

R FIT HAWAI'I

R FIT CALENDAR

June 17 Happy Father's Day!

R FIT INFORMATION

RFITHI.APPOINTY.COM

We just rolled out the appointy system in May and so many of you are already using it on a consistent basis! Thank you so much for supporting our efforts to keep classes at an optimal size and to keep us all accountable for the slots we hold. If you haven't already used the system, please register a free account at the website above and schedule your next group class!

FRUIT SEASON

Who doesn't absolutely love summer time, let alone the fact that all of the best fruits are in season at this time of the year? Mangoes, lychee, pummelo (jabong), papaya, limes, etc. are all popping up in neighborhoods left and right. If you don't have a fruit tree in your yard, make some friends! We encourage you to get your nutrients straight from their sources. If you can get all of your needs from the REAL food, instead of pills or powders, you save money, know exactly what you are putting into your body, and you know where it was grown.



MONTHLY QUOTE

**Everything starts
with a sunrise,
but it's what we do
before it sets
that matters.**

-K. McGraw

BUILD YOUR HAPPY BY: R FIT HI

The "pursuit of happiness" is probably one of the most subjective phrases ever muttered. How do you describe "Happiness?" How do you define something that is intangible yet so real? We each have our own idea of what happiness is and how we see it in our lives. Our definition may be very similar in that we all get a feeling of joy, satisfaction, and contentment, or, in other words, we get a great feeling, but the subjectivity comes in when we break it down into where we find that feeling. One may find happiness in a crowd of people while another finds happiness in a quiet space by him/herself. One may find happiness in a bowl of ice cream when another may find the same happiness in a bowl of fruits. It is not any of our place to judge another's happiness based on our own examples of it and its meaning in our own lives. It is, however, our responsibility to encourage and support one another in finding happiness in choices that are healthy in mind, body, and spirit. In relating this message to R Fit, we understand that each and every one of our R Fit 'ohana has his/her own ideas of what makes him/her happy or what he/she is striving to achieve in that state of happiness. Our job is to help you identify it and support you in its creation. We want to be there for you, every step of the way...helping you build your happy.

So, with that in mind, Reno has begun his effort to contact each and every one of you to discuss your goals and what choices can be made to reach them. Here are a few ways you can help us help you:

Specifically Identify What YOU Want

A few questions to help you identify what you want:

- Do you want to lose weight?
- Do you want to gain lean muscle mass and strength?
- Do you want the physique of a Greek God?
- Do you simply want to be able to stand up, sit down, walk, or walk up stairs without being in pain?
- Do you want to be able to go for a hike or play outside with the grandkids or kids for a longer period of time before getting tired or winded?

There are so many more things to want and to ask yourself in order to find this "WANT" or to explain why you come into R Fit every week...or for some, why you don't come in every week. Put your "want" or your "why" into a statement.

For Example:

Within 8 weeks (2 months), I WANT to lose 8 pounds.

Within 4 weeks (1 month), I WANT to visibly see definition in my arms.

NUTRITION FACTS

Mango

1 Cup = 100 Calories

Vitamin C = 100% DV

Vitamin A = 35% DV

Vitamin B6 = 10% DV

+More

Lychee

1 Cup = 125 Calories

Vitamin C = 227% DV

Vitamin B6 = 10% DV

Potassium = 7% DV

+More

Pummelo (Jabong)

1 Cup = 72 Calories

Vitamin C = 193% DV

Vitamin B6 = 3% DV

+More

Papaya

1 Cup = 54.6 Calories

Vitamin C = 144% DV

Vitamin A = 31% DV

Vitamin E = 5% DV

Vitamin K = 5% DV

+More

Vitamin C

Supports immune system

Helps absorb iron

Vitamin A

Helps with vision

Healthy teeth/bones

Vitamin E

Helps red blood cell function

Helps use Vitamin K

Vitamin K

Helps with blood clot

Vitamin B6

Metabolism

Energy

Liver and Nerve Function

Skin and eye health



Identify What is Stopping YOU from Getting What YOU Want

What choices have you been making or have you not be making that has brought you to this point? Being honest will only help you reach your goal! Do not give anyone else the responsibility over your choices! Take ownership for yourself!

For Example:

I have not been able to lose 8 pounds in the past 2 months because I still like to eat desserts with my co-workers during our breaks and before I go to sleep at night.

I have not been able to visibly see definition in my arms after being in the gym for 3 months because I do not come to the gym on a consistent basis, and when I do come to group classes, I do not challenge myself to lift anything heavier than I have always been lifting. When I get tired, I make the work load easier for myself.

Identify What YOU are Going to Do to Support Yourself First

Realize that your best coach, your best teacher, your best motivator is yourself. Tell yourself what you are going to start doing to reach your "WANT!" For Example:

Self, I want to lose 8 pounds, so I am going to eat a healthier alternative to desserts and limit the amount I eat. I will also not eat after 9:00pm.

Self, I want to see definition in my arms, so I will go to the gym 3 times per week, every week, for the next 4 weeks or longer, and I will challenge myself each and every minute that I am there. When I feel tired, I will continue to push through, push harder, and push wiser.

Identify How YOU Will Track Your Progress

If you are looking to lose weight, tracking is simple. All you'd have to do is use the Renpho app and scale. We suggest at least 1x a week, but no more than 2x per week. Understand that, like stated in last month's article, in order to lose 1lb of weight, you must cut 3500 calories, so that's a 500 calorie deficit per day for one week to lose a pound in a week. To track this, you may want to consider a meal tracking app, or simply using a journal to track what and how much you eat per meal.

If you are looking to see visible results, we suggest taking before and after pictures often. Pictures should ideally be in the same position, lighting, setting, and possibly clothing each time. This will allow you to see the difference over time. You may also want to journal your workout for the day and which weights you lifted. Did you lift the yellow or purple kettle bells? Rate your effort. Did you honestly give it your all, or did you hold back a bit? Write little comments to yourself after before, after, or both before and after your workout to encourage yourself to give your best to get your best results! Maybe you'd write what felt really great about that day's workout and what you'd like to do next.

Identify What We (R Fit 'Ohana) Can Do to Support Your Journey

We are here for you, and you'd be surprised and how much the rest of the R Fit 'Ohana actually wants you to succeed as well. Let us know what we can do to support you.

Whatever your happy is, we look forward to you sharing it with us and including us in your journey! Whether your happy is to be buff or to be brave, surround yourself with the tools, people, and mindset to be it! Your happiness is a journey...keep constructing and building your happy. Set a goal, achieve it, repeat!

HAPPINESS

A new kind of clarity