



## Fitness Newsletter

October 2015

Transforming Lives With Educated Fitness Solutions

Hello!

October is a very special month for Transformation Fitness and Wellness. This October 30th is our 8 year anniversary! It is so crazy to look back 8 years ago sitting in our apartment on the floor and creating our business plan. We took forever trying to figure out what to name this business. It took two church sermons for us to finally decide on Transformation. (The 2 part sermon was about transforming the church and it just stuck!) We added Fitness and Wellness because it is not just about fitness, your overall well being is important to us and honestly our mind plays a huge role in our success.

So two buildings later we are very proud of the the business, our amazing staff and the people we get to serve. We believe in helping people become the best version of themselves. We are a team, but we each fight our own battles. Personally this has been the most challenging part of my life, yet the most rewarding. Just hearing someone is down 6lbs and going on their cruise feeling awesome is all it takes. Or seeing our staff moving into there new homes gets us excited. These are real people winning at life.

We all get up and put on our pants the same way, but we all have different struggles. At TFW we all come together to feel good. We all have different goals, but what most people may not realize is we just want to feel good about ourselves. You might think we are a tad crazy with some of these workouts and we are...but when you come in these doors you leave it all behind you and fight. Looking back on these 8 years

one of the biggest things I have had to overcome the most is my mindset.

This is why our workshop this month is all about Mindset. How does your mind affect your everyday interactions, decisions and well-being? This is what we will work through together. Also, disclaimer...this one takes time and practice and by no means am I perfect. You will find this pretty interesting. So mark your calendar for October 21st at 6:45pm.

Also we are looking into hosting our very first (hopefully many more) First Friday on November 6th from 5-9pm! We will celebrate our 8 years in business, tour some local artists, taste some local adult beverages and network with your fellow 317 community!

Keep fighting each day and join me at this month's workshop that's all about you!

“**There is little difference in people, but that little difference makes a big difference. The little difference is attitude. The big difference is whether it is positive or negative.**”

– W. Clement Stone

# TRENDING AT TFW

## 5 Fun Facts!

The Bible is the most shoplifted book in the world. (Interesting Fact)

Samuel L. Jackson requested to have a purple light saber in Star Wars in order for him to accept the part as Mace Windu.

The bat is the only mammal that can fly.

One third of the Earth's surface is either partially or totally desert.

Alexander Graham Bell patented the telephone on Valentine's Day, 1876. In 2012, 230 million texts were sent – 11 million more than any other day in February.



## Happy Birthday!

Linda Anderson

Trent Cowles

Ray Lucas

Meghan Medendorp

John Mendoza

Christine Pyle

Bonny Lewis Van

Joe Vernon

Raji Wattuhewa

## Slow Cooker Honey Sesame Chicken

Prep Time 10 minutes, Cook Time 4 hours  
Total Time 4 hours and 10 minutes

Yield 6 servings

### Ingredients

- 1 small onion, diced
- 2 cloves garlic, minced
- 1/2 cup honey
- 1/2 cup soy sauce
- 1/4 cup ketchup
- 2 tablespoons vegetable oil
- 1/4 teaspoon crushed red pepper flakes
- 2 pounds boneless, skinless chicken thighs
- Kosher salt and freshly ground black pepper, to taste
- 1 green onion, thinly sliced for garnish
- Sesame seeds, for garnish

### Instructions

In a large bowl, combine onion, garlic, honey, soy sauce, ketchup, vegetable oil and red pepper. Season chicken thighs with salt and pepper, to taste. Place chicken thighs into a slow cooker. Add honey mixture and gently toss to combine. Cover and cook on low heat for 3 hours and 30 minutes.

Remove chicken thighs from the slow cooker and shred the chicken before returning to the pot with the juices. Cover and keep warm for an additional 30 minutes.

Serve immediately, garnished with green onions and sesame seeds, if desired.



# CLIENT OF THE MONTH



## DIPTHI RAAVI

Dipthi has done an excellent job of staying motivated and consistently showing up to her workouts. She has lost 9 pounds and 4% body fat and has lost a combined total of 7 inches from her hip and waist! Dipthi comes into each session with a smile on her face, ready to take on the workout. She had very little experience with exercise when she came to TFW and has improved her form tremendously.

## CHECK THESE OUT...



### **Clear Mood** Multinutrient Dietary Supplement

Clear Mood facilitates brain and nerve cell function by providing important neurotransmitters that help lower the effects of occasional stress, nervousness and worry.\* One such agent, known as 5-HTP, is vital for the production of serotonin necessary for the brain and nervous system.

#### **Key Benefits**

- Helps brighten mood from the occasional blues
- Supports sense of well-being
- Provides support for relaxation

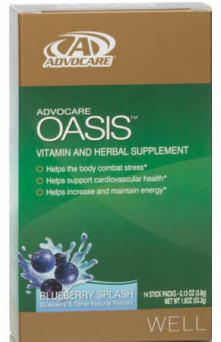
### **Oasis**

Vitamin and Herbal Supplement

This solution for a stressful environment helps bring balance back to your life through adaptogens, berry extracts and B vitamins. Oasis is easy to take on the go, caffeine free, and can be combined with other AdvoCare products.

