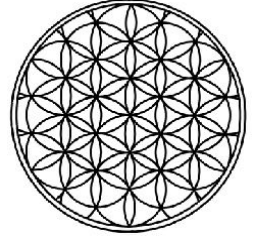




OPTIMAL SELF



NEWSLETTER

Challenges

Freedom Challenge- give up something for 30 consecutive days. (ie sweets, bread, tobacco, alcohol, Netflix and digital media streaming). 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:

- ✦ Personal Training with Joel Witmer 3 Sessions for \$99.00 (normally \$40 per hour long session).
- ✦ The Buddy Deal Membership is still in effect until December 20th. If you have been waiting to join with your workout Buddy (spouse, friend, peer), don't wait too much longer :). Currently, when you join with your Buddy, you save \$10.00 each per month on your chosen monthly membership package- that is \$120.00 in saving for each person during the year long contract. Woo hoo!
- ✦ The Deal of Lifetime: Your life on strength training. We cannot put a price on the guaranteed good that comes from regular training...so let's make it happen by doing it for ourselves and setting the example for each other!

Member of the Month: John Nychay

John embodies the coolness of greasers from back in the day, with a hypothetical packet of cigarettes rolled up in his shirt sleeve...(And he IS cool!) but I will also tell you, this man has got class, drive and an amazing openness to grow. John is a long-standing member of Optimal Self, a true member of the family. He came here knowing what he knew, worked out with the same routine (like a lot of people do) and I was very pleased with his openness to be able to expand, evolve and grow in his training and his life. I have watched John come from being very constricted in his body to opening his posture and enhancing his strength, along with his heart. John is THE server of the Regency, due to his amazing interpersonal skills and love for everyone. The immensity of his heart and his love has expanded Optimal Self's ability to open our hearts even more. We thank you, John, for all that you are and all that you have achieved. We look forward to seeing what else you discover about yourself.

Keep it going, John! We are rooting you on!

-Eric Hilton

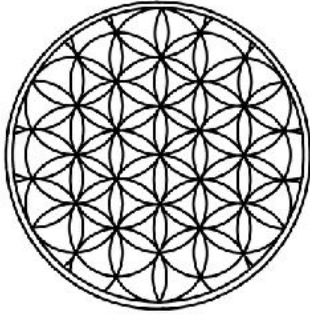


Work Out Buddies of the Month: Ben and James

Like two happy lions, these two men, these two great brothers brought their individual training goals together to totally set the precedence for how buddies should train together at Optimal Self. Ben and James have completed together many Optimal Self Training Plans and have jointly participated in O.S. Classes. The example they have set of supporting and challenging each other has and continues to inspire many at Optimal Self. These guys are total beasts. Like the playful lions, they have ferocious smiles and big love in the heart. They continue to push the limits in going deeper in their weight training and enhancing their ability to run longer distances. Optimal Self would feel weird if these two guys were not around because they hold the energy that keeps everyone else pushing themselves to the next level. My brothers, what you choose to do shows everybody what they can do. Rock on!

-Eric Hilton





Welcoming new OS Team Members:

Optimal Self would like to welcome our newest Guardian: Rion! Rion is a drummer and keeps the beat here at Optimal Self.

Our Yoga Program has expanded with the addition of Erin Griffin, Rebecca Van Damm, Samantha Duggan, Rachel Bortle and Abbie Schuster! We warmly and gratefully welcome Erin, Rebecca, Samantha, Rachel and Abbie to the O.S. Family!

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

Don't miss our Fall Community Potluck Thursday, December 7th, from 6 pm - 9 pm. Everyone is welcome: members & non-members alike. This is truly a community event intended to bring people together to share a meal, space, experiences and joy! Bring a healthy dish if you can, but come regardless. This promises to be a potluck in the dinner party tradition- good food made by everyone enjoyed across a table with music dancing in the air. Please come take a seat with us!

Some of the friendly faces you will see at the Fall Community Potluck:



See you here!

Health Food Tip: Supplements

I am not a dietician. I am not here to tell you what supplements you should take. However, I can tell you what I have learned about utilizing supplements to enhance your physical physique and achieve a more balanced mineral profile. In our American Diet, we are very deficient in the basic things that we need for our bodies to function optimally. Supplements are great because they are generally easily digestible and have a strong impact compared to having to eat all the food necessary to maintain a balanced mineral profile. Certain supplements, taken properly, can make a world of difference in how we feel, our energy levels and in our physical strength. Supplements are not anabolic steroids but they can give your body the little extra push that can dramatically enhance your results. Supplements generally come in pill, powder or liquid form. Supplements can be taken orally on their own, or mixed with a drink or smoothie. There are a lot of supplements out there and I urge everyone to educate themselves and to watch out for the gimmicks, false claims and safety/health hazards. It's always smart to consult your doctor before introducing a new supplement into your life, especially if you have any health issues. Supplements must be taken wisely. Educate yourself, go online, and know what you are putting in your body EVEN IF your doctor gives you the "okay" to take it: You should know because you are what you eat. I have tried all of the different crazy, exotic and sometimes dangerous supplements out there. I have great experiences and I have had bad experiences. I currently do not use many supplements anymore because through the use of supplementation, I have been able to restore my body's natural balance, which is now much easier to maintain with good, whole food. Be safe. Be smart. Take advantage of what is out there for us.

-Eric Hilton

Exercise of the Month: Bicep Curl



The Exercise of the Month is commonly known as the "the Bicep Curl." The Bicep Curl is a very simple exercise that works the front upper portion of the arm which is the opposite muscle of the tricep (the back of the arm). When we do a bicep curl, we are contracting the muscle, bringing the hand closer to the shoulder. Utilizing a stable posture, either standing or sitting,



bring your shoulder blades back, engage a strong grip and curl whatever you are working with up, squeezing the bicep muscle itself. Focus with your mind and feel the actual bicep muscle doing the movement. Release the arm down all the way and then continue the up and down motion until you have achieved your desired number of repetitions. There are a number of ways and equipment that you can use to perform bicep curls. You can perform a standard curl where your palm is facing up OR you can perform a hammer curl where the thumb is facing up in a motion like you are swinging a hammer. You can work each bicep individually or both at the same time. Training the bicep is fun and fairly easy because the movement is simple. Strong biceps means strong arms. Strong arms are what makes all of our daily lifting activities much easier. So, grab some dumbbells - or use a cable machine and an attachment (ropes or bars) - and curl away and enjoy the PUMP!



- 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 our newest Trainer Joel Witmer accounts his Thanksgiving with an idol that lead to a new appreciation for an often overlooked exercise: The Front Squat. 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>