

The Gym Struggle Newsletter

HAPPY HOLIDAYS

Hello All!

We are full swing into the Holiday Season, but I wanted to take a moment to touch base with everyone and provide some updates and news.

I would like to thank everyone for their patience during the Fall months while I was dealing with a couple of injuries. Sometimes it is imperative to take a step back and do some self-care to allow yourself to heal.

We had a lot of sickness blow through our gym and I am hoping we are on the other side of it. Remember, it is still flu season, so wash, wash, wash, your hands! There are antimicrobial wipes stations in more than one spot in the gym. Please feel free to wipe down your equipment before and especially after use to minimize your exposure to germs and other possible pathogens.

Right now, Syracuse University and Cazenovia College are on a Winter Break and there are no classes or trainings at this time. The Barnes Center at the Arch reopens on January 2nd for those of my clients who would like to train during the Winter break.

SPRING SCHEDULE

FIT STOP

At this time there will be no changes to the group fitness schedule at the Fit Stop. Our schedule is as follows:

Sundays 9 am Boot Camp

Mondays 6:30 pm AMPD Resistance

Tuesdays 7:15 pm Turbo Kick

Wednesdays 6:30 pm Kettlebell AMPD

Boot Camp has been a successful integration on Sunday AMs and we would love to see more participants drop-in!

What can you expect at a Boot Camp class? Boot Camp class is 45 minutes in duration. Class styles will vary including Interval or Circuit training. Exercises will be performed with a variety of equipment including but not limited to: resistance bands,

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kettlebells, mats, steps, stability balls, challenge ropes, etc. As usual modifications are available making Boot Camp accessible for all fitness levels. If you have any questions regarding the new Boot Camp class; do not hesitate to contact Trainer Courtney.

SYRACUSE UNIVERSITY

I want to thank everyone that joined me in the first semester at The Barnes Center at the Arch! The fitness studios and it was a pleasure seeing new faces and old. The group fitness class schedule will be changing for the Spring Semester. Here are the classes I will be offering:

Sundays

3 pm Turbo Kick

4 pm Kettlebell AMPD

5 pm STRONG by Zumba

Tuesdays

4:30-5 pm Turbo Kick Express

5 pm Full Body Sculpt

Thursdays

5 pm AMPD Resistance

6 pm Boot Camp

CAZENOVIA COLLEGE

Per many requests Boot Camp will be returning to the fitness schedule for the Spring Semester!

Wednesdays

4 pm Kettlebell AMPD

5:15 pm Boot Camp

HOW MANY MINUTES OF DAILY EXERCISE WILL GET YOU TO AGE 90?

Recently, two researchers from the Netherlands analyzed data from the Netherlands Cohort Study. They looked at 5,479 people born in 1916-1917. The study followed various factors including physical activity from age 20 until age 90 or death, whichever came first (1986-2007).

The results were published in the Journal of Epidemiology & Community Health. Unsurprisingly, the results for men and women were different. Men who exercised for 90 or more minutes a day were 39% more likely to reach age 90 than those doing less than a half-hour. For men, more exercise time

meant better odds.

For women, 60 minutes a day was the “sweet spot.” Doing more or less was associated with a lower likelihood of reaching that milestone.

SIGNS IT'S TIME TO STOP OR NOT START A FITNESS REGIMEN

So many times, especially around this time of year we say its time to start a exercise plan! Here are some reasons that now is not a good time to get started. It is important to listen to our bodies and consult with a Physician when there are any concerns.

If you are healing from any type of surgical wound, you should avoid personal training or group exercise until you are cleared by your Doctor. It would be okay to work with a Physical Therapist or another member of your healthcare team instead.

Exercise should be stopped or avoided whenever the following symptoms are present, arise or worsen during exercise:

- Abnormal musculoskeletal pain
- Abnormal severe fatigue
- Acute illness or increased infection
- Anemia (low red blood cell count)

- Ataxia (loss of control of body movements)
- Blurred vision
- Chest pains/palpitations/arrhythmias
- Dizziness/lightheadedness
- Excessive shortness of breath
- Nausea/vomiting
- Numbness or tingling in arm/leg
- Pain or swelling in joint/arm

If you experience any of these symptoms it is important to seek medical attention and then once resolved, be cleared for any successive physical activity.

MAKING A NEW YEAR'S RESOLUTION AND STICKING TO IT!

Year after year after year we make the same New Year's Resolution to eat healthier, exercise more, save money, be better, do better, look better. And year after year after year we start off strong and then fall by the wayside a few weeks in? WHY? There are a number of reasons why our New Year's Resolutions fail. So let's explore some of those reasons and ways to overcome them .

