

BoltFit Insider

Bolt Fitness Newsletter

INTRODUCING OUR NEW MEMBERSHIP DASHBOARD

Happy Monday, Team!

We are excited to introduce to you the new [Bolt Fitness Membership Dashboard](#)

The Membership Dashboard is a central location where all of the resources you need regarding training, education, nutrition, and your membership will live.

On the Dashboard, you will find:

- The BOLT GPS To Success
- Links to schedule calls with your coaches
- Links to schedule nutrition chats
- Forms to freeze your memberships
- And More...

By clicking the link above, you will find the first version of our membership dashboard. This dashboard is an early version of what this will become. In the coming weeks, we are going to continue to add resources to this central location, including archives of podcast episodes, weekly newsletters, and more.

Check out the dashboard, bookmark this page, and let us know if you have any questions!



Newsletter Highlights

[Membership Dashboard](#)

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JACK HARLEY IS OFF TO VIRGINIA TECH!

Jack is a Senior Third Basemen at Delbarton, who has been training with us since his 8th grade year.

In the fall, he will officially be heading to Virginia Tech to continue his academic and baseball careers.

For those of you who attend sessions in the evenings, you may know Jack as our trainer assistant who does a great job helping us run smooth evening sessions.

We wanted to shout Jack out this week for a few reasons.

Since day one, Jack has shown focus and relentless commitment to reaching his goals. Early on, he was not someone who was on a lot of Division 1 school's radars. He WORKED and performed his way into this opportunity. He has not only transformed himself physically through his work, but has transformed himself mentally and personally as well.

There is a reason we asked Jack to join our team as an afternoon trainer assistant. He is coachable. He is polite. He possesses empathy. He "gets it". Jack is an all-around great person to be around, and we feel lucky to have him around the facility more often.

But this is what stands out to us most when we talk about Jack:

I remember his first high school off-season, where he gained 15-20lbs and went into his sophomore year bigger, stronger, and faster than he'd ever been. During that sophomore season and busy summer of travel baseball, Jack had to learn some hard lessons. At the time, he had figured out how to attack the off-season...but had not yet figured out how to navigate his in-season training. Throughout the spring and summer, he lost all of the weight he put on, and then some.

For him, it felt like 4-5 months of work went down the drain.

For many high school athletes, the challenges of in-season training are the greatest hurdle to achieving long-term, compounding success year over year. It's already hard enough to play a sport full-time and keep your grades in check, let alone finding a few hours each week to spend in the gym working on your physical development.



Jack, however, decided he was going to figure out a way to make it work, no matter what. He was not going to make the same mistake twice.

He developed a plan, figured out a way to manage his time, and put in the work. *He didn't make the same mistake twice.*

The results speak for themselves. He's gotten better every single year, and those improvements are a direct result of his willingness to problem solve, find ways to do what he needs to do, and actually doing the work.

Some talent + Relentless Focus + Consistency = A Great Opportunity to Excel at the Next Level.

If you see Jack around the facility in the afternoons, congratulate him on this amazing achievement, and wish him luck in the future!



ADOPTING AN “ABUNDANCE” MINDSET

Throughout my personal fitness journey, there have been a few turning points where everything started to “click” a little more.

Through the years, there has been no catalyst that has led to more permanent, long-term change than ridding myself of a “restrictive” mindset, and adopting an “abundance” mindset.

It was a seminar I attended. The topic was nutrition and metabolism.

At the time, I was attempting to lose some body fat, and was stuck.

Over two days, we conducted a real-time study, where one group of us fueled ourselves prior to a bout of exercise on the rowing machine. The following day, each group switched.

We measured a variety of metabolic markers in addition to assessing our performance.

I was blown away. I obviously knew that performance was more likely to be improved when properly fueled (we basically ate a whole bunch of white rice).

What I couldn't believe, or truly understand at the time, was how the metabolic markers we measured were indicating that our bodies were actually creating a more optimal environment for fat burning to occur.

