



Fitness Motivation Monitor

Fitness Information and Inspiration

No guilt. No grief. Just results!

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Astound Yourself

"If we all did things we are capable of doing, we would literally astound ourselves."

~ Thomas Edison

Have you had the experience of achieving a significant goal or major accomplishment, and thinking, "I can't believe I did that?" If so, then you have a glimpse into what I think Thomas Edison meant when he made this statement. Is this something that we can each tap into at any moment, the ability to literally astound ourselves with our potential?

My first instinct (not to mention the books, CDs, and videos that support this thought – for example, the Law of Attraction) is that yes, we can. Pondering further, I believe we can tap into it, but to do it at every moment – constantly operating at our absolute best – is that realistic? It depends on our expectation. I trust that individuals have innate talent and abilities and if we remain awake to them and willing to operate using them, we can achieve remarkable feats. Does that mean we never fail, never have a bad day, or never miss a workout? Of course not. The risk here is all-or-nothing: of expecting constant achievement and perfection or else throwing in the towel.

Reflecting on what Mr. Edison achieved in his life after many deemed "failures," we can turn around from the expectancy of perfection and focus on the end result, not temporary set backs.

Why the long preamble? Because whether or not you set traditional New Year resolutions, most of us feel compelled this month to set goals, turn over a new leaf... somehow improve our lives, and fitness frequently takes a top spot. I want you to achieve your goals – to astound yourself with your potential and the outcome it produces.

What goal, if achieved, would produce pure, joyous astonishment for you? A client of mine several months ago began training for a half marathon. He started with 5k races some time ago, and most recently ran a 10k. Today it may not seem as astonishing to him that he is preparing for a half marathon as it would have to consider the prospect two years ago, but it is no less astounding. I get the idea that Mr. Edison was not necessarily astounded by his invention of the first practical light bulb, simply because it was his expectation – he had tested over 3,000 filaments. I figure that by number 500, he was in it for the long haul!

Hold firmly to your vision of what is possible (fitness and otherwise) and keep going until you are astonished!

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Message From The President

Happy New Year from Kona! My husband and I are spending a glorious two weeks on the Big Island with plans for sight seeing, hiking, golf (him), massage (me), and relaxing on the lanai and reading, over looking the ocean.

As I write this letter though, my trip is 17 days



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Tuesday, January 30

1pm – 2pm PST

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away and I have so much to get done. But if I get quiet and get thoughtful, the overwhelming feelings melt and gratitude replaces them. Yes, I am grateful to know I'll be in Kona soon! But also for much more.

At this New Year, I want to express my gratitude to you. Whether you are a recent subscriber or have been with me since the beginning of this newsletter seven years ago, I appreciate your ongoing support. Your feedback and input are invaluable, and knowing that you find the information helpful to reach your ideal levels of health and fitness (what I call Physical Wealth) is encouraging to me.

Without you, I would not bother. Without you, I would not have the privilege of sharing my gifts. Thank you!

In health,
Heather Moreno

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Need Motivation to Exercise?

What woman doesn't?
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Client Testimonial

"I was a lifelong moderate exerciser who had drifted to a place of non-exercise. As I got older, exercise became confusing. The news reports seemed conflicting about what type of exercise one should do and for how long. Then I met Heather Moreno at a professional conference and was impressed with her ability to communicate about achieving fitness. She had a specificity in her comments and a commitment I hadn't heard elsewhere. After some procrastination, I finally made the call to Peoplefit USA and I decided to commit to whatever the Peoplefit USA process was. I asked few questions and just signed up with few expectations beyond trusting and simply doing what I was told to do.

What worked for me is this program has very measurable, specific goals with tools such as a heart rate monitor and accelerometer that gave me, for the first time, a purpose for exercise and a specific way to achieve that purpose. Previously for me, exercise had always been somewhat nebulous – get out there and move so many days a week. But I didn't have the tools to create motivation and purpose which I now gained through Peoplefit USA.

The weekly coaching was great. As a businessperson, I appreciated that my coach was always on time for our weekly phone sessions, packed those sessions with easy to understand, specific tools for that week, and always solicited my concerns and feedback. I was already an advocate of telephone coaching, having participated in another type previously – it works great. I needed information, tools, and support. I received all of those in a 30-minute session each week.

What I learned through this program has changed my life – I am thrilled with my results. I turned from a non-exerciser to regularly doing cardio and strength exercise each week with no motivation struggles. I can hardly believe it has become a habit! I feel so much better. My coach also worked with me on non-dieting and I have learned to eat in a way that I am losing weight and still enjoying food. I am at my interim goal weight and am certain that I will reach my final weight goal. Most importantly, I want to choose healthy behaviors over a sedentary lifestyle. This program brought all of these changes for me."

Thank you,

Lynn W. – Human Resources Director
San Francisco, CA

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We Still Need Your Help!

Have you re-subscribed to the Fitness Motivation Monitor yet? Please take a few seconds to re-subscribe [here](#)?

Thank you – this is incredibly helpful!

[Re-subscribe here.](#)

Just a Few Food Facts

Fat Free/Calorie Free depends on serving size:

If a product contains fewer than five calories per serving, the FDA allows it to be labeled "calorie free." And if a serving size contains one-half gram of fat or less, the product can be labeled "non-fat." This can be confusing when looking at a can of any cooking spray oil. Have you ever noticed the label on spray oils reads zero calories and zero fat? How can that be when the entire can contains oil, a nutrient that is 100% fat and, therefore, very calorie dense? Because the serving size is 1/3 second spray – that's one third of one second. My finger doesn't work quite that fast! While you will likely continue to use spray oil as I do – it's easy and convenient to use – be aware of how long you hold that spray button.

This fat-free labeling also pertains to trans fats (the unhealthy fats experts warn us to stay away from or limit our consumption of). You will notice certain foods labeled as free of trans fats, but when you look at the ingredient list you see them. Again, it is dependent on serving size and if there is one-half gram or less of trans fats, the label can read "trans fat free." If you want to avoid trans fats, look beyond the label to the ingredient list, searching for foods without "partially hydrogenated oils."

Hidden Persuaders Can Drive Us to Over-eat:

Trigger foods are talked of often – a particular food (or foods) that trigger someone to over-eat (think of the Lay's commercial, "Betcha can't eat just one!"). The one thing about trigger foods that I've always considered "a must" is that the person must enjoy the taste of it, actually like the food. Imagine my surprise...

The November/December 2006 issue of ACE Fitness matters revealed the appalling results of an experiment conducted by Dr. Wansink at Cornell University. Movie audiences were offered free five-day-old popcorn (yuck!), some served in medium-sized buckets and some in large buckets. The people with large buckets ate 53% more than those with the medium buckets!

Dr. Wansink notes that "...people didn't eat the popcorn because they liked it. They were driven by hidden persuaders: the distraction of the movie, the sound of other people eating popcorn, and the Pavlovian popcorn trigger that is activated when we step into a movie theater.

What hidden triggers exist in your daily routine?

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