

OBOL NEWSETTER

What's new and exciting at Victory Fitness Studio?

SEPTEMBER'S GYM GURU

MEET SAMMI JO!

This beautiful red head deserves to be Victory Fitness Studio's GYM GURU for the month of September because this is her WEDDING month! Well, that's not the ONLY reason she's my GYM GURU, but it IS a pretty great reason.

Sam has come incredibly far in her fitness journey over the past 7 years! She has lost 50 pounds and numerous inches. But more importantly than that is the fact that she has worked so hard to become not only physically fit but mentally fit as well. She has learned how to eat smart. By that I mean, nutritionally smart. She's become a great cook, she meal preps and grocery shops like a champ! Samantha runs my bootcamps on Monday mornings at 5:00 am and she is in the process of obtaining her Personal Training certification. She hikes, rides the River Mountains Loop Trail and strength trains. She is well rounded in the "fit" department, that's for sure. I've loved seeing her evolve from a "chunky" (sorry honey) teenager into a healthy and fit young woman.

The thing I like best about this redheaded gym guru?....She's my daughter. :) I could not be more proud. Congratulations honey! Many happy and fit years to you and Jake. He's a lucky guy!



ARE YOU DOING THIS ALONE?

Every day, across the country, individuals are hitting health clubs, unrolling yoga mats, pounding the payment and signing on to new fitness challenges.

Maybe they shouldn't be doing it alone.

It's time you considered how physical fitness can benefit not only your own health and well-being, but also your romantic relationship. Why not grab your partner's hand and invite him or her to be your workout partner as well? A growing body of evidence suggests that couples who sweat together really do stay together. In fact, working out together can...:

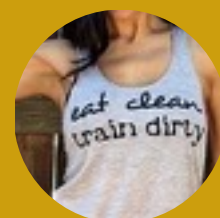


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Increase your happiness with your relationship... Lab studies show that after jointly participating in an exciting physical challenge or activity, couples report feeling more satisfied with their relationships and more in love with their partner. Exercise is a perfect example of the type of invigorating activity that can have these positive effects. It's the physiological arousal, rather than the challenge of the activity, that drives romantic attraction. This suggests that sharing a fitness goal like taking regular runs together, playing on a softball league, or having a date night at the gym can boost the quality of your romantic relationship.

Improve the efficiency of your workouts... A long-standing concept in social psychology is that the mere presence of someone else affects your ability to do an activity. Even if you already feel competent doing a particular exercise, bringing along your romantic partner may be a fantastic way to boost your energy output. Your partner's presence will improve your speed, without you necessarily being aware of their influence. On the other hand, if you are just beginning to learn to do burpees or manage a new elliptical machine, better to stick to trying it solo for the time being. In these cases, your partner's presence may interfere with your ability to complete a challenging task. Take some time to master the exercise, then bring your partner along for a performance boost.

Make your partner fall in love with you. Exercise induces the symptoms of physiological arousal—sweaty hands, a racing pulse, shortness of breath. These symptoms mirror, in many ways, the thrill of romantic attraction. Use this phenomenon to your advantage by inviting your romantic interest to workout with you. The results? A likely boost to your attractiveness in his or her eyes.

Help you achieve your fitness goals. When partners care about fitness—their own and their partner's—it becomes easier to achieve fitness goals. A recent study of heterosexual couples showed that average-weight husbands who care about fitness engage in more physical activity when their wives offer more supportive health-related comments. Sharing in the ups and downs of a daily morning walk, a tough bike ride, or a strenuous weight lifting session, can provide the perfect context for such comments. One cautionary note: Don't rely too heavily (or exclusively) on your partner when it comes to your own fitness goals. "Outsourcing" the mental effort required to complete fitness goals can reduce your own effort.

Increase your emotional bond. When you work out together, you create a context in which you can coordinate your actions. For example, you might lift weights in rhythm with your partner, match your own walking or running pace with his or hers, or toss medicine balls back and forth. Such behavior creates nonverbal matching, or mimicry, which benefits you both. Nonverbal mimicry helps people feel emotionally attuned with one another, and those who experience or engage in it tend to report greater feelings of having "bonded" with their partner. Exercising together provides an opportunity to create such connection, benefiting both your health and your relationship.

In sum, fitness can be about you, or it can be about you and your partner, so why not share this aspect of your lives, either regularly or just on occasion, and discover how doing so might give your relationship a new dimension and new life!

1

OBOL TIP

Lose the All or
Nothing Approach

2

OBOL TIP

If you Fall of the wag-
on...Get Right Back
On!

3

OBOL TIP

Remember..It's about
Progress over time...NOT
Perfection!