

OCTOBER 30, 2023

VOLUME 5

# BoltFit Insider

Bolt Fitness Newsletter



## THANKSGIVING SCHEDULE

Hey Team!

A few announcements for you regarding the upcoming Thanksgiving Training schedule.

### On Thanksgiving Day:

**8:30am: We will be hosting our annual "Earn Your Feast" Group workout.** This will be a fun, high-energy workout with the purpose of depleting those glycogen stores, leaving all kinds of room for the fun Thanksgiving food later on in the day. Friends and family are welcome!

**9:30am-11 am: Open Gym.** For those of you who aren't into the group workouts and would rather work out more independently, we will be hosting open gym hours. Coaches will be available to assist you with your semi-private/sports performance programs. If you do not have a customized program, we will be providing a "workout of the day" you can complete at your own pace.

### Day after Thanksgiving

**9:30am: We will be hosting our annual "Burn the Bird" Group work out.** Similar in nature to the "Earn Your Feast" workout, we will have one purpose here - to burn calories!!! Friends and family are welcome!

### 10:30am-12pm: Open Gym

All sessions can now be booked in the MindBody App.

## Newsletter Highlights

Thanksgiving Schedule

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Andy Logged 131 Workouts This Year

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Pay With Time or Pay With Money

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Community Workout to Support Breast Cancer Research: THANK YOU!

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Random Thought of the Week

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Unlocking Success: Navigating The Fitness Maze



## ANDY LOGGED 131 WORKOUTS THIS YEAR

You've likely seen Andy around the gym, whether in small group sessions, semi-private sessions, or on Strong Saturdays.

He's been at it for a little while at this point, putting in the work, going through the ups and downs, and committing to the process.

Especially early on in the process, we had to do some experimenting with Andy to learn the best way to train to achieve the results he was hoping for in a way that didn't cause pain or discomfort.

Every time I see Andy, I almost can't believe it. The dude is a *different person* than he was at this time last year.

He's jacked. He's lean. He's working out with more efficiency and less pain.

And it all comes down to this:

When I asked the team, "What has been the main reason Andy has been so successful?"

The answer came quickly.

*"I can't remember the last time he missed a session!"*

Andy has done such a great job of making the time in his busy schedule to execute his process consistently, put forth the effort, and commit to the long game.

Consistency + Effort + Time = Results.

Andy has logged 131 sessions this year, and I bet if you asked him - he probably didn't want to attend a good chunk of them.

But he did. And the proof is in the pudding.

If you show up, do the work, and play the long game like Andy has...You too can be a completely different person a year from now.

If you see Andy around the facility, show him some love. He deserves it.



## PAY WITH TIME, OR PAY WITH MONEY

My wife and I were attending her sister's wedding last weekend. The second sibling wedding in two weeks.

We're tired.

The wedding was on Saturday in Philly. The plan originally was to get back to Jersey fairly early on Sunday and go through our normal routine of shopping, cooking, and preparing our lunches for the week.

We usually bake some chicken, roast some vegetables in the oven, and make rice in the rice cooker.

It's not the hardest or most time consuming thing in the world, but it does require some time and effort to shop, prepare, cook, and pack our meals each week.

I woke up Sunday morning, turned to my wife, and before even uttering "Good Morning", to one another...We knew.

There was no shot we were going to have the energy to do it.

I turned over, grabbed my phone, and ordered lunches for the week from a meal prep delivery service. It took 2 minutes. They were at our doorstep by Monday afternoon.

Now normally, I don't like to do this. It's not the food quality - that's actually excellent. It's not the taste - these companies have gotten really, really good over the years. It's not that the meals are too high in calories or too unhealthy - quite the opposite.

It's just too damn expensive for us to do all the time. Roughly \$11-\$13 per meal plus shipping is a tough pill for us to swallow when we can easily do it ourselves for more than half the price.

But on this particular Sunday, we made a conscious decision - To trade money for time and effort.

It was a trade we were willing to make, because having a plan is something we value and prioritize. We know if we have a plan, we'll eat healthy without thinking about it. Without a plan, anything can happen. We're more likely to grab a fatty sandwich, or stop for a quick slice of pizza in a pinch.



There are costs associated with success in any area of your life. You can't escape these costs, but you CAN choose *which* costs you are willing to incur at any given time.

In our household, most weeks we are willing to incur a cost of time and effort in order to make our weekly nutrition an automatic, thoughtless system.

Last Sunday, we didn't have any time and effort to spend. We spent money instead.

The outcome - an automatic, thoughtless system for our weekly nutrition.

