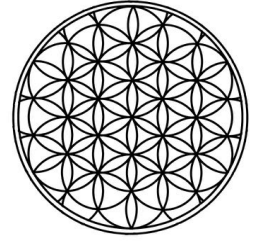




# OPTIMAL SELF



## 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

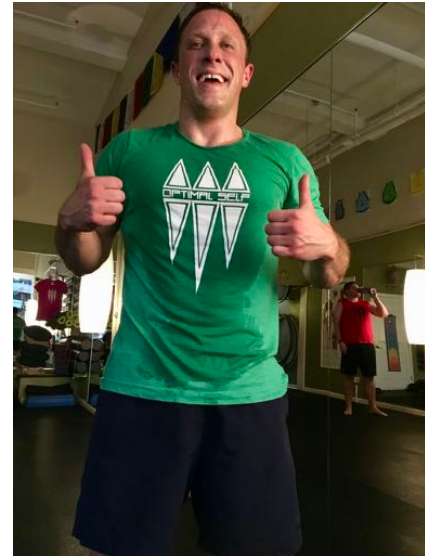
### OS Team Deals:

- ♦ October 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](mailto: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](mailto:mrcourts14@gmail.com)
- ♦ Buy 1 Massage get \$35 Off the 2nd Contact Bethany Hamilton 207-370-9705 or [BHamilton.LMT@gmail.com](mailto:BHamilton.LMT@gmail.com) (Cannot be included with any other promotion and 2nd massage must be scheduled within 30 days of first massage.)

### Member of the Month: Ben Sosnoff

A valiant Knight of Optimal Self, Ben sets a positive example in his life and in everything he does. His big muscles cannot hide the size of his heart. Ben has continued to push his limits to new dimensions increasing the potential of his body. If you are looking for a good demonstration of form pay attention to Ben. He has come to this planet to help! All villages need defenders and Ben Sosnoff humbly will do so! Thank you Ben!

-Eric Hilton

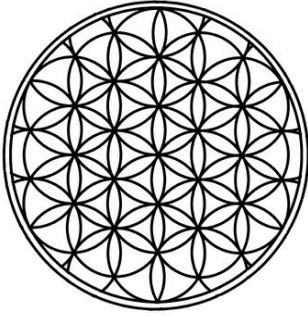


### Local Hero: Lynette Baker

Lynette started as a Guardian at OS on her path to becoming a Personal Trainer. She has learned so much since she has been here and continues to willingly grow! She also is in the final part of her GVT. Recently Lynette has been very helpful around OS, helping all the beautiful people in the community and helping me up in the Command Center. Lynette is a Good Hero because she helps others to also be Heroes. Lynette Thank you from Optimal Self and don't let you light stop shining bright!

-Eric Hilton





### Welcoming new OS Team Members:

Welcome our new Head Guardian Troy Ali to the Community! Optimal Self is looking forward to the fruits that you will bring. We also want to welcome Joel and Jay coming aboard as new Guardians. It is always a blessing to see the individual gifts that each new member brings to better enhance our community!

### OS Charity Dance Party:

Every First Friday our Star DJ Matt Perry holds a fund raising Dance Party event at Optimal Self. This has been a great success in helping our community! Our last Dance Party will take place the 8th of this month. All proceeds go to The Tanner Smith Memorial Fund. All are welcome. No alcohol, no drugs just Love!

## Happy Fall!!



### Health Food Tip: Meat

Mankind has existed eating meat for a long time. It is well ingrained in our body and culture, however our body does not fully except it well. Meat is full of awesome nutrients for sure. The quality of meat is the most important. Grass fed or farm raised even organic. The best quality the better. What is put in that animal goes in you. Thats all the medications and hormones, the quality of its feed and the stress of its environment. Think about it. Also meat does not easily process through your gut. It hangs out for awhile which clogs you up and drags you down. I suggest being moderate with heavy meats that are red or dense and fatty. Fish and chicken are there own beasts. Good wild fish can easily process through your body but mind the heavy metals like mercury that live in its tissue from ocean pollution. Eat Animals for strength and as a good source of protein. Make sure to give honor to the animal for its life it gave to you to accomplish your mission!

-Eric Hilton

### Exercise of the Month: Heavy Bag



Hitting the heavy bag is Fun! To have good fun you have to do it right. Hitting the bag can be very beneficial to your body and it also can do harm. 1st Rule: Strong wrists! Keep your grip strong so you don't mess it up. Just like rolling your ankle. When we roll the ankle we loose control and drive all our weight through the unstable joint. Same with the wrist. DON'T LET YOUR SELF GET HURT! Be responsible with your body and keep every part good. You are throwing all your force into the bag and your best to have all the parts locked in and serious. Hold a good warrior stance that allows you to be grounded and in control. Always keep your guard up with your arms. Its a good habit. Throw Jabs, throw hooks or upper cuts. Hit your target and follow through when you can. The shock of energy from the impact can stimulate increased bone density. The force of impact can also build stronger joints. If you are the one that needs to take it out on the bag then enjoy it and make it a weekly habit or a part of your training routine. Get good gloves and learn how to use hand wraps. Do 1 minute rounds for 5 rounds with a minute break in between. Bring the Force!

-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](https://mndbdy.ly/e/150480)

### Up Portland and West End News

Check out our Optimal Column in The UpPortland Newspaper. This month Cody shares his experience as a veteran that discovered his strength through GVT (German Volume Training). 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!

