



Fitness Newsletter

April 2016

Hello!

We have hopefully, fingers crossed, made it to much better and consistent weather! Spring is always refreshing because you can get the yard cleaned up, re do the mulch, flowers start blooming and its a reminder of new life.

This Spring we decided to run our Skinny Jeans Challenge again for brand new customers and also our existing clients, so we have two challenges going on! This is like Spring Cleaning to your body!

In this challenge we have all participants working out a minimum of 3 days per week and remember those cardio classes can be add into your week of workouts too! Then we had all participants start on a gentle cleanse. This cleanse helps improve digestion, helps prepare the body for optimal nutrient absorption and supports healthy weight management. Basically you are adding in Fiber and Probiotics along with healthy eating habits which will jump start some great results that are real and long lasting!

If you missed out on this challenge we can still get you a cleanse and get you started on better eating habits! We recommend this cleanse 2-4 times per year. Please also remember not all cleanses are created equal! You must eat real food!

With this challenge we will be announcing by the last week in May who our winners are! They are the two people who see the most change and they will win a \$200 gift card to Nordstrom!

Go get em Skinny Jeans Challengers!

Personally we have had a lot going on. Our niece is still in St. Vincent Women's Hospital neonatal unit and getting stronger each day. She is not in the clear yet, but thankfully we are not talking life or death, its more focused on nutrition and respiration. Thank you very much for all the kind words after the blog post it meant a lot.

Then lastly we finally hit third trimester! I have been very thankful to still be able to do my normal workouts, but definitely feeling prego! We are looking forward to welcoming baby Lindauer in a couple of months, June 27th is our due date. He is all about moving around and apparently like ribs! :)

Have a wonderful day,

Arin

We were finally able to meet my niece Natalie this weekend!!! I sincerely appreciate everyone's emails, messages and stopping me in the studio to see how she is doing. She has 2-3 more weeks in hospital but they are finally talking about her going home goals!!! Thank you again!!



TRENDING AT TFW

5 Fun Facts!

The average person spends 2 weeks of their lifetime waiting for the light to change from red to green.

Of all the words in the English language, the word “SET” has the most definitions.

If removed from the stress of the modern world, the average human would sleep about 10 hours a day.

The largest recorded snowflake was 15 inches wide and 8 inches thick.

There are no naturally occurring blue foods, even blueberries are purple!

Happy Birthday!

Beth Armstrong

Wanda Newsome

Amanda Harpenau

Matt Love

Amanda Mobley

Ann Barber

Peggy Larkin

Matt Holley

Dario Reyes

Karen Hume

Tim Barrick

One-Pan Chicken Dinner

Ingredients

- 1 (28 ounce) package fingerling potatoes, cut in half lengthwise
- 2 cups carrots, cut into 1-inch pieces
- 1 medium onion, quartered
- 2 tablespoons Avocado Oil
- 6 chicken thighs
- 1 tablespoon Malt Vinegar French Fry Seasoning
- ½ teaspoon smoked paprika, optional
- 2 tablespoons chopped fresh parsley

Directions

Preheat oven to 400°F.

Line a large, rimmed baking sheet with parchment paper or foil. Place vegetables in a single layer on baking sheet, then drizzle with Avocado Oil. Place chicken on top of vegetables, then evenly sprinkle Malt Vinegar French Fry Seasoning and smoked paprika, if desired, overall. Place in oven and roast, uncovered, 30-35 minutes or until internal temperature of chicken reaches 165°F on an instant-read thermometer.

Serve garnished with parsley.



CLIENT OF THE MONTH

Beth Rovazzini has been a client of ours for a little over a year now. It has been really fun to watch her progress and see how much of a transformation she has went through just in the last year of her life. Beth has been a consistent client.

We could always count on Beth to be here for her workouts, and if something came up, she rescheduled her session. Beth owns her own company and has a full load of responsibilities, but still makes her health a top priority in her life. There were several weeks where her schedule was so packed in the evenings that she had to reschedule for the early morning, 5:45am, classes.

Beth also did a great job of logging all of her meals on My Fitness Pal. We asked her to log EVERYTHING she ate, and that's exactly what she did. She made it a habit to log every day and also started looking for healthier, more nutritious options to substitute in her diet. Beth consistently went down in her body fat percentage or down in weight every 6 weeks, at assessment time.

She was very patient with her weight loss and just kept pushing forward. She had the mentality that she was making progress, even if it was a small amount at a time, and that was enough motivation to keep her working hard. It wasn't until we addressed Beth's protein intake that we saw bigger changes.

Beth was eating good quality food, so good in fact that we had a hard time pointing out things to "fix" in

her diet. She was doing everything we asked of her, and following our system to a T. The only recommendation we had was to increase her daily protein intake. This is a very common area we ask clients to increase.



After discussing ways to incorporate more protein into her diet, she saw success. It wasn't overnight, but it did come quickly. Beth realized this was the missing factor. Once we got her protein intake up consistently, she continued to show improvements every 6 weeks.

We'll never forget the day she told us with a smile on her face, "I wore a suit today that I haven't worn in 7 years." The confidence and radiance we saw in Beth's face meant the world to us!

Then one day, life happened...

Beth's father was having heart trouble and had to go in for open heart surgery. He needed her endless attention. Each night after work Beth would go to be with her Dad. For weeks she would watch over him and make sure he was okay. Thankfully Beth's father came through the surgery and entered into a rehab phase where he could go back to living at home. Beth was just getting back into the

swing of her workouts when the unthinkable happened.

