



# R Fit Hawaii

## Monthly Bulletin

January 2018

## Life is But a Dream...

by R Fit

Can you believe it? We have been given another day—another breath, another opportunity to be. And, not only do we get to wake up, but we get to welcome a new year—another revolution around the sun. We aren't just on a ride through space and time, however. Oh no. We are more than just passengers on Earth. We are movers and shakers. We are the present and the future of humanity, and we have a purpose. This month's article focuses on our goals, dreams, and aspirations for the year and how keeping our minds right will allow everything in life to align with that purpose, including health and fitness.

### Resolutions

The term 'resolution' is defined by Oxford Dictionary as "a firm decision to do or not to do something." With the arrival of each new year, we often make resolutions to get to the gym more often, eat healthier, lose weight, make more money, and to basically be "better" than we were last year. In fact, in 2017, the number one new year's resolution was to lose weight and eat healthier, followed closely by making life and self improvements. Unfortunately, however, about 80% of all new year's resolutions go neglected by the second week of February. Why is that? Is it because we are too busy or too preoccupied by everything else in life that we don't have or make the time? Maybe we are challenged and uncomfortable in the

changes we need to make in our lives that it is so much easier to resort back to our old patterns and routines. No matter what the reason(s) may be, we need to understand that RESULTS only come from HARD WORK, DEDICATION, RESILIENCY, SACRIFICE, and COMPLETE LOVE for what we set our hearts out to accomplish.

### Mindset

Mindset is someone's usual way of thinking or his/her established set of attitudes. Our mindsets are, in other words, how we respond to what we perceive to be happening around us. This is prevalent in all facets of our lives, but you can get a very clear understanding of your own mindset as soon as you walk through the R Fit door.

From the moment you show up to the moment you leave, where are your thoughts taking you? Are you interested in your phone, people that you've encountered throughout the day, something that happened at work, traffic...etc.? Is your mind wandering and easily distracted, or are you in complete control of your thoughts and present in being at R Fit? Do you fight through the workout pains and exhaustion to reach your fitness goals, or do you give in to the pain, slow down, and put in less effort to make it "easier" for yourself? Those are all mindsets.

Where ever your energy and thoughts go, your actions and results will follow. Mindsets can either be positive or negative, so you can

imagine how results can be as well. No one is perfect at maintaining a positive growth "gains" mindset 100% of the time. The important fact is that we are aware of our mindsets and how our positivity and focus directly impacts our progress and success in anything we do. When we notice ourselves getting off track, the trick to still achieving is to get back on track as soon as possible.

**I AM COMMITTED TO  
BEING A BETTER  
PERSON TODAY THAN  
I WAS YESTERDAY.  
BETTER THOUGHTS..  
BETTER DECISIONS..  
BETTER ACTIONS.**

### Dreams into Reality

Now that we understand that making a resolution is a firm commitment and WE have the power to control the success of that commitment with our own mindset, what do you want? What is it that you want right now, tomorrow, a month from now, a year from now? What are you willing to work for? To accomplish anything, set a goal. Make sure it is SMART—specific, measurable, attainable, risky (challenging), and has a time frame to be accomplish. Let's get it!

**"Start with doing what's necessary,  
then do what's possible, and suddenly  
you are doing the impossible."**

**-St. Francis of Assisi**

## Foam Rolling

We cannot emphasize the positive effects of foam rolling enough. What makes R Fit stand apart from everyone else is the amount of care we have for you. Not only do we want you to reach your health and wellness goals physically, but we also want to make sure you understand the science and logic behind what we do.

Scientific data tells us that during a workout, muscles are constantly breaking down and repairing themselves. After time, our fascia, or dense collagen connective tissues that surround the muscles, become tight, thick, and short in an effort to protect itself from continued damage, wear, and tear. Fascia actually surround our bones, nerves, blood vessels, and organs as well. They're everywhere, so why not take care of them? Foam rolling is another way of saying "myofascial release," or the application of pressure to allow your fascia to move freely, reducing inflammation, tightness, and pain. The fascia are dense, as stated earlier, so it is important to note that a quick foam roll will not support you. Studies have shown that subjects who foam rolled less than 30 seconds per muscle group did not experience any positive results. On the other hand, those who foam rolled for over 30 seconds, up to 90 seconds per muscle group, before and after a workout, saw a reduction in pain and an increase in flexibility. The key to seeing results is staying focused on what you are doing with intentional and deliberate movements while maintaining a sturdy posture throughout.



Runners Connect says that instead of directly putting a lot of stress on painful areas of your body, "slowly foam roll your way away from the pain center to the connecting muscles." This will work all of the attached muscle groups and allow you to slowly and gently work your way back to the pain. It is saying, in other words, that all of our muscle groups work together, and staying too long on the pain center, will not be beneficial. It will only increase pain through inflammation of that one area.

We know that we all have busy schedules and, at times, we are grateful to have even made it to the gym at all. But, whether you come on time or you walk in 5 minutes after class has started, no matter what your situation may be, take the time and put in



the effort to properly foam roll. It is more important that you prepare your body for the workout than quickly getting to the workout itself. Trust us! Your body will appreciate it, and so will your trainer!

## Nutrition

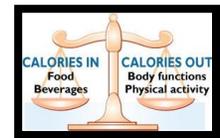
We all know the saying "We are what we eat!" And let's make one thing clear, it is impossible to outwork a bad diet. The food we eat provides our body with the energy it needs to function.

During the holiday season it is easy to indulge in the amazingly delicious meals and desserts that grandma made. In fact, it's not just during the holiday season, it's every day of the year—when we walk through the store and see a sale on chocolates, when we walk into the employee lounge and are offered a piece of cake for Mary's birthday, or we didn't have time to cook dinner and we're stressed out, so the McDonald's drive thru is the "best" option at the moment. Honestly, we are faced with a lot of options when it comes to food. But, it is nothing to be afraid of. There are different ways in which we can be better prepared when it comes to what we eat. One effective way is to meal prep.

As the saying goes "If you fail to plan, you plan to fail." When meal prepping, you set the odds in your favor. You know what you are eating, how much you are eating, and when you are eating it. Meal prepping has a very high success rate compared to leaving your diet up to chance, which can be very detrimental and costly in terms of time, money, effort, and health.

The fact of the matter is, no matter how it gets done, we need to eat more proteins and

vegetables, and less carbohydrates. If you are looking to lose weight, lose fat, and gain muscle, you need to eat well and move often. Simply put, the calories you put in vs. the calories you put out will determine your overall body composition.



Let's start the new year off right. Let's dial it in, be clear on what we want to achieve, and take the necessary steps to achieve them!

## What's Your Reason?

Email us your reason(s) for getting fit, and we will include it in our February bulletin. Please note in your email if you would like to remain anonymous or not. Mahalo!  
Email: [r.fit.hawaii@gmail.com](mailto:r.fit.hawaii@gmail.com)

## Big Mahalo

Thank you so much to everyone who came out to celebrate our very first R Fit Ugly Sweater Christmas party on Friday, December 15. It was a huge success and we had a lot of fun! The food was 'onolicious and your Christmas spirit was on point! Mahalo nui!

## January Schedule 2018

**R Fit will be closed on:**

Monday, January 1, 2018

Monday, January 29, 2018

## New Fam Members

**Big aloha to our newest family members:**  
Alyson, Nick, and Layla!