

R Fit Calendar

Fri., April 27 No 1130am

Fri., May 4 Closed All Day

**Sun., May 13 Happy
Mother's Day**

**Wed., May 30 No 5pm
No 630pm**

R Fit Information

In May, R Fit will be upgrading to a new online system that will help us manage group class attendance. We want classes to be at a capacity that allows everyone to maximize their time and energy spent in the gym. This system will require you to sign up for classes in advance. It will send both you and the gym an email reminding you of your class dates and times. It will also allow you to cancel your class, letting us know that you won't be there.

This is a new venture for us, and we are very excited to head into our fourth year with bigger and better things for our R Fit Family. You deserve it! Eventually, this system will allow us to expand the gym in an efficient and professional manner! If you feel like checking it out already, go to:

[Http://RFitHi.appointy.com](http://RFitHi.appointy.com)



Visualizing Your Success

Waking up in the morning and starting our day can sometimes be one of the hardest things to do. But it doesn't have to be. The great thing about mornings is the fact that we're waking up to a new day, breathing and alive. Isn't that such an exuberant thought? This month's main article is about visualizing your success from the moment you are awake. Even before you make the conscious decision to open your eyes, your mind is working.

Let *that* be the moment your success begins.

What is visualization? Visualization, according to Webster's Dictionary, is the formation of a mental image of something. We all do it. We think about how a meeting is going to go. We think about how we're going to feel when the scale reads that magic number we've been working towards. We think about how amazing that new salary is going to be. We are constantly visualizing. We see things as clear as day, without even using our eyes. Everything we "visualize" is in our heads. The real doozy of a question is "What are we visualizing?"

What do we tell ourselves? What are we imagining will happen? Are these visualizations positive or negative? Are we setting ourselves up to achieve success or to meet failure?

Monthly Quote

**"Create the highest,
grandest vision possible
for your life, because you
become what you believe."**

-Oprah Winfrey

Napoleon Hill, a well-known author of several self-help books such as *Think & Grow Rich* and *The Law of Success*, explains, very clearly, how knowing what you want for yourself is the beginning of your rise to triumph. He says that "...all thoughts that have been emotionalized (given feeling) and mixed with faith, begin immediately to translate themselves into their physical equivalent or counterpart." He also swears by many integral steps to achieving the self-confidence needed to visualize and create greatness in his books. Here are a few of those steps paraphrased:

Know You Can

There's something to be said about believing in yourself and your goals. Last month we talked about finding your purpose. This month, it's time to believe in it. Know you can be it, do it, make it, or have it, and it will be yours.

Concentrate

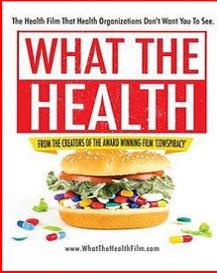
Find a quiet space and time to say your goals out loud, preferably right before you go to bed and just as you wake up in the morning. Repeat these words of affirmation and attainment of your goals, and your mind will become so focused and concentrated on this/these visualization(s) that it or they will begin to manifest in your life. It's just like saying "Ooooh, that's a really nice car. I like that car." Then, all of a sudden, you start seeing that type of car more often and wherever you go. It's not that that vehicle is appearing more than it had before, it's that your mind is more aware of its existence and begins to focus on it.

R Fit Information

If you have a friend who'd like to give R Fit a try, please have them call Reno @ 673-1060 to set up a free consultation and mini session prior to joining a group class. Mahalo

If you have any questions, email us at r.fit.hawaii@gmail.com

Recommended Netflix Documentaries



****Warning: The following documentary is graphic and may be unsuitable for many. ****



Persistence

Let's be honest. It is "persistence" that ultimately brings success. Persistence is the ability to continue to do something despite difficulty and opposition. It is, as Hill states, "sustained effort." No matter what the situation may be, if you are persistent, you will be successful. Where there's a will, there's a way. If you'd like to be amazing at visualizing your success, be persistent at practicing it. If you'd like to be amazing at being fit and working out, be persistent at showing up to group/personal training and be persistent at giving your best each time. If you'd like to create a habit of living healthy, be persistent at buying healthy, choosing healthy, and living healthy. If you want to be a giving person, be persistent at giving. Being persistent at "anything" turns "anything" into a habit. Good habits lead to good things, and good things lead to success. Be mindful, however, because the same can be said about bad habits.

R Fit's success is the direct result of visualization, hard work, and persistence. What began as a thought is now a reality, and that reality continues to grow and build with each member, and each new thought. As long as R Fit is able to be consistently persistent in bringing quality service to its members, what we visualize will come to be. It is the same for you. As long as you are persistent and intentional in achieving what you visualize as your reality, you will be successful. We, undoubtedly, visualize your health and fitness success every day. It is why we do what we do. Believing is seeing!

Making Gains

If you haven't already stayed back after a group class to put in extra credit work on your cardio, arms, chest, glutes, legs, and/or back, then it's time you did. Recognizing that our fit fam is becoming very consistent, it is time to start seeing active results and progressively increasing training expectations and programming. Our goal is to really get you in your best mental and physical shape ever. There are two factors you control outside of the gym that significantly contribute to the GAINS you make inside the gym—physical activity and caloric intake.

Physical Activity

Your R Fit membership includes 2-3 days of group classes/personal training per week at one hour each. Staying the 10-30 minutes before/after your class to get in an extra credit workout extends your 2-3 hours per week of physical activity to 2.3-4.5 hours per week. WHAT A DEAL! The American College of Sports Medicine created the following chart illustrating what you can expect from your body with different amounts of physical activity.

To Maintain Current Weight	150 minutes/wk (2.5 hours/wk)
To Prevent Weight Gain	150-250 min/wk (2.5-4.2 hr/wk)
To Promote Significant Weight Loss	225-420 min/wk (3.75-7 hr/wk)
To Prevent Weight Gain After Weight Loss	200-300 min/wk (3.3-5 hr/wk)

Obviously, the amount of dedicated time spent at R Fit is beneficial to your health and gains, but is that enough? Depending on what your goals are, it may not be. So, what can you do to supplement it? Well, on your days off from R Fit, find a physical activity that you can do for at least 30 minutes. Walking, cleaning the house, riding a bike, hiking, running, etc. These are all activities that you can do in your spare time to keep your body active. Please be mindful and responsible of what is appropriate for your body, of course, but no matter what, keep active.

Caloric Intake

In an academic journal entitled Healthy Weight Loss, Dr. Eve Guth breaks down the relationship between caloric intake and weight loss. It is scientifically proven that 3500 calories = 1 pound of body weight. If weight loss is what you're looking for, then this is important information to take note of. To lose at least 1 pound per week, you'd have to decrease your caloric intake by 500 calories per day for one week (500cal x 7days = 1 lb/wk). Technically, using this calculation, if you want to lose 10 lbs by the ending of June, it's very possible.

1. Find a calorie tracking app that will document your caloric intake (ex. Spark People)
2. Decrease/eliminate the unhealthy choices
3. Adjust to lose 1-2lbs per week

Let's get it R Fit! Let's get it!