



Western Racquet Club Fitness Center

Hours of operation:

Monday through Saturday: 5am to 10pm
Sunday: 5am to 6pm

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Get Fit Newsletter July, 2018

The Power of Habit

John Dryden famously said, "We first make our habits, and then our habits make us." Confucius said, "Men's natures are alike; it is their habits that separate them." And Aristotle noticed that, "We are what we repeatedly do. Excellence then, is not an act, but a habit." It's pretty clear that the habits you adopt will shape who you are. What are your habits? Do you eat the same thing for lunch, go through the same exercise routine, and fall into bed at the same time each night? Or maybe you've made a habit out of eating something sweet before bed, avoiding the gym, and staying up as late as possible.

When it comes to your fitness, the two habits that define you are your eating and exercise habits. In fact, everyone that you know who is in great shape has dialed in these two important habits. If you aren't happy with your body, then simply adjust your eating and exercise habits.

Here's how to adopt a habit:

1) Decide on the ONE habit that you would like to develop. It's tempting to pick up three or four healthy habits, but choosing just one new habit is realistic and doable.

Here are some healthy habit ideas:

- Do not eat after 7pm each night.
- Bring your lunch to work instead of eating fast food.
- Exercise 4 times a week after work for 45 minutes each time.
- Only eat fruits and veggies as your afternoon snack.
- Get up early and exercise for an hour each morning.
- Workout with me 3 times a week.

2) Write your new habit down on paper. Also include your three main motivators for developing this new habit, the obstacles you'll face, and your strategies for overcoming these obstacles.

Here's an example:

- My new habit is to work with a personal trainer three times each week.
- My three main motivators are 1) to feel confident in my bathing suit this summer, 2) to have more energy, and 3) to fit into my skinny jeans.
- The obstacles I will face are 1) not having the energy to go to my session after work, 2) not having enough money to pay for sessions, and 3) not having my spouse's support.
- I will overcome these obstacles by 1) doing my workouts before work instead of after work, so I have more energy, 2) cutting down on frivolous spending to ensure that I can afford it, and 3) asking my spouse to join me so we can get in shape together.

3) Commit fully to your new habit, in a public way. This could mean posting it on social media, or simply announcing it at the dinner table. Put yourself in a position where you'll be embarrassed to give up on your new habit.

4) Keep track of your progress. You could keep a detailed journal or simply make a check mark on each calendar day that you successfully exercise your new habit.

Once your new habit becomes second nature, usually in about 30 days, feel free to add a second habit by going through the same steps. I'd love for my fitness program to become your new healthy habit! Call or email now to reserve your spot.



Favorite Sesame Salmon

Salmon is filled with healthy omega 3 essential fatty acids, protein, and vitamin B12. This recipe is quick and tastes amazing. Serve it with a side of steamed veggies. Recipe courtesy of RealHealthyRecipes.com

What you need

- 1 Tablespoon sesame oil
- ¼ cup lemon juice
- ¼ cup coconut aminos (or soy sauce)
- 1 teaspoon ground mustard
- 1 teaspoon ground ginger
- ¼ teaspoon garlic powder
- 4 (6oz) salmon steaks

Instructions

1. In a large re-sealable plastic bag combine the first six ingredients; mix well.
2. Set aside 1/2 cup of marinade and refrigerate.
3. Add salmon to remaining marinade, cover and refrigerate for 1-1/2 hours, turning once. Drain and discard marinade.
4. Place the salmon on a broiler pan. Broil 3-4 in. from the heat for 5 minutes. Brush with reserved marinade; turn and broil for 5 minutes or until fish flakes easily with a fork. Brush with remaining marinade.

Nutrition: Serves four. One serving equals 392 calories, 19g fat, 2g carbohydrate, 1g fiber, and 38g protein.

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