



Fitness Motivation Monitor

Fitness Information and Inspiration



No guilt. No grief. Just results!

Inside this issue:

**Volume 10, Issue 1:
January 2009**

[Never Say Never](#)

[Message From
Heather](#)

[Special Offer!](#)

[My New Favorite
Resource](#)

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Physical Wealth" by
Heather Moreno](#)



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Version
[available here](#)

Never Say Never

The New Year is a natural time to explore new ways of thinking. Or rather, letting go of old ways. Have you ever gotten a belief stuck in your head only to be surprised that it wasn't true? For example, you eat polenta for the first time and don't particularly care for it, forming the instant belief of "I don't like polenta." For years whenever someone mentions polenta you shudder in disgust and refuse to eat it. For some reason you decide to try it again and whether your tastes changed or it was cooked differently, it tasted good. Hmmm... maybe you *do* like polenta after all.

I did the same with exercise. Three months ago I joined a local gym and anticipated getting back to my favorite exercise: the elliptical trainer. Within days my beliefs of "I hate the stationary bike" and "I'm not a 'class person'" went out the door. I've taken a strength & tone class twice a week since joining and really like it. The class is small—seven people on a crowded day—I like the instructor, and it motivates me to do my strength training (something I have to admit is helpful). And the recumbent bike is a perfect machine when I need to multi-task. While I can read on the elliptical trainer my theology books are heavy (literally and figuratively) and it's much easier on the bike. While completing the last two weeks of the fall quarter I was able to fit in my studying and exercise without either suffering.

To reach any goal, clear thinking is needed. We need to root out false beliefs and anything that's keeping us stuck from moving forward. As you look at your list of goals for this year ask yourself what tends to get in the way. You know yourself better than anyone and if you ask the question your brain will find the answer. Do you notice any beliefs that you'd like to toss? I can tell you that I'm very happy to have tossed a couple of mine!

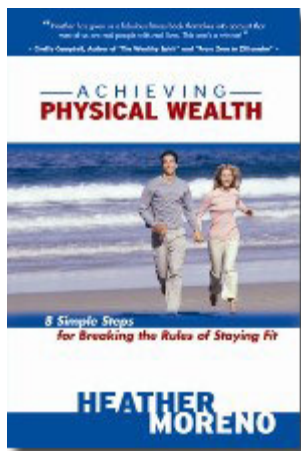
[Return to top](#)

Take the guesswork out of getting and staying fit! [Click here](#) for a *special offer for newsletter subscribers.*

Message From Heather

I like to be in control, but even when I am I know that I'm not. Looking over the last ten years of my life I notice several instances of saying, "If you'd



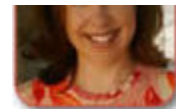


“An amazing book that is empowering and a total fitness compliment.”

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



told me two years ago that I'd be doing..." And you know what? In each instance it's something good.



I know there's a balance between planning/doing and living/being. I also know that balance is not static, but rather "balancing." I'm noticing this now because this past December was particularly good on many levels—not because of any goals I set or things I specifically did to achieve objectives. It was simply the outcome of living and being as usual.

Thinking I'll abandon my illusion of control is unrealistic. I'd be happy to if I could do some "controlled being." Maybe for the New Year I could just let go of tying down every detail and let life happen. But then I'm back to wanting to quantify that. Maybe it's okay that I want to be in control—I just need to admit once in a while that I'm really not.

Happy New Year!
Heather Moreno

[Return to top](#)

It's A New Year - Now What?

Do you try year after year to get in shape or lose weight? Take the guesswork out of getting and staying fit with Trainer To Go.

“After using Trainer To Go the all-or-nothing diet and exercise mentality is a thing of the past. I've got real results that will las.”
~Samantha Bachechi, Colorado Springs, CO ~

As one of my newsletter subscribers, during January you can

**save \$20 off the website price and
get my book *Achieving Physical Wealth* as a bonus!**

I know it's a challenge to know what to do and to stay consistent with your healthy habits. Take it step by step with Trainer To Go and *Achieving Physical Wealth*—you'll get clear on your goals and put together strategies to help you look good and feel great without the guilt and pressure of traditional diet and exercise programs.

Visit http://www.trainertogo.com/order_Jan09.htm or call me by **January 31st** to take advantage of this offer.

No Guilt. No Grief. Just Results!



[Return to top](#)

My New Favorite Resource

If you're like me, you want to keep organized but sometimes have a hard time throwing things out. A friend of mine turned me on to www.PaperbackSwap.com and I love it. It's a community of people that swap books. You list any books you want to swap and when someone requests a book you simply ship it and pay the postage. For each book you mail you get a credit to request a book from someone else. It's that easy. Over the past year I've given away many books and found others in return.

While I've saved myself over a hundred dollars—what the books I received would have cost new—I enjoy knowing that my books are going to someone who wants them (with eBay it's almost impossible to sell them now and most end up in the trash). If one of your goals this year is to de-clutter, consider using www.PaperbackSwap.com. With the one-book-in, one-book-out rule built into the system, you'll be able to keep organized as you go!

[Return to top](#)

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