

NOVEMBER 13, 2023

VOLUME 7

BoltFit Insider

Bolt Fitness Newsletter

KEEPING THE SHARED EQUIPMENT CLEAN

Happy Monday, Team!

Can we ask you a favor?

In between sessions, part of our protocol is to work around the room, cleaning any equipment used throughout each session.

However, as we are coaching during sessions, it can be tough for us to make sure all shared equipment is wiped down between uses.

This is where we would like to ask for your help.

At each work station in the semi-private room, and throughout the small group room, you will find bottles with cleaning solution and cleaning rags.

We kindly ask that if you are using a piece of equipment - and *especially* if you are sharing that equipment with other members, that you give a quick spray and wipe down between each use.

No one wants to sit in someone else's sweat 😬. I'm pretty sure that is one universal truth we can all agree on!

As this is a shared space, it is important that we take care of it for ourselves, and for one another.

We will be placing more spray bottles throughout the facility for easier access. If you ever cannot find a spray bottle and rag, please let a coach know and we will get one over to you as quickly as possible.

We thank you all for helping keep BOLT a clean, safe space, where everyone can feel comfortable getting their work in.

Thank you in advance,

The Bolt Team

Newsletter Highlights

Keeping The Shared Equipment Clean

How Tim Uses "Mini-Goals" In His Training To Reach His Long-Term Goals.

Book Recommendation: "Master of Change", by Brad Stulberg

Thanksgiving Schedule and Food Drive

Random Thought of the Week

Mastering Your Weekend: A Four Quarter Game Plan



HOW TIM USES MINI-GOALS IN HIS TRAINING TO REACH HIS LONG-TERM GOALS

If you're ever at BOLT in the 7am hour, you've likely seen Tim throwing medicine balls, lifting weights, and challenging himself on the airdyne bike.

If you have...You've also likely noticed that the dude is working *hard*.

There is a method to Tim's madness, and it's been paying off for him in more ways than one.

Tim came to us a little over a year ago looking for training that would help him get overall healthier, build some muscle, and improve his golf game.

He will be the first to tell you - there have been plenty of mornings where he will hear his alarm go off after a late night, open up the Mindbody app, cancel his session for the day, and go back to bed.

When he does...He always gets that session in another day.

Tim has completed 104 workouts in the last 52 weeks. 2x/wk average. Right on target.

More importantly, it is how he uses his time in the gym that deserves some attention.

To tap into his competitive side and make coming to the gym more interesting for him, Tim always has some sort of challenge, or "mini-goal" that he is working towards.

Whether it is doing bodyweight pullups or hitting a certain mile target on the bike, Tim comes into the gym each morning with something specific he is striving for on that day. He works to improve in these areas over shorter periods of time, working closer to reaching his mini-goals before moving on to the next one.

Why does this matter?

Accountability.

We all need ways to hold ourselves accountable.



Tim has worked with the coaches to develop mini-goals to hold himself accountable to doing the hard work.

Sure enough, the stacking of mini-goals over time has led to Tim reaching long-term goals.

He looks great, is feeling great, and he's got a hell of a golf game (Greg and I can vouch for this!).

Tim is a perfect example of someone who adheres to his structure, but is flexible enough to not let that structure bog him down to a point where he doesn't feel he can enjoy his life. He works DAMN hard, and deserves some love from BOLT family.

We can all learn a lot from how Tim implements fitness into his lifestyle. Give him a high five next time you see him!



BOOK RECOMMENDATION: “MASTER OF CHANGE”, BY BRAD STULBERG

There are a few authors whose books I will pre-order without knowing anything about them, simply because I trust I will find value in what he or she has to say.

Brad Stulberg is on that short list.

“Peak Performance” written with his writing partner Steve Magness, is a book that changed my life.

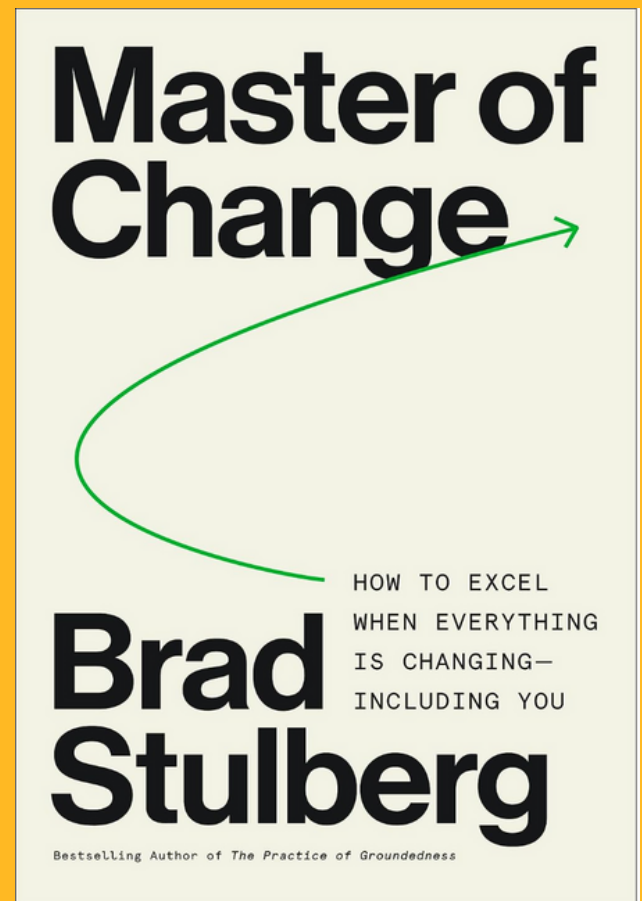
I recently finished reading his newest book, “Master of Change”. It did not disappoint.