REASON #1:

Our goals are too big, broad, or generic.

When we set vague, large, or unreasonable goals- chances are we aren't going to reach them. When we make something too hard or out of reach we get bored, frustrated, discouraged and give up. Instead make a small, specific, and concise goal. For example; an unrealistic goal may be lose 50 pounds on my New Year's Diet. I'm sure the first three weeks to a month will go great and then life gets in the way, food gets boring, or we aren't choosing the right foods and we give up.

A more specific goal would be:

I am going to lose 10 pounds in the month of January by changing my eating habits, reducing my calories, exercising 3 days a week. This goal is more specific. Losing about 2 pounds a week is an attainable goal. Especially if you are exercising and changing your food intake to create a calorie deficit.

After you finish January you will not only be motivated by your success and perseverance- you will be ready to do the same thing for February, and so on.

REASON #2:

You get bored or life gets in the way.

We're all busy and a new Resolution needs some time to stick. It takes 3 weeks or 21 days to create a new routine. Before you start your Resolution: create a 3 week plan of how you are going to get it done. If you plan it out in advance, like appointments you can't miss, you

will be more apt to bust through those three weeks and create a solid routine.

REASON #3:

Treating a marathon like a sprint.

A slow and steady habit change may not be exciting or instantaneously gratifying but it will get you there in the right way and the right time. For example, a strict crash diet is not meant for the long term as it is not sustainable. Chances are as soon as you fall off the weight will come back too.

REASON #4:

You aren't tracking your progress.

Keeping a written or digital record of your progress in whatever your goal not only shows you how far you've come, but it is also a great motivator on the days when the struggle is real and hard. A record can challenge you to do better and improve from the previous week's data. For example, if you are tracking your nutrition and notice a lot of late-night snacking in the previous week- you can challenge yourself to limit that snacking the following week for better results.

REASON #5:

You have no social support.

Tell your partner, a loved one, or coworker about your resolution and ask them to hold you accountable. If you are the type of person who before Beachbody Live was even created. What does this mean for

wants to keep their goal private; there are internet groups and forums for just about anything these days. Internet strangers with a common goal can be the most uplifting and motivating group of individuals. When I was a keto diet beginner I found great Facebook groups for women. Not only was there a gold mine of information, but everyone there was working toward the same goal and it helped keep me motivated and in the right mindset. Beware: sometimes in our life we have people that are subconscious saboteurs to a loved one's healthy changes. Whatever their reason may be that is their issue to work through. If this resonates with you, that loved one is not the person to go to for an accountability partner.

BEACHBODY LIVE IS CLOSING ITS DOORS

Recently Beachbody Live informed all of us instructors that they will be closing their live group fitness business, ceasing their instructor trainings, support, and creation of new rounds. It was a devastating blow to many of us that have instructed Beachbody formats for many years. The Beachbody company is how I got my start via their Insanity program and my successive enrollment in their coaching back in 2014. In 2015 I became certified in both their Cize and Turbo Kick formats. While Cize had already been discontinued for some time, Turbo Kick was very much alive and was an institution

Cize and Turbo Kick? We are still able to instruct the formats and use the format name. Unfortunately, there will be no new rounds to be released, however, we have almost 100 rounds to go back and instruct. So, while you may hear news of the company closing, my ability to instruct Cize and Turbo Kick will not be changing.

WHY PERSONAL TRAINING?

- Initial consultation where you can go over your past fitness and nutrition history as well as discuss any goals, likes/dislikes and limitations
- Training is custom- tailored to your goals & needs (there are no cookie- cutter or one size fits all plans here!)
- You can get one to one attention if you so desire it, or you can share your session with your partner or best friend for a bonding experience
- Affordable packages and pricing
- Clean facility with amenities; enjoy a quiet, child-free club
- Continued counseling on nutrition and
- 1 free fitness class per week you are enrolled in a training package

- Virtual accountability and support between sessions to help you stay on track and reach your goals
- Evening and weekend training slots available to fit your busy lifestyle

CHOOSE YOUR POST WORKOUT SNACK BEFORE YOU SWEAT

Researchers from the University of Nebraska- Lincoln wanted to study the impact of selecting a post exercise snack before the workout session but did not want to influence participants decisions. They told 256 study participants that they were going to measure data specific to workouts and then took notes on snack selections instead.

There were significant differences depending on the timing of the choice. Of those asked to choose their snack before working out; 73.7% chose an apple. That number dropped to 54.6% among those who made their choice after exercising.

The inverse was true for the brownie choice. Prior to exercising, only 13.98% chose the brownie, with that number climbing to 20.2% following the workout.

