

OCTOBER 2, 2023

VOLUME 1

BoltFit Insider

Bolt Fitness Newsletter



INTRODUCING THE BOLTFIT INSIDER WEEKLY NEWSLETTER

“Human beings need three basic things in order to be content: they need to feel competent at what they do; they need to feel authentic in their lives; and they need to feel connected to others. These values are considered “intrinsic” to human happiness and far outweigh “extrinsic” values such as beauty, money and status.”

— **Sebastian Junger, *Tribe: On Homecoming and Belonging***

Welcome to the BoltFit Insider, Volume 1. Over the last seven years, we've watched hundreds of you transform your bodies and your minds in ways we sometimes cannot even believe.

Every day, you guys make your way to the gym and train your butts off. Sometimes you don't want to, but you do it anyway.

Getting (and staying) healthy is hard. It's not always fun. We do our best to make it as enjoyable as possible for you by fostering a welcoming, fun environment inside the gym.

But that's not enough. Humans thrive when working alongside one another - and *with* one another - towards a common goal. In order to truly thrive in any area, we must leverage the community around us to educate ourselves, motivate ourselves, and hold ourselves accountable.

That is the purpose of this newsletter. We will use this weekly space to highlight member success stories, discuss hot topics in fitness, and keep each other in the loop about goings on inside the Bolt community.

A fitness journey is an individual pursuit...and it can sometimes be lonely.

But not for you. You have a team.

Newsletter Highlights

Introducing The BoltFit Insider

Congratulations Lynn and Fred Ruck!

My Favorite Accountability Tool

Community Workout to Support Breast Cancer Research

Random Thought of the Week

Finding Your Perfect Fit: How to Choose the Right Gym



CONGRATULATIONS LYNN AND FRED RUCK!



Lynn and Fred have been members of the Bolt Community for FOUR years!

We have all been beneficiaries of having these two genuine, beautiful human beings as members of our community. They have lead by example, done the work, and have brought smiles to the faces of all of us who have been fortunate enough to share this space with them.

Lynn and Fred will be moving onto the next phases of their lives at the end of October, relocating to Pennsylvania - where they will continue dominating the golf courses and bringing smiles to the members of their new community.

If you catch Lynn or Fred in the gym over the next few weeks, give 'em a big ol' hug, thank them for being them, and send them off with style.

Thank you both for everything over the last four years. We will miss you!

"We are very excited for our next chapter while being very sad to be leaving the Bolt Community

I have been a member since 2019. Due to your never wavering commitment and willingness to meet us/me

Where our physical challenges were, we are stronger, more balanced and in better shape and health so we can enjoy retirement.

I had had my hip replaced 2 1/2 months prior to joining Bolt. I was feeling old and weak. By participating in classes and semi-private training; last month i could still run and climb on the jungle gym with my 4 year old grandson. A priceless gift.

Thank you and please never stop doing what you are doing."

Fondly

Lynn & Fred

PS Tom's programing and patience has taken 10 strokes off of my handicap (golf). Thank you so much!



MY FAVORITE ACCOUNTABILITY TOOL

My favorite accountability tool isn't just free...But it *pays me* to be physically active.

\$20 bucks a month, to be exact. And depending on your insurance provider, you may be able to get paid too (check with your insurance provider to see if they offer any exercise incentives).

But honestly, the \$20/month is a secondary benefit to the program. For me, the greatest benefit is in the app.

Each month starts with an empty calendar. When you visit the gym for a workout, you go into the app and log your workout. If you are at an approved location, the date will turn green. If you are not, it will turn yellow.

The app also links to your step tracker (apple watch, Oura ring, your phone, or any other tracker). When you log 10,000 steps on any given day, the date will automatically turn green.

This calendar has become my accountability tool. Each day, I have a goal of either completing a workout, or logging 10,000 steps. Each month, my goal is to see zero blank dates on the calendar.

So far, I've hit that goal exactly ZERO times in four years.