All in the same week her uncle who had been sick and struggling with illness for a while passed away as well as an employee of hers, died from a heart attack.

Now things have finally settled down and Beth was able to finally get back to her routine. After being back for a week or so, we scheduled an assessment. We have to admit, knowing what Beth went through, we were not quite sure what to expect with her assessment results.

Beth's assessment showed she had maintained her progress, and said "I guess this proves that I HAVE made life style changes."

This was huge!

Beth had been through the ringer, life had thrown her a few loops, but through it all she did not sacrifice her health. Beth still managed to make the better choices and make most meals at home. Because of those choices, and not making excuses for herself through that rough time in her life, she was able to maintain her body fat percentage.

Beth has amazing willpower, is a perfect example of consistency, and a true inspiration to us all!

3 KEYS TO OVERCOMING ADVERSITY

by The John Maxwell Company

Adversity in life is a given. Although it's never going to escape the picture, we don't have to see it as a negative. We can triumph over obstacles we encounter each day to ultimately gain great experience from them.

According to John Maxwell in his soon-to-be-released book, *Sometimes You Win, Sometimes You Learn*: "Adversity can signal a coming positive transition if we respond correctly to it."

Seasons of change and difficulty come and go. With change comes adversity – adversity that can dictate whether we succeed or not. If we react in a positive manner, we have the opportunity to learn from our mistakes and grow from them. However, reacting negatively results in more negativity. This cycle perpetuates itself if we don't learn how to stop it.

Here are three ways to overcome adversity and end the cycle of negativity before it begins:

1. Recognize that adversity doesn't exist to bog you down, but rather to teach.

We can see adversity as a burden – as simply a mountain to climb – or we can see it as an opportunity to strengthen our bodies and minds for future obstacles. We learn from moments of difficulty – and once we reach the peak of the mountain, things are much clearer. Then, we're prepared for the next mountain to climb.

2. When you encounter adversity, take a step back, assess the situation and determine best next steps.

When adversity is running high, it's likely that emotions are as well. In order to best overcome hardships, we must take a step back from the problem. With a moment out of the chaos and our minds clear, we see the good aspects of the situation. From there, we can determine how best to overcome the issue.

3. Remember why you started on the path in the first place.

In moments of adversity, it's easy to get discouraged and feel like everything is against us. However, keep goals in perspective and focus on the original motivation to begin the journey, then the adversity will seem like a minute speed bump in the road. Those tiny obstacles can make the end success that much sweeter.

Overall, "Adversity writes our story and if our response is right, the story will be good."

Each leader's story is different, but encounters adversity over and over again. If we take these 3 tips for overcoming adversity and apply them in our daily lives, our stories will be better than we expected. In fact, we may even attribute much of our success to those hardships that once seemed terribly difficult.

Get Lean For The Summer

Shed 4-10lb of body fat, stop feeling so bloated, have more energy!

Get all 3 for only

\$99

Herbal Cleanse System

The AdvoCare Herbal Cleanse system can help rid your body of waste and prepare the body for optimal nutrient absorption with its unique blend of herbal ingredients.* Using a systematic approach, this 10-day system guides you through the daily steps for thorough internal cleansing and improved digestion.*

Each Herbal Cleanse System includes three key products:

- ProBiotic Restore™ capsules (in the Herbal Cleanse box)
- Herbal Cleanse tablets (in the Herbal Cleanse box)
- AdvoCare® Fiber

Use these three products for the duration of the 10-day Cleanse.

Catalyst™

Amino Acid Dietary Supplement

Catalyst provides a blend of essential branched-chain amino acids and L-glutamine to fuel your body with the muscle-building components it needs.* Catalyst helps repair and protect muscle, and provides the essential amino acids needed to maintain and promote lean body mass, endurance and strength.* Catalyst helps rid the fat and retain muscle when used in combination with a healthy diet, exercise, and other AdvoCare products such as Meal Replacement Shakes or Muscle Gain™.

AdvoCare Spark®

Vitamin & Amino Acid Supplement

AdvoCare Spark® is a unique multi-nutrient system that was developed as a nutritional source of energy and enhanced mental focus.* It's sugar free with more than 20 vitamins, minerals and nutrients that work synergistically to provide a healthy, balanced and effective source of energy that won't overburden or over stimulate your body.* AdvoCare Spark® contains an effective amount of caffeine to give you the quick boost you're looking for, B vitamins to enhance your body's natural ability to produce and sustain its own energy, and neuroactive amino acids that help increase your mental focus and alertness by supporting your brain's ability to receive and send messages.*

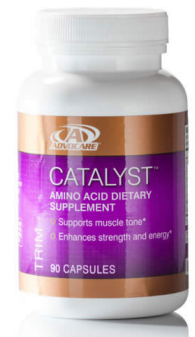
Key Benefits

- Supports improved digestion and thorough internal cleansing*
- Helps prepare the body for optimal nutrient absorption*
- Supports healthy weight management*



Key Benefits

- Helps maintain muscle mass during exercise and weight management*
- Helps support post-exercise muscle repair and recovery*
- Aids in preserving muscle and energy levels during times of calorie restriction*
- Supports mental energy and focus*
- Contains branched-chain amino acids and L-glutamine, L-arginine, betaine, and taurine



Key Benefits

- Enhances mental energy and focus*
- Provides support for long-lasting energy*
- Helps fight occasional drowsiness*
- Over 20 vitamins, minerals and nutrients*
- Sugar-free*



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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