Same outcome. Different costs.

You get to choose. There are lots of ways to get to the same outcome. Having different ways to get to an outcome can help you be more consistent, as options provide you with flexibility.

It's up to you to decide what kinds of costs you're willing to incur under different circumstances in order to get there.





# THANK YOU!!



Thank you SO much to everyone who attended our workout to support Breast Cancer Research this past Saturday, and to everyone who donated to support this cause.

At this moment, we're still working towards reaching our \$2,500 goal.

There is still time to donate! We will keep our fundraising page open through this Sunday, 11/4. You may donate by scanning the QR code or clicking [THIS LINK](#).

## FOOD DRIVE

Bolt Fitness has partnered with All Star Martial Arts, LJ's Barbershop, and The Beauty Bar by Luiza to collect items this Holiday Season for the Chester/Mendham Food Pantry.

We will have a drop-off space located in the locker room area for any of you who wish to make a donation.

Suggested items include:

- Paper towels
- Shampoos/Conditioners
- Body Wash
- Kids' Snacks
- Crackers
- Canned Fruit
- Apple Sauce
- Juice Boxes.

We will be collecting items through 11/14.

As we saw this past Saturday, our little BOLT Fitness community comes through in a STRONG way to support those in need. Please consider helping out some families in need this Holiday season.

**ONE CAN MAKE A DIFFERENCE**

**FOOD DRIVE**

**DROP-OFF LOCATIONS**

**ALL STAR MARTIAL ARTS**  
35 SEMINARY AVE CHESTER NJ 07930  
(908)-955-7671

**LJ's Barbershop & Lounge**  
85 W Main Street, Chester NJ 07930  
(908)888-2082

**The Beauty Bar by Luiza**  
85 W Main Street, Chester NJ 07930  
(862)254-2216

**BOLT Fitness & Performance Training**  
347 Main Street, Chester NJ 07930

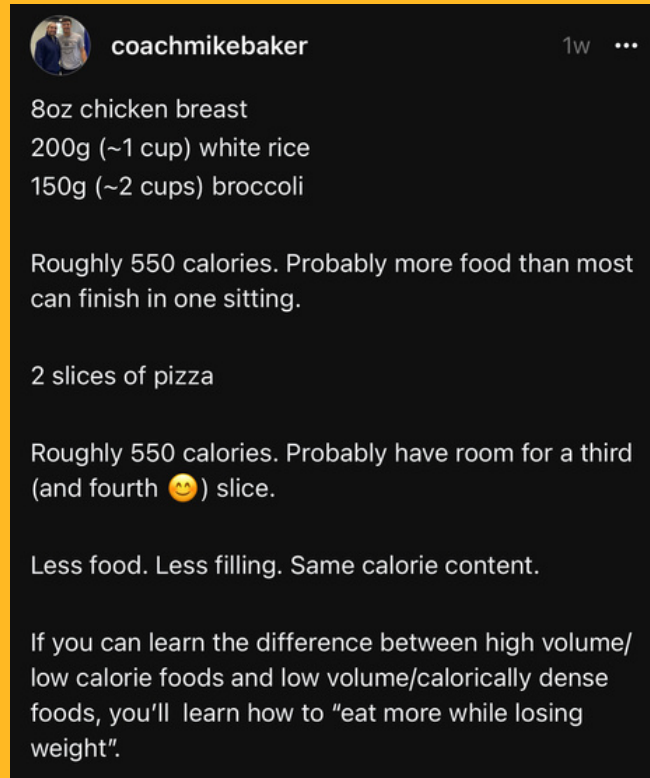
**Suggested Items**

- Paper Towels
- Shampoos, Conditioners
- Body wash
- Kids Snack (Think School snacks)
- Crackers
- Can Fruit
- Apple Sauce
- Juice Box

Donation accepted from 10/24/23-11/14/23



## RANDOM THOUGHT OF THE WEEK



## BOLT FITNESS & PERFORMANCE SHOW

### Unlocking Success: Navigating The Fitness Maze

In episode 30 of the Bolt Fitness and Performance Podcast, we dive deep into the common pitfalls that often lead to failure on the fitness journey. Join us as we explore five key factors that might be holding you back from reaching your fitness goals:

1. Chasing Perfection and Not Progress
2. Doing Too Much Leads to Not Enough
3. Majoring in the Minors
4. Echo Chambers
5. Comparison is the Thief of Joy

Join us for this insightful episode as we guide you toward a more successful and sustainable fitness journey. It's time to break free from the common traps and embrace a more effective approach to reaching your fitness goals.



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