



Fitness Motivation Monitor

Fitness Information and Inspiration



No guilt. No grief. Just results!

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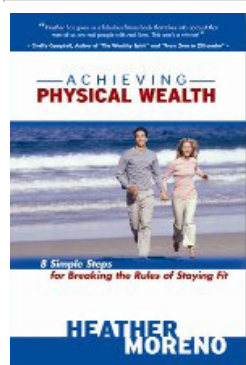
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Instant Results

When multiple activities and responsibilities compete for our attention, who needs another thing on their "to do" list? I think I'm safe to say, no one! Unfortunately, sometimes exercise feels that way – just something more we have to do.

Living a life of [Physical Wealth](#) requires a shift in perspective. No one "has" to exercise. One could argue that she "has" to lose weight, get healthy, etc., which is not a bad way to view it, but bottom line, neither you nor I has a gun to our head, forcing us to exercise. (That would be an effective, although somewhat scary, technique, yes?)

Exercise (and all aspects of wellness) is best when it is part of how we live our lives day-to-day. And we must see the benefit day-to-day, while maintaining focus on our long-term objectives. Honestly, I do not love to exercise for many reasons. Simply the timing of when I wash my hair and when I have time to exercise during the day can side track me!

My antidote to ridiculous excuses is to turn my attention to my long-term "why" and to focus on immediate benefits. These "instant results" are key because the long-term is not always enough to motivate. Here are a few things that top my list:

- Fight fatigue (the less I move, the more tired I get)
- Metabolism boost
- Brighten my mood
- Ignite my creativity
- Strengthening my immune system
- I feel fantastic, especially right afterwards!

Some benefits, such as the instant metabolism boost and strengthening my immune system, might be invisible, but I know they occur. Now, on the surface, these instant results may or may not motivate you. Think about what those instant results actually produce in your life. For me, my mood and creativity make me instantly more productive in my business. My mood also greatly affects my relationships, especially with my husband.

And as far as the last one on my list, I remind myself how good I feel after a workout and if I have any resistance left, it's what gets me out the door.

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Message From The President

I am a positive person. I confess however, that I struggle during the winter – it's cold, dark, and Christmas is over (I can handle cold and dark when lights and cheer abound). I manage summer heat much better. Having gotten through February I sigh with relief and anticipate spring.



Knowing myself and my struggles helps me to best care for myself. That is why my husband (also not a fan of the cold, dark days) and I purposely took our Hawaii vacation in January. Two weeks of 80 degree weather and longer days (and several massages) did wonders for my body and mind.

Need Motivation to Exercise?

What woman doesn't?

We can help!
Take the FR*EE five-part Motivation to Exercise eCourse today.

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I find the same view of exercise helpful. The fact that I do not love to exercise would be exacerbated if I forced myself to do activities that I do not like. I make the best of the situation (I will exercise – love it or not – because I love the benefits) by setting up exercise to be as enjoyable as possible. For instance, this afternoon The Secret will be discussed on Oprah – I plan to be on my Lateral Thigh Trainer, heart rate monitor and all, invigorating my body while entertaining my mind.

While maintaining a positive focus is essential to a life of joy and success, I think that being honest about our struggles and natural dislikes is helpful in making the best of a situation. Think lemons and lemonade.

I invite you to read the article this month from my friend Janice Silva, Find Your Place of Refuge. Janice and her husband own and operate Green Acres Lavender Farm in Atascadero – she speaks wonderfully of slowing down and finding your refuge and wellbeing in the rhythms of daily life.

In health,
Heather Moreno

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WANT A BETTER BOOMER BODY IN 90 DAYS?

Join my friend and Boomer Babe, Mary Pearsall, in a step-by-step, proven program to get you motivated to make exercise and healthy lifestyle choices a permanent part of your life. And, get a better boomer body in 90 days!

Get details at her website.

100% Fad Free

This is the message of the American Dietetic Association during National Nutrition Month® 2007 – I love it! Here are three of this year's key messages:

- Develop an eating plan for lifelong health. Too often people adopt the latest food fad rather than focusing on overall health. Get back to basics and use the Dietary Guidelines 2005 and MyPyramid as your guide to healthy eating.

Heather: Developing eating habits that support lifelong health and wellness are essential to Physical Wealth – fads and short-term deprivation only take you farther away from your goals in the long run. Some people look to fads (or fasts) for a quick jumpstart, but end up with only temporary results that rarely, if ever, last.

- Choose foods sensibly by looking at the big picture. A single food or meal doesn't make or break a healthful diet. When consumed in moderation in the appropriate portion size, all foods can fit into a healthful diet.

Heather: A common, damaging thought is "I've blown it!" Looking at the big picture can remove the tendency to think all-or-nothing. When you keep a lapse (such as over-eating at a meal) in perspective, you go on living – and eating and exercising – not beating yourself up or relinquishing healthy habits because of ill-perceived failure.

- Learn how to spot a food fad. Unreasonable or exaggerated claims that eating (or not eating) specific foods, nutrient supplements or combinations of foods may cure disease or offer quick weight loss are key features of fad diets.

Heather: The good news. While everyone at the office is on the latest diet (again), you can relax and [eat intuitively](#) without restriction, and without the guilt and grief of dieting.

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32 Pounds and Counting!

"I work for River Oaks Hot Springs & Spa and am around young hard-bodied, energetic people all day. Even the ones closer to my age are fit and healthy and I was tired of being the odd one out. Additionally, my doctor had warned me that I could either take medication or change my lifestyle.

So one day last year I was inspired to read your book. I liked your approach and was excited for the first time in a long time to get healthy again. Since then, I have lost 32 pounds and counting. Now I am excited to go to my doctors and share your book with her!" ~ Diane Reed, River Oaks Hot Springs & Spa

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Find Your Place of Refuge

People seem especially unsatisfied today. I have found that a deep commitment to my health and well-being requires me to look inward to find my answers. In looking inward, I have developed a better "ear" to hear the messages that are always coming my way to guide me, then, more importantly, learning to follow thru with grace and courage. I have made choices that have helped me broaden my perspective and gain greater inner strength and this is how I found lavender farming. The joy of thoughtfully planting, weeding, mowing, raking, harvesting, and caring for the earth and its bounty is an experience to be had, especially if you are interested in slowing down and connecting with your life.

As I learn more about lavender, I realize it is truly a special plant that has a long history. The intoxicating fragrance of lavender has been sought after for centuries for healing, lifting the spirits, calming the nerves, and sweetening the air! Consider a few of its many uses:

- Insect repellent and insect bite relief
- Use in the hot tub or bath for sore muscles
- Highly antiseptic and anti-fungal
- Place on temples for headache relief
- Rub oil on feet for calming effect
- Use for dry or chapped lips and skin
- Place two drops on pillow for restful sleep

In my connection with the lavender, the land, and its history, I find my purpose, health, and wellbeing. Moving my body to the rhythms of life every day, listening to the messages all around me, and making a mindful connection with the life that sustains me, keeps me healthier. I have found this in farming lavender, living off the land, practicing and teaching Pilates, being a mother, wife, daughter, and friend. I encourage you to find your refuge, a place where you can connect with rhythms of life and to slow down enough to live with passion and purpose.

In joy and gratitude,

Janice Silva

www.GreenAcresLavenderFarm.com

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