



Fitness Motivation Monitor
Fitness Information and Inspiration



No guilt. No grief. Just results!

Inside this issue:

**Volume 11, Issue 6:
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[No Excuse Summer
Travel](#)

[Message From
Heather](#)

[Summer Salsa](#)

[Order "Achieving
Physical Wealth" by
Heather Moreno](#)

[Motivation To Exercise](#)



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available here](#)

Achieving Physical Wealth



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

~ Diana Lipson Burge ~
Registered Dietician and

No Excuse Summer Travel

Summer is here, signaling the start of vacation season. But this doesn't mean your exercise program should take a vacation. In fact, traveling provides an opportunity for variety in your workouts. The key is planning. Some destinations make this easy. In Las Vegas, you can ride a stationary bike or walk on a treadmill while playing a slot machine. In Hawaii you can surf, swim, and golf. Some hotels have gyms or pools; some even provide equipment in their guest rooms along with a videotaped workout.

There are many ways to get in a workout, no matter your destination. Call ahead to your hotel to see if they have an exercise facility. If they do, find out what equipment is available so you can be prepared. Bring your walking shoes with you and sight-see by foot. Take advantage of a pool to swim laps or try deep water running. All you need is a light weight water belt that fits easily in your suitcase. Strap it on, jump in, and cool off while getting exercise. For strength training, a simple resistance band or tube takes up little room while packing. With this basic tool, you can workout each muscle group in 10 to 15 minutes. (If you're looking for resistance tubing, check out [SPRI's travel kit](#).)

Here are some ideas to blend vacation and exercise:

- Hitting the beach? Walking in the sand is great cardiovascular exercise and it strengthens your feet and ankles. Dry sand is harder to walk in than wet.
- Rent bicycles for the family – see the city or country by bike.
- Arrange a walking tour. Many cities have organized tours.
- Cruising? Jog around the deck while catching the sunrise or sunset. And, most cruises offer exercise and dance classes.

Remember your commitment to exercise this summer. Vacation time doesn't have to be a reason to stop being active and lose the improvements for which you have worked so hard. Get creative and find exciting things to do that include activity. And remember, you don't have to maintain your regular routine or find a gym to workout. Light activity most days or moderate activity three days a week will help you maintain your fitness level. Remember to plan ahead – you'll be happy you did when you return home!

[Return to top](#)

Message From Heather

Co-Author of "Un-Dieting"

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a Clothes
Hanger?**

**Is Your Gym
Membership Just
a Charitable
Contribution?**

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I appreciate this quote from Robert J. Collier:
"Success is the sum of small efforts, repeated day in
and day out." In my practice it's a concept I hope to
instill in others.



Do you frequently get caught up in the emotion or
business of the moment? The thought of making a
small effort doesn't occur to most of us. However,
rather than skip a workout because you're too busy,
try fitting in ten minutes and notice how it adds up.
Rather than skip a meal, take the time for a quick
bite and avoid ravenous hunger and over-eating later.
It's those small efforts that add up to a big difference
over time.

The quote is applicable to many facets of life. What
I appreciate most is that it removes the expectation of
perfection or the belief that only big efforts matter.
It acknowledges that all of our efforts affect our
success. This is good news on a day when all we have
the time or energy for is a small effort. What small
effort would make a big difference in your life?

In health,
Heather Moreno



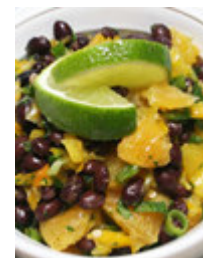
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[Return to top](#)

Summer Salsa

Black Bean and Orange Salsa

- 1 navel orange 1 can (15 oz.) black beans,
rinsed and drained
- 1 small yellow bell pepper, seeded and finely
chopped
- 1 jalapeño pepper, seeded and finely
chopped 1/2 cup finely chopped cilantro
leaves (stems removed)
- 1/2 cup finely chopped scallions, white and green parts 1 Tbsp.
fresh lime juice 1 tsp. canola oil
- Salt and freshly ground black pepper, to taste



Grate 1 teaspoon of zest from orange, and set aside. Peel and section
orange, holding it over a medium bowl to reserve juice. Chop sections
and place them, with all juice collected into bowl. Add beans, yellow
pepper, jalapeño, cilantro and scallions.

Whisk together lime juice and oil in small bowl. Mix it into salsa, tossing
with fork to combine. Season to taste with salt and pepper.

Mix in orange zest. Let salsa stand 30 minutes before serving to allow
flavors to develop and meld.

This salsa keeps for 24 hours, tightly covered, in refrigerator.

Makes 8 servings.

Per serving: 65 calories, 1 g. total fat (0 g. saturated fat), 11 g. carbohydrate, 3 g. protein, 4 g. dietary fiber, 166 mg. sodium.

From the Test Kitchen at www.aicr.com

[Return to top](#)

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