



## Fitness Motivation Monitor

Fitness Information and Inspiration



No guilt. No grief. Just results!

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**Be Active.  
Be Involved.**  
Beat Lung Disease.

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scenic central coast:

### Discovery of the Magic Pill

After years of numerous studies and clinical trials, with millions of people participating, the magic pill has finally been discovered. Want to control blood sugars, cholesterol, and blood pressure, improve your mood, increase your energy, and maintain your body's ideal weight? It's exercise. No pill provides the same benefits and without negative side affects. A colleague relayed to me a comedian's joke about a prescription drug commercial that went something like this: "So, if diet and exercise don't work for you... oh, wait a minute, they do. So, ask your doctor if getting off your ass is right for you."

My grandfather, Jack, is turning 80 this summer. Last year he went to the VA for his regular doctor check up and had a blood test. Subsequently he met with his doctor who informed Jack that his cholesterol was inching up. The doctor said, "Either you start walking, or I'm giving you another pill to take." Already being on blood pressure medication my grandfather decided "no way" on the pill and opted for the walk.

He started walking 15 minutes every morning, gradually working his way up to one hour a day. Six months later his cholesterol was within normal range, his blood pressure was lower than it had been in years, and he'd dropped his last ten pounds (he'd lost 20 the prior year by reducing his intake of saturated fat and increasing fruits and vegetables). He also makes it fun, picking up recycling and loose change along the way, adding to his and my grandmother's vacation spending money.

While I'm most happy my grandfather is not taking cholesterol medication, it was wonderful to hear that his doctor was promoting exercise and presented it to him in such black & white terms. I fear that the pill is too often the easy solution for both doctor and patient. Isn't it inspiring to see what exercise can do at any age?

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### Message From Heather

I've never been a runner per se. I run up to a mile at a stretch or add in some jog intervals with my walking, but long distance is not for



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me. This year a client of mine decided to train for a marathon with his wife. Unfortunately his knees hurt during even minimal distances and nine weeks prior to the event he was sufficiently “untrained.”



I turned him on to [chi running](#), something another client told me about. I had no idea if it would help, but he was serious about wanting to do the event so it was worth a try. After attending a half-day workshop and applying the principles he could run without knee pain. Soon he was running longer distances, and faster, with a lower heart rate. I'll be darned—he actually ran/walk the Big Sur marathon last month in just under six hours with no pain and only minimal discomfort.

When he describes the technique to me it sounds absurd; not the way anyone was taught to run. But it works. And I'm excited to learn something new in this industry that isn't a gimmick. Unfortunately I don't see any workshops coming to my area but they are held all over the U.S. Let me know if you decide to try it!

In health,  
*Heather Moreno*

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## When to Spend

The increase in food prices leaves some debating whether to spend even more on organics. Check out <http://www.foodnews.org/> for the pesticide load of 45 produce items. For higher pesticide foods such as peaches and apples you might consider the extra cost of organic worthwhile, but when it comes to lower pesticide load foods, like onions and avocados, it may not be as important to you. Washing and rinsing all produce, eating a variety, and buying organic for high-pesticide foods is the optimal strategy for your health and pocketbook.

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