

# BoltFit Insider

## Bolt Fitness Newsletter

### SNOW, THE PARKING LOT, AND KEEPING THE FACILITY CLEAN

Happy Monday, Team!

As we get into the winter months and the snowy season, we'd like to touch on a few points to ensure the safety of all of our members and the cleanliness of the shared space we inhabit.

- Please be careful in the parking lot. We, along with our landlord, do our absolute best to keep the parking lot as clean of snow and ice as possible during the winter months. Even with these efforts, it's impossible to keep the parking lot 100% clear of snow and ice. Please exercise caution when navigating the parking lot when snow and ice are present.
- Footwear - One of the ways we can navigate the parking lot more safely is by wearing proper footwear that provides traction (like boots, or snow shoes). In addition to a safer navigation of the parking lot, bringing a change of shoes for your workout is a HUGE help for us in keeping the facility clean of salt/snow, dry, and safe. Please bring a change of shoes for your workout when possible - we *really* appreciate it!
- Check your emails! Last week, we had a few changes in the schedule related to the weather. All correspondence on schedule changes are made through email and in our [Private Member Facebook Group](#). When inclement weather is expected, please make sure to keep an eye out for emails from us in case of any schedule changes.

Thank you all in advance for your help in caring for our shared space and fellow members!

## Newsletter Highlights

Snow, The Parking Lot,  
and Keeping the Facility  
Clean

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Lunch On the Go?  
Choose Chipotle

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Random Thought of the  
Week

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Embracing The  
Uncomfortable



# LUNCH ON THE GO? CHOOSE CHIPOTLE

IT WAS A RELIEF FOR THE COACHING TEAM WHEN CHIPOTLE CAME INTO TOWN.

IT'S HARD TO FIND FAST, CONVENIENT MEAL OPTIONS IN A PINCH. IT'S EVEN HARDER TO FIND CONVENIENT MEAL OPTIONS THAT ARE

- MADE WITH REAL FOOD
- CUSTOMIZABLE FOR INDIVIDUAL NEEDS
- TASTY.

CHIPOTLE CHECKS THESE THREE BOXES.

BURRITO BOWL	
<b>Your Calories</b>	<b>435cal</b>
<b>TOTAL FAT</b>	<b>11g</b>
Calories from Fat	95cal
Saturated Fat	4g
Trans Fat	0g
<b>PROTEIN</b>	<b>37g</b>
<b>CARBOHYDRATES</b>	<b>49g</b>
Dietary Fiber	3g
Sugar	3g
<b>SODIUM</b>	<b>1360mg</b>
<b>VITAMINS &amp; MINERALS</b>	
Calcium	7%
Iron	18%
Vitamin A	6%
Vitamin C	79%

WHILE YOU CAN ABSOLUTELY GET INTO SOME CALORIE TROUBLE AT CHIPOTLE IF YOU'RE NOT CAREFUL, STICKING TO YOUR CHOICE OF PROTEIN, RICE, MILD SALSA, AND FAJITA VEGGIES CAN PROVIDE YOU WITH A CONVENIENT, FILLING, LOW CALORIE MEAL OPTION.

BURRITO BOWL	
<b>Your Calories</b>	<b>955cal</b>
<b>TOTAL FAT</b>	<b>42g</b>
Calories from Fat	360cal
Saturated Fat	10g
Trans Fat	0g
<b>PROTEIN</b>	<b>78g</b>
<b>CARBOHYDRATES</b>	<b>74g</b>
Dietary Fiber	15g
Sugar	4g
<b>SODIUM</b>	<b>2100mg</b>
<b>VITAMINS &amp; MINERALS</b>	
Calcium	14%
Iron	41%
Vitamin A	11%
Vitamin C	30%

