

NOVEMBER 20, 2023

VOLUME 8

# BoltFit Insider

Bolt Fitness Newsletter

## THANKSGIVING WEEK!

Happy Thanksgiving Week, Team!

**Just a reminder, Thursday and Friday we will be operating on a Holiday 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.

## Newsletter Highlights

Thanksgiving Week

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Planning Your Holiday Week

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Random Thought of the Week

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Inside The Mind of Coach Tom



## PLANNING YOUR HOLIDAY WEEK

If you haven't noticed already....We harp A LOT on developing an approach to your holiday season.

There's good reason for this.

Did you know the average American gains 1-2lbs a year?  
Doesn't sound like much...

Until you consider the compounding effect of small, consistent, weight gain over 5, 10, and 20 years.

10-20lbs a decade adds up over time.

You can do everything right all year, but go off the rails between November 24 - January 1.

Let's say you gain 8lbs. Most of that will be water weight, but some of that weight will be fat tissue.

Once you get back on track, you lose 6lbs, for a net gain of 2lbs.

This is the pattern we see so often. Long periods of adherence to fitness and nutrition strategies, followed by small period of time without consistent exercise, over-indulgence, and minor weight gain.

Next thing you know, we're 5 years down the road, 10lbs heavier, and have no idea what happened.

You don't have to be perfect this Holiday season. Quite frankly, we don't even recommend trying. Live your life. Enjoy your families.

Just do some planning.

Here are a few steps to take this Holiday season to avoid those 1-2lbs.

- 1. Plan Your Workouts.** Your week will be different than most weeks. Some have more time, some will have less. Either way, the change in routine can make it easy to let exercise fall by the wayside. Build your workouts into your schedule like you would any other meeting or priority. I like to hammer a tough workout on Holiday mornings, so all those extra calories are more likely to be utilized by my body for recovery. The day after a holiday, I like to schedule a lighter workout where the goal is simply to break a sweat.
- 2. Save Your Calories.** If you know you're going to be taking in extra calories later in the day, that morning is not the time for pancakes and bacon. Stick to lean protein and fruit/veggies throughout the day, and save the calorically dense foods for your holiday dinner/dessert.
- 3. Pick one.** Booze or dessert. The combination of both makes it really hard to keep calories anywhere in check. If you stick to just one, you give yourself a chance.
- 4. Move.** Don't sit on your butt all day if you're going to over-indulge. Get a morning walk. Take a 10-minute after dinner walk. Don't over-think it. Just find a way to MOVE!

