



TRANSFORMATION FITNESS & WELLNESS

Fitness Newsletter

August 2015

Transforming Lives With Educated Fitness Solutions



Hello!

Hope you are doing well! I wanted to give a huge shout out to all of our Skinny Jeans Challenge Participants! The bar is set pretty high and we should be announcing our July winners shortly! We also had several people say they wanted to participate but could not due to timing, so we are running this challenge again in August! This challenge is a quick, short term push to help you bust through some goals or reconnect with some new motivation. Who doesn't love a little competition and a chance to win a \$200 gift card to Nordstrom! Keep up the awesome work Challengers and we will run challenges like this 3 or 4 times per year!

Also I wanted to share with you some exciting news. TFW was asked to host the first of hopefully many more Sparks Well Being events. This event is for health and wellness professionals and also people looking for motivation with their personal health and wellness goals. The concept is to get like minded people in the room, network, then 3 presenters will speak. The first two talks are 4 minutes each and the headliner is 10 minutes, then they are clapped off the stage! This is modeled after the TED Talk series. We will keep you informed on the next event and we are currently looking for sponsorships to launch the program. Let me know if you would like more information! I can tell you the energy was high, the talks were absolutely inspiring and business was passed!

I also have some bittersweet news to share. Josh Henson has accepted an Assistant Coaching position at Taylor University. We are sincerely sorry to see him go, but understand this is a huge opportunity for him. He will share with you more details inside the newsletter and we wish him the best, I know Josh will be missed.

Lastly we have a couple of dates for you to put on your calendar. We will be hosting a Client Appreciate BBQ, Saturday August 15th, Noon-2pm. We will provide the BBQ and we ask you to bring a healthy (wink, wink) side dish! We have an amazing community of professionals and we thought it would be fun to get everyone together! This is family friendly and you are welcome to bring guests! We will be sending out emails, so please sign up ASAP. Then the next date to put on your calendar is Wednesday, August 19th at 6:30pm. I will be heading up a workshop for clients and you are welcome to bring guests. The workshop will be about the importance of a Power Hour. When I started my Power Hour routine about 4 years ago it changed my life. I am not the same person I was before. I will show you how you can make a version of the Power Hour work for you!

Keep up the amazing work, our Fitness Professionals keep Tony and I updated with everyone's progress and it literally has been so fun to hear the results from the last couple weeks of assessments! You guys are putting in the hard work and dedication toward your health and wellness goals and there is nothing more motivating to us personally than hearing about each individuals success!

You are the reason we do what we do!

Arin

TRENDING AT TFW

Happy Birthday!

James Anderson

Pam Brown

Daniel Caraviello

Kelley Fisher

Jerod Keller

Rob MacPherson

Jon Marhenke

Elaine Radford

Ginger Williams

5 Fun Facts!

Mushrooms are more closely related to animals than plants

There is enough water in Lake Superior to cover all of North and South America with one foot of water

There are more stars in the visible universe than all the grains of sand on all of the beaches on earth

An atom is around 99.99% of empty space, making everything in the universe mostly nothing

Your body is constantly replacing its cells. So much so that every 10 years all cells have been replaced

Frittata with Tomatoes, Zucchini, Bacon and Basil

Serving Size: 6-8

Frittatas are a great, hearty dish that can be made for any meal of the day. They are also quick and simple and can be on the table in no time. Possibly the best thing

about them (other than the taste, of course!) is how adaptable they are to what ingredients you have on hand.

INGREDIENTS

- 1 tablespoon coconut oil (or bacon grease or ghee)
- 2 medium zucchini, cut into rounds and quartered
- 2 scallions, finely diced
- 1 tablespoon basil, chopped
- 1 cup cherry tomatoes, halved
- 3-4 slices pastured pork bacon, cooked and diced
- Sea salt and freshly ground black pepper
- 10 large eggs

INSTRUCTIONS

Preheat oven to 425°F. In a 10-inch nonstick skillet over medium heat, warm the oil. Add zucchini; cook, covered, stirring often, until tender, about 3 to 5 minutes. Uncover, and add scallions, basil and tomatoes and cook until all the liquid in the pan evaporates, about 2 to 3 minutes. Season with salt and pepper; remove skillet from heat and stir in chopped cooked bacon. In a medium bowl, whisk eggs. Pour eggs over zucchini mixture, gently lifting vegetables to allow eggs to coat bottom of pan.

Return skillet to medium-low heat, and cook until sides are set yet still slightly runny on top, 15 to 20 minutes. Place in oven, and cook until the center is cooked through when tested with a wooden toothpick, about 10 to 15 minutes. Remove from oven; gently slide a heatproof spatula around the edges and underneath to loosen from skillet. Serve immediately.



CLIENT OF THE MONTH

MARTHA GUTIERREZ



Martha began her journey with TFW in March of this year. Since then she has lost 14lbs and 1.5% body fat! Martha comes to every workout with a smile and a "never back down" attitude. It is always enjoyable for the morning trainers to coach Martha because she listens and drives herself to succeed. Congratulations Martha on your success and keep doing a great job!



