



Fitness Motivation Monitor

Fitness Information and Inspiration



No guilt. No grief. Just results!

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May 2010**

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Achieving Physical Wealth



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

~ Diana Lipson Burge ~
Registered Dietician and

Exercise and Allergies

With spring upon us, and warmer weather not far behind, you probably can't wait to convert your stuffy indoor fitness routine into breezy outdoor fun. Even if you've never exercised before, adding physical activity to your life can seem a lot more appealing when Mother Nature is your workout partner.

Unfortunately, if you're one of the tens of thousands who also suffer with seasonal allergies sometimes called "hay fever" just the thought of doing anything in the pollen-rich spring and summer air can set your sneezing, wheezing, runny nose, and itchy watery eyes in motion.

If this is the case for you, don't despair. Allergists say you *can* safely turn your exercise routines "inside-out" -- without sacrificing allergy relief. The first rule of seasonal survival: Avoid activities that increase the impact of a high pollen count.

"Any exercise that involves a high degree of movement and significantly increases your respiratory rate could cause problems," says Chicago allergist Brian Smart, MD, spokesman for the American Academy of Allergy, Asthma, and Immunology (AAAAI).

That's because the faster you move through air, says Smart, the more airborne pollens and mold spores strike your face, and are inhaled -- and ultimately the greater your chance of an allergic reaction. The activities to avoid -- particularly on days when the pollen count is high and symptoms are flaring -- include running, jogging, biking, or team ball sports.

"Workouts that are a lot more" allergy friendly" include yoga, swimming, Tai Chi, stretching, weight training -- activities which don't involve a lot of huffing and puffing," says allergist Gillian Shepherd, MD, professor of medicine at Weil Medical College of Cornell University. If, in fact, you just can't *live* without your daily run or bike ride, Smart tells WebMD to plan workouts when pollen counts are at their lowest. Pollen concentrations are usually highest between 5 a.m. and 10 a.m., according to the American Academy of Allergy, Asthma, and Immunology.

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Message From Heather

Co-Author of "Un-Dieting"

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I'm not a fan of vegetables. The benefits are great, it's just that there are few I enjoy eating and even some that I can't stand (asparagus to name one).



I do love artichokes but then I'm always thinking I should be eating "super foods" or whatever the latest buzz word is to indicate a highly nutritious food. I mentioned this over dinner to my husband who found a link on the subject and emailed it to me. Here is just some of the information for a medium artichoke (percent daily values as calculated for an adult on a 2,000 calorie diet):

25 calories; 0 calories from fat
Protein 2 gm
Dietary Fiber 2 gm (12%)
Potassium 170mg (5%) Folic Acid 10mg
Folate 10%
Magnesium 10mg (10%)
Phosphorous 6mg (6%)
Vitamin C 10mg (10%)

Sure, the artichoke doesn't compete alongside super foods like spinach (a vegetable I do like!). But as a side dish for dinner, adding a bit of unsaturated fat with canola-oil mayonnaise for dip ...it's not too shabby.

In health,
Heather Moreno



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Grilled Herbed Artichokes

Try this for something different with Artichokes:

Ingredients

1/2 teaspoon Italian seasoning
1/4 teaspoon dried basil
1/4 teaspoon dried thyme
1/2 teaspoon liquid smoke flavoring
1 teaspoon olive oil
1 teaspoon salt
1/4 cup white wine
2 lemon wedges
4 artichokes, halved and choke scraped out



olive oil-flavored cooking spray
1/4 cup butter, melted*

Directions

1. Fill a stockpot to half full with water. Stir Italian seasoning, basil, thyme, liquid smoke, olive oil, salt, and white wine into water. Squeeze the lemon wedges over the mixture and drop the

wedge into the pot. Bring mixture to a boil over medium heat; add the artichoke halves and continue to boil until tender, 20 to 30 minutes. Remove artichokes from water and drain upside down on paper towel; allow to cool to the touch. Refrigerate until ready to serve.

2. Preheat an outdoor grill for high heat and lightly oil grate.
3. Lightly coat the cooled artichoke halves with cooking spray. Cook artichoke halves on grill until edges are slightly charred. Drizzle with melted butter to serve.

*If you're looking for recipes with less fat, reduce or eliminate the butter. Try dipping in canola oil mayonnaise for a different flavor and no saturated fat.

From www.allrecipes.com

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