#### **Key Benefits**

- Helps your body adapt to physical and other sources of stress\*
- Contains a combination of super fruits known to contain antioxidants (Vitamins C, A, and E) and polyphenols\*
- Provides immune and cognitive support\*
- Contains B vitamins for energy and immune support\*
- In a convenient stick pack



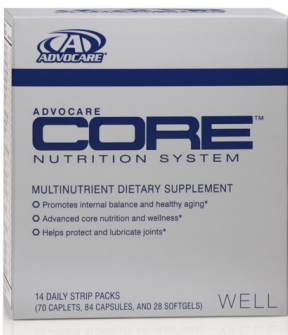
### **Core**

Multinutrient Dietary Supplement

No matter your age, you want to look, feel and perform your best. Whether you're a Baby Boomer, busy professional, gym rat or even a weekend warrior, AdvoCare® Core™ provides a comprehensive nutrition system to support your on-the-go lifestyle and help you achieve peak vitality.\* For healthy aging, joint protection and overall wellness in a convenient thermogenic-free strip pack, look no further than AdvoCare Core.

#### **Key Benefits**

- Provides advanced core nutrition to support overall wellness\*
- Promotes internal balance and healthy aging\*
- Helps protect and lubricate joints\*



# How to Develop a Positive Mindset

## How to Develop a Positive Mindset

Being an optimist or a pessimist is a personality trait to a certain extent, but like most things in life, a lot can be achieved, a lot can be changed, when you put your will power and self-discipline to use. Creating a positive mindset is a choice. It is not an easy choice, but it is a choice nonetheless. Choose today to have a positive mindset. Think about your overall life. Chances are, you are probably positive in some areas and less so in others. You are probably more confident, or more of a go-getter in some areas, but not in others.

## Here are five ways you change the way you think:

### Keep the Right Company

This is essential. If you keep bad company, you will end up becoming the worst version of yourself. If you keep mediocre company, you will end up becoming the mediocre version of yourself. But keep great company, and you will push yourself to become the best you can be. It takes an effort to surround yourself with the right people. You need to find them. You need to form relationships with them. But most importantly, you also need to get rid of people who are dragging you down with them. It may sound harsh, and some of you may never make that choice, but the truth remains that you are a reflection of the company you keep.

### Choose to LIVE

You get one life. Even if you believe in reincarnation, this is the only life you get to REMEMBER, so really practically speaking, this is the only life you have. It's up to you whether or not you make the best of it. It's up to you whether you decide to LIVE fully, and completely. If you choose to live, then you haven't got time to waste moping around, being negative, and telling yourself you can't do anything. So make a choice: TO LIVE. And then go do it. There is no user manual for this. You just have to get out of bed each morning, and figure things out as you go.

### Be Conscious of How You Spend Your Time and Your Life

Your life is made up of moments. How do you spend your time directly defines how you live your life. Pay attention to what you do each day. Pay attention to empty pockets of time that you are losing without being aware of it. Once you know how you spend your time, you will be better able to do something about making it more productive.

## Have a Bucket List, or Goals, or Something To Aim For

What are you aiming for? In your day to day life, is there something you want to strive towards, or is just random progress? Are you hoping to just fall into "right" life? If you are, that's a long shot. A Positive mindset is much easier to maintain when you are moving towards something you really want. Even if you have setbacks (inevitably), you are still more likely to get up, and keep striving. So make a list. You can have one big goal, or many goals, or a bucket list.

## Make A Point of Including Positive Things in Your Journal

Building a positive mindset is not just about a glass half-full. It's about learning to discover the genuine positives in most situations. It's about appreciating the opportunities that arise from challenges. So first of all, if you aren't already doing it, keep a journal. Secondly, make sure your journal isn't just a place for negative venting. Include positive things in your journal, whether it's about great time you had with a friend, or any achievements you had – however small. It could be something that made you smile or laugh, or something that touched you in a positive way, or inspired you. Positive moments happen throughout the day, all around you and within you. You need to be willing to notice them.

## No Success Without Struggle

You may be thinking I'm wrong and that you know people born with a silver spoon in their mouth who had everything easy. Or the good-looking ones who manage to make their way through the world with a smile. Looks will fade. Inherited wealth may be squandered. But the things you build yourself, your personal achievements, remain with you – if not tangibly, then at least because of the person you become just by the process of doing those things. If there was no struggle, if being successful wasn't difficult, everyone would be doing it. It is difficult, not because it's something so amazing that only the most intelligent can do it, but rather because it is so simple but most people aren't willing to put in the effort required. What success demands is discipline day in and day out. It demands that you keep on the path that you keep moving even when you keep falling down. It demands you grow and learn. It demands that you continuously push yourself, and strive to be the best you can be. Success demands faith. Success demands resilience. All simple things, but difficult, because they require you to focus on and mold your character in a particular way. It is not something the lazy can achieve. It is hard work. Majority of the struggle comes from within you. Each of you have something, characteristics or beliefs or traits, that you would need to control or overcome to be the person you want to be. That's why success without struggle is unlikely.

# DATE TO WATCH

## Mindset Matters Most Workshop

October

21

6:45pm - 7:45pm

The title in itself is an important topic. We will breakdown our mindset and why it is so important to your personal life. You will not want to miss this workshop with special guest, **Kathy Slaughter, LCSW**

### We will discuss:

- Motivation
- Stages of Change
- Where People Get Stuck
- Fear
- Breaking Habits
- Observations

## Kathy Slaughter



With a Masters in Social Work from the University of Michigan, Kathy Slaughter pursues her burning desire to help every person feel grounded, inspired and whole by providing individual and relationship

counseling services in Broad Ripple. Her areas of expertise include rediscovering your sexuality, restoring your relationships and assisting you with recovering from troubles in your past.

[www.soaringheartcounseling.com](http://www.soaringheartcounseling.com)

## FIRST FRIDAY!

We are very excited and looking forward to hosting our very first, 'First Friday' event next month.

We will be sure and keep you posted on official details.

“**Success is a state of mind. If you want success, start thinking of yourself as a success.**”

– **Dr. Joyce Brothers**

## 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



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TRANSFORMATION



FITNESS & WELLNESS