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VOLUME 4

# BoltFit Insider

Bolt Fitness Newsletter



## PROCESS OVER RESULTS

*“Any path towards progress includes peaks, valleys, and plateaus. If you are in it for the excitement of outcomes, you probably won’t last long. You need to be dedicated to the process. What helps with staying on the path: relentless consistency, a good community, learning to have fun while working hard, and sleeping at night.”*

— Brad Stulberg, *“Master of Change”*

I love this quote from Brad Stulberg’s book, “Master of Change”.

It’s exciting to achieve some sort of positive result. It’s the reason we are all here. We work our tails off at work, at home, and in the gym in order to move towards some sort of positive outcome.

The problem with a results-focused approach in any of these areas of our lives, is that they come slowly.

The better you get, the more slowly they come.

We have to keep our focus on the work. The work is what leads to the result.

That can be tough. The work isn’t the fun part. The results are the fun part.

The question then becomes, “How can you have more fun doing the work?”

Take the work seriously, but don’t take yourself too seriously. Surround yourself with great people who have common goals, and are willing to do the same. Manage your expectations, understanding that results do not come quickly, easily, or in a linear fashion. Expect some peaks, but also expect some valleys.

It’s a lot easier to work through the tough times when you know they’re bound to come.

Try to enjoy it. We’re lucky to have the opportunity to be physically active every day.

Don’t take it for granted. Trust the process. *Enjoy* the process. The results will be there.

## Newsletter Highlights

Process Over Results

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How Rebecca Got Fit Training Just 1 Hour Per Week

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Uh Oh...The Holidays Are Coming!

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Community Workout to Support Breast Cancer Research, 10/28

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Random Thought of the Week

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Ageless Vitality: Why Age Shouldn’t Dictate Your Fitness Journey



# HOW REBECCA GOT FIT TRAINING JUST 1 HOUR PER WEEK

Rebecca was no stranger to fitness. She worked as a personal trainer in her 20s. She did Crossfit for almost a decade, even competing in some Crossfit competitions at one point.

Things changed for Rebecca a few years back. The workouts were taking a toll on her physically. She was under-eating and over-training. She experienced debilitating fatigue, and didn't understand why.

She thought she was working out the right way and eating healthy, but she hit a brick wall.

Eventually, she had to stop working out all together in an effort to combat the fatigue. Unfortunately, this only made things worse. She experienced some weight gain, felt worse physically, and the fatigue *persisted*.

About two years ago, we formulated a plan. We were going to re-introduce exercise *slowly*.

We agreed on the following plan:

- Strength training 2x/wk, for 30 minutes each session.
- Aim for 10,000 steps per day.
- Eat bigger meals, comprised of whole foods like chicken, turkey, pork, greek yogurt, rice, potatoes, fruits, and veggies.

We'd run this play until the results plateaued. At that point, we'd either increase the frequency of strength training to 3x/wk, or lengthen the sessions to one hour.

It's been over two years. The results haven't stopped coming.

Here's why:

- Relentless Consistency. In 2 years, Rebecca has only missed workouts if sick or on vacation. Even then, she plans ahead to reschedule those workouts and maintain her average of one dedicated hour per week to training.
- Abundance Mindset. These workouts are hard, and require fuel. When she stopped "dieting" and started eating *more* high quality food, the body fat started melting off.



- Effort. With very limited time in the gym, every set needs to count. We generally have time for just three exercises each workout, completing 2-3 sets for each. Because we only have time for roughly 12-18 TOTAL SETS each week, Rebecca makes every single one of them count. She's not stopping her sets when it starts to get uncomfortable. She's stopping when she can no longer move the weight with good technique. Click the above video, and notice the last few reps moving much more slowly than the first few. If your reps aren't slowing down, even though you're trying to move them quickly, you're not getting everything you need to out of your exercises.

I want to touch on that last piece a little further. **Your schedule dictates your approach to fitness.** If your schedule allows you to work out 4-6 hours/wk, you likely won't need to take every single set you complete close to muscular failure. You can work at 80% effort, because you are accumulating *more* work across a given week.

