



Fitness Motivation Monitor

Fitness Information and Inspiration



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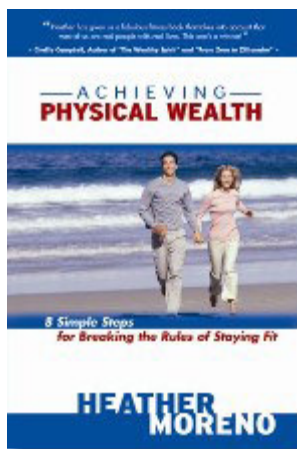
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Order "Achieving
Physical Wealth" by
Heather Moreno



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Does Healthy = Wealthy?

The debate on the cost of health care has kicked into high gear—what can be done? Individually we have minimal impact on a large scale (we can get involved in political activism), but in our personal lives it's good to remember that we can control a lot of the costs. I'm encouraged to [read about one company](#), Safeway, which has managed to keep health care costs stable over four years and boasts smoking and obesity rates at about 70% of the nation's average.

Companies pay for health care (or lack of) in several ways such as insurance premiums, paid time off for sick and disabled employees, and lost productivity. Whether individuals pay for their own insurance or participate in a company-sponsored plan, they also have expenses. Doctor visits, MRIs, prescriptions... they're not cheap and even with insurance co-pays and deductibles can add up to big dollars. Then are the more subjective, but no less costly, expenses: time taken off work for medical visits and tests, sick days, and diminished productivity, not to mention less ability to enjoy time with family and friends during off-work hours.

Safeway understands that four chronic conditions contribute 74% of all costs: heart disease, diabetes, cancer, and obesity. Of these, many cases are preventable through lifestyle changes. Safeway has experienced significant cost savings from its program by simply targeting cholesterol, blood pressure, smoking cessation, and weight.

If Safeway has experienced significant cost benefits from targeting these four areas, anyone can. A little more fiber and a little less saturated fat, moving every day, incorporating relaxation techniques into your routine... improvements don't have to be huge to experience improved health and savings. And eating better doesn't have to cost more. A [report](#) from the University of North Carolina showed that shopping at Wal-Mart and warehouse stores (such as Costco) is "associated with increased consumption of fruits and vegetables and reduced consumption of dietary fat."

Health care costs are not decreasing and it appears that certain proposed programs could even limit the health care individuals are able to receive, which means that the investment in one's own health is becoming more essential. But, does health really equal wealth? For me, absolutely!

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Message From Heather

I've learned a lesson from playing two-suit Spider Solitaire on the computer. I used to be concerned with how few moves I made to win a game and refused to “undo” a move. Consequently my win ratio was around 20%. But lately I decided to let go of caring about “how” I won, and now I win more than half my games.



Being “perfect” in my play caused me to lose 80% of the time. Why did I care? A win is still a win. In addition to winning more games now, something else changed. When I was concerned about perfection, I was at the mercy of the cards dealt and it was essentially a “check out” for my brain. Now I'm more challenged and have more fun. When I get to the end without winning the computer gives me the option of ending the game (losing) or going back and trying again (from the same place; it's up to the player to undo moves). My mind gets more involved to see how I can change the course I took for a different one that will win the game.

It's another example to me that perfection, all-or-nothing, does not let us win very often. Wins don't have to be pretty or perfect; what matters in the end is the win. Whether the win I want is to learn a skill, achieve a goal, or complete my masters' degree, I know I'll get more out of the process if I let go of perfection. And I'll win more often.

In health,
Heather Moreno

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A Taste of the Tropics

I'm not a big fan of cooking (just eating) so simple recipes are just right for me. I made a Papaya Pecan Salad with Chicken (recipe from the American Institute for Cancer Research) for dinner one night last week and it was absolutely delicious. The protein, fiber and vitamin C are a definite bonus.



Here's the nutritional scoop:

Per serving: 362 calories, 15 g. total fat (2 g. saturated fat), 29 g. carbohydrate, 30 g. protein, 7 g. dietary fiber, 115 mg. sodium.

Get the recipe [here](#).

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