

**JULY 2018**

**R Fit Information**

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July 4, 2018      CLOSED ALL DAY  
July 24, 2018     CLOSED ALL DAY  
July 30, 2018     CLOSED ALL DAY

Sign-Up for Group Classes:  
[RFITHI.APPOINTY.COM](http://RFITHI.APPOINTY.COM)

Check out our updated website:  
[WWW.RFITHAWAII.NET](http://WWW.RFITHAWAII.NET)

If you haven't already, send Reno your goals:  
[r.fit.hawaii@gmail.com](mailto:r.fit.hawaii@gmail.com)



**BELIEVE**

**BY: R FIT**

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After realizing what it is that they wanted, our forefathers decided to take action to make their thoughts and ideas a reality. Today, despite the wars, struggles, oppression, and depression in America's history, it is undeniable that we are a great country, and we are blessed with many rights and luxuries that others only dream about. It is in going through the trenches that we find value in who we are and what we have as Americans. Similarly, you have dreams, thoughts, ideas, and goals, that you want to see become a reality. Some of you find the road simple, others very difficult, but no matter what your perspective may be, we all have to go through the trenches and put in the work to make those dreams come true. And, in the end, whatever or wherever your end may be, you will find value in your achievement. This month's bulletin focuses on continually providing you with the tools to support your journey to personal independence!

**Know Where You're At**

*"You don't have to be great to get started,  
but you do have to start to be great." -Zig Ziglar*

Where are you? Knowing where you're at will help you determine where you want to go. If you don't know where you're at, how will you know where to start? The critical pieces of data that determine your starting point come from your health information (e.g. age, height, weight, gender, family health history, current vitals, etc.). These honest facts will give us an honest starting point. Unfortunately, we have an uncanny ability to inflate our strengths, deflate our weaknesses, and continuously ignore what we need to prioritize, which prevents us from starting anything. So, where are you?

**“Emancipate  
yourselves from  
mental slavery.  
None but  
ourselves can free  
our minds.”**

**-Bob Marley**

You get what  
you focus on,  
so focus on  
what you want.

**MAKE YOUR  
VISION SO CLEAR  
THAT YOUR  
FEARS BECOME  
IRRELEVANT**

If you don't  
design your  
own life plan,  
chances are  
you'll fall  
into someone  
else's plan. And  
guess what they  
have planned  
for you? Not  
much.

- Jim Rohn

**"I WILL  
PREPARE  
AND SOME DAY  
MY CHANCE  
WILL COME."**

- A. Lincoln

## Be Clear About What You Want

What do you really want? It seems simple, right? It is and it isn't. We tend to complicate this simple question quite often. Have you ever worked for someone who wasn't very clear about what they wanted you to do, but always complained that you weren't doing exactly what they asked you to do? Or, how about this, have you ever gone out to eat with someone who said they were hungry, but didn't know where or what they wanted to eat? Then, when you suggested something, they said "No, I don't want to eat there or that." It can be very frustrating and a complete waste of time. But, at least they know what they don't want. The same thing happens with ourselves on our health and fitness journey. When we don't have a clear picture of what we want, we don't get clear results, which can be a very frustrating process, but at least we know we don't want to be unhealthy. You're already in the gym working your tail off, for what? When asked what they want, people have a hard time answering clearly. They'll usually give generalizations like "to be healthy," "to be stronger," or "my Doctor said so." The point is, what do you *specifically* want to achieve? Do you want a bigger butt? Arms? Legs? Back? Do you want to be able to lift a certain amount of weight properly? Do you want to be able to move better, without injuring yourself? Do you want to have more energy? Do you want to be a certain weight? Do you want to get off a certain medication and see your doctor less often? On top of that, when do you want to achieve this? That's why it's important to know where you are, so you can decide what you want and when you want it. When you know what you really want, it will give you clarity. Clarity will increase your desire and move you in the direction of your goals and dreams.

