



Fitness Motivation Monitor
Fitness Information and Inspiration



No guilt. No grief. Just results!

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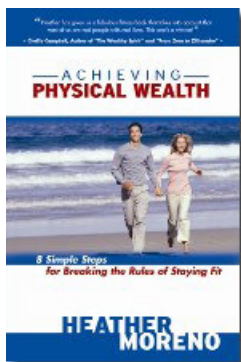
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Are You Where You Wanted To Be?

Are you where you thought you'd be a year ago today? Are you healthier, more fit, and full of energy or have your good intentions faded? If you said "faded," try the one-a-month plan to turn your good intentions into reality.

To start, get clear on your vision of what you want for your health and body. If you need help, chapter two of my book walks you step-by-step through the process. Next, decide one habit to start (or behavior to change) this month to move you closer to your vision. Make it realistic so that you're most likely to follow through, and make it specific and measurable so you'll know if you've actually accomplished it. Here are some examples:

- Add 5 grams of fiber to my daily diet
- Increase my daily water consumption to 6 glasses
- Incorporate two strength training exercises into my routine twice a week
- Take yoga at the local studio or use my DVD (still in the shrink wrap!) once a week

At month end take stock and determine if you're ready for a new habit or if you need to spend another month to ingrain the current one. Continue this process monthly, every three to six months assessing progress towards your vision. Give yourself kudos for what you accomplish, and don't dwell on what you haven't done.

A common reason why people don't succeed is they commit to more than they can handle. It's understandable—you don't want to wait one minute longer than necessary to get the results you want. But over-commitment gives way to unrealistic plans that you are unable to follow through with. Just remember how fast a year goes by (it's 2008 already?). Imagine the condition of your health and body in a year if you implement 12 new healthy habits. You'll be a completely revitalized version of you!

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Message From Heather

I've decided to love January. It's always my least favorite month (and that's being kind), but several months ago I vowed to no longer spend 9% of my year feeling glum. I knew it wouldn't be easy to alter my long-held holiday-let-down, winter-misery attitude—it would take some planning.



For one thing, I scheduled events to look forward to like dinner with friends and a church retreat. I applied to teach an extension course, *Have Your Cake and Get Fit Too!*, at Cal Poly San Luis Obispo at the end of January and I'm excited to finish preparations this month. And I start another theology class at Fuller tonight.

My past attitude is strange, because good things don't dry up in January. I have wonderful health, a loving and supportive family, and coaching clients that are a joy to work with (to list a few)... things I'm always grateful for. It's funny that I've let a little dark, cold weather and after-holiday-blues get the better of me. Not anymore. With all my planning, maybe January will be my favorite month this



Get what you need to get fit this year at Heather's [online store](#).

Powered by Amazon so shopping is easy!

Get **motivated to exercise** with our FR*EE eCourse.

[Take it Today!](#)

year.

In gratitude,
Heather Moreno

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Heather's Teaching in SLO!

[Have Your Cake and Get Fit Too!](#)

Join me as I teach my first extension class at Cal Poly San Luis Obispo!

This class breaks through the myths, guilt and pressure people feel from traditional diet and weight loss programs. It provides you with the motivation, tools, and strategies to help you stay consistently engaged in healthy habits. You'll learn how to get and stay fit, and how to reach your body's ideal weight — without dieting.

4 classes, Thursdays from 7pm to 9pm,
starting January 31, 2008.

Get details [HERE](#)

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Are You Making the Right First Impression?

by Heather Moreno and Michele Benza

What first impression do people make about you? Do they see someone who is confident and put together, full of health and vitality? Like it or not, our outward appearance affects the impression we make on others, consequently impacting our lives. Whether we get a job, business contract, or a new relationship... these can hinge, at least partially, on our first impression. Is your image saying about you what you want it to?

My colleague Michele Benza, professional image consultant, and I decided to partner on this article, joining our knowledge and experience to talk about your image, from the inside out.

Whether you work in the business world or are a stay-at-home parent, creating a personal image can be intricate but is essential to your success and happiness. First and foremost, your image should define your personality. Then, decide how you want others to see you, such as:

- Stylish, friendly, approachable, open-minded
- Strong, organized, reliable, analytical
- Creative, spontaneous, risk-taker

Most importantly, always wear clothes that reflect your personality, that make you feel at ease in any circumstances.

Exercise and eating habits enhance your physical image, most especially posture, body shape, and muscle tone. The not-so-obvious, but still noticeable, benefits display themselves in how you feel about yourself and therefore what you project to the world. Everyday we make judgments about ourselves: for some these opinions hurt their image, such as standing on the scale, frustrated about the number reflected back, or lamenting that clothes are too tight. But when you take care of and honor your physical body, the feelings you ingrain and therefore the image you project are confidence, health, and energy.

January is a natural time for self-assessment, and the perfect time to take stock of your first impression and make sure it says what

you want. We encourage you to set up an initial consultation with a professional image consultant and fitness coach to help you define your style and take actions to bring it to reality. Make this the year of your best impression yet.

Michele Benza, image consulting featuring European style and elegance. Michele is certified in esthetics and image consulting from European institutions. Her studio is located in San Francisco, but for those far away Michele consults via phone and email or travel to the client's location.

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