The takeaway: try to avoid making selections on your post workout snack based on the need for a “reward” after exercise. Using food as a reward is a gateway to falling

prey to diet culture. We are trying to shy away from diets and trying to grow into lifelong lifestyle changes and sustainability.

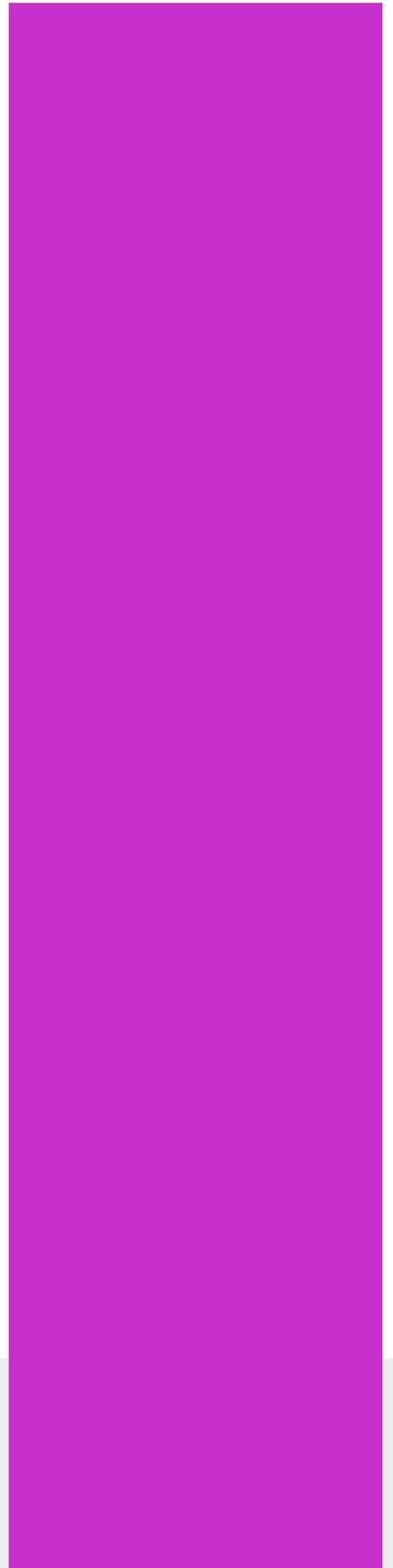
If you are making selections after the workout because you are entering the workout already hungry. Waiting until you are too hungry can result in a convenient, less healthy choice due to low blood sugar. Meal planning and prepping ahead of time for not only meals, but snacks too, can help combat taking on needless indulgence calories.

THANK YOU FOR YOUR PARTICIPATION

I just wanted to take a moment to thank each and every one of you for being part of The Gym Struggle Fit Fam this year. Without each and every one of you what I do would not be possible.

Here’s to a New Year! Let us all be happy, healthy, prosperous, injury-free and meet all our goals this year! See you at the gym!

XO- Trainer Courtney



NEW CLASSES ALERT & STRONGER TOGETHER CHALLENGE!

Exciting additions to our Fit Stop schedule! In the Spring we will be adding a Basic 1-hour yoga class. Yoga is a great way to increase flexibility, core strength, and balance. Yoga would be a form of cross training for those who run or do a lot of cardio or those who do strength training.

We will also be adding STRONG by Zumba to the schedule in the Spring semester. STRONG by Zumba is a 1-hour body weight fitness class that focuses on High Intensity Interval Training (HIIT).

Beginning January 13th STRONG by Zumba will be hosting a free 6 week program to anyone who enrolls. The program is called the Stronger Together Challenge. The challenge will run from January 13th to February 23rd. Sign up is free and includes tools for you to rock the challenge. Tools include: a 6 week activity calendar access, a nutrition guide, tips for taking before & after pics, and your progress evaluation forms. You will be expected to take one live STRONG by Zumba fitness class per week and you will also be provided with digital workouts via email. Please see Courtney for any questions or to enroll.

Keep an eye on our Facebook page for polls and other ways to provide your input on class times and format selections!



HOW IT WORKS

- **GO SIGN UP**
Register for the challenge [here](#) before January 13.
- **GET PREPPED**
Use the nutrition guide to load up on the healthy food you'll need. Take your "Before" pictures, too.
- **TAKE THE CLASSES**
Find a class in your area (just look [here](#)), use the digital workouts we'll email you, and stick to your activity calendar.
- **FINISH STRONG**
6 weeks = a transformed body. Take your "After" pictures! Share the results of all your hard work.

The Gym Struggle: Group Fitness & Personal Training

*215 West Manlius St.
East Syracuse, NY 13057*

(315) 382-3391

courtney@thegymstruggle.com

www.thegymstruggle.com