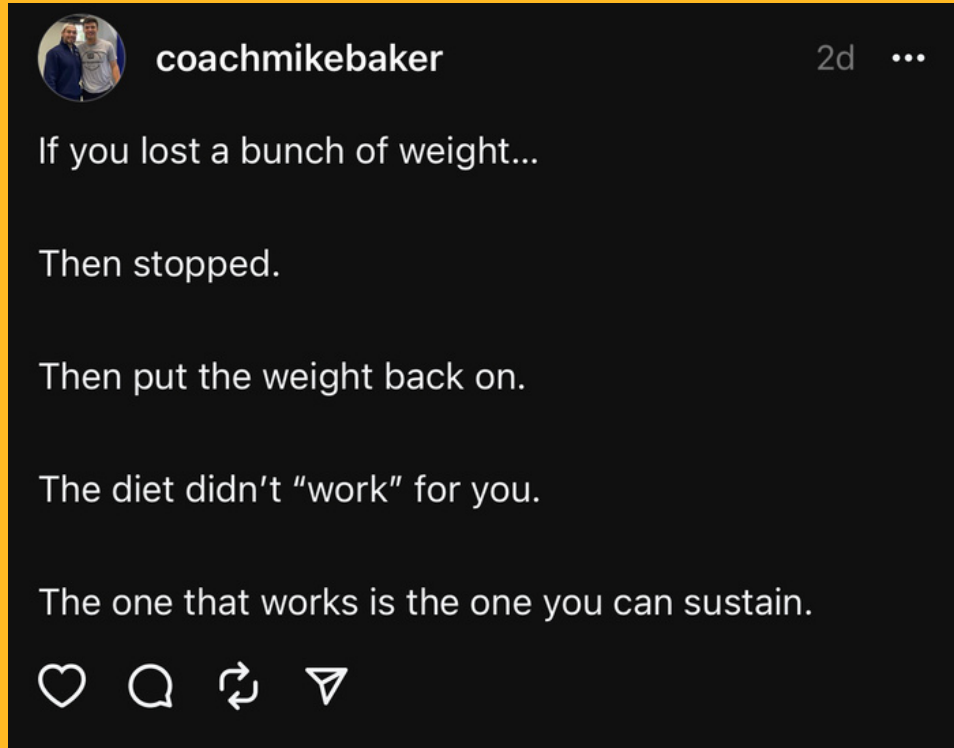
FOR THOSE LOOKING FOR SOME EXTRA, HIGH QUALITY CALORIES (LIKE LARGER INDIVIDUALS, OR INDIVIDUALS LOOKING TO GAIN WEIGHT/MUSCLE), OPT FOR DOUBLE PROTEIN, ADD BEANS FOR ADDITIONAL CARBOHYDRATES, AND THROW IN SOME GUACAMOLE TO GET SOME ADDITIONAL CALS FROM A HIGH QUALITY FAT SOURCE.

ANY WELL-ROUNDED NUTRITIONAL PLAN SHOULD INCLUDE SOME SORT OF STRATEGY FOR EATING IN A PINCH - WHEN EITHER TIME IS TIGHT, OR WHEN YOU HAVE NOT HAD THE OPPORTUNITY TO PREPARE MEALS AHEAD OF TIME.

WHILE EATING AT HOME IS THE MOST SURE-FIRE WAY TO STAY ON TRACK WITH YOUR NUTRITION, THERE ARE MUCH WORSE BACK-UP PLANS THAN A BOWL FROM CHIPOTLE :).



## RANDOM THOUGHT OF THE WEEK



## BOLT FITNESS & PERFORMANCE SHOW

### Embracing The Uncomfortable

In Episode 42 of the BOLT Fitness and Performance Podcast, join Coach Greg and Coach Tom in a candid discussion about the importance of embracing discomfort in your fitness journey.

Delve into the realm of exercises that need to "suck" and explore why it's okay to be uncomfortable in certain situations. The coaches shed light on the idea that meaningful change often comes with challenges and why pushing boundaries is an integral part of progress.

Discover the delicate balance between finding comfort and stepping into discomfort, and learn why being at ease with the uncomfortable is essential for personal growth. This episode is a guide to understanding when to lean into the discomfort for transformative results and when to seek comfort for recovery and sustainability.



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