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Fitness Information and Inspiration



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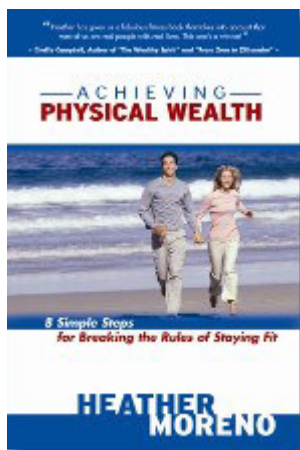
Instant Results

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"I loved reading Heather's book... I have already

15 Tips For Minimizing Stress

While stress (the type that spurs us on to complete projects and motivate us to the finish line) is a natural and often beneficial part of our lives, we can learn to minimize small day-to-day stresses that can create major frustrations in our lives. Recreational therapist, Cathy Allen, CTRS, says that too much stress can be harmful, making you sick and irrational (no, not me!).

In my coaching practice, I see that even though exercise can help reduce and manage stress, stress is often an inhibitor to actually doing the exercise. In an interview, Ms. Allen shares 15 tips for minimizing stress (including, of course, exercise!):

1. **Wake up fifteen minutes earlier** in the morning to avoid running late throughout your day.
2. Practice **preventive maintenance** on your car, appliances, and home (things seem to "fall apart" at the worst time).
3. Be prepared to wait: a magazine or book can make a wait in a line or at the doctor's office tolerable and almost pleasant.
4. **Prepare and plan ahead:** fill the gas tank before it nears empty, and buy postage stamps before you are running low.
5. Count your blessings: for every one thing that goes wrong, there are probably **ten blessings**.
6. Say "No!" to extra projects, social activities, and invitations you know you don't have the time or energy for.
7. Surround yourself with non-worriers: when you associate with chronic worrywarts you too will worry more frequently.
8. Be body wise: eat a well balanced diet, **exercise**, and get enough sleep.
9. Discussing your problems with a trusted friend or family member can help clear your mind of confusion.
10. Do something kind and helpful for somebody else.
11. **Eliminate destructive self-talk**, such as "I'm too old to . . ." "I'm too tired to . . ." etc.
12. Use your weekend for a change of pace. If your workweek is slow and patterned, add action and spontaneity into your weekends. If your workweek is fast-paced and full of people and deadlines, seek peace and solitude during your days off.
13. Everyday **allow yourself "free" time** for privacy, quiet, leisure, and relaxation.
14. Remember to **take your lunch break**. Get away from your desk or workspace even if it's for 15 or 20 minutes.

dropped a dress size!"

~ *Dodie Champion* ~
Paso Robles, CA

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If not now, when?

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15. Be optimistic – hold a forgiving view of events and people. Accept that we live in an imperfect world and that most people are doing the best they can.

(Cathy Allen is a Certified Therapeutic Recreation Specialist, Consultant and Educator working with adults, elderly, and psychiatric individuals. She has written articles and two books pertaining to activities and dementia training. She can be reached at 714-376-6169.)

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Message From The President

While we are talking about minimizing stress this month, it reminds me that the holidays are soon approaching, some of which begin this month. Many of the tips in our feature article can carry over to the holiday season.



One tip that I find universally helpful, and that can be challenging to apply, is that of saying "no." The holidays naturally add more to our schedule: religious celebrations, family and social gatherings, and, of course, shopping. Being particularly aware of what we commit our time to will help us to spend our time exactly as we want, and to stay out of the fray of the hectic holiday rush.

Taking a few minutes of "me" time each day (a client calls it PDT – personal down time) can keep you centered and in touch with what you need, feel, and want. When you are more in touch, you will be more apt to say "no" when you need to. You will also know when you are truly able to say "yes" and feel good about the commitment.

Imagine your ideal holiday season. That is my wish for you. Enjoy!

In health,
Heather Moreno

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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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