



Fitness Motivation Monitor

Fitness Information and Inspiration



No guilt. No grief. Just results!

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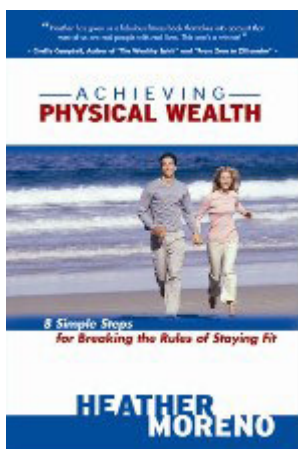
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Are You Doing Too Much?

I'm asking myself this question as much as I am of my readers. Last month I made the decision to prune a huge commitment I'd become embroiled in late last year. For weeks leading up to the decision I was anxious about how full my schedule was, wondering how I would get everything done. And, if I'd continued on the path I was on it could ultimately have lead to a 4-year commitment. Since making the decision I've been more at peace than I'd been since last December!

When I went to write an article on pruning, I decided the best article was already written in my book. I hope you enjoy it:

[Excerpted from my book, [Achieving Physical Wealth](#)]

Can you imagine what your life would look like if you achieved your ideal state of physical wealth? Most of us can for a while, but then we are usually confronted by the reality that our lives do not reflect this ideal picture. I imagine all the reasons why are reflected in my dad's adage that life is what happens while we're making plans. I also think it is an issue of over-crowded schedules, of too much to do.

I've heard it said that the downfall of the great is the good. What that means to me is that if we are running around doing a bunch of things that are all OK or merely good, then we can never be *great* at anything. My theory is that we are all busy doing good things – I highly doubt you are running around doing bad things in the world – from chairing committees to attending meetings to working overtime to volunteering our time. But too many of these good things are exactly what keep us from living our ideal life.

The issue then becomes how we allocate our time and energy. If you determine that you are not allocating enough time and energy to achieving the physical wealth you say that you want, what do you need to prune, or cut back, from your schedule to free up time for achieving your fitness goals?

What good do you need to give up, to be great?

My clients come up with answers anywhere from giving up committee or board positions to the habit of constantly checking email or answering the phone. Some come up with creative ways to delegate or share responsibilities at work and in their personal lives. It takes time, first to come up with the


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ideas for how and what to prune, and then to do the actual pruning. I would guess that you take your commitments seriously, and pulling back from them can take a few weeks, even a few months, once you've figured out what to eliminate in order to make room for fitness.

If allocation of time and energy is something you need to tackle to go further and really achieve physical wealth, not to mention live your ideal life, look at your current schedule and identify what activities or commitments need pruning. Then, put in place a plan to do so.

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Message From Heather

I spent five wonderful days in Colorado last month for my family's first-ever reunion. Out of the 41 still-living direct descendents of my great-grandparents (John & Matilda), 37 were able to attend. My parents hosted two dinner nights, and the big event was at Mountain Nook Ranch in [Lair o' the Bear Park](#).



John and Matilda bought the more than 500 acres in 1902 and lived there until John passed in 1927. Amazingly enough, although she often traveled to California to visit her sons (my grandfather and uncle), Matilda continued to live on the ranch until she passed away 30 years later. Being there I can imagine how physically demanding their life was from farming the land (my great-grandfather's nickname was "Rutabaga Johnson"), onslaught from the environmental elements (once the family was snowed in for 10 days), and living far from any other families. It's interesting to contrast their lifestyle with mine.

The most physically demanding thing truly required of me on most days is to push myself out of bed. Mostly I'm grateful this is the case, but I enjoy the times I "have" to move more (like helping a friend move or a heavy day of house cleaning). Building in reasons to be more active not only balances my exercise routine, but—as with yard work or waxing the car—also offers the satisfaction of a job well done.

In health,
Heather Moreno

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Sweet 'n Crunchy Raisin Granola

Granola is multipurpose: eat it as cereal, add it to yogurt, or use it for a snack and you've incorporated more whole grains into your day.

Raisin Granola

Canola oil spray
3 cups old-fashioned rolled
oats
1/4 cup whole-wheat flour
1/2 tsp. cinnamon
Pinch of salt
1/2 cup pure maple syrup
1/3 cup canola oil
1 tsp. vanilla extract
1 cup raisins



Preheat the oven to 300 degrees. Lightly coat a baking sheet with canola oil spray. Set aside.

In a large bowl, combine the oats, flour, cinnamon and salt. In a separate bowl, whisk together the syrup, oil and vanilla extract. Add the liquid mixture to the oat mixture, stirring well until the oats are coated.

Spread the mixture across the baking sheet. Bake for 30 minutes. Remove the tray from the oven and sprinkle the granola with the raisins. Using a large spatula, mix the raisins and granola well, breaking up any large pieces. Return it to the oven and continue baking for an additional 20 minutes.

Allow the granola to cool completely. Store it in an airtight container in the refrigerator or freeze some for later use.

Makes 10 servings.

Per serving: 250 calories, 8 g total fat (<1 g saturated fat), 42 g carbohydrate, 5 g protein, 4 g dietary fiber, 35 mg sodium

Courtesy of American Institute for Cancer Research (AICR). To see more AICR recipes visit the [Recipe Corner](#).

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