6/8/14 Not Lifting



Lifting: 4 months 🙌
21.% BF



Josh Henson will soon be the Assistant Track and Field coach at Taylor University in Upland, Indiana. He will be working under David Neville who was an Olympic gold and bronze medalist in the 2008 Olympic Games in Beijing. Coaching athletes and track and field are two of Josh's passions. Track and Field was his main sport in both high school and college. Josh is excited to coach at his alma mater and to have the chance to work at a college that honors Christ is something that is very important to him. Josh's brother will be attending Taylor University in the fall and will be on the track team. It is a bitter sweet to know that Josh will no longer be instructing within the four walls of TFW but he will always be a part of the TFW family.

CHECK THIS OUT...

AdvoCare Spark

Vitamin & Amino Acid Supplement



AdvoCare Spark® is a unique multi-nutrient system that was developed as a nutritional source of energy and enhanced mental focus.* It's sugar free with more than 20 vitamins, minerals and nutrients that work synergistically to provide a healthy, balanced and effective source of energy that won't overburden or over stimulate your body.

Key Benefits

- Enhances mental energy and focus*
- Provides support for long-lasting energy*
- Helps fight occasional drowsiness*
- Over 20 vitamins, minerals and nutrients*
- Sugar-free*

It Only Takes 6 Steps to Change Your Life

Don't get stuck in the same old average routine. Here's how to start the domino effect of change.

by John C. Maxwell

Hope is the foundational principle for all change. People change because they have hope, and if people do not have hope, they will not change. You are responsible for the changes that you make in your life.

The good news? You can change your life if you really want to. You can improve it, make it better. And it all starts with changing the way you think. So are you ready? I am going to walk you through a six-step plan for achieving positive change.

Here's how you give yourself a little hope:

Step 1: When you change your thinking, you change your beliefs.

Change begins with the mind. Beliefs are nothing more than a byproduct of what you have thought about long enough, something that you have bought into—always remember that. What you believe, what you think, is just a collection of continual thoughts that have formed themselves into a conviction. When you break down the process of thinking into a manageable number of steps, you reduce the perceived risk associated with change.

Step 2: When you change your beliefs, you change your expectations.

Belief is the knowledge that we can do something. It is the inner feeling that what we undertake, we can accomplish. For the most part, all of us have the ability to look at something and know whether we can do it. So in belief there is power... our eyes are opened, our opportunities become plain, our visions become realities. Our beliefs control everything we do. If we believe we can or we believe we cannot, we are correct.

Step 3: When you change your expectations, you change your attitude.

Your expectations are going to determine your attitude. Most people get used to average; they get used to second best. Nelson Boswell said, "The first and most important step toward success is the expectation that we can succeed."



Step 4: When you change your attitude, you change your behavior.

When our attitude begins to change, when we become involved with something, our behavior begins to change. The reason that we have to make personal changes is that we cannot take our people on a trip that we have not made.

Step 5: When you change your behavior, you change your performance.

Most people would rather live with old problems than new solutions. We would rather be comfortable than correct; we would rather stay in a routine than make changes. Even when we know that the changes are going to be better for us, we often don't make them because we feel uncomfortable or awkward about making that kind of a change. Until we get courage and get used to living with something that is not comfortable, we cannot get any better.

Step 6: When you change your performance, you change your life.

It is easier to turn failure into success than an excuse into a possibility. A person can fail, turn around and understand their failure to make it a success. But I want to tell you, a person who makes excuses for everything will never truly succeed. Don't you know some people who just have an excuse for everything? Why they could not, should not, did not, would not, have not, will not. I promise you, when you excuse what you are doing and excuse where you are, and you allow the exceptions, you fail to reach your potential. It is impossible to turn excuses into possibilities.

AT HOME WITH TFW

**40 seconds on
20 seconds off**

x3

- plank
- burpees
- close grip push ups
- bird dog
- split squat jumps
- bear crawl

DATES TO WATCH...

Power Hour Workshop

A Power Hour is **TIME** spent solely on **YOU**. What books are you reading and what exercises are you doing? This should be done consistently. Come be inspired and learn how you can implement a Power Hour into your daily life!

What you will take away from this workshop:

- What a Power Hour is
- How can it benefit you
- What it should look like
- Why it can change your life

Wednesday, August 19th

6:30pm - 7:30pm

at TFW

Open to Friends and Family

2015 TFW BBQ BASH

This cookout is in honor of our outstanding clients and their dedication to committing to a fit and healthy life. Bring your loved ones to enjoy some healthy backyard grillin'. We will provide the BBQ and we ask that you provide a side dish. We are looking forward to seeing you there. Please RSVP by August 14.

Saturday, August 15th

12:00pm - 2:00pm

at TFW

Open to Friends and Family

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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