

OCTOBER 16, 2023

VOLUME 3

# 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

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The Power of Personal Records



## CARRIE'S RETURN FROM HIP REPLACEMENT SURGERY

About a year ago, Carrie had hip replacement surgery.

Today, she is moving better, feeling better, down in weight, and is stronger than ever.

Life throws curveballs at us all. It's about the only true guarantee we can make. Something WILL get in the way. Progress in health and fitness is not linear. It comes with peaks, valleys, hills, and little bumps along the way.

There are a lot of things we can learn from the fantastic approach and attitude Carrie adopted throughout the pre-surgery, post-surgery, and recovery processes.

When diagnosed with an issue that requires surgery to fix, your gut reaction may be to seize all activity and wait it out.

Carrie didn't do that.

She actually did the opposite, ramping up her training prior to surgery. There were plenty of things she couldn't do without pain. We didn't focus on those things. We found the things she COULD do, ensuring she would go into her surgery and recovery process *as strong as possible*.

It was probably frustrating for Carrie at times. But boy...looking back, it ended up being worth it.

After surgery, on December 9th, Carrie began her physical therapy work with Monica and the AMP Performance & Rehab team. The goal of this period was to check all of the boxes that would allow Carrie to get back to her fitness training by the end of the year.

By December 15th, she was back in action. The BOLT Team worked closely with the AMP team to create a return-to-fitness program that would allow Carrie to continue working towards her goals, build her strength slowly and safely, and get back to feeling like her old self as quickly as possible.



For the first few weeks, Carrie re-introduced two workouts each week, in addition to 1x/wk of Physical Therapy.

By December 29th, The AMP Team Discharged Carrie from PT, just two months after surgery.

She's been CRUSHING ever since.

There have been bumps. We've had to make tweaks. There were things we needed to learn together.

But ultimately, through her hard work and commitment to the process, Carrie put herself in a position to make her surgery, rehab, and return to fitness as quick and seamless of a process as it could possibly be.

Things aren't always going to be smooth and easy. You can only control what you can control, just like Carrie did. She never wavered. She never quit. She worked with a team to develop a process, and executed every single day.

That's what it takes. No matter your goal or situation.

If you see Carrie around the facility, give her a high-five. She deserves her props for committing to her process, and not letting a bump in the road deter her from training to do the things she loves to do.



## FOUR QUARTERS PLUS OVERTIME - A PLAN FOR WEEKENDS

Most of us know *what* to do.

- Lift weights 2-4x/wk.
- Walk more/be physically active.
- Eat mostly protein and vegetables.
- Sleep 7-8hrs/night.
- Eat less crap and drink less booze.

Some of us have a pretty good system in place to execute these fundamentals at an ~80% - ~90% clip Monday thru Thursday.

It's Friday thru Sunday that we can't seem to nail down in any way that's consistent.

For weekends, I like to apply the "Four Quarters Plus Overtime" rule.

1. Friday Night
2. Saturday Morning
3. Saturday Evening
4. Sunday Morning
5. Sunday Evening

Pick one quarter (or overtime) that will be your indulgent period on any given weekend. Plan the rest of the weekend around that quarter.

For example:

My brother got married in Austin, Texas last weekend. The main celebration was on Friday night, where after the small ceremony, we were heading to a fancy steakhouse with the immediate family to celebrate.

We had some stuff planned on Friday during the day, a party on Saturday, and some bouncing around/travel on Sunday.

Now, could I have just said "Eff it, it's hard to stay on track when traveling...plus my brother's getting married," and just over-indulge the whole weekend? Sure. But aside from that thought process not being in line with my goals...That simply doesn't make me feel good. My stomach would hurt. I'd feel bloated. I'd have less energy. I'd enjoy all of it just a *little* bit less. It's just not worth it.

I'd rather REALLY enjoy the things I want to enjoy most, and tone down the indulgence the rest of the way.

The immaculate steakhouse dinner we had would have been less enjoyable if I had stuffed my face and slugged down cocktails at the bar between the ceremony and dinner.

So I planned.

I'd stick to proteins and veggies Friday during the day, and "under-eat" at those meals relative to what I'm used to. I'd have one cocktail, but keep it to clear liquor without a high-calorie mixer.

Friday night was all out. We ate like Kings and Queens. Bread at the table, appetizers, steaks, sides, old-fashioned cocktails, martinis, bottles of red wine, decadent desserts...All of it - with no concern and most importantly, no guilt.