It was a complete mindset shift for me.

Instead of looking at the “negative” things I needed to cut out of my life - junk food, carbs, etc. - I started to look at all of the “positive” things I could ADD into my life.

More protein. More healthy carbohydrates. More healthy fats. More vegetables. More steps per day. More sets/reps/weight on the bar.

More, more, more.

Instead of...

Less, less, less.

Everything flipped for me at that point. I started to understand that the body is like a car. You need to feed it gas and change its oil. If you keep it in the garage for too long, it may not start. You have to drive it to keep it working optimally.

As a bonus...I DID cut out negative things. I wasn't necessarily trying to, but it just happened.

When you eat more healthy foods, there's simply less room for junk. When you keep yourself moving, there's less time to be inactive. When you do more sets/reps/weight, your body uses the fuel you feed it more efficiently.

Energy (food) moves through the system more easily.

Objects in motion stay in motion, If you're struggling - and *especially* if your struggling with the mental side of getting healthier and more fit...

Try to find ways to ADD as many good things into your day as you can, as opposed to trying to find ways to REMOVE the negative stuff.

Subtraction by addition. It works, and it's a hell of a lot easier.

And if we want it to last...It *has* to feel easy.





BOLT NUTRITION CHEAT SHEET



SERVING SIZES

FOOD	MALE	FEMALE
● 1 PROTEIN	40-50G (2 palms)	20-30G (1 palm)
● 1 CARB	40-50G (2 cupped hands)	20-30G (1 cupped hand)
● 1 FAT	25-35G (2 thumbs)	10-15G (1 thumb)
● 1 VEGETABLE	1 Cup (1 fist)	1 Cup (1 fist)

FOOD SOURCES

● PROTEIN SOURCES	● FAT SOURCES	PROTEIN SOURCES WITH 3 SERVINGS OF FAT
<ul style="list-style-type: none"> Chicken breast Chicken thighs without skin Lean ground beef (90% lean or higher) Lean ground turkey (90% lean or higher) Lean sausage or chicken sausage Turkey breast Filet, top round, sirloin, or NY strip steak (with fat trimmed) 	<ul style="list-style-type: none"> Lean pork Any fish (tuna, cod, salmon, etc.) Any seafood (shrimp, scallops, etc.) Eggs/egg whites Low fat greek yogurt Whey/casein/hemp protein powder Tofu 	<ul style="list-style-type: none"> Eggs Salmon Swordfish Fatty cuts of beef Ground beef or turkey (less than 90% lean) Full fat Greek Yogurt
<ul style="list-style-type: none"> ● CARBOHYDRATE SOURCES 	<ul style="list-style-type: none"> ● FAT SOURCES 	
<ul style="list-style-type: none"> Rice (white, brown, wild) Whole grain bread Potatoes Sweet potatoes Whole grain pasta Beans/Legumes Fruit Granola Oatmeal Quinoa 	<ul style="list-style-type: none"> All Natural Nut Butters (Peanut/Almond/Sunflower) Avocado Olive Oil Coconut oil Avocado oil Nuts (almonds/peanuts/cashews/pistachios/sunflower and sesame seeds/walnuts) Cheese Grass Fed Butter Cream (coffee creamer/heavy cream/light cream) 	



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BOLT NUTRITION CHEAT SHEET



ARE YOU TRYING TO LOSE WEIGHT? YES!

ARE YOU EXERCISING TODAY?

YES	NO
↓	<ul style="list-style-type: none"> ● ● ● ● BREAKFAST: 1 pro, 0 carb, 1.5 fat, 1 veg ● ● ● ● LUNCH: 1 pro, 0 carb, 1.5 fat, 2 veg ● ● SNACK: 1 pro, 0.5 fat ● ● ● ● DINNER: 1 pro, 1 fat, 2 veg, 1 carb

ARE YOU EXERCISING AT A HIGH INTENSITY TODAY?

