those of us who have struggled over the years to attain good physical health. I personally rid myself of a lot of guilt when I read Chapter 6 entitled "Ditch the Diet." I keep this masterpiece by my bedside and refer to it often, and as a result, my physical well-being has improved considerably.

During my law enforcement career, I served as a member of Los Angeles Police Department's elite Metropolitan Division, which included police officers assigned to the K-9 and Mounted Units, Crime Suppression Details, and the highly decorated SWAT Team. These assignments required our officers to be in the best physical condition possible. **I only wish that during my career with the LAPD I had the physical fitness information that Heather has documented so well in her outstanding book.** It's the best book I have ever read on this subject and I highly recommend it."

~ **Dave Aikins, Lieutenant, Retired, Los Angeles Police Department**

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