



# 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 August, 2018

## These block fitness results

There are many complex reasons that make fat loss a challenge, reasons that go deeper than simply calories-in versus calories-out. I'm talking about the life issues that get in the way of your success. Here are five things that block fitness results along with the solutions to unlock your best body.

### 1. You are crazy busy.

Let's face it, you work too much, commit yourself to too much, and don't even get enough sleep most of the time. The fast-paced way you live leaves you exhausted, stressed, and hungry for comfort food. You even begin to feel too busy to take care of your health. It's time to reprioritize. Let go of your perfectionist standards and remove a few commitments from your schedule so that you are able to cook healthy meals, exercise, and get a good night's sleep. Remind yourself that taking care of your health is not a luxury—it's a necessity.

### 2. You don't want to wait for the good stuff.

Just as you wish to avoid pain, you are also an expert in seeking out pleasure—namely food. This served the cavemen well, but these days it ends up as extra pounds around your waist and thighs. There's good news: extra calories are not your only option to stimulate the pleasure center of your brain. Find an activity or two that make you smile and indulge in those regularly.

- A walk outside
- A good book
- A night out to the movies or theater
- A spa day

You can also retrain your brain to crave the pleasure of exercise-induced endorphins. Talk about weight gain kryptonite!

### 3. You don't want to be bothered.

It's in your DNA to avoid pain and seek out pleasure. Unfortunately, this works against you when trying to get fit. In your mind, it's painful (or at least uncomfortable) to deny yourself the tasty food that you crave and to exert yourself with exercise. There's a simple way to work around this obstacle: Find something painful about being out of shape to motivate yourself towards healthy eating and exercise. Focus on the negative impact your current shape has on your health, self-esteem, and lifestyle. Convince yourself that the pain of being out of shape is much greater than the discomfort of losing the fat.

### 4. You don't deserve it.

I don't agree with it, but you sure act like you don't deserve to live the good life in the body of your dreams. Take a moment to think back on all the times you have self-sabotaged your weight loss efforts. If you don't believe deep down that you are worthy, then you'll never give yourself a chance at a fit body. I believe that you deserve to have a healthy body—and I urge you to dig deep down to uncover why you don't. Once you conquer your feelings of unworthiness, getting on an exercise and healthy eating plan will be easy. Take the time to take care of yourself. You DO deserve it.

### 5. You are afraid.

You're afraid to start because you just might fail, and wouldn't that be embarrassing? You're also afraid to start because you just might succeed, and change makes you uncomfortable – even if it's change in the right

direction. When you decide to get fit you will need to go through a bunch of changes:

- New diet
- New exercise routine
- New friends at the gym
- New clothes
- New self-image

Focus on all of the ways that shaping up will make your life better. Envision that better life everyday so that it goes from being new and scary to familiar and comfortable.

I want to personally help overcome every obstacle standing between you and your ideal body. Call or email today to get started on a program that will change your life and body forever...in the best way!

## **Time For Something New...**

Your body adapts quickly to any repetitive routine. The definition of insanity is to do the same thing over and over while expecting different results. This holds true for your workouts. When your results stop then it's time to try something new. The workouts that my clients enjoy are never boring or repetitive. Come join us!

## **Salmon Power Scramble**



It's important to start your day off with a healthy serving of protein and veggies. This recipe delivers both as salmon, broccoli and egg whites combine for the perfect protein-packed breakfast. Add a side of avocado for healthy fats and a serving of fruit for a delicious start to your day.

### **What you need** (serves 2)

- 1 teaspoon olive oil
- 1 cup fresh broccoli, cut into small pieces
- 5 egg whites
- 8oz grilled or smoked salmon, separated into small pieces
- dash of salt and pepper

### **Instructions**

1. In a skillet warm the olive oil over medium heat. Add the broccoli, cover and cook for about 5 minutes until tender.
2. In a small bowl combine the egg whites, salmon, salt and pepper. Mix well. Add to the skillet.
3. Cook until egg whites are set, flipping at least once.

**Nutrition:** One mini muffin equals: 225 calories, 7g fat, 557mg sodium, 6.5g carbohydrate, 1g fiber, and 33g protein.

## **Call G-Form Fitness for personal training**

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