



Fitness Newsletter

July 2015

Transforming Lives With Educated Fitness Solutions

Hello!

July is a very exciting month for TFW! This July 15th marks the 1 year anniversary for moving our business. I will never forget sitting with our contractor and Tony told him, "we'll do the demo." I should have ran! Just kidding, kinda...it was such a learning experience and what doesn't kill us makes us stronger right?! In all seriousness I still have to pinch myself when I walk into our facility. This facility was once a 5 year goal we set many years ago! We had every detail planned and we even had a picture of a training facility that looked similar to what we envisioned. That picture hung in our old "shared" office and kept motivating us to find the right space. This October we will celebrate 8 years of business, stay tuned for a fun event!

This month also marks a heart felt goodbye to a member of our team. Ross Powell started with us a little over two years ago and we always knew he was wanting to go back to Physical Therapy school. This is very bittersweet and we know he will be missed. He has definitely left his mark on our company and clients. We wish Ross and his family the best! If you train in the morning you have met Brandon Bixler. When we knew the time was coming closer for Ross to go back to school we were lucky enough to meet Brandon and we are excited for him to move into a Fitness Professional position at TFW!

Lastly we have a great Skinny Jeans Challenge going on! The participants are getting super focused and a couple of lucky winners who see the most change will receive a gift card for \$200 to buy some new skinny jeans at Nordstrom! Stay tuned for the results!!! Other than that we hope you are having a great summer and there are less than 2 months till football season!

- Arin



TRENDING AT TFW

5 Fun Facts!

When hippos are upset their sweat turns red

If Pinocchio says “my nose will grow now,” it will cause a paradox

A small child could swim through the veins of a blue whale

The average person walks the equivalent of twice around the world in a lifetime

If you leave everything to the last minute... it will only take a minute...(not advised)

Happy Birthday!

Amy Cowles

Al Lewis

Kevin Marshall

Julie Miller

Sherry Montgomery

Eric Purdy

Megan Robertson

Nick Taylor

Chicken Bacon Burgers with Brussels Sprout, Apple, Avocado Slaw

Yield: 4 burgers

INGREDIENTS

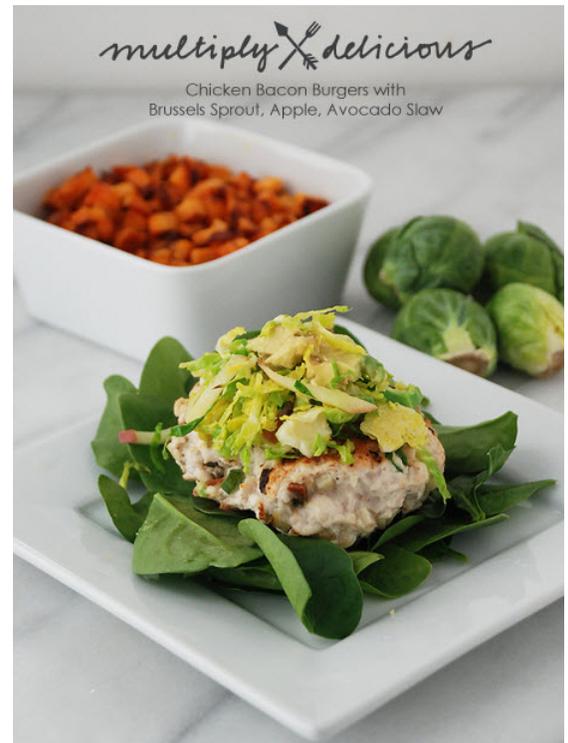
1 pound ground chicken
1 tablespoon gluten-free dijon mustard
1/4 cup green onion, diced
1/4 cup apple, finely diced
1 garlic clove, minced
3 slices bacon, cooked and diced
1/4 teaspoon sea salt
1/4 teaspoon fresh black pepper
1/8 teaspoon red pepper flakes, optional
1/2 pound Brussels Sprouts, ends removed and shredded
1/3 cup apple, thinly sliced into strips
1/2 avocado, cubed
sea salt and fresh pepper to taste

NOTES

To shred brussels sprouts, thinly slice from the head of the brussels sprout stopping just before the base. Discard the base. Using fingers break up the brussels sprout strips/shred.

