

OCTOBER 9, 2023

VOLUME 2

BoltFit Insider

Bolt Fitness Newsletter



PRE-ORDER YOUR BOLT GEAR

“If you look good, you feel good, If you feel good, you play good, If you play good, they pay good
— *Deion Sanders*

Hey Team!

We've got some limited edition gear available for pre-order.

Samples of items will be available within the next few days at the front desk to help determine your sizing.

Save yourself 15% off all items by pre-ordering your gear. **The pre-order window expires on 10/14.** After that, the prices go up. The store will close for good on **10/20.**



Newsletter Highlights

Pre-Order Your BOLT Gear

Happy 7 Year Anniversaries to Lori, Cathy, Deb, Irene, Mary, Jackie, Anthony

Multiple Short Breaks are Better than one Long Break

Community Workout to Support Breast Cancer Research

Random Thought of the Week

Supplementing Success: A Guide to Supplements

(Plus, a Special Discount on THORNE Supplements)



HAPPY SEVEN YEAR ANNIVERSARIES!

In September 2016, the first iteration of Bolt Fitness was open for business.

It was the scariest few weeks of my life. I remember going into October with three full-time members.

One was a high school buddy. The second was Anthony Volpe, who I had been working with for 4 years at the time. The third was my mother.

"What have I done???"

October would be our first full month in business. It was also the month I first met some folks who have since become family.

To stick with a program for SEVEN YEARS is - clearly - not a quick fix. It's not a blip in the radar. It's not a band-aid solution.

These folks have made a true LIFESTYLE CHANGE for the better. They have made long-term commitments to improving their health, and boy has it paid off.

I cannot be more proud of this crew, and feel so incredibly fortunate to have shared this space with them for the last seven years.

Happy Seven Year Bolt Anniversaries:

- Lori B. (Mom ☺)
- Cathy B.
- Deb S.
- Irene R.
- Mary A.
- Jackie C.
- Anthony V.

Thank you all for EVERYTHING.

If you see any of this crew around the gym, give 'em a big ol' high five, and congratulate them on making and sticking to a long-term solution to better health and fitness.



MULTIPLE SHORT BREAKS ARE BETTER THAN ONE LONG BREAK

In 7 years, we've seen roughly 1,000 people come through the doors of Bolt Fitness. In my 6 years in the field prior to starting Bolt Fitness, I worked with another ~500 hundred adults in 1-on-1 and group environments.

We've been able to collect a lot of data over the years, learning what the differences are between those who have long-term success with their health and fitness, and those who do not.

We've looked at everything from training programs, progressions, attendance, etc.

The average member misses a total of between 3-6 weeks of training per year for a variety of reasons.

EVERYONE misses workouts. Of the members we've studied, exactly ZERO members (who have been training for more than 3 months) have not missed a workout with us.

We get sick. We take vacation. We have nagging injuries. We have other areas in our lives that sometimes require us to prioritize our time differently.

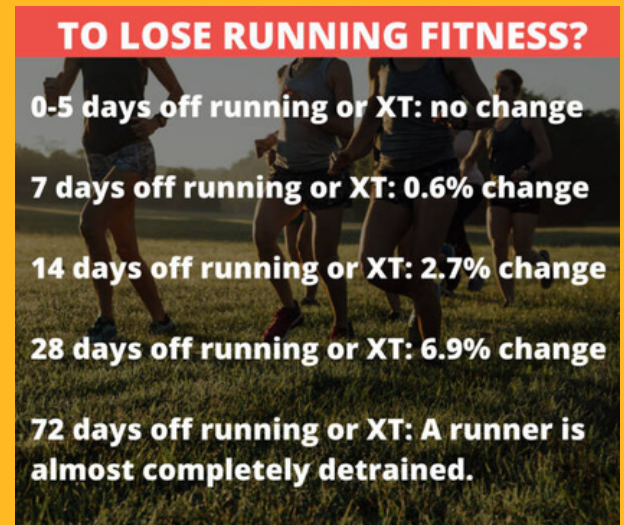
The difference between those who experience success and those who struggle is the length of each individual "break".

A member is more likely to reach his or her goals by taking four 1-week breaks over the year, as opposed to taking one longer, 4-week break.

When we take long breaks, we give our bodies time to decondition. This means that upon returning, we have some ground we need to make up before returning to our pre-break baseline.

Example: We are at a level 7. We take a 4-week break, and return at a level 5. It takes us 2 weeks to return to a level 7.

A 4-week break actually sets us back 6 weeks.



Journal of Sports Medicine, 2000

A 1-week break is not enough time to truly de-condition. Sure, you may be huffing and puffing a little more than usual in your first workout upon returning from your break - but by your second or third workout back, you're feeling completely normal.

When you take long breaks, more of the time you DO spend in the gym is dedicated to **making up ground**, as opposed to **gaining new ground**.

Secondly, the element that I believe matters A TON - that we cannot confirm through research - is the lifestyle element.

When you're actively exercising, you're also more likely to make better decisions outside of the gym. You're likely more conscious of your nutrition, sleep habits, and alcohol intake.

When you take extended time away from the gym, poor habits we've worked hard to break are more likely to rear their ugly heads.

Couple the "de-training" effects that occur over extended time away with less-than-optimal nutrition, sleep, and lifestyle decisions, and you've given yourself even MORE ground to make up.

It can turn into a downward spiral pretty quickly.

We all need breaks. I encourage them, not only from a physical standpoint, but from a mental one.

The key is to keep your breaks short and fairly infrequent. 1 week or less at a time, 3-4 times per year is likely the sweet spot.

Avoid the downward spirals.



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

Supplementing Success: A Guide to Supplements

Join us as we simplify the often confusing world of sports nutrition and supplementation. We'll discuss:

- The essential supplements every athlete should consider & their benefits.
- How to incorporate supplements into your routine without the fuss.
- Uncover the secrets to optimizing your energy, recovery, and overall performance.

Tune in and discover how to make supplementation work for you on your path to fitness and/or athletic success.



LISTEN ON:

APPLE PODCASTS
SPOTIFY

[Use This Link to Save 20% on THORNE Supplements](#)

