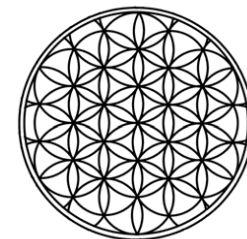




# OPTIMAL SELF



## 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:

- ♦ September 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: Nick Hodgdon

Nick is a true gentle beast of a brother! This man has made Optimal Self work for him! Rely on Nick to make sure the gym is open at 6 in the morning. His efforts and force gets OS moving at the first light of day! Nick has overcome and will continue to better himself while helping others. He has taken some under his wing like a mother bird and taught the little birdies to fly! He is also possibly the best bro to lift heavy with! Thank you Nick for your Strength, Optimism and Love!

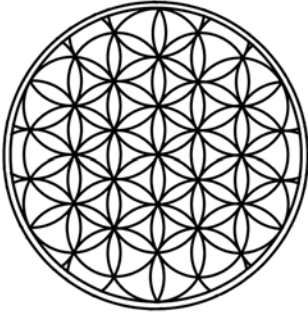
-Eric Hilton



### Local Hero: Cody Mower

Cody is fairly new addition to OS. I met this brother last year walking with a cane. A year later he came to OS, became a member and awakened the warrior inside himself with the "German Volume Training." Cody is a military Veteran who endured much and definitely has a story to tell. Since his time of transformation at OS he has been a great member of the Community. He has held space in a great way here at OS for others, including myself. He also has brought a good few strong warriors to OS to work on discovering their Optimal Selves. Thank you bro for your service, your strength and complete silliness that you bless OS with. Let's keep striving for more and show others how we all can be Heroes!





**Welcoming new OS Team Members:** We now have on board Lynette Baker, guardian and soon to be Personal Trainer at OS. Also Meghan Ash is starting her new Mind Body Pilates class at OS this month. We also want to welcome and thank Cody Mower for jumping on the guardian ship and holding space. Our Community is like a garden. We all must water it and its nice when someone brings a new way to nourish Optimal Self. Welcome guys!

**Outing Club:** The Optimal Outing Club has one more hike planned being the conclusion of our season with Mount Katahdin! The date has not been confirmed. We are looking at October to do this Epic Hike. We will keep you posted.

**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! Look forward to next months last event for Dancing and raising money for a great cause!

## Super Happy Joy!



### Health Food Tip: Vegetables

Vegetables are as simple as it gets for natural nutrition as well as most easily digestible. If you have a resistance to veggies you may want to look at them in a different light. Grown through a natural process their structure is very easy to assimilate in our body to become food. Veggies gives us good carbohydrates and natural sugars for energy. You can also get some good protein as well, and you would want to do some research on which ones work for you. Vegetables are a good source of fiber and micronutrients. The amazing variety of nutrients provided by veggies keeps our bodies in harmonic balance and keeps everything running smoothly. Veggies also keep the G.I Tract flowing in balance so everything will exit your body smoothly. Vegetables are essential. If you are searching for the right foods to have in your diet, Vegetable should be at the top of your list. So go buy some veggies and have a Veggie party with your friends. Veggies are life, so are you! What a happy couple!

-Eric Hilton



### Exercise of the Month: Dips

Doing Dips are not easy for a lot of people. When doing dips you are pushing all of your bodies weight through your triceps on the back of your arms. I like to envision when we were kids and we had to push ourselves out of a hole. Its much easier to do when we weigh 100 lbs less, however you can be strong like that kid again. If you can do dips in the air then squeeze that grip and let them rip! If you are not there yet, that is totally ok. Start by standing in between the dip bars with your hands and grip ready. Feet flat on the ground. Then just push your self straight up locking your arms straight at the top. If that is still not working then do Bouncy dips! Same position but this time use a little double bounce of the feet to give momentum to move up and down while going through the patterns of movement. Eventually your triceps will catch on and get use to the movement eventually allowing you to do dips unsupported.

### Up Portland and West End News

Check out our Optimal Column in The UpPortland Newspaper. This month Mike (our head trainer) will do the best he can to convince you not to smoke cigarettes. 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. Below are links to there Septembers publications, check them out online!

