



Fitness Newsletter

December 2015

Transforming Lives With Educated Fitness Solutions

Hello!

I am sure most of you feel this way, but wow this year went by fast! Thanksgiving is done and now on to Christmas and the New Year!

We have 16 people competing in the holiday holdout with several down double digits! Losing that kind of weight is down right amazing during the holidays and that means you are focused! Keep your eyes on the prize and all things in moderation! Its still anyone's game! Also I do want to say maintaining through the holidays is a huge win too!

Our workshop this month is focused on Living Your Best Year Ever and is based off of some material by Darren Hardy. In this workshop we will talk through what it would take for you to live your best year ever. Also we will find some deeper meaning to your 'Why' and what is most important to you. We will talk more about the wheel of life and it is never a perfect circle. Sometimes you need to focus more on family, sometimes you need to focus more on your health. I think it has been over done to say we always need to be balanced. Sometimes you will need to push harder at certain aspects of life and its the trade off, is it worth it?

Then in January we will come back and see if you have started your journey to Living Your Best Year Ever and help hold you accountable to doing the actions to support your goals! We find this so valuable we not only personally do this every year but we have our team using this tool as well!

Last item I wanted to share is Tony and I have some crazy but awesome news to share. We have held off for quite some time but we finally felt like we were in a good place to start a family. We are proud to announce that late June 2016 Baby Lindauer will be here! We will be sure to start him or her on deadlifts, bench and squats! Just kidding, we are really excited and getting prepped for our world to get rocked!

In all sincerity we are very excited for a new challenge and change that is about to occur in our life! We appreciate everyone's love and support over these last 8 years and look forward to many more years to come!

Happy Holidays,

Arin

“*Everything you need to be great is already inside you. Stop waiting for someone or something to light your fire.*”

YOU HAVE THE MATCH.

- Darren Hardy



TRENDING AT TFW

Happy Birthday!

Andy Lock
Wendy Ponader
Robby Slaughter
Brad Stephenson
Susie Corsaro
Amanda Braun

5 Fun Facts!

Butterflies taste with their feet.

No word in the English language rhymes with month, orange, silver, and purple.

The Hawaiian alphabet has 12 letters.

Bullet proof vests, fire escapes, windshield wipers, and laser printers were all invented by women.

Honey is the only food that doesn't spoil.

Try This Instead of the Traditional Primed Rib! Roasted Beef Tenderloin with Basil-Curry Mayonnaise

Ingredients

Beef:

Vegetable oil cooking spray
2 teaspoons cumin seeds
2 teaspoons coriander seeds
3 cloves garlic
1/4 teaspoon kosher salt, plus 2 teaspoons
1 teaspoon freshly ground black pepper
2 tablespoons extra-virgin olive oil
1 (3 1/2 to 4-pound) beef tenderloin, trimmed

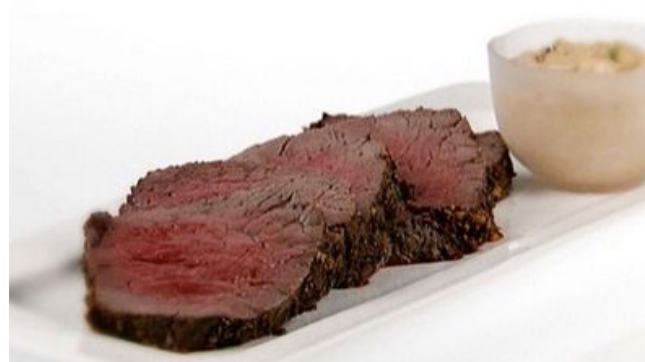
Mayonnaise:

1 cup mayonnaise
1/4 cup mascarpone cheese, at room temperature
1/3 cup finely chopped fresh basil leaves
1 tablespoon curry powder
1 teaspoon smoked paprika
Kosher salt and freshly ground black pepper

Directions

For the beef: Arrange an oven rack in the center of the oven and preheat the oven to 400 degrees F. Spray a heavy baking sheet with vegetable oil cooking spray. Set aside.