I knew I'd be paying for my indulgences on Saturday morning, so I had to have a plan for that. Some hangover friendly steak & egg breakfast tacos on corn tortillas were perfect for that. Healthiest thing in the world? Eh. Not bad...But definitely not super "lean". I'd have loved some loaded cheese on those bad boys, and I prefer flour tortillas...But I chose my quarter already. I'd rather make a few micro-sacrifices on Saturday morning than have had to even consider those decisions on Friday night.

The party started at 1pm on Saturday, and went all night. We made sure to do some walking beforehand, and even had time to grab a quick workout to sweat out the hangover. There weren't tons of "great" healthy options at the party, but there were some that were better than others. I'd do my best.

No booze during the day. Once the Fourth Quarter hit (Saturday night), I'd have a few drinks. Nothing crazy. Not like Friday...That's for sure.

Sunday was the same. Airport food isn't always the greatest, so I opted for an over-priced protein shake and even more over-priced fruit, over some over-priced greasy airport restaurant food. Since I didn't over-indulge on Saturday night, this was easier to stomach.

Ask yourself the question each weekend - What quarter is most worth it? Where do you want to indulge most freely and not have to *think* about it? Where are you willing to make some sacrifices in order to *truly* enjoy the more important stuff?

These small decisions add up over time. Calories DO count on the weekends. I'd rather spend those calories on steaks and whiskey than picking at chips and salsa.

You need to have a weekend plan. It will likely have to be different than your weekday plan. The "Four Quarters + Overtime" framework is a flexible one that can help you structure that plan in a way that allows you to stay on track while still enjoying moments in life that *matter*.





# 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!



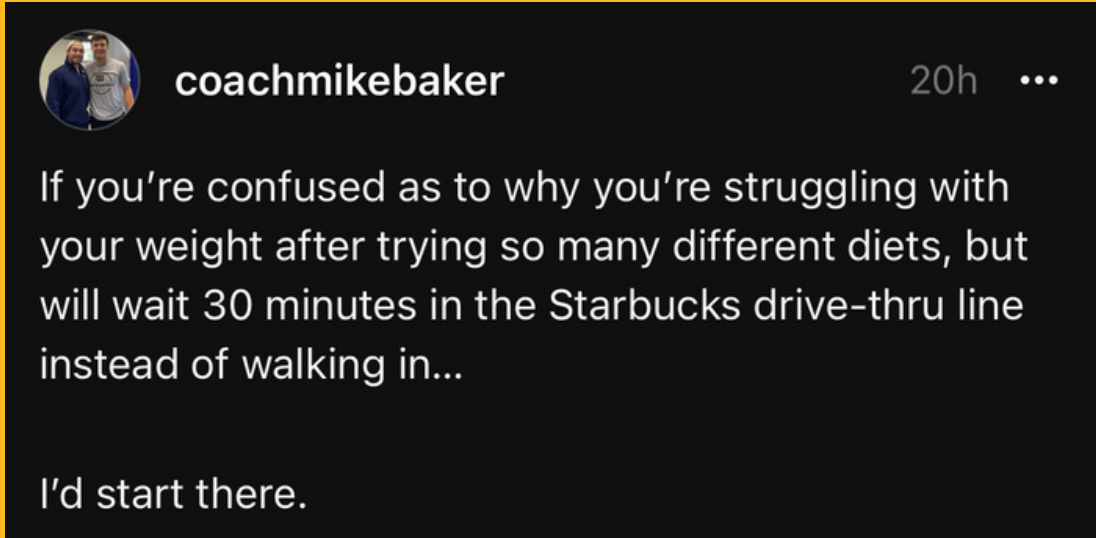
Register



Donate



## RANDOM THOUGHT OF THE WEEK



## BOLT FITNESS & PERFORMANCE SHOW

### The Power of Personal Records

Join Tom and Greg as they discuss the importance of aiming for “Personal Records”, or “PRs”, in your fitness journey.

In this episode, we cover:

- What is so important about achieving personal records?
- Setting challenging, but achievable “mini-goals” to ensure progress towards your bigger, scarier goals.
- Less traditional, but equally important “PRs”, such as nutritional consistency and workout attendance.

Tune in and learn how to set and reach meaningful milestones to drive your fitness progress!



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