



## Fitness Motivation Monitor

Fitness Information and Inspiration

No guilt. No grief. Just results!

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*Achieving Physical Wealth  
A New Book by Heather!*



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How Many Mornings Do  
You Wake Up and Say  
to Yourself,

**"I have got to start  
exercising; I've just**

### Exercise While You Work

If you spend hours each day sitting at a desk or driving in a car, try these four multi-tasking techniques to squeeze in a little exercise. (In a car, your number one priority is driving safely – save exercises for stop lights and stand-still traffic.)

1. **Isometric abdominals** – do you ever notice your abdominal muscles when you are sitting down? In a hunched over position your stomach muscles are generally slack, which can put undue pressure on your back. In your car or at your desk, sit up straight, contracting your abdominal muscles. For a little extra tummy burn, sit forward in your seat and lean back a couple of inches without touching the back of the chair or seat. Hold the contraction for five to ten seconds (always remember to breathe). Release and repeat four times.
2. **Shoulder depression** – one effect of working at a desk all day is tense shoulders that often round forward and hunch up toward your ears. Do the following exercise throughout your work day (put a note on your computer as a reminder):  
  
Sit up straight in your chair and sit forward to keep your back from touching the back of your chair. Lift your shoulders up, slowly roll them back and press them down, maintaining that position for five seconds. Release and repeat four times. My clients find this little exercise reduces their shoulder tension and makes them more aware of maintaining good posture.
3. **Toe taps** – this exercise works an often forgotten muscle, the tibialis anterior (a.k.a., shin). My clients use this exercise to combat and prevent shin splints (which can occur when there is an imbalance between calf and shin strength). Sitting at your desk (or in traffic), keep your heel on the floor and tap your toes. Do this slowly for ten repetitions and then switch feet.
4. **Squeeze it** – the traditional stress ball (tennis ball-sized squeeze ball) provides exercise for your fingers and forearms muscles (this serves as great conditioning for sports such as tennis) while working out your stress. You can also purchase specialized grips that serve the same purpose. Make sure to alternate sides to keep your muscles balanced between right and left hands/forearms.

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### Message From The President

I admit it. I'm a sucker for makeover shows. On weekdays that I don't have a lunch-time meeting you can catch me

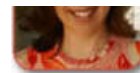


### got to get into shape!"?

We can help. Call (877) 348-2100 today for a Custom Fit Coaching Program.

Could your family and friends use some fitness tips and strategies? Refer them to *The Fitness Motivation Monitor*. Don't let them miss the next issue! Have them [Email](#) or [visit our site](#) to sign up today!

watching "What Not to Wear" on TLC. Then there is "Clean House" on the Style channel... I love makeovers.



So, what kind of makeover did I do? My business! The PeopleFit USA [website](#) has an entirely new look and I invite you to check it out. From [wellness resources](#) to our [Custom Fit Coaching](#) and [Corporate Program](#) packages, the site provides information, resources, and answers questions about the coaching process. You can also review [past issues](#) of the Fitness Motivation Monitor and read about our clients' [success stories](#).

I have made two free reports available on the website: one is an [excerpt](#) of the eight chapters in my book, Achieving Physical Wealth, so that you can try before you buy. The other is "Ditch the Diet: Seven Secrets to Having Your Cake and Eating it Too," an expanded excerpt of chapter six. Feel free to download one or both. Enjoy!

Notice a new feature to the newsletter this month – you can download a printable version in PDF. Thank you to long-time subscriber Bill MacVicar who let me know that some email programs cut off the letter when printing.

If you have any comments or feedback about the look, information, and ease of navigation, I'd love to hear from you. Like Bill's comment, I appreciate your input to help make your experience with the website and the newsletter more enjoyable.

Thank you for being a loyal subscriber.

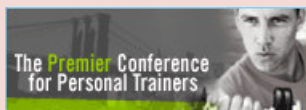
In health,  
Heather Moreno

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### Upcoming Events and Appearances

October 5-7

IDEA Personal Trainer Conference NYC



Heather has been selected to present at IDEA Personal Trainer in NYC October 5-7, 2006.

Look for upcoming newsletter articles that will share the concepts she is presenting on such as compliance programing (fitness phone coaching) and intuitive eating.

### Know Your Numbers

While some people dislike dealing with numbers (say balancing their checkbook), I like them. Not from a bean-counter's perspective, but they provide important health measurements. Here are a few numbers you will find useful to know:

- **Total cholesterol** and its components (such as HDL, LDL, and triglycerides)
- **Blood pressure**
- **Blood glucose** (a measurement that can indicate possible insulin resistance)
- **Body mass index**

Whether you are just out of college or near retirement, in good health or experience medical issues, the importance of knowing these numbers lies in the fact that you can only control what you can measure. Once you know your numbers, you can assess your health risks and take what, if any, action is necessary to reduce your risk. (September is National Cholesterol Education Month. Calculate your ten-year risk of cardiovascular disease at: <http://hp2010.nhlbihin.net/atpiiii/calculator.asp>.)

Another set of numbers is also useful:

- **Body fat percentage**
- **Resting heart rate** (first thing in the morning)
- **Ambient heart rate** (while sitting around)
- **Exercise heart rate**
- **Weekly exercise/activity calorie burn**

These numbers are important for two reasons. One, they can help reduce any health risk exposed by the previous set of numbers. Ralph La Forge, M.S. ( Duke University Medical Center) shows evidence that burning 1,000 calories per week in exercise/activity is associated with as much as a 30% reduction in all-cause mortality, including cardiovascular disease. Second, these numbers indicate if you are on track to achieving your fitness goals. Resting and ambient heart rates allow you to measure your starting fitness level and subsequent improvement. If your body is not making the changes that you expect, exercise heart rate and calories burned will show if you need to change your exercise duration and/or intensity. Body fat percentage will let you know if your body fat ratio is improving, even if the scale shows no weight loss. See? Numbers are pretty cool!

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## Exercise and Pregnancy Part One: Before and During Your Pregnancy

Contrary to old beliefs, pregnancy does not signal the time for women to sit around with their feet up for nine months. In fact, many major medical organizations, including the American College of Obstetrics and Gynecologists (ACOG), recommend exercise as part of a healthy pregnancy for mother and baby.

Improving your fitness level before you conceive will benefit you greatly during pregnancy. This is a great time to recruit your spouse to exercise with you, both for his health and to support you. In addition to making many of the physical strains easier, exercise can substantially increase your chances of conceiving by reducing stress and anxiety and improving self-esteem. Equally important, in most cases you should be able to maintain your exercise routine throughout your pregnancy with just a few limitations.

Always talk to your doctor to find out if it will be safe for you to exercise while you are pregnant. Certain situations exist where you may be restricted or should not exercise at all, including if you are a smoker, an insulin-dependent diabetic, or have pregnancy-induced high blood pressure.

Appropriate cardiovascular activity while pregnant includes walking, water exercise, cycling, and low impact aerobics. Light weight training is also recommended. Be cautious when stretching. Your joints are much looser while pregnant due to the hormone relaxin. Do not overstretch. Additional guidelines set by ACOG include:

- Gradually reduce the intensity, duration, and frequency of exercise during your second and third trimesters. Your body temperature should not exceed 100 degrees.
- Avoid exercise in the heat or high humidity.
- Wear supportive shoes and walk on flat, even surfaces.
- Drink plenty of water and have a small snack before exercise to avoid hypoglycemia.
- Extend your warm up and cool down and use rating of perceived exertion (how you feel) instead of heart rate to monitor intensity.
- Report any unusual changes or symptoms to your doctor immediately.

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