

you are amazing

REMEMBER THAT.

MAHALO, GRACIAS, MAORORO, FA'AFETAI, WHAKAWHETAI, XIÈXIE, ARIGATO, SPASIBO, GRAZIE, MERCI, SALAMAT, KAMSA HANNIDA, THANK YOU!

Mahalo R Fit!

By: R Fit

Aloha R Fit 'Ohana, it has been such an amazing journey. Soon, we'll be making 3 years, and to have each and every one of you here, standing side by side, or shall I say "squatting?" is truly a blessing. Moving forward into the future, I see all of us achieving our goals.

Be clear. Be honest. Be responsible. Continue to be the change that you want to see.

As you have all noticed, the work we do here works. Everyone, no matter what his/her goal, will benefit from the training we do.

I'd like to give a special shout out to "Big Sean" Naks for losing 50lbs...and counting!!!! His accomplishments are a testament to the work. Not only is he proving that consistent time spent doing physical activity contributes to your health and success, but he also shows that dedication and perseverance will produce long term results! Fuck Yeah!

I appreciate each and every one of you. Thank you for being my inspiration and my reason. -Reno

Are You Sleeping Enough?

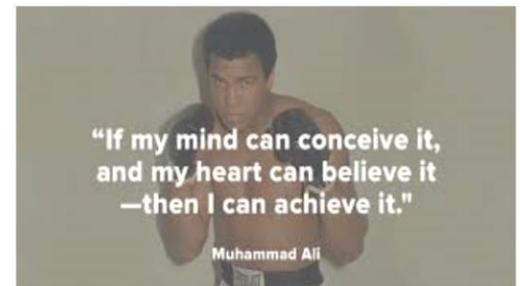
When it comes to reaching our goals and making things happen for ourselves, we know that it is pedal to the metal, full steam ahead, tunnel vision. We tend to forget, however, one of the most important life essentials—sleep. Society seems to warp the significance of sleep with the idea that less sleep means more productivity. That couldn't be more false. According to the National Sleep Foundation less sleep leads to more fatigue, less energy, and decreased focus. Sleep is just as important as food, water, and air. Even more so for people in motion, the quantity and quality of one's sleep improves performance and reduces recovery time.

Sleep specialist to Olympic gold medalists, NASA, and Alertness Solutions, Dr. Mark Rosekind, emphasizes the importance of sleep to everyone, not just athletes. He says "As athletics become more and more competitive to where a millisecond can be the difference between a gold and silver medal, everyone is looking for any possible edge they can get—sleep is that edge." Olympic gold medalist Apolo Ohno, who works with Dr. Rosekind, says "You can only train as hard as you can recover." Gwen Jorgenson, another Olympic gold medalist who works with Dr. Rosekind, credits her

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QUOTE OF THE MONTH



performance to her sleep routines and 8-10 hours of sleep per night.

To get the optimal amount and quality of sleep, it is important to create a sleep friendly environment and match it with a sleep routine. When working with these Olympians, including the U.S. Men's Volleyball team, Dr. Rosekind would equip dorm rooms with black out curtains, white noise machines, and dawn simulator alarm clocks to minimize the effects of jet lag and ensure the athletes could sleep and perform at their best no matter where they were.

We can do the same for ourselves. By creating a routine prior to going to bed, we allow our bodies to relax and wind down. Dr. Rosekind says "taking a bath and reading a book, or getting in your pajamas" can definitely be the key to your pre-sleep routine. Also, refraining from caffeine and heavy exercise a few hours before bed will increase the quality of your sleep time.

"There is no question you can measure the benefits of sleep, and not just in gold medals" states Rosekind. Keeping track of the times that we actually sleep and how we perform throughout the day at both the things we need to do and the things we want or love to do, will be proof in itself that sleep is important!

Agility

As you have probably noticed, we have been doing a lot of work with our agility ladders. What seems so simple can be a challenge to few, if not all. Making that connection between your brain and your limbs takes work. Agility does not have a simple definition, so to make it simple, it is the ability to move quickly by accelerating and decelerating in different directions while maintaining balance and postural control. It is important that we practice and exercise our cognitive strength as well as our physical strength. Being able to actively respond to stimuli in our environment in real time is beneficial to improving performance, avoiding unsafe situations, and preventing injury.

The Turkish Get Up

The Turkish Get Up (TGU) is a "multi-joint exercise designed to increase muscular fitness throughout the entire kinetic chain..." It combines the use of different muscle groups such as the deltoids, abs, obliques, spine muscles, glutes, quads, and hamstrings to increase strength, balance, and core stability. Muscles are activated by doing a one-arm overhead press, side crunch, side bridge, and lunge. The best part about it is that it trains the body to get off the ground and can arguably be one of the most functional of all exercises.

With continued practice and use of the TGU, one will be more likely to support heavier loads, increase shoulder and scap stability, and also increase rotator cuff strength through resisting unwanted kettle bell movement.

In order for all muscle groups to work together efficiently, it is most important to perform a TGU with proper technique. Using a load that is sustainable for the length of the workout is also very important. "The chosen load should accommodate the desired number of repetitions while ensuring the

maintenance of proper technique." As Reno points out often, "Be responsible." Only you know how your body feels, and overloading yourself in any movement can be detrimental. Remember that doing TGUs at the end of a workout session is much different from doing TGUs at the beginning of a session. Fatigue can cause one to become unstable. We encourage you to always be mindful of your load and technique.

We stumbled upon this next article and it is absolutely perfect. It is simple and concise, and it gets to the point about your health and fitness! -R Fit

The Ten Training Commandments

By: Ben Bruno

1. Thou shalt not train through pain.
2. Think of strength training as your entrée and cardio as the side dish. Both have their place but divvy your time and energy accordingly.
3. The hard exercises that you hate doing are generally the ones that work the best...sorry.
4. You can always make an excuse not to train, but at some point, you just have to make time for it. Or, be weak and out of shape.
5. Thou shalt train thy legs.
6. Mobility work is boring. Do it anyway.
7. Remember that outside of the gym no one cares what you did for your workout or about your diet. Keep it to yourself.
8. Similarly, nobody cares how much you lift. Drop the ego, drop the weight, and do it right. Form matters.
9. Train the muscles you can't see in the mirror (glutes, hamstrings, back, etc.) more than the muscles you can see (pecs, biceps, etc.). It's good for you, and just because you can't see them, everyone else still can.
10. Don't over complicate things. Always be learning, but at some point, you have to put down the books and pick up the weights.

Raise your standards and the universe will meet you there

Mahalo Outing

To show our appreciation for the best clients and fit fam in the world and to encourage you all to meet one another and have a great time, we will be having an R Fit outing in March.

For the 21 and over Fam

Saturday, March 17 2018 @ 9:00pm
Nocturna Lounge (Restaurant Row)

FIRST ROUND & PUPUS ARE ON US!

BRING \$ FOR KARAOKE

PLEASE DRINK RESPONSIBLY AND DO NOT DRINK AND DRIVE!! CATCH A CAB, UBER, LYFT, OR RIDE WITH A D2

WEAR GREEN

Important R Fit Dates

Nocturna Lounge Saturday, March 17, 2018
R FIT CLOSED March 22-31, 2018

Aloha New Fam Members

Nancy, Paul, Corey, Maurice, & Reid

Thank
You.