

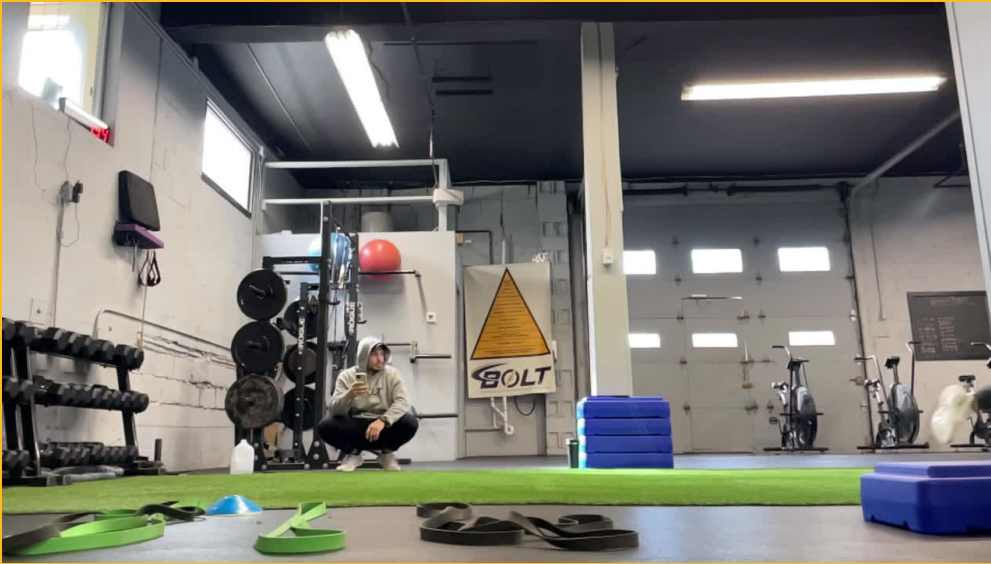
NOVEMBER 6, 2023

VOLUME 6

BoltFit Insider

Bolt Fitness Newsletter

2023 AL GOLD GLOVE SHORTSTOP!



Congratulations to our friend Anthony Volpe, the American League Gold Glove winner at Shortstop.

For the non-baseball fans out there:

Each year, the “Gold Glove” is awarded to the best fielder at each position in the entire league.

Winners are chosen based on a combination of votes from coaches around the league and a fielder’s statistics.

In 2023, as a Rookie Shortstop for the New York Yankees, Anthony has been voted the Gold Glove winner in the American league.

This is a massive honor for any Major Leaguer. To win this award as a Rookie makes it even a little more special.

For any of you who have seen Anthony around the facility doing his thing over the past 7 years, you know how much work has gone into making this possible for him.

Anthony is one of the hardest workers we know, and he embodies everything it means to be a BOLTer. Congratulations, buddy. You earned this.

Newsletter Highlights

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PATTI HAD TROUBLE GETTING OFF THE GROUND. NOW SHE'S A WORLD TRAVELER

Patti came to us in 2018 after realizing she had a problem.

Well, it wasn't really a problem yet...But she felt it was coming.

Patti saw that if she did not take initiative, she would be facing a reality in the near future where her physical strength and health would prevent her from fulfilling her purpose in life and doing the things she loved.

She was a bit nervous. She was unsure of herself. She was afraid of exercise. She didn't yet know if she had what it took to build the strength and stamina she needed to continue her amazing work with her students (and now around the world).

Almost five years later, see what Patti has to say about the impact her work at BOLT has had on her life, and in the lives of others around her:

"People are drawn to becoming fit for a host of different reasons. For me, as a special education teacher I was concerned about my inability to at least keep my students' safe. As I sat on the floor for our school assembly I became more concerned about my ability to get up from the floor rather than my physically handicapped students' needs. It was my wake up call so the very next day I found BOLT.

I came to BOLT afraid to get out of the car, afraid of weights and exercise. I had developed a protectiveness about my physical abilities which had made me a spectator at most physical activities instead of a participant.

