



# To Your Health

News, updates and health tips from East Highlands Fitness

**Third Quarter 2017**

**Issue #18**



**What is Fitness on Demand (FOD)?** FOD is a database jam-packed with hundreds of virtual fitness classes ready whenever you are! Cycle down the mountains of Italy; yoga on the beaches of Hawaii; join your favorite fitness guru for the class of your choice! Some of the options include cardio/HIIT training, yoga, spinning, strength training, cycling, martial arts, dance, core/abs and so much more!

**How do I use it?** During business hours, browse our class list at the front desk. Choose the class you want and let our staff know what time you'd like the class to start. At your scheduled time; sign in at the front desk and head to the FOD room. Your class will begin automatically! Or you can check the bulletin board for our current pre-scheduled classes.

**Who can use it?** FOD is always free of charge for our Premium Members. During the month of September our Basic members can try any of our new virtual classes for free. However, starting in October they will pay a nominal fee for these classes.

## **Try Fitness on Demand and WIN \$100!**

During the month of September, for every Fitness on Demand class you take you will be entered into a drawing for \$100 restaurant gift certificate! Not sure which class to take? Ask the front desk for recommendations! The more classes you try, the more entries you get, so you've nothing to lose! Give it a try. Exercise may pay off - literally!



## **Inspirational Member of the Quarter**

Meet John Gunderson. After suffering a minor heart attack and receiving stern warnings from his doctor about his high risk for diabetes and high cholesterol, and being prescribed medication for these issues, John decided to take a different approach and instead, got serious about the time he spent here at East Highlands Fitness. John starting working out more often, learning more about what he could do naturally to reduce his risk, and made a consistent and conscious effort to change his lifestyle. In just a few months, John dropped his cholesterol from 207 down to 140, and cut his Triglycerides from 294 to 130!! Even his A1C dropped by over a third! John is hoping to be off his medications soon and has changed his daily routine to continue supporting a prescription free lifestyle! **GO John! You should be so proud! You are truly an inspiration to all of us!**

## **New Buddy Board**

Need some help getting motivated to come to the gym? In our Fitness on Demand room, there is a new **Exercise Buddy Board** where members can find others to team up and workout with! This tool will help you hold each other and yourself accountable as well as inspire each other to keep coming to the gym! Stop by the board and fill out a slip if you're interested in finding a workout partner with similar interests and availability. Once found, sign up for a class together, create a workout schedule, and start the journey to reaching your fitness goals! And who knows - you might just make a few friends along the way!

## Fitness Tip of the Quarter



One of the most overlooked pieces of working out is the focus you put into each lift. I know this might sound silly, but it's important to actually focus your mind on the muscle you're training. Learn to really feel your muscles. You can practice without even picking up a weight. While you're at home, flex your arm and feel your biceps contracting. Being able to focus your mind on what your muscles are doing is often called the "mind-muscle connection." The mind-muscle connection is the way to maximize a workout. You aren't just there to count reps. You're there to really feel the muscle through each and every segment of the movement pattern.

The key is to isolate muscle groups and strategically work them through various exercises, angles, and techniques. The better you can actually contract each muscle group correctly during a lift, the more your muscles will grow. *More weight can wait.* In the grand scheme of things, how much you can biceps curl matters very little. What's important is learning how to squeeze your muscles to move the weight rather than using your hips to thrust the weight up. Keep practicing placing your full attention and focus on every exercise. The more you practice the better you'll get at it.

## October Special – 90 minutes \$125

### Pohaku Wela

### Hot Stone Massage

Since ancient times, Hawaiians have been using lava stones, called *Pohaku*, for physical and spiritual healing. They knew that using *Pohaku* is a deeply healing experience that enhances our awareness and brings us closer to our true essence.

Hot stone massage can help relieve muscle tension and pain, reduce stress and anxiety, and even promote better sleep. It may also boost your immunity, and we all need that this time of year!



## 24/7 is up and running!

On August 1st our 24 hour fingerprint door entry system went live! The 2 weeks following allowed staff to enroll members and let members get comfortable with the new system. Those enrolled can now enter the building to workout ANYTIME! If you have not yet signed up and had fingerprints recorded, you will not be able to access the gym outside of our new business hours. As a reminder, never let anyone trail behind you nor try to trail behind others when you enter. This rule is in place for your safety and the safety all our members.

## Nutrition Tip of the Quarter



It's no secret that sugar is bad for you. It rots your teeth, packs on pounds around your belly, and provides zero nutrition. While these reasons should be more than enough, it's the least of sugar's crimes. **The biggest reason you should say goodbye to sugar is that it's one of the most inflammatory foods on the planet!**

Research has proven that chronic, body-wide inflammation is directly associated with many modern diseases including diabetes and heart disease (the #1 killer of both men and women). Inflammation also contributes to rapid aging and painful joints! One of the sneakiest sources of sugar is processed foods. So your first step should be to eat only REAL food, made in your own kitchen. Commit to one month of REAL food (no fast food, no processed food, and no eating out) and see how much better you feel!

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