But, what I have done is become more aware. While I've yet to complete the elusive "perfect month", the ability to see a snapshot of my overall monthly physical activity provides me with the feedback necessary to make better decisions.

"I'm not feeling it today, have I earned a day off this month?"

If I'm seeing lots of green and yellow that month, I'll take the rest. If I'm seeing lots of blank dates, I know have to power through and either get a workout or get some steps in.

Do you need this exact app? No



Could you benefit from some sort of visual representation of your overall physical activity over a given period of time, then using that feedback to make decisions and hold yourself accountable?

Absolutely.

Think about how you can create something you see every day that measures what you deem important to reaching your goals. This can be an app, a calendar on your wall, or a checklist. Get creative, and do what works for you.

If it pays you to use it, that's a bonus!

(Horizon Blue Cross Members - Learn more about [Horizonbfit](#))



COMMUNITY WORKOUT FOR BREAST CANCER AWARENESS

We will be hosting a community workout to support Breast Cancer Awareness on Saturday, October 28th at 8:30am.

This is an opportunity to bring together our members, family, and friends, to kick off our weekend with a great workout and support an important cause.

1 in 8 women will develop invasive breast cancer over the course of her lifetime. It is a disease that has directly impacted many of our loved ones, including members of the Bolt family.

On Saturday the 28th, we will do our part to raise funds for research to find a cure.

This workout is open to all. You do not need to be a member at Bolt Fitness to attend.

We are asking for a minimum donation of \$20 to participate. We will be accepting donations at the door, and at the [BOLT Fitness Team donation page](#). All funds will be collected and donated to the Susan G. Komen Foundation

We will be collecting donations day of the event. If you cannot make the event, but would still like to donate, you can make a donation [HERE](#).

If you plan on attending, Please Register [HERE](#).

(Non-Members will need to create a MindBody Username in order to register).

Over the years, the Bolt community has raised tens of thousands of dollars for various causes.

The most we've ever raised for one event is \$2,500. We hope to not only beat that mark...but to CRUSH that mark on 10/28.

Let's make this the best one yet!

We look forward to seeing you on the 28th!



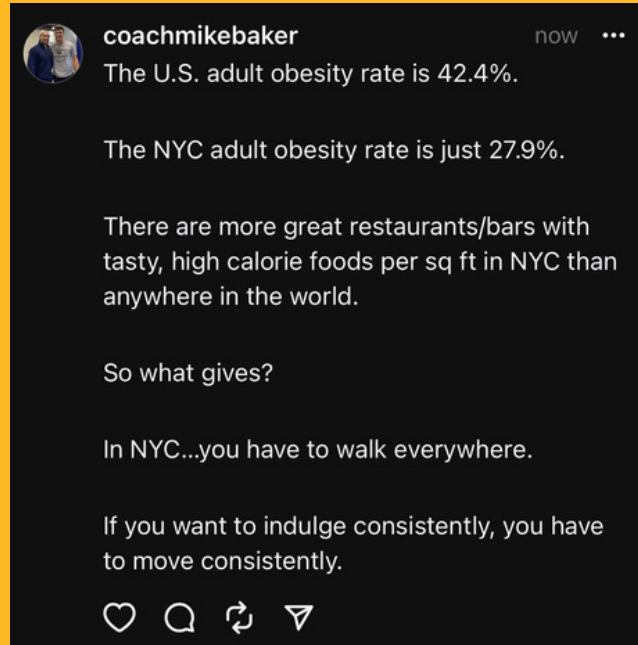
Register



Donate



RANDOM THOUGHT OF THE WEEK



BOLT FITNESS & PERFORMANCE SHOW

Finding Your Perfect Fit: How To Choose The Right Gym

In this episode, we discuss crucial factors to consider when choosing your fitness home:

- Alignment of Values
- Community Matters
- Enjoyment and Consistency
- Offerings That Suit You.
-

Making the right choice in your gym selection is a pivotal step towards achieving your fitness goals, and our podcast provides expert insights to help you navigate this decision effectively.



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