



Fitness Motivation Monitor

Fitness Information and Inspiration



No guilt. No grief. Just results!

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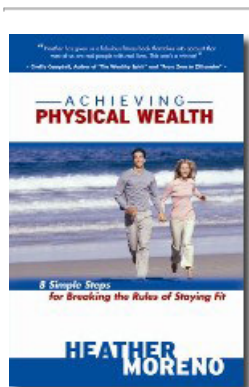
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"I loved reading Heather's book... I have already dropped a dress size!"

~ *Dodie Champion* ~
Paso Robles, CA

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How Long Does it Take to Make a Habit?

Is it 21 days? 40 days? Numerous opinions abound. Interestingly, the number 40 can be symbolic, one I've heard interpreted to mean "as long as it takes." In that case, I agree that it takes 40 days to make a habit!

But literally, the length of your "40 days" will depend on:

1. How important is the habit and how motivated are you?
2. Will developing this habit significantly disrupt your schedule, lifestyle, etc.?
3. How much support do you need, and how much is available?

Case in point:

Motivation: I decided early last year to develop a habit of eating five servings of fruits and vegetables per day when, at the time, I was lucky to average two a day. My motivation was health driven and my LDL levels (the bad cholesterol) were elevated at 132. But otherwise I was very healthy so my motivation was not huge.

Impact: The impact of such a habit on my lifestyle was moderate – buying and storing produce and making sure to eat it before it went bad all played into the change. I also had to decide to eat produce versus something I liked better. I enjoy most fruits, not as many vegetables, but they were not my first choice.

Support: My husband was happy to eat vegetables at dinner or buy extra produce when he did the grocery shopping. Overall, support was not a determining factor in whether or not I would implement the habit.

Because of the motivation factor and my preference for other foods, I gave myself a year to put this habit in place and I was not picky about the exactness of what constituted a serving size. I started with two a day, then three, and on. Eight months into the year I had a cholesterol test—my LDL was down to 94 (the recommendation is below 100). Success! I guess that could be factor four – success keeps you encouraged because your new habit is making a difference.

I never peaked at five a day. A year and a half later my habit is three per day minimum, but frequently reaches four and five servings. My motivation of better health proved out with the cholesterol test, and I trust that my body has improved in other ways I cannot see. I guess I'm still in the middle of my "40 days," and that's okay.

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Message From Heather

I returned last week from Colorado, having visited family in Parker and my business partner, Mary, in Colorado Springs. What beauty in both cities! Plus, Mary scheduled a facial and massage for me, making it an ideal getaway.



When traveling, I easily bask in the beauty of unfamiliar terrain and use it as a reminder to do the

If not now, when?

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same at home. My husband and I were deciding where to go for our anniversary weekend recently and decided to stay home. After all, people come to vacation where we live! We spent the weekend wine tasting, watching movies, and dining at our favorite restaurant. And we didn't have to fight traffic or pack a bag.

Do people vacation where you live? Could you? When I lived in southern California I roomed with a friend from Pennsylvania for one year. I'm telling you: she did more sightseeing and vacationing where we lived in that year than I had done the entire time I lived there!

The thing about vacationing at home is that you can do it any time. Take a half-day and enjoy the environment, sites, and entertainment that your hometown offers. If that feels too indulgent amidst various deadlines and responsibilities, make it a long lunch-hour. Bask and enjoy!

In health,
Heather Moreno

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Optimize Your Assets

By Michele Benza

Appearance, image, and beauty are in the eyes on the beholder, but all can be enhanced with the help of an image consultant. Your image is your key! How others perceive you and respond to you affects how you feel about yourself, and therefore, how you relate to others.

Shopping can be a torture, especially if you are faced with common trouble spots such as wide hips, large thighs and sagging upper arms. Don't give up! There are solutions to all your shopping challenges even when it seems like stores are filled with rows of outfits that do not work for your body type.

Now let's discover what fits and flatters your body type:



The 'hour-glass' figure can wear almost anything. Emphasize on waist. Wrap-style tops and dresses. Styles that skim. Shaped tops and jackets. Avoid a hemline that is too high. Avoid clinging styles.



If your figure falls in the 'Triangle' category accentuate the waist; prefer boot-cut pants. Define you shoulders for balance. Wear tops and blouses with collar. Avoid skirts that are too short, anything that is skin-tight and bottoms that add bulk.



The 'inverted triangle' body type will wear styles that lengthen the look. Skirts that are full, boat-neck collars and straight to wide leg pants. Avoid fitted structured styles, set-in waist and belts, skin-tight bottoms.



For the 'oval' type figure I recommend to prefer fluid fabrics, vertical lines, style that suggest a waist. The hemline is about knee crease high. Tunic style tops. Shapely jackets. Avoid boxy silhouettes, fuller pants and skirts.

Last thoughts...

Before buying any clothes or accessories, always ask yourself, "What is important TO ME?" Be mindful. In my professional opinion, the fit and quality of the fabric are the most important factor to consider when going shopping. **Always** buy the best you can afford.

**OPTIMIZE YOUR ASSETS,
HIRE AN IMAGE CONSULTANT**

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