Since joining the BOLT family I have changed in ways I never would have imagined. My fears are completely gone in every physical context. My confidence has soared. I believe BOLT is actually the fountain of youth."

On a recent trip to Ghana my daughters were amazed at my ability to join in on all the adventures. My coworkers who are half my age struggle to keep up with me. I can't even find the words to express how important BOLT has been to me."



Patti has experienced, and continues to experience success because she committed to the fundamentals.

She shows up consistently. She works hard. She communicates when things are going well, and asks for help when she is struggling in any way.

Most importantly, she has worked with our team to find a formula that works for Patti...

That's what it's all about. Finding a way to execute the fundamentals consistently, in a way that works for YOU.

Give Patti some love next time you see her around the gym!

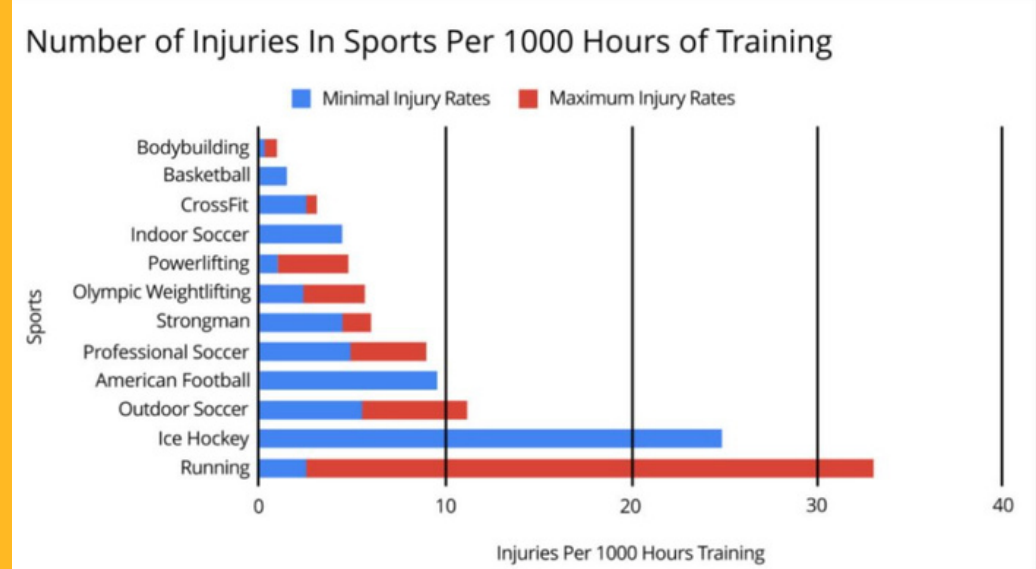


LIFTING WEIGHTS - SAFER THAN OTHER EXERCISE ACTIVITIES

We meet with dozens of people per year who are not currently exercising, but looking for a way to get started. Many are interested in learning more about strength training, as they know it is something that becomes more important to maintain a quality of life as we age.

There is often a level of fear associated with strength training. Fear of doing it wrong. Fear of the unknown. Fear of not looking silly doing something new and unfamiliar.

Most commonly, there is a fear of injury.



We understand this fear. There is an inherent injury risk that comes with any form of exercise or physical activity. Heck, you can pull a muscle simply by sneezing!

Often when people think “strength training”, they think of big, burly guys and girls lifting the heaviest weights they can (powerlifting). They think of throwing barbells over their heads (olympic weightlifting). They think of super complex exercises that require tons of coordination and strength, and doing these exercises as part of a circuit under fatigue (crossfit).

You CAN get fit doing those things...But we agree - the injury risk probably isn't worth the potential benefit to those forms of strength training,

When we talk about strength training here at Bolt, what we are likely talking about is some sort of “bodybuilding” style of training. While we're not bodybuilders per se, we ARE trying to build our bodies. We want more lean muscle tissue, stronger muscles, and less fat. We get there by training safe movements with controlled ranges of motions in the 6-20 rep range. We do multiple sets, and aim to use a little more weight or do a few more reps each week. If the exercise doesn't feel good for whatever reason, we change it to an exercise that does feel good.