In a mortar and pestle, or spice grinder, finely grind the cumin seeds and coriander seeds. Heat a small skillet over medium heat. Add the spices and cook for a few seconds until aromatic and toasted. Put the spices in a small bowl. Chop the garlic on a cutting board and sprinkle with 1/4 teaspoon salt. Holding a chef's knife at a 45 degrees angle, scrape the garlic and salt together to form a paste. Add the garlic paste to the bowl with the spices. Add the remaining



2 teaspoons salt, black pepper, and oil and stir until smooth. Put the meat on the prepared baking sheet and rub with the spice mixture. Roast for 35 to 40 minutes or until an instant-read thermometer inserted into the thickest part of the meat registers 125 degrees F, for medium-rare. Remove from the oven and transfer the meat to a cutting board. Cover the meat loosely with foil and let rest for 20 minutes.

For the mayonnaise: In a small bowl, whisk together the mayonnaise, mascarpone cheese, basil, curry powder, and paprika until smooth. Season with salt and pepper, to taste.

To serve: Slice the meat into 1/4-inch thick slices and arrange on a platter. Spoon the mayonnaise mixture into a small serving bowl and serve alongside the sliced meat.

Cook's Note: The spices can also be crushed by placing them in a small sealable bag and crushed using a rolling pin or the bottom of a small saucepan.

Recipe courtesy of Giada De Laurentiis

CLIENT OF THE MONTH

KAREN GRANT

Karen started with TFW in September of this year and since then has lost 19 lbs. and dropped 4.3% body fat! She comes in and works hard every time she is in the studio and it has obviously paid off for her. Not only does she give her best effort, but she does it with a smile and really makes the workouts a more enjoyable experience for others in the group and the fitness professionals as well. Congratulations to Karen for her tremendous progress!



AdvoBar Holiday - Gingerbread



\$29.95
per box (12 bars)

Nutrition Bar

Bring the magic of the holidays to life with AdvoBar® Holiday. Experience the familiar gingerbread flavor in a bar full of vitamins and minerals that's just as good for you as it is tasty. Cinnamon and ginger combine to create a convenient, delicious snack anytime throughout the day.

Key Benefits

- 20 vitamins and minerals
- 11 grams of protein
- 170 calories
- 3g of fiber

TFW TRANSFORMATION
FITNESS & WELLNESS

What You Get:
Consultation
Pre/Post-Assessment
Nutrition System and Meal Plan
Food Journal Support
3- Fat Blasting Workouts per week

\$197

Gift Card

Need A Holiday Gift Idea?

Still looking for a holiday gift? Look no more! Who doesn't want more energy all day everyday!

This is a great way to introduce your loved one to our life changing program.

BEST YEAR EVER

by Ben Kreuzman

As this year draws to an end and we creep closer and closer to 2016, certainly the infamous New Year's resolutions are popping into the minds of a great majority of us- weight loss, healthier diets, habit changes, etc. Often times, though, our New Year's resolution for the coming year is a repeat of the previous year's resolution. Why? Because unfortunately, most of us don't even make it to the end of January with these lifestyle changes and we fall right back to square one. It's a bit frustrating, right? As frustrating as it may be, this year can be different. If you are planning to make a New Year's resolution for 2016, finish reading this article first!

This year can be your best year ever. It doesn't matter if you have set goals in the past and failed. What matters is looking back and figuring out WHY you failed. Darren Hardy, a Bestselling author, a mentor to CEOs, and publisher of SUCCESS Magazine recognizes 6 ways people fail right from the get-go in his article Don't Stumble at the Starting Line. One or more of these might be the reason you have come up short in the past:

1. Too many, too much

It is common for people to want to tackle many goals all at once or attempt too much too quickly. Hardy advises against this and says "Look, you have probably been building, developing and reinforcing a poor habit for 10, 20, 30, maybe even 40-plus years. Breaking one poor habit and trying to install a single new success habit is tough enough (and worth it). If you try to do too many, you won't do any."

