



# To Your Health

News, updates and health tips from East Highlands Fitness

Fourth Quarter 2017

Issue #19



**A new challenge is coming to East Highlands Fitness starting January 1st, 2018. Get ready to battle it out in our first ever "Winter Warrior Challenge".**

Between the months of January 1st and March 31st you'll be able to earn 'stars' for different activities and services that will get you different tiers of rewards; including sauna sessions, massages and personal training. A one hour work out, for example, will get you 1 star, and bringing in a new member referral gets you 5 stars. You'll receive awesome reward packages at 50 stars, 100 stars and 150 stars. Everyone has the ability to reach each reward—all you have to do is be here, work hard, use the services, and earn your stars.

**Keep an eye out for the upcoming details and get ready to battle it out. What kind of warrior will you be?**



**Fitness on Demand now includes 6 FREE classes per month!**

Basic Members may now enjoy up to 6 Fitness on Demand classes for FREE each month. Additional classes will cost a nominal fee. Unlimited classes are free of charge to Premium Members. Simply come in during business hours, browse our class list and let the staff know what time you'd like to start a class. Not sure which classes to take? We are happy to provide you with suggestions! At your scheduled time - sign in at the front desk and head to the FOD room. Your class will begin automatically!

## Inspirational Member of the Quarter

Just over one year ago **Rick Schmid** suffered a severe stroke that changed his life forever. After spending 60 days in the hospital, followed by weeks in a wheelchair, Rick decided it was time to transform his lifestyle. Just days out of the wheelchair and walking with a cane, Rick came to East Highlands Fitness to start his journey to recovery. He started



doing research on his own and surrounded himself with the people he knew could help him be successful; or as he says, "put together a team". With a lot of hard work, including coming to the gym two times daily, and the help of Colton Ostermiller (EHF Manager/Personal Trainer), Leslie Reilly (EHF Massage Therapist), an Occupational Therapist, and even a Golf Instructor; his recovery has continued to move forward exponentially. As an added bonus for his hard work, Rick has lost over 50 pounds, increased his mobility, and dropped his cholesterol and blood pressure to a healthy level. After years of working in a high-stress job, traveling upwards of 2 weeks each month, and putting his health second, Rick is looking forward to the future and staying focused on health and recovery. More recently Rick has even added a Ski Instructor to the team! All of us here at EHF are proud to be part of Rick's team and will continue to cheer him on as he continues to inspire all of us. **GO RICK!**

## Fitness Tip of the Quarter



Why do you workout? Do you have a goal that you're working towards achieving? Setting goals that correspond to your personal reasons and desired accomplishments dramatically improves the probability of not only reaching them but of achieving a long term healthy lifestyle balance. The key to all goal setting is to create goals which are measurable and achievable. The more generic an individual's goals (i.e. lose weight) the less progress they generally achieve and they may even end up giving up out of frustration as a result. The best way to ensure that you're establishing appropriate goals is to meet with one of our trainers so that we can utilize our knowledge base and years of experience to help you get setup on the right track. Fitness consultations are always FREE and can help you get started towards improving your health and developing a healthy lifestyle balance that works for you. If scheduling an appointment feels too overwhelming, you can still always ask us for our health and fitness advice whenever you have a question. We're here to help!

**December  
Massage  
Special**  
**Buy one  
Massage  
Get one  
40% OFF!**



## Have you joined the 24 hour system?

On August 1st our 24 hour fingerprint door entry system went live! Since implementation, we have had **630 members** sign up and there are still over 500 members who have not registered! Feedback has been overwhelmingly positive and we appreciate everyone's patience while we worked out the kinks. Safety and ease of use are our number one priority! Remember, if you have not yet signed up and had your fingerprints recorded, you will not be able to access the gym outside of our new business hours.

## Nutrition Tip of the Quarter:



## *Holiday Edition*

Let's face it: it is hard to stick to a healthy eating and exercise plan during the holidays. Temptations are everywhere this time of year! The good news is that you really can get through it without gaining weight. It will take some effort, but you will thank yourself later. Instead of trying to lose weight, your goal should be to maintain weight. That means you can enjoy the occasional holiday treats and splurges and keep the scale where it is. In order to do this, we suggest a few helpful tips. Don't skip workouts - even doing moderate intensity is better than nothing. Monitor your hunger - try not to show up to a holiday party when you're already hungry. And watch your portion size - eat how you would normally eat and stay conscious throughout the day! You can do this! We are here, as always, if you need help!

[EastHighlandsFitness.com](http://EastHighlandsFitness.com)



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