

# The Bench Press

## FEBRUARY NEWSLETTER



### Group Fitness Classes

<b>Monday -</b>	<b>Cardio Fit</b> <b>6-7pm</b>
<b>Tuesday -</b>	<b>Yoga</b> <b>6-7pm</b>
<b>Wednesday-</b>	<b>Step Interval</b> <b>6-7pm</b>
<b>Thursday-</b>	<b>Strength and Tone</b> <b>6-7pm</b>

### This Month's Challenge:

Who thinks they can workout the most in one month?! We are running a challenge for the whole month of February and whoever has the most gym check-ins will win a free months membership! Details are below:

- You must check in at the front desk with your name or make sure you scan your fingerprint or use your code after hours so that our system will log your visit.
  - Must be 18 years of age or older.
  - Based on one single persons amount of visits, will not count families together as multiple visits.
- Challenge yourself to workout more than you normally do and see all of the ways it can pay off!



# Food for Thought:

Following the 80/20 rule, if a person is consuming an average of 2,200 calories in one day, then 1,760 calories should be made up of whole nutritious foods while 440 calories can go towards the foods you want within moderation.

*You can't outwork a bad diet*

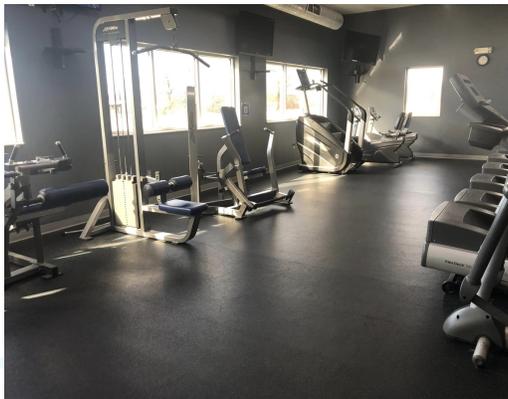
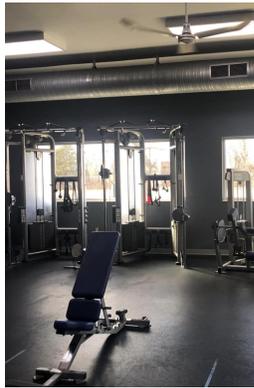
Most of us have heard this saying but don't know what it actually means. It means that no matter how hard you work in the gym, you will not be able to accomplish your goals if you have a bad diet. Now, this does not mean you can never have sweets or anything unhealthy, it just means that you need to have a balanced nutrition routine and feed your body with the proper nutrients it needs to grow. A good rule of thumb is that 80% of the time you should be following a balanced diet while 20% of the time you can let yourself have the things that you are craving.

This will not only help you feel better internally but will also improve your aesthetic as well.



## New Equipment

This month we received a few new pieces of equipment and rearranged! Be sure to stop in and check it out!



*It won't get easier, you will just get stronger*