INSTRUCTIONS

In a large bowl combine ground chicken, dijon mustard, green onion, apple, garlic, cooked and diced bacon, salt, black pepper, and red pepper flakes if using. Mix ingredients until fully incorporated, best if you use your hands. Form mixture into 4 even sized burger patties. Heat an indoor grill pan on medium-high heat. Once pan is heated add burgers and grill 3 to 4 minutes on one side and flipping to grill on the other side for an additional 4 minutes or until cooked through. Remove from pan and set aside. In a small bowl, toss together shredded brussels sprouts and apples. In a small pan heat 1 teaspoon bacon grease or coconut oil. Add brussels sprout and apple mix and stir often until the brussels sprouts are slightly wilted and apples are tender. Remove from pan and stir in avocado. Season with sea salt and pepper to taste. Serve burgers with slaw and enjoy.



CLIENT OF THE MONTH

ANITA HARDEN



Anita has been one of the most successful clients we have had participate in the 24-Day Challenge. After 24 days Anita lost 10 pounds and a total of 6.25 inches! Then 2 weeks after she finished her challenge she had her 6 week assessment and found that she surpassed her goal of losing 10 pounds and lost 13 total. She also met her goal of reducing her body fat percentage. Anita has a new found confidence. She is always happy and positive when she walks into the gym. All of the employees at TFW are all so happy and proud of Anita for taking control of her life and making huge life style changes! I am personally very excited to continue to watch Anita change and transform into the woman she wants and strives to be!

CHECK THIS OUT...



SYS® Cleanser is a daily cleanser and exfoliant that clears away impurities for brighter, more radiant skin. Utilizing lemon, orange, bilberry, sugar cane and green tea extracts, Cleanser leaves skin refreshed and renewed without a lingering residue.

- Ophthalmologist and Dermatologist tested
- Hypoallergenic
- Cleanses skin and leaves not residue
- Removes dry, dead skin cells
- Fresh, clean current scent

“I have personally been using this for a year now and I love the sugar cane in the product because it helps exfoliate but is gentle”

- Arin

**AT
HOME
WITH
TFW**

x3 Rounds with 1 min
Rest b/w Rounds

20 seconds on

40 seconds off

- sit to jump
- dead bug
- lunges
- push ups
- glute bridges

One Percent and the Big Muscle Myth

Understanding Body Composition and the Deceptive Nature of the Scale

by Adam Heavrin

The scale. It sits there with its big digital numbers that only depress you. No one else is around but you are still frustrated and slightly embarrassed that those numbers are not moving. Fast-forward to your accountability session at TFW where your TFW accountability coach is giving you a high five because you knocked off 1% body fat in six weeks. They have a big smile on their faces and the only thing in your head is: “Ummm...did they miss the fact that the number on the scale did not move at all? And what is the deal with this fat free mass?” They are telling you that you gained muscle! So now it's impossible to lose weight but you are going to look like Arnold Schwarzenegger too?

The answers to your questions are: Yes 1% IS a big deal! And no...you won't be uttering “I'll be back” with biceps up to your ears anytime soon. Still, understanding body composition and why it is important can be confusing. By the end of this piece I want you to realize the power of tracking your body fat, why fat free mass (i.e. muscle) is so important, and why the scale is merely a tool for tracking change but has no deeper meaning for your progress to a healthier body.

I won't spend time here telling you all the bad things that excess body fat can bring into your world. Clogged arteries, decreased quality of life...the whole can of worms. Here is what you may not know: body fat is a good thing too! Our bodies are designed to have a set amount of healthy fat. It protects your organs, insulates your body from the cold, and it helps regulate lots of important process in your body. When you have healthy levels of body fat your brain function is drastically improved and your body can regulate energy much more efficiently. This allows you to feel better during your waking hours and

helps you get a better nights sleep as well which is important for your body to recover from the stress of each day. If you are a man you want to be at, or under, 22% body fat, while women should look to stay at or under 27%.