If your schedule only allows for you to get to the gym 1-2 hours per week, you will do *less total work*. If you're doing less work, the work you do needs to be at a higher effort level in order to see results - closer to 95-100%.

It is absolutely possible to see real, tangible results in just 1 hour of training per week if effort levels are high, you're consistent with your work, and you check the boxes outside of the gym.

Rebecca is proof of that.



# UH OH...THE HOLIDAYS ARE COMING!

You worried?

Don't be.

They hit the same time every year. We know they are coming. So why do we experience anxiety around the Holiday season?

***"Situational Anxiety is a result of unpreparedness".***

We don't have to over-think or experience fear around our Holiday season if we have a plan.

You're not going to execute your fitness and nutrition process at a 100% success rate year round. I've been in this game for 15 years now. I've worked with thousands of people, formed relationships with hundreds of other fitness professionals and trainers, and have even formed friendships with professional athletes, bodybuilders, and other top-level physical performers.

Exactly ZERO execute at a 100% clip for a full calendar year.

Here's what the most successful performers do:

- They plan their year. This may seem like planning a tad too far ahead, but we all realistically know what seasons of the year are harder than others to execute a fitness/nutrition process at a high level due to some combination of personal and/or professional commitments. For me, it's Thanksgiving through February, May-June, and August-September. That's roughly 6 months in a given year where I know it will be tougher to get my workouts in consistently, I'll have more access to tasty foods, and I'll have less time to plan meals, cook, etc.
- They push the envelope during their less busy times. It's important to take advantage of your calendar in a positive way. When you can push, push. Don't miss workouts during this period. Hold yourself accountable to the bare minimum standard you've set for yourself. For me, this means 4 strength training workouts each week, 10k steps per day, booze 1x/wk or less, and less than 3 takeout/restaurant meals per week.

- They go into maintenance mode during the busy times. Just like it's important to recognize when the calendar is working in your favor, it's just as important to recognize when the calendar is going to make things harder for you. This is where I see most of the mistakes happen. It's easy, during these times, to throw everything out the window. If we can't workout 3x/wk, we may as well miss entire weeks. If we don't have time to prepare 5 lunches ahead of time each week, we may as well get takeout every day. This is where it's important to establish our bare-minimum standards for maintenance. For me, it's minimum 3 strength training workouts per week, at least 8k steps per day, booze less than 2x/wk, and less than 5 takeout/restaurant meals per week.

Work to make progress during times of the year where you can truly commit to the process. For many of you, October through Mid-November may be one of those periods. Use this time wisely.

In using this time wisely, you're actively preparing for a Holiday season where it may be harder to commit to your process. There's a good chance that by trying to be perfect from Mid-November through January 1st, you're setting yourself up for failure.

Set yourself up to WIN.

During the busier periods, play the game of damage control. Don't go backwards. **It takes far, far less time and effort to maintain your weight and fitness levels than it is to improve them.**

Do the bare minimum to maintain where you're currently at, so we don't just keep gaining and losing the same 10-15lbs throughout the year.

It's okay to have different standards for yourself - or even a different process altogether - at different points of the year.

Like we discussed with Rebecca earlier - **Your schedule dictates your approach to fitness.**

Take advantage of the time you have right now in October, if you have it.

Develop a plan to maintain around the holidays instead of going backwards.

The holidays should be a time for family, gratitude, and fun.

Don't allow it to be a time for anxiety because you didn't have a plan going in.

They come around the same time every year. Plan accordingly!



# 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

### **Ageless Vitality: Why Age Shouldn't Limit Your Fitness Journey**

Join Greg and Justin as they share the truth that age is just a number when it comes to your fitness and overall well-being.

In this episode, we cover:

- The Importance of Cardiovascular fitness as you age.
- The Physical, cognitive, and emotional benefits of exercise.
- Maintaining muscle and bone health throughout the years
- The impact of exercise on mental clarity and emotional resilience.

Tune in and learn why it's NEVER too late to start your journey to lifelong vitality. Get ready to take control of your well-being, no matter your age.



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