YES	NO
↓	<ul style="list-style-type: none"> ● ● ● ● BREAKFAST: 1 pro, 0 carb, 1.5 fat, 1 veg ● ● ● ● LUNCH: 1 pro, 0 carb, 1.5 fat, 2 veg ● ● SNACK: 1 pro, 0.5 fat ● ● ● ● DINNER: 1 pro, 1 fat, 2 veg, 1 carb

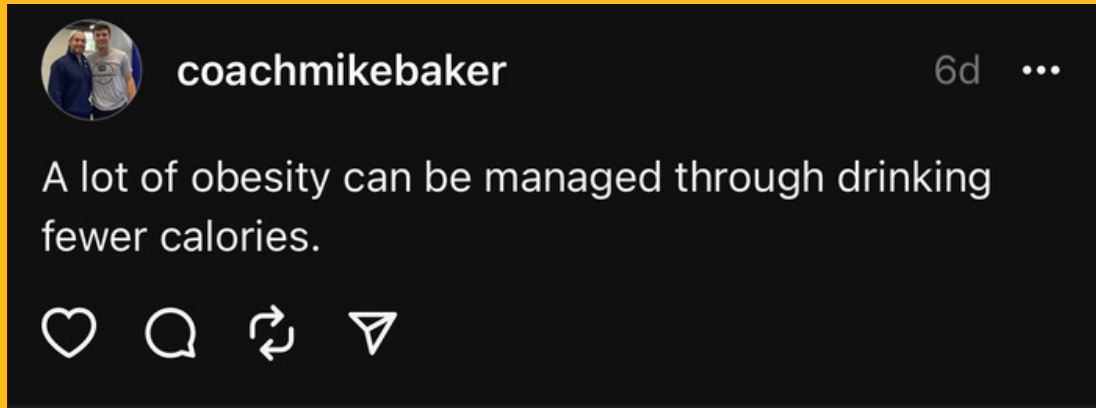
WHEN ARE YOU EXERCISING?

MORNING	EVENING
<ul style="list-style-type: none"> ● ● ● ● BREAKFAST: 1 pro, 0.5 fat, 1 veg, 1 carb ● ● ● ● LUNCH: 1 pro, 1 fat, 2 veg, 1 carb ● ● SNACK: 1 pro, 0.5 fat ● ● ● ● DINNER: 1 pro, 1 fat, 2 veg, 0.5 carb 	<ul style="list-style-type: none"> ● ● ● ● BREAKFAST: 1 pro, 1.5 fat, 1 veg, 0 carb ● ● ● ● LUNCH: 1 pro, 1 fat, 2 veg, 0.5 carb ● ● SNACK: 1 pro, 0.5 fat, .5 carb ● ● ● ● DINNER: 1 pro, 0.5 fat, 2 veg, 1.5 carb
<p>*If you like to eat breakfast AFTER your workout, have a small snack before your workout: 0.5 fat, 0.5 carb ● ●</p>	

ARE YOU LOSING LESS THAN 0.5LBS A WEEK?

YES
Remove 0.5 servings of carbs on your workout days, preferably the meal furthest away from your workout. ◀

RANDOM THOUGHT OF THE WEEK



BOLT FITNESS & PERFORMANCE SHOW

Mastering The Art of Balance

Get ready for a paradigm-shifting discussion on the BOLT Fitness and Performance Podcast with Coach Greg and Coach Tom! In this episode, we dissect the age-old adage of being a "Jack of All Trades, Master of None" in the realm of fitness. Is it truly the secret to unlocking your full potential?

Join our coaches as they navigate the intricate balance between versatility and specialization in your fitness journey. Uncover the hidden trade-offs and redefine what it means to excel in your training routine.

Life is a tapestry of skills, and finding equilibrium is the key to longevity and vitality.

It's time to elevate your fitness wisdom and transcend the ordinary. Tune in now and discover the art of balance on the BOLT Fitness and Performance Podcast!



LISTEN ON:

[APPLE PODCASTS](#)
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