So why would you be happy if you lost just 1% of body fat in six weeks? That seems like such a low number. That is 1% of your total body weight. For a 160lb man, losing 1% body fat means he loses approximately two pounds. That may seem insignificant, but if you keep adding up those 1% losses over time you will see some results rather quickly. Remember this loss is from the body fat category which means you are shaving off fat cells all over your body. This will give you great results in a relatively short period of time (6-8weeks).

Muscle mass is a deceptive parameter as well. Many people think that acquiring more muscle tissue will result in “getting big” just like the folks on the front of muscle magazines. This is wholly untrue. Bodybuilders spend upwards of three hours a day in the gym along with a highly specific diet to develop large amounts of muscle. For us normal folks, having greater amounts of lean tissue means feeling stronger, an increase in resting metabolism, and a more “toned” look in in all areas of the body. Muscles are the support cables and pulleys for our skeleton. Having a greater amount of muscle means we have a better support structure for our bodies. More muscle does not mean you will look like Arnold, but you can still feel like an all-powerful machine without having mountains for biceps.

Body fat and muscle mass are our two big hitters when we talk about body composition at TFW. Now that you have a little more insight into what each means, I want to remind, plead, and

beg you to remember: THE SCALE IS ONLY A TOOL. The scale is great at showing you how your total body weight is changing but it cannot tell you how your body composition (i.e. muscle and fat) is changing, which is so much more important.

Chew on this (pun intended): if you weigh in at 150lbs then you lose 2lbs of fat and gain 2lbs of muscle, how much do you weigh? Yep...the same. But now your clothes fit better, you sleep better, and have more energy. So the scale did not change, but your composition changed. Another way to look at it is for us to talk about the age old myth: ‘muscle weighs more than fat.’ WRONG. Muscle takes up less space than fat. Muscle is more dense than fat. Imagine you have huge jar with 100lbs of fat. The fat is up to the brim, almost falling over the side (gross). Now take out all that fat and put 100lbs of muscle into the jar. The jar still weighs the exact same, but the muscle takes up much less space. The jar represents your favorite t-shirt or pair of jeans. When you lose body fat and gain muscle mass you take up less space, and winning the war with those skinny jeans becomes much more realistic!

Now that you are armed with some knowledge on body composition, I challenge you to stop using the scales as a barometer for success. Talk to your TFW accountability coach about your success with body fat and muscle mass and what it means in regard to your personal goals. We want you to feel fit and confident which is doable even if the scale moves very little.

A Bitter Sweet



Ross Powell began working at TFW in April 2013. He has been responsible for helping change the landscape of service to our clients, including implementing a program design system for our personal training and group training. Ross has a passion for helping TFW clients feel great about their experience and to help them achieve their health and fitness goals. His demeanor has helped clients feel comfortable when they are learning new exercises and he is always available to speak with clients on a personal level. In August Ross and his wife will welcome their first child! Ross will also be re-starting his academic career in August at IUPUI to begin his journey to become a physical therapist. Ross has become a personal and professional asset to the TFW team and no amount of words can express how much we will miss him. Thank you for everything you have done and good luck!

Brandon Bixler hails from Logansport Indiana. He completed his bachelor's degree in Exercise Science from University of Indianapolis in May 2015. In the short month Brandon has been with the TFW team he has proven he fits right by providing a positive approach with clients and a willingness to share his passion for health and fitness. Many of our morning clients will get to know Brandon well as he begins his journey with TFW. Help us extend a warm welcome to Brandon and seek him out for any help you may need at TFW!



Spread the Word

Do you enjoy your workouts and accountability at Transformation Fitness and Wellness? If so, tell your family and friends so that they can join you. Here at TFW we love our clients and we are always looking for more who are just like you! Tell us about the people in your life or give them our contact info so that they can reach out to us themselves.



@TFWellness



@tfwellness



Transformation
Fitness and Wellness

1222 N. Pennsylvania St.
Indianapolis, IN 46202
Phone: (317) 927-9689

Transformation Fitness and Wellness
1222 N Pennsylvania St.
Indianapolis, IN 46202
(317)927-9689 | www.ftwellness.com

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