

FEBRUARY 5, 2024

VOLUME 15

BoltFit Insider

Bolt Fitness Newsletter

MODIFIED SCHEDULE: 3/1-3/4

Hey Team!

We have some exciting news for you that will impact the training schedule between March 1st - March 4th.

As a team, it is our mission to do everything possible to help each and every one of you become the best versions of yourself through health and fitness.

One of our team's core values is to possess a "White Belt Mentality" - always being willing to admit we don't know what we don't know, and to stay on the continuous path of learning and development.

Sometimes, this requires us to step outside of our four walls and learn from the best and brightest in the industry.

That is exactly what the team will be doing in Austin, Texas between March 1st and March 4th.

The entire team will be investing time, effort, and resources into reviewing and improving our best practices with some of the brightest minds in the field.

We will be flying out to Texas on Friday evening and flying home on Monday morning.

Our travel schedule will impact the training schedule over the course of those few days in March.

Friday, March 1st:

Morning Sessions: Regular Schedule

Evening Sessions: CANCELLED

Saturday, March 2nd:

Morning Sessions: CANCELLED

Monday, March 4th:

Morning Sessions: CANCELLED

Afternoon Sessions: Regular Schedule

All schedule changes have been adjusted inside the MindBody app.

We apologize in advance for any inconveniences caused by the changes in the training schedule.

Newsletter Highlights

Modified Schedule 3/1-3/4

Is the Way You Breathe Causing Pain?

Random Thought of the Week

The Surprising Connection Between Eating More and Fat Loss



IS THE WAY YOU BREATHE CAUSING PAIN?

WE DO A LOT OF "BREATHING" DRILLS AT BOLT.

WE DON'T GO INTO THE "WHY" BEHIND THIS STUFF TOO OFTEN BECAUSE IT IS A PRETTY DEEP, COMPLICATED RABBIT HOLE.

QUITE FRANKLY, WE KNOW MANY OF YOU MAY NOT CARE! (THIS IS TOTALLY OKAY BY THE WAY, WE DON'T EXPECT YOU TO).

FOR THOSE OF YOU WHO DO CARE, THIS ARTICLE IS THE BEST I'VE SEEN THAT TAKES SOME OF THESE COMPLICATED MECHANISMS AND BREAKS THEM DOWN INTO SOMETHING THAT IS MORE EASILY COMPREHENDIBLE.

WE BREATHE MORE THAN 20,000 TIMES A DAY. IT'S PRETTY IMPORTANT. BREATHING NOT ONLY KEEPS UPS ALIVE, BUT BREATHING MECHANICS ALSO HAVE A MAJOR IMPACT ON HOW WE FEEL ON A DAILY BASIS - FROM BOTH A MUSCULAR AND STRESS-HORMONAL STANDPOINT.

"CHRONIC TENSION IN WHAT SHOULD BE ACCESSORY BREATHING MUSCLES CAN LEAD TO MIGRAINES, NECK AND SHOULDER PAIN, AND BACKACHES. IT'S A VICIOUS CYCLE. "STRESS CAUSES US TO BREATHE INEFFICIENTLY, AND INEFFICIENT BREATHING CAUSES STRESS," SAYS DR. LIBBY."

I LIVED FOR MANY YEARS IN CHRONIC PAIN. LEARNING ABOUT THIS STUFF CHANGED MY LIFE.

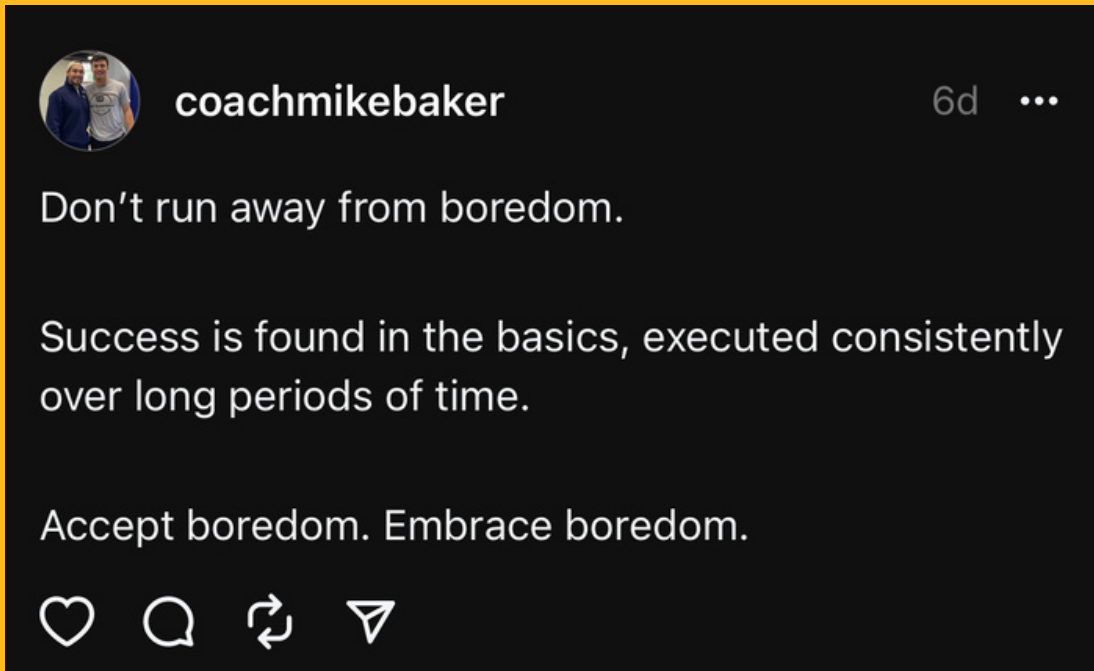
IF YOU ARE SOMEONE WHO SUFFERS FROM CHRONIC BACK, HIP, KNEE, NECK PAIN, OR FEEL LIKE ONE SIDE OF YOUR BODY IS MORE SCREWED UP THAN THE OTHER...I RECOMMEND YOU TAKE THE TIME TO READ [THIS ARTICLE](#).

KEEP CRUSHING IT!

THE BOLT TEAM



RANDOM THOUGHT OF THE WEEK

BOLT FITNESS & PERFORMANCE
SHOW**Fueling Fat Loss; The Surprising Connection Between Eating
More And Weight Loss**

In episode 44 of the BOLT Fitness and Performance Podcast, Coaches Greg and Mike present a compelling case study that challenges the conventional wisdom around weight loss. Join them as they share the inspiring journey of someone who achieved success by eating more strategically, proving that there's more to effective weight management than meets the eye.

Discover the real-life experiences, practical strategies, and transformative results as the coaches unpack the details of this success story. If you're curious about how eating more can play a pivotal role in weight loss, this episode is a must-listen.

Tune in for a candid conversation that goes beyond theory and explores the tangible benefits of adopting a different approach to nutrition. It's time to be inspired, rethink your relationship with food, and consider how strategic eating could be the missing piece in your weight loss puzzle. Don't miss this episode filled with a firsthand account of achieving fitness goals through a unique and successful approach!

**LISTEN ON:**

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