

# TIS THE Season TO BE thankful

R.Fit Hawai'i  
Monthly Bulletin

November 2017

HOPING YOUR HALLOWEEN WAS FANTABOOOLUS!!

QUOTE OF THE MONTH

## Being Connected...Being Fit

by R.Fit Hawai'i

### Staying Connected

First of all, we'd like to say that it is exciting to be publishing our very first monthly bulletin. These bulletins will be produced during the first week of each month. We aim to keep you connected and informed about what's new, who's new, what our schedule looks like for the month, a monthly goal, and a health and wellness article to keep you motivated to stay healthy in mind, body, and spirit. We'd also love to highlight some of your photos and success stories in our bulletin, so if you'd like to send us your story, please email us at [r.fit.hawaii@gmail.com](mailto:r.fit.hawaii@gmail.com). We may also be contacting you should we see a tremendous amount of motivation in your story that could benefit us all! Mahalo nui iā 'oukou!

### The Benefits of Being Fit

When coming to R.Fit, you may often hear Personal trainer, Reno, say "When I'm an old man, I want to be able to squat onto a toilet and lift my grandchildren up with one hand! That's why I stay healthy. That's why I work out!" He's not far from the truth. A study conducted on over 100 university students (both sedentary and physically active), show that physical activity decreases mortality and

increases psychological health when one reaches the ages of 50-70 years old (Demirel, 2016). The American Academy of Pediatrics supports strength and resistance training which increases skeletal muscle mass and leads to whole-body glucose disposal capacity (Tompkins, C.; Soros, A.; Sothorn, M.; Vargas, A., 2009). In other words, physical activity including resistance training, aerobic exercise, and behavioral modification (choosing to live and eat healthy), which are all done at R.Fit Hawai'i, decreases the risks of heart problems, diabetes, cancer, obesity, hypertension (high blood pressure), bone and joint disease, and depression by over 50% (Warburton, D.; Nicol, C.; Bredin, S., 2006).

It is not enough to only be active. It is also very important to, while training, prevent soreness and any possible injuries by being conscious of your work outs. Be present and focused during all activities as your safety is very important. Flexibility training and stretching, which includes foam rolling, is one of the best ways to prevent chronic muscle and joint disorder (Tompkins, C. et al, 2009). So, make sure you foam roll before and after class!

Each day I'm thankful for nights that turned into mornings, friends that turned into family, dreams that turned into reality, and like that turned into love.

— Drake —

### R. Fit Will Be Closed On...

Wednesday, November 1, 2017	6:30Am-12:30PM
Friday, November 10, 2017	6:30PM -----
Tuesday, November 21, 2017	6:30PM -----
Thursday, November 23, 2017	12:00PM ----

### Goal of the Month

What are you thankful for? Family? Friends? Career? Possessions? Health? Fitness? Whatever it may be, remember to express your gratitude each and every day.

This month, R.Fit would like to express its deep appreciation for each and every one of you! R.Fit is going strong because of you, and for this, we are sincerely honored and blessed! Thank you for your trust and allowing R.Fit to join you on your health and fitness journey.

### Save the Date(s)

The 2017 R.Fit Holiday Celebration is up to you! Go to the following website to help us create our fricking amazing celebration. Mahalo!

<https://www.surveymonkey.com/r/9G5R5M8>

### New Fam Members

Sending out a big welcome to our newest family members: Scott, Daniel, Darren, Chloe, Kelly, and Brett!