## Set Goals & Make a Plan

This is an easily overlooked process in achieving what you want. You know where you're at, you decided what you want, now what is your plan? What is your goal? A wise man once asked, "Is life happening to you or for you?" It was a difficult question to answer. What he meant was, are you being proactive or reactive? Do you have your days planned? Do you *have* a plan? Are you sticking to the plan? Do you have a goal? Are you getting closer to your goal? What's the importance of having a plan or a goal? It makes us accountable. It gives us something to measure and track our progress. It motivates us, because we need all the mental motivation we can get. We'll get twice as much or more done because we planned and prioritized what we intend to do. Goals bring the future into the present, and the present is the only time we can take action. Setting goals make it possible to do something today to create the future you want. Great plans produce great results. "No plans" don't produce "no results," they produce poor, unwanted, undesirable results. If you fail to plan, you plan to fail. What is your plan? What are your goals?

## Prepare Yourself

You know where you're at. You know what you want. You set a goal and made a plan. Now it's time to do the work. I encourage you to take the time to enjoy this part of the process, it will help you produce the results you want. It takes time to undo time when it comes to achieving your goals in the gym. Most of your current health conditions didn't happen by chance. They happened by choice. It's your body, who better to work on it than you? So, be proactive. There's nothing like accomplishing what you set out to do,

“The lesson taught at this point by human experience is simply this, that the man who will get up will be helped up, and the man who will not get up will be allowed to stay down. Personal independence is a virtue and it is the soul out of which comes the sturdiest manhood. But there can be no independence without a large share of self-dependence, and this virtue cannot be bestowed. It must be developed from within.”

-Frederick Douglas

“The best way to predict the future is to create it.”

-Abraham Lincoln

“Happiness is when what you think, what you say, and what you do are in harmony.”

-Mahatma Gandhi

“Some people want it to happen. Some people wish it would happen. Others make it happen.”

-Michael Jordan

“The key is not the will to win. Everybody has that. It is the will to prepare to win that is important.”

-Bobby Knight

“If you’ll not settle for anything less than your best, you will be amazed at what you can accomplish in your life.”

-Vince Lombardi

especially when you enjoy it. It’s *powerful* when you enjoy what you do. It becomes fun, you become focused, and time seems to stand still when you’re in that zone. You realize that time flew on by, and what felt like minutes were actually hours. Unfortunately, we forget to enjoy the work process and look at it as a chore. We start to rush and look for short cuts to save time, thinking we’ll get results faster. In a sense, we take our health and our abilities for granted. Quality results are a product of quality work, and quality work takes time. You’re not going to get quality food through a drive through. Likewise, you’re not going to get the quality results you want from being in the gym if you’re rushing through the training sessions. Instead of being that person that hates their job, barely shows up, barely works, does a shitty job, leaves early, and expects a raise on top of a paycheck, be that person who loves what they do, shows up, works hard, does an amazing job and gives a little extra. The hard work ends up paying off, and you’ll be able to see the difference, feel the gains, and eventually get paid more. It’s better to be prepared and not have an opportunity than to have an opportunity and not be prepared.

### Expect to Win

Expecting to win is believing in yourself. Believe you can accomplish what you put your mind to, because if you don’t, you won’t, and no one else will. In a wise book written a long time ago, it says to ask as if it has already been given to you. Ask and you shall receive. Seek and you shall find. Knock and the door shall be opened to you, as long as you believe. You know where you are. You know what you want. You put in the work and prepared yourself for success. Now its time to believe. Now its time to look forward to the resuts because you poured it on.

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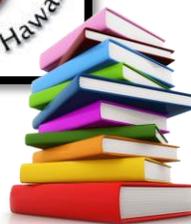
## Community Involvement!

There are a bunch of things we can do to give back to the community that doesn’t involve money. Most times, all it takes is giving what you already have or volunteering your time and talents. We encourage you to consider what it is that you can give, and give! Winston Churchill said “We make a living by what we get, but we make a life by what we give.” Live and Give!

Need help figuring out what you can do, consider the following:



**Donate Blood!**  
**Save 3 lives with one donation!**  
**Call (808)848-4770 to make an appt.**



**Donate Children's Books to R Fit!**  
**Reno & Pohai have a new partnership with HCAP Head Start to promote literacy with free books for keiki!**

If you have a community event that the rest of the R Fit Fam can contribute to, let us know, and we'll spread the word.