The book is about making change in an unstable environment.

We are always changing, and things are always changing around us. Too often, we do not consider our ever-changing environment when looking to improve ourselves. We bank on the things around us staying constant - often a major blind spot in developing our plans of action.

The core principles regarding “mastering change” that Stulberg outlines are the following:

1. **Don't worry about being the best. Worry about being the best at getting better.**
2. **Consistency over intensity.**
3. **The people around you shape you.**
4. **Motivation *follows* action.**
5. **Work on being rugged *and* flexible.**
6. **Process over outcomes.**
7. **You don't think your way into being the person you want to be; you act your way into it.**



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:

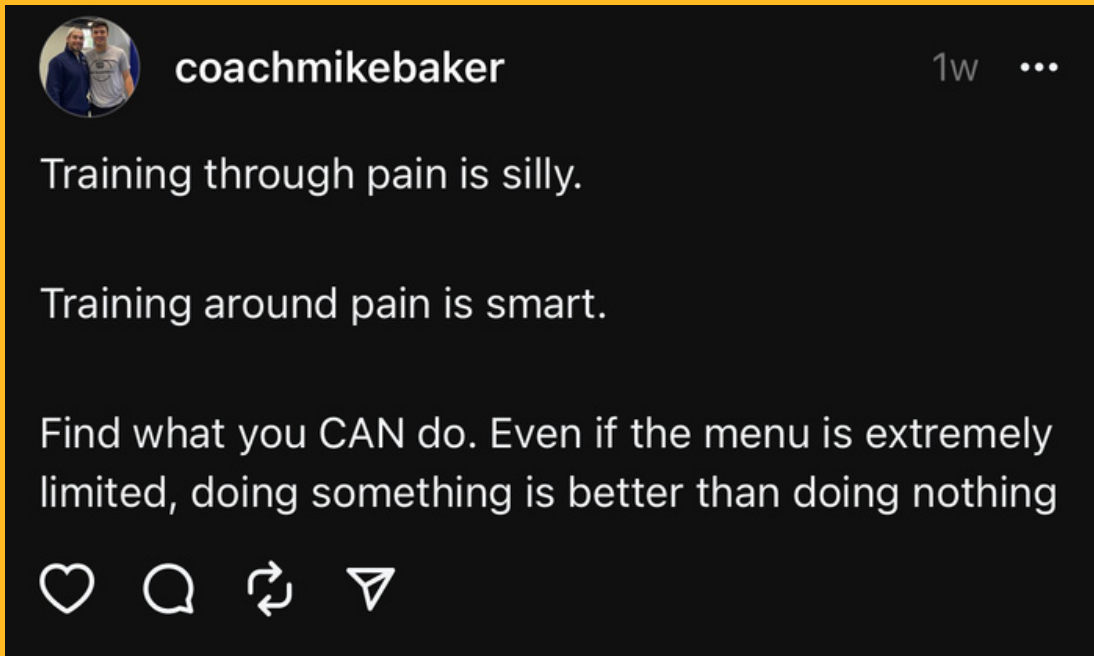
- Paper towels
- Shampoos/Conditioners
- Body Wash
- Kids' Snacks
- Crackers
- Canned Fruit
- Apple Sauce
- Juice Boxes.

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**Mastering Your Weekend: A Four Quarter Game Plan**

In this episode of the BOLT Fitness and Performance Podcast, we're all about making your weekends not just enjoyable but also health-conscious. We know the weekends are a time to relax, indulge, and have fun, but that doesn't mean your health goals need to take a backseat. Join us as we delve into the art of planning your weekend like a pro.

We discuss:

- Practical tips on how to ensure you make healthy choices throughout the weekend.
- Pre-party meal choices to dealing with Sunday morning hangovers.
- Learn how to prep healthy meals, pack smart snacks, and even strategize for game day gatherings without compromising your fitness goals.

Tune in for expert advice on navigating the weekend maze, so you can enjoy your indulgences while staying on track with your health and fitness objectives. It's time to become a Weekend Warrior and master the art of planning your weekend for ultimate wellness and enjoyment.



LISTEN ON:

[APPLE PODCASTS](#)
[SPOTIFY](#)

