



## Fitness Motivation Monitor

Fitness Information and Inspiration



No guilt. No grief. Just results!

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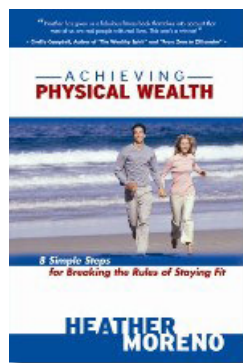
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"Thank you for your wonderful book. Your positive, individualized approach gives me hope that even I can learn to incorporate exercise into my life."

~ Vicky Gabrion ~  
Hallowell, ME

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### Billions of Dollars and We're Still Stressed

I spoke at a conference last month on how to minimize and manage stress for a happier, healthier life. The feedback from participants inspired me to continue the theme into my newsletter.

The May 2007 issue of IDEA Fitness Journal reported that according to Market Data, Americans will pay out an estimated \$14 billion next year on products and services to reduce stress (up \$3 billion from last year). Sadly, it looks as though it's not helping. Estimates are that *70% to 90% of primary care physician visits stem from causes that are stress related to some degree.* Adding up the cost of doctor visits, prescriptions, any procedures or surgeries, and time away from work, one can see the true cost of stress is well beyond what we spend trying to reduce it.

From over-committed schedules to allowing people to upset us, we create much of our own stress. When we perceive that we have no control over the situation, and don't compensate with healthy habits, we can suffer the negative effects: weight gain, high blood pressure, insulin resistance, digestive disorders, memory impairment, and a suppressed immune system. That 70-90% statistic is suddenly so obvious.

If you struggle to take really good care of yourself and still meet all of your other responsibilities, start with small steps to bring that equation into balance:

- Physically fit people suffer fewer stress-related health problems. Just 30 minutes, 3 days a week of aerobic exercise can buffer some of the harmful affects of stress.
- If your mind keeps you awake thinking of absolutely everything, make a list of "to-dos" or concerns before going to bed. If your mind starts mulling over its mental inventory, remind yourself it's all taken care of with your list.
- Create an optimal sleep environment. Do you have a comfortable mattress? Is your room dark, quiet and cool?
- Eat for lasting energy. Caffeine and sugar provide a quick boost, but the after effects raise our stress and decrease our energy. Each time you eat include a combination of carbohydrate, protein, and fat to keep you on an even keel and satisfied longer.

Maybe you know what you need to do in order to reduce stress and create a happier, healthier life. Start with what you think will have the most impact, but make sure the step is manageable. The last thing you want is to feel overwhelmed with stress-reduction!

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### Message From Heather

It's common to put off starting a venture or building a habit until circumstances are perfect. In my business I most often see this with exercise, but thankfully that is not my problem.

For a long time I've had the inkling to work towards a master's degree in theology, but the influx of excuses surfaced. How would it fit into my schedule? Is my money best invested here versus something else?



**If not now, when?**

***How many more mornings will you wake up and say, "I've got to start exercising. I've just got to get into shape!"?***

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

**[Take the eCourse!](#)**

Most glaringly was the question of what would I do with the education. I don't plan to be a pastor, work in a church, or become a missionary. Am I crazy?

Well, I can safely say I'm not crazy (no laughing from you who know me). After eight years of "thinking about it" I'm finally a graduate student of Fuller Theological Seminary! Once I got serious and researched the possibilities, details fell into place: the person in charge of the extension program was visiting up my way and I got to meet him one-on-one (Fuller is based about 200 miles from me) and the course is offered in the evening after work, 20 miles from my home.

Did I waste eight years thinking about it, waiting for perfect circumstances when I could be finished now? I don't know. I'm just glad I didn't wait any longer! What is it you're waiting for?

In health,  
*Heather Moreno*

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### Healthy Lifestyle Clinic

Kennedy Club Fitness sponsors a Healthy Lifestyle Clinic series with classes open to the public. I'm presenting two in November and would love to see you there!

#### **How to Minimize and Manage Stress for a Happier, Healthier Life**

Do you put yourself on the back burner, putting everything – and everyone else – first?

Are you tired of stress leaving you depleted, at times sick... even causing you to gain weight?

Would you like to "do" life in a way that brings you more health, happiness, and balance?

#### **You will**

- Identify your major sources of stress and learn how they affect your health and weight.
- Learn how spending time on yourself enriches your life and *ultimately saves you time*
- Discover the "magic" behind stress-reducing pills, so that you save money.
- Take home realistic strategies to use immediately for a happier, healthier life.

**When, Where & How** : Thursday, November 1 st at Kennedy Club in Atascadero, 6:00-7:30pm. Sign up via [email](#) or call Michael Alamo at 805-781-3488 ext. 19.

#### **Have Your Cake and Eat It Too**

Would you like to look good and feel great, without the guilt and pressure from traditional diet and exercise programs?

Let go of the arbitrary rules and black & white thinking, and find out how to get and stay fit in a way that works for you. You really can have your cake and eat it too... and still lose weight!

#### **You will**

- Be motivated and inspired to stay on track and reach your goals.
- Discover how to reach your goals *in the least amount of time*.
- Find out why diets keep you fat – you will never have to suffer through one again.
- Learn how to measure success so that you never have to

- stand on the bathroom scale feeling bad about yourself
- Master the approach that will ensure you reach your goals

**When, Where & How** : Thursday, November 30th at Kennedy Club in Atascadero, 6:00-7:30pm. Sign up via [email](#) or call Michael Alamo at 805-781-3488 ext. 19.

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