



THE SWEAT SHOP

NEWSLETTER

OCTOBER 21, 2018

HEALTHY NEIGHBORS™
BUILD STRONGER COMMUNITIES
LAKEWOOD, CA



Gym Family

by Laura Johnson

Gym Family

Our motivation to exercise and eat healthy has a lot to do with the people we surround ourselves with.

There are countless benefits to having a Gym Family but I'm going to pick three I think are the biggest benefits.

Accountability - We all know we are less likely to back out when we have friends to workout with. But with the nutrition side of things how about having weekly weigh ins, check ins with a trainer. I'd say a big amount of accountability there.

Support - when we surround ourselves with people on the same mission then we can share our highs and lows because we know the other person understands what we are going through. More than likely we've encountered the same issues. From personal experience, as a trainer, I can relate to my clients and members because I've been a client too.

Enjoyment - When we enjoy what we are doing we stick to it. Seems obvious right? But a lot of people try to go it alone, get bored and give up.

When I first tried to lose weight I had some success from a weekly meeting set-up. It was a

THIS WEEK

HEALTHY NEIGHBORS:

Nutrition Guidance Program

SATURDAY, OCTOBER 27

9:00 AM

TIP OF THE WEEK

Focus on commitment, not motivation. If you find yourself committed then motivation will follow.

Some things to do:

Set realistic goals

Don't eliminate, but replace and...

find support

RECIPE OF THE WEEK

Chicken Fajitas



Ingredients:

support system and weekly accountability. Also there was time to celebrate the weight loss milestones. So I'm very excited to be bringing that to The Sweatshop and making it even better.



So starting with Healthy Neighbors - Nutrition Guidance Program. It will every Saturday at 9 am. Give it a try and you'll have the team to help you get to your goals.

PHOTO OF THE WEEK



*Sweat Squad
The stage of battle is set!*

- 1 lb chicken, sliced against the grain into 1/2 in. strips
- 2 tsp. chili powder
- 1 tsp ground cumin
- 1 tsp garlic powder
- 1 tsp paprika
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 c olive oil
- 1 tsp minced garlic
- 1 onion, thinly sliced (no more than 1/4 in thick)
- 1 red bell pepper, thinly sliced (1/4 in thick)
- 1 yellow bell pepper, thinly sliced (1/4 in thick)
- 1 green bell pepper, thin slices (1/4 in thick)
- Lime wedges and chopped fresh cilantro for topping
- 8 low-carb tortillas

Directions:

1. Preheat oven to 400 degrees F. In a small bowl, combine chili powder, cumin, garlic powder, paprika, salt, and pepper. Stir until evenly mixed.
2. In a large bowl, add steak, onions and bell peppers. Drizzle with olive oil. Sprinkle with minced garlic. Mix everything until it is evenly coated in oil and garlic. Sprinkle seasoning mix over everything. Mix again until evenly coated.
3. Line a sheet pan with foil. Lay all the vegetables and meat onto the lined sheet pan. Try your best to keep it a single layer with no overlap.
4. Cook for 12-20 minutes or until steak reaches desired doneness and vegetables are cooked but still crisp.

FEATURED CLIENT - TYESHA

Tyesha Hemmans has been a Sweatshop member since Jan. 2016 and she has definitely shown herself to be a valuable member to our gym family. She always comes in with a great ready to work attitude and always with a smile. She is a motivator and is always ready to help when needed. Our Gym Family would not be the same without her.



LARGEST LOSER WEEKLY UPDATE

LARGEST LOSER

Largest Loser Update: Week 5

Weekly Leaderboard

1. Alma	3.2 lbs	Team Red
2. Angie	2.6 lbs	Team Red
3. Marisela	2.2 lbs	Team Blue
4. Erik	1.8 lbs	Team Red
5. Liz	1.6 lbs	Team Blue

Overall Leaderboard

1. Alma	10.4 lbs	Team Red
2. Brenda	8.9 lbs	Team Red
3. Marisela	8.6 lbs	Team Blue
4. Tanya	5.4 lbs	Team Blue
5. Marc	4.8 lbs	Team Blue

Weekly Total

Red: 7.6 lbs Blue: 3.8 lbs

Overall Total

Red: 23.5 lbs Blue: 20.0 lbs

Keep It Up!

Video Feature - Largest Loser Signal Hill Run

Every Largest Loser season we gather our teams for their favorite workout, the Signal Hill run. Always a treat! Check out the view our competitors get at the top of the hill.