Basically, start small. Don't overwhelm yourself with a plethora of changes all at once. Figure out what is most important to you and conquer that first. Once you have one thing down, you can move on to the next.

2. Too tough, too soon

If you have a goal to lose weight or get into an exercise routine and you're currently used to living a sedentary

lifestyle, it's probably not wise to plan to exercise for 1.5 hours a day, 7 days a week. Instead, try starting out with 30-45 minutes a day, 3 days a week. Making a goal too challenging too soon is almost always going to result in getting burnt out. Easing into a new routine and making it last is better than diving in head first and quitting a week later.

3. Too Hardcore

Hardy has this to say: "Is there such thing as too much discipline? Yes and yes. Yes, if you want to have any levity, fun and joy in life. And yes, particularly in the beginning of a transformation. Too much discipline too quickly will send your emotional and psychic system into a state of shock, then meltdown. Willpower fails, eventually, every time. Can you hold your breath indefinitely? Neither can you hold your willpower indefinitely."

Take body builders for example. Most of us are familiar with "cheat meals". Eating perfectly clean 100% of the time is extremely hard to do, so body builders will allow one cheat meal per week to more or less keep them from losing their minds.

4. Too Rigid

Hardy says "Give yourself some room for error. You will be off course 80% of time. Life will happen. You will fall. Just don't stay down. Get up and get back on. Over and over and over again." Being too rigid goes right along with being too hardcore. Sudden, extreme changes just aren't going to work out in the long run. Setbacks are going to happen for anyone regardless of his or her goals. Know that you won't always be perfect, and come up with a plan to get yourself back on track when need be.

5. Too Vague

Your goals should be specific and you should have a solid plan in place to reach them. It's easy to say you want to lose weight. It's not easy to actually do it. Making goals specific and having a game plan will help tremendously.

6. No Measurement

It is important to have a way to track your progress and know if you are making improvements. Example: The assessment process and the accountability check-ins here at TFW. Putting in place a way to measure progress is key for reaching any goal, even outside of the fitness realm.

So don't dwell on previous years that may not have gone the way you had originally planned. Look back and figure out why things didn't work out, make adjustments, and enter 2016 with a solid game plan. Remember to set SMART (Specific, Measurable, Achievable, Realistic, Time-bound) goals. That coupled with voiding the 6 common mistakes given by Darren Hardy listed above will help set you up for success in 2016 and put you on track to living your best year ever.

**To learn more, come
Wed. Dec. 16th
@ 6:45pm for our
FREE Workshop
"Living Your Best
Year Ever!"**

DATES TO WATCH

Holiday Closings

Friday Dec. 25th
Friday Jan. 1st

If you are schedule for any of the closing dates feel free to give us a call at 317.927.9689 or email admin@tfwellness.com to reschedule any classes.

Hours:

Christmas Eve
New Years Eve

5:30am -1:30pm
Group class times: 6:30am, 7:15am, 8am, 9am

Wednesday

16

6:45pm - 7:45pm

Living Your Best Year Ever!

This month's workshop is all about YOU and Living Your Best Year Ever!

By choosing to participate in this workshop, you have separated yourself from almost everyone else!

You are in the top 3% if you come to this workshop! 97% of our population spends more time thinking about what to wear rather than what it would take to live their best life ever!

This is sad, but true.

What we will be discussing and dissecting is:

- Your Why
- Reviewing Your Year
- Abundance
- Balance
- The Grand Design
- The Magic Factor to Achieving Your Goals
- Actions
- Commitment

Spread the Word

Do you enjoy your workouts and accountability at Transformation Fitness and Wellness? If so, tell your family and friends so that they can join you. Here at TFW we love our clients and we are always looking for more who are just like you! Tell us about the people in your life or give them our contact info so that they can reach out to us themselves.



@TFWellness



@tfwellness



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TRANSFORMATION



FITNESS & WELLNESS

Transforming Lives With Educated Fitness Solutions