



Flexible Fitness

The Fitness Motivation Monitor



A Habits Check Up

Message from the President

The 80/20 Philosophy

Did You Know?

**Fed Up with
Diets and Exercise
That Don't Work?**

**You're not alone!
Call 530.873.0377
for help!**

A Habits Check Up

This year we've been taking a look at habits – instead of setting New Year's resolutions in January, I challenged you to acquire six new habits over the course of the year that are important to you. We are half-way through the year so let me ask you, how is the process coming along?

One reason we take the time to check in with our goals, and where we are towards achieving them, is to know if we are on track or if we need to modify our plan. But another reason to check in with our goals is to see if they are still relevant. Are the habits that you made the decision to develop at the beginning of this year still applicable, still warranted? A good way to find out is to ask the question, "So what?"

For example, if you have yet to develop the desired habit of eating breakfast five mornings per week, where currently you are eating breakfast only once per week, use this question. "So what if I eat breakfast five mornings per week?" Your answer might range from having more energy to not feeling ravenously hungry at lunch (and therefore not overeating). The answers you come up with must be strong enough to overcome "so what" in order for you to want to put forth the effort into developing the habit.

What if the answer to "so what" surrounding one or more of your habit goals is not sufficient to motivate you? What if the response you hear back from yourself is, "Yeah, so what?" Then it is okay to let go of that goal and move on to something else. Trying to reach a goal or develop a habit that doesn't motivate you won't work, no matter how "good" or "healthy" the goal.

Whatever your goals are, the greater a "case" you can build for achieving them, the more likely it is that you will. Picture yourself as a defense attorney, arguing your case before the jury. Why are your goals important? Health, energy, stress reduction, endurance, fitness, self-esteem and confidence... why are any of these things important? Why should your "case" win? How can you convince the jury inside of you to swing your way?

Reassess the applicability of the habits you've had difficulty following through with this year. Dump those that are no longer motivating or important to you right now – you can always revisit them later. For all others, build the strongest case you can – and win!

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Message from the President

I just love summer foods. I don't know if it's the picnics, beach barbeques, or house boat lake parties that make them taste better, but did you know they are also quite nutritious?





For example, one medium ear of corn supplies three grams of fiber, ten percent of the daily value for vitamin C, and only 80 calories.

How about watermelon? It's packed with lycopene, the naturally-occurring phytochemical that gives this fruit its bright red color. Eating fruits and veggies rich in lycopene has been shown to help reduce the incidence of heart disease and cancer in humans. Watermelon is low in calories and also a good source of potassium and vitamins A and C.

Experts agree the best diet consists of a balance and variety of foods. So why not try something new this summer like the kale-avocado salad included in this issue. It is packed with vitamins A and C, fiber, and mono-unsaturated fats (commonly referred to as "healthy fats").

Enjoy your summer and all the wonderful food and fun that comes with it!

To your health,

Gillian Hood-Gabrielson

Flexible Fitness, President

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The 80/20 Philosophy

If you're striving for perfect behavior and punishing yourself when you fail, then you're missing out on a secret that every fit person knows. The "all or nothing" approach doesn't work. Isn't that good news?

The 80/20 philosophy says that 80% of the time we stick with the program. We eat nutritious, healthy foods that nourish our bodies. We exercise and keep active throughout the day. During that 80% we live our life as fit, healthy people.

The 20% is also critical to being fit and healthy, but equally important, happy. There are days we don't feel like exercising. We eat our favorite dessert when we are at our number one restaurant. And yes, some days we take the elevator. And you know what? It's okay. We don't feel guilty about it, because we know having that 20% is part of the balance we need.

Now, if this idea is completely foreign and you don't know where to begin, let me give you some ideas.

A healthy nutritional intake program needs balance. For instance, if you love fast food burgers and eat them for lunch three days a week, maybe you change it to one day and try something different and more healthful on the other days. Maybe café mocha's are your pleasure and you have one before work every day. Why not make

it a Monday/Friday treat and opt for herbal tea on the other days.

If you write down your exercise plan for the week, make sure you schedule rest days. Actually schedule them. Know that some days will be lazy days and some will be active. They balance each other out.

Always remember, the past doesn't equal the present. If you "slipped up" 20 minutes ago, the next 20 minutes is a clean slate. You make all the decisions from there on.

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Did You Know?

Did you know that grapefruit juice can be dangerous if you take certain medicines? Grapefruit juice is broken down in the digestive system by the same enzyme that breaks down over 50 prescription drugs. These drugs include some statins (cholesterol-lowering drugs), antidepressants, and antibiotics. Drinking grapefruit juice keeps the liver from processing the drugs as efficiently and the medicine does not work as well or the same as it was intended. Grapefruit juice can stay in your system for 48 hours. If you drink grapefruit juice, talk to your doctor about your medications to make sure it doesn't interfere with your prescription drugs.

Did you know that you may not have all of your recommended vaccines? Many people have not been given vaccinations since they were children, and the recommendations have changed. For example, the hepatitis B vaccination should be given to certain groups including healthcare workers, athletes, coaches, teachers, and anyone who may be exposed to bodily fluids and blood. For a complete list, check out www.cdc.gov.

Did you know that you should not leave cooked food outside in 90 degree or higher weather? This is especially important during the summer with all the picnics and outings we go to. When you are taking food on an outing, be sure to store it in a cooler at a temperature of least 40 degrees. To keep the food cold in the cooler, transport the cooler in your air-conditioned car instead of the trunk. And be sure to clean that cooler with soap and water after using it!

Kale-Avocado Salad

A Wonderful Summer Recipe!

- 4-5 leaves of kale (sliced down to the big part of the stem)
- 1 ripe avocado
- Juice of 1 lemon
- ¼ cup of olive oil
- 2 Tbsp of raw pumpkin seeds
- Sea salt to taste

In a salad bowl throw in the kale leaves, lemon juice, and olive oil. Cut up the avocado and add it to the kale/lemon/olive oil mixture. Using your hands, mash the avocado into the kale leaves. Add the pumpkin seeds and stir them in. Then salt to

taste and enjoy! It's delicious by itself as a side dish or on a veggie burger sandwich!

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