



**Fitness Motivation Monitor**  
Fitness Information and Inspiration



No guilt. No grief. Just results!

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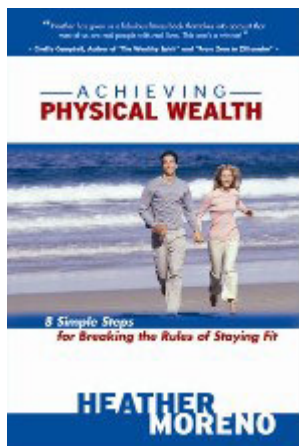
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## Looking For a New Gym Membership?

### How to Get Your Money's Worth

At any given time, thousands of people are looking for a new gym membership. Before you even jump into the market and begin shopping for a new gym membership, you need to think about what you're looking for in a gym. If you go into it blindly, you could end up paying a lot more for the things you aren't even interested in.

#### Gym Location

When checking out gyms, you want to look for one that's in a convenient location for you. Whether that means close to your place of employment, a child's daycare or school, close to your home, or somewhere in between all of those places, you're more likely to go if it's in a convenient area. If you plan on working out in the morning before work and you have to drop a child off at daycare first, then you might want to try to find one somewhere in between the daycare provider and your place of employment. Be sure to think about when you'd like to workout and go from there.

#### Pricing

Don't spend more than you can afford. Some of the health insurance companies out there will put money towards a monthly gym membership so that's a great way to lower the monthly dues if your insurance provider participates in doing so. Another great way to save money is to prepay and buy a 6, 12 or 18 month package. Though it will cost you more up front, your monthly cost will be lower than if you just pay month-to-month.

If you find out you can't afford a gym membership, create your own gym in your home. It's a lot less expensive than you might think and it's definitely a whole lot cheaper than a new membership. When you're first starting out, all you really need are some good sneakers, a set or two of dumbbells and some workout DVDs. Also, start to save up some money each month and before you know it, you will be able to buy your own gym equipment which will really save you money over the long term.

#### Features

Most of the large gym chains offer things like personal trainers or specialized classes for different types of activities. You can expect to pay extra for these types of features so if you aren't in the market for those things, try checking out a smaller gym because their membership dues are probably a little bit less.

Always research, compare and figure out which gym location would work best for you before walking into a gym and

fitness compliment."

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

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by [M. Stark](#)

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## Message From Heather

While it's natural to set resolutions for 2010, consider reviewing 2009. What did you accomplish? What did you learn? Whether 2009 brought momentous changes and events, or simple pleasures, revel in anything and everything that went well last year.



When shifting our attention toward the positive, future changes are easier to make. That way the desire to change grows out of wanting more of the good things in life, rather than out of punishment or feelings of guilt pushing us to improve what we don't like. Of course we're motivated both ways, positively and negatively. I just think that the positive could use a little more attention.

What would you like more of in your life? If it's more health, well-being, and fitness, I'm happy to support you in that desire. Above all, practice continuous congratulations—consistently giving yourself credit for everything you have achieved thus far in life.

In Health  
*Heather Moreno*



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## Low Fat Shepard's Pie

**Something to warm you up during the cold winter months**

This a low fat take on a classic English dish. Shepherd's Pie was traditionally made with leftover meat--usually lamb or beef. This is a recipe that can be made ahead and frozen for later use. I often prepare it one day and use it the next. If you want to reduce the fat content further, use only 3/4 pound of beef and add an extra cup of vegetables--more peas or some sweet corn.



**Per Serving (without cheese):** Calories 322, Calories from Fat

67, Total Fat 7.6g (Sat 2.8g), Cholesterol 49mg, Sodium 260mg,  
Carbohydrate 41.2g, Fiber 5.7g, Protein 22.5g.

[Click Here for the Recipe](#)

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