



Fitness Motivation Monitor

Fitness Information and Inspiration



No guilt. No grief. Just results!

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March 2008**

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Nutrition: It's a Matter of Fact

This is the perfect theme from the American Dietetic Association (ADA) for National Nutrition Month. Not only does it apply to nutrition but also to exercise science. Many myths and misconceptions are shared around the internet and gym locker rooms that keep people stuck and looking for the next “big thing” to “work.” The only way to clear up the confusion is with cold, hard facts. For 2008, experts at the ADA selected [ten facts](#) to focus on, three of which will be addressed in this article.

Think “nutrient rich” rather than “good” or “bad” foods.

Becoming educated about nutrients the body needs is fairly easy—the [Food Pyramid](#) and [Mayo Clinic](#) websites are good places to start. It makes sense to put together a balance of foods with nutrients needed for good health rather than rely on the diet gods to deem foods good or bad. Labeling foods “bad” and trying to avoid them often leads to diet deprivation backlash (as when children are told “don’t touch that”). All foods can work together in a health-supporting meal plan.

Look at the big picture: no single food makes or breaks a healthful diet.

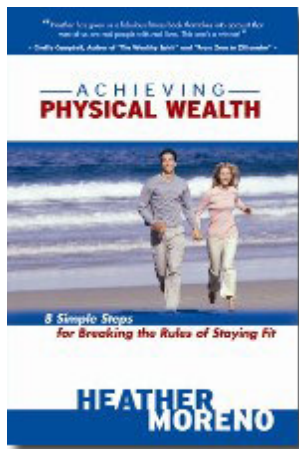
This fact is most helpful when dealing with a diet-mentality mindset. A fast food run or piece of cheesecake commonly turns into a session of shame and blame, resulting in poor food choices going forward because the diet is viewed to be “blown.”

Don't fall prey to food myths and misinformation that may harm rather than benefit your health.

An obvious sign of bad information is when a diet judges a macro-nutrient (i.e. carbohydrate, protein, or fat) to be bad and recommends virtually eliminating it from your diet. Our bodies need all three macro nutrients for optimal functioning and ideal health. For instance, many diets have demonized carbohydrates in the past decade but the body uses this nutrient for energy (the body can't use only fat – carbohydrate must be present) and it is the only one of the three macro nutrients to contain fiber, which is essential to good health.

When armed with the facts it's easier to make healthy decisions and to break the cycle of guilt after you've eaten a Burger King Whopper. After all, that Whopper has three grams of fiber, 30% of the daily iron requirement and 15% of the daily calcium requirement. Ask for it without mayo and it cuts out 44% of the fat and 24% of the calories. And that's a fact!

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Message From Heather

Late last summer I was inspired to clean out clutter and “things” that I didn’t love or need. In fact, it was probably my biggest purge since moving in 2004. Six months later you would never know I’d done it! A new food processor took up created space in the kitchen, 12 new books for school filled open shelf space, and my birthday and Christmas presents took care of the rest.



This isn’t a complaint, simply a confirmation that pruning my living space is an ongoing endeavor to prevent overwhelm and clutter. As I go about cleaning out closets and shelves again, I’m amazed to come across items that I have no idea why I kept the last go around.

Besides material items I’ve decided to purge things that take my time and money. For instance, I did away with my business mail box last month. It saves me time and gas driving to pick up mail, which is mostly junk as most important things arrive online, and kept money in my wallet that I prefer to use else where (say, for wine).

The inspiration I mentioned last summer came from a fantastic TeleClinic we hosted for Trainer To Go. My gift to you this month is an audio of that call titled [Simplify Your Life](#). May it impact you positively and powerfully.

In health,
Heather Moreno

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Break All the Rules...Get Fit & Stay Fit

**Class Starting at Cuesta College in
San Luis Obispo Starting on April 3rd!**

You know that you need to exercise and eat healthy to get and stay fit. Unfortunately, simply knowing that is not enough. The problem is in the implementation of what you know and making changes that fit with your life while reaching your goals. This class will break through the myths, guilt and pressure common in traditional diet and weight loss programs. It provides you with the motivation, tools and strategies to help you stay consistently engaged in healthy habits. You’ll learn how to reach your body’s ideal weight... without dieting.

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