There are plenty of ways to get fit. We follow this “bodybuilding” style approach because it is not only likely to be the most *effective* way to achieve most fitness goals for everyday adults, but an entire body of research tells us it's also the safest.

Safer than powerlifting, olympic weightlifting, or crossfit. Safer than playing a sport. Safer than even running (by a longshot!).

Lifting weights isn't inherently dangerous. Lifting weights *poorly* can be dangerous.

Technique comes first. Focus on doing simple exercises with excellent form. Choose weights that challenge you, but that you can still lift with control. Aim to make your exercises a little more challenging each week, ensuring you can still train with good technique and control.

If you follow this approach, you will build muscle, get stronger, and lose fat in a safe and effective manner.



THANKSGIVING 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-11am: 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.

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:

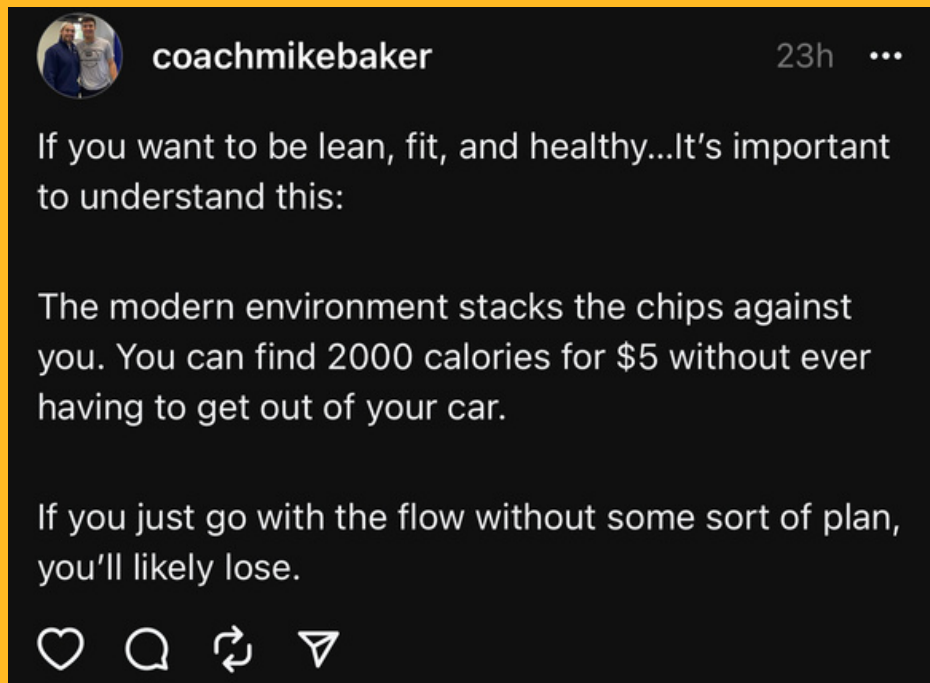
- Paper towels
- Shampoos/Conditioners
- Body Wash
- Kids' Snacks
- Crackers
- Canned Fruit
- Apple Sauce
- Juice Boxes.

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.



RANDOM THOUGHT OF THE WEEK

BOLT FITNESS & PERFORMANCE
SHOW**Optimizing Your Workout Routine: Time, Intensity, and
Ultimate Success**

In episode 31 of the BOLT Fitness and Performance Podcast, we dive into the crucial relationship between your schedule and your training routine. Join us as we explore how the ebb and flow of your daily life can impact your fitness journey.

1. Discover the art of adaptation – when time is limited, we discuss the key strategies to maximize your training efficiency without compromising results.
2. We also shed light on the other side of the coin. If you find yourself with ample time, learn how to harness this resource to supercharge your workouts while balancing intensity for sustainable gains.

Our insights and practical tips will help you make the most of your training, no matter the time constraints.

Tune in to Episode 31 for valuable training wisdom and actionable advice to keep you on the path to fitness success. Don't miss it!



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