



OPTIMAL SELF



NEWSLETTER

Challenges

Freedom Challenge- give up something for 30 consecutive days. (ie sweets, bread, tobacco, alcohol) If you miss a day, start over. You can also include a 10 minute flash meditation or Jungle 30 in this challenge.

Level 1: Jungle 30- 30 push-ups/30 air squats/30 sit-ups

Level 2: Jungle Split- this is similar to Jungle 30 except you're adding forward and reverse lunges and doing 20 reps instead of 30:

♦ 20 forward lunges/20 push-ups/20 air squats/20 sit-ups/20 reverse lunges

Level 3: Pyramid of Ascension-

Pull-ups/Dips/Bridge lifts

Sets of 5/6/7/8/9/10/9/8/7/6/5

OS Team Deals:

- ♦ **November Birthday Massage Deal \$60** for 60 minutes and twins are only \$50 (reg. \$70) or \$90 for 90 minutes (reg. \$100) Contact Besouro Zagon at 207-619-1559 or zagonbesouro@gmail.com
- ♦ **Personal Training with Mike Courts \$25** per session when you purchase 5 sessions or \$23 per session when you purchase 10 sessions with the first session free! Contact info 703-402-9724 or mrcourts14@gmail.com
- ♦ **Buy 1 Massage get \$35 Off the 2nd** Contact Bethany Hamilton 207-370-9705 or BHamilton.LMT@gmail.com (Cannot be included with any other promotion and 2nd massage must be scheduled within 30 days of first massage. Ends November 30th)

Member of the Month: James Wheeler

James Wheeler is a mysterious beast of a man! James Wheeler rises from the ocean like a covert military submarine with EPIC stoicism. James has completed many weight training plans, has accomplished training his body to run and you may find him at the occasional yoga class. Besides challenging himself and achieving all the goals he sets forth, he is intelligent and super insightful. I put a thousand push-up bet that in one year this man will blow everybody's mind with what he is going to achieve! Don't be afraid of this man's immensity. His big, warm heart is there to help. So, if you need a spot, you now know who to ask!

Go, James!!!

-Eric Hilton

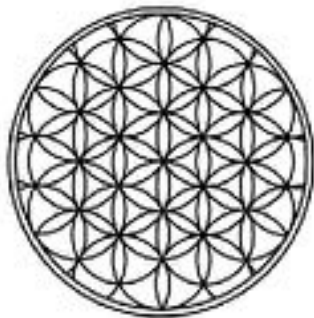


Local Hero: Kelley Drew, aka: Ginger Soule

Kelley is a longtime friend of Optimal Self. Kelley and her husband, Lincoln (the Side Kick), have been training with a certain personal trainer since the beginning of time. Kelley has been a warrior in her life and has received many fruits. Understanding her health challenges, weaknesses and stresses, she did right and fixed it! She has proven that physical fitness (weight training) can cure everything. Kelley Drew has captured very beautiful and intimate moments at Optimal Self through the lens of her camera. She has built a great business, "Ginger Soule Photography," and has helped Optimal Self on many projects. To her and her Side Kick (Lincoln the Mega Beast): Thank you so much from Optimal Self! The love that you have for life, may it continue to grow with your happiness, super-fruity-wildness and great devotion to each other.

-Eric Hilton





Welcoming new OS Team Members:

Optimal Self would like to welcome our two new Guardians: Matthew O. and Meghan P.! They both bring new gifts to our community. Please make them feel welcome and show them what Optimal Self is all about. We also want to welcome Joel Witmer to the team as a new Personal Trainer. He recently Graduated his course and is now ready to help many people! Welcome aboard, guys!

Optimal Self Fall Potluck: Dec 7th, 6-9 pm

Okay, it's that time to celebrate the falling of leaves and colder weather, so let's get together and celebrate our season with our OS Potluck! Everyone is welcome to join. Bring your friends, family and bring a great dish! At Optimal Self we strive to be healthy because we are a Health and Wellness Center, however!, nice chocolate delicacies and such will NOT be shunned at the door. This is a party! We came to get down and have fun! We will have live music and the whole gym to ourselves to let loose and get wild! Hope to see you there!

Thank You!!!



Health Food Tip: Healthy Eating Structure

Dieting is exhausting! To maintain some sensible, comfortable reality in our world today, it's almost impossible to continue to eat healthy all the time. The only way that I have found to be successful is to set traps for myself and trick myself into being disciplined to do something EVERY DAY! When it comes to eating, I have to be as simple as possible, be structured and have systems in place to secure my success. I eat the same thing everyday. It's not for everybody, but it's much easier knowing how much everything is going to cost, what I need and what my body needs. Ration food off by buying in bulk, preparing it ahead of time and storing it in containers. Have a plan to go grocery shopping regularly to easily have access to what you need. Keep your kitchen and fridge organized, have your space. Have good principals when it comes to the structure of your diet. Practice good discipline in caring about your health and what you eat. Every meal matters. What you are is what you eat. Always be prepared because you are worth it! If the structure of your diet is balanced and in harmony, you give your body the opportunity to be in the right alignment and accomplish it's daily mission. Take control of your health because your life is depending on it.

-Eric Hilton

Exercise of the Month: Lat Pull Downs



The Exercise of the Month is commonly known as "Lat Pull Downs." This specific exercise works the muscles of the back (primarily the Latissimus Dorsi) along with the biceps of the arms. Lat Pull Downs are great for a person that is training to do Pull Ups. The proper form and posture conducted during a Lat Pull Down can teach all proper muscles involved in the movement to be able to work together thus strengthening our Pull Up. In performing a repetition apply a good grip, bring the shoulders and shoulder blades back, drive straight down through your elbows bringing the bar to the upper part of your chest underneath the collar bone. Maintain good, constant form while doing reps allowing a gentle flow of the muscles to move along their natural path of movement. Stay strong and envision you are pulling your self up like a Pull Up. You may use different grips (over, under, close, wide) to achieve a different effect on the muscles. Seriously, engage that grip and drive that weight down and own this exercise because it will make you strong if you are worthy!

-Eric Hilton

Get the Optimal Self App!

Announcing our new app Free to you to keep you updated with classes and upcoming appointments. From your mobile device download the link below.
mndbdy.ly/e/150480

Up Portland and West End News

Check out our Optimal Column in The UpPortland Newspaper. This month Eric depicts his journey and training for a successful marathon! Witness his "epic journey" in his words. We hope you enjoy it! Ted Fleischaker of Up Portland and Tony Zeli of the West End News are both committed members here at Optimal Self and they also share our message to the community. Grab one at OS or check them out online!

<http://www.upportland.com/> <http://thewestendnews.com>

