



# THE SWEAT SHOP

## NEWSLETTER

OCTOBER 15, 2018

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### Obstacles: Mountains or Molehills?

by *Laura Johnson*

"Strength doesn't come from what you can do, it comes from overcoming the things you once thought you couldn't."

I'd say over the last eight to ten years I've started living like this quote although I didn't know it at first. But when I first started training I started to run trail races. The hills in those races started to become my first obstacles. The more I started to face those obstacles and overcome them the stronger I started to feel. The strength I was finding to overcome physical obstacles started to carry over into the rest of my life. I started to embrace the butterflies in my stomach instead of running away from them. I became a personal trainer, took trips by myself, and went through a divorce to be on my own for the first time, after being married for seventeen years. I don't think any of that would of been possible if I hadn't learned it first in the gym and on those race courses.

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### THIS WEEK

WELCOME BACK SWEAT  
SCOUTS:  
SATURDAY, OCTOBER 20  
9:00 AM

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### TIP OF THE WEEK

Laugh often, research has show that with more laughter a person can increase his/her pain tolerance, quality of life, immune response, and even give you a better bowel movements! Laughter improves commitment and will power and decreases the chances of depression!

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### RECIPE OF THE WEEK

*Fall is in the Air*



The hardest race I ever did was Boney Mountain. It's a half-marathon (13.1 miles) on some pretty tough incline, second hill of the course climbs about 1500 feet in 4 1/2 miles. Took me 3 1/2 hours to finish, it was horrible and I almost quit. Two years later I went back to conquer it. I knew what I was in store for so I trained hard for it, including some mental training too. And you know it was still really hard but I finished it not wanting to quit and took about 45 minutes off my time.

So how can you overcome your obstacles? Well first let's look at the three types of obstacles:

1. External - these are the ones that are outside of your control. Examples are economy, natural disasters, physical limitations
2. Internal - these are generally one-time issues, but you do have direct control. Examples are debt, cash flow, time availability
3. Habitual - these reflect how people get in their own way and they can only be removed with behavioral change.

When you set any goal, but for example like losing weight, there will always be obstacles. But it is your perception of these obstacles that will determine if you can overcome them or not. Do you look at them like a puzzle to solve or an opportunity to grow? Then you can have success.

Or do you see them as threats or as the world is against you? Then you are likely to be overwhelmed with painful thoughts and difficult emotions and give in to fear.

When you start to face obstacles and not run from them you will find strength you never thought you had.

So start on those physical goals, the I want to lose weight, or I want to be healthier or if it's even I want to be in the gym four days a week and remember:



Ingredients:

- 1 pound butternut squash (trimmed, scraped of seeds, and sliced into 3/4-inch cubes)
- 1 pound fresh brussels sprouts (trimmed, and left whole, halved, or quartered, depending on size, to about 3/4 of an inch in size.)
- 2 tablespoons olive oil
- 1 teaspoon kosher salt
- 1 pound sausage links (sweet Italian, pierced several times with a sharp knife)
- 2 onions (medium yellow or red cooking, trimmed, peeled, and cut into wedges that are 1-inch at their thickest/point)
- 3/4 teaspoon crushed red pepper flakes (according to heat tolerance)
- freshly ground black pepper (to taste)

Directions:

1. Preheat oven to 400°F.
2. Toss the butternut squash and Brussels sprouts pieces with the olive oil and salt. Spread it out on a sheet pan and nestle the sweet Italian sausage links among the vegetables. Distribute the onion wedges evenly around the pan. Roast for 30 to 45 minutes, turning the sausages after about 15 minutes, or until the vegetables are tender and the sausages are beginning to brown in places.

"The greater the obstacle, the more glory in overcoming it." - Moliere

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## PHOTO OF THE WEEK



### *Sweatshop Tough*

Another killer workout in the books.

## FEATURED CLIENT - AARON



Aaron Jara has been a Sweat Shop Gym member for just a few short months. But he's already well on his way to success with 20 lbs. gone. He came in knowing he had to do something different to get back to the physical shape he once was so he decided to do personal training. He has been working with Sweat Shop Trainer Sid McKee. And has come to love the jump rope.

While he understands he has more that he wants to lose, help us celebrate his success thus far. Keep up the great work Aaron and Congratulations!!!

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## LARGEST LOSER WEEKLY UPDATE

# LARGEST LOSER

## Largest Loser Update: Midpoint

### Weekly Leaderboard

1. Angie	4.8 lbs	Team Red
2. Angel	4.2 lbs	Team Blue
3. Alma	1.6 lbs	Team Red
4. Tanya	1.4 lbs	Team Blue

### Weekly Total

Red: 7.8 lbs

Blue: 7.2 lbs

Keep It Up!

## Video Feature - Apple Cider Vinegar for Weight Loss

Here's a quick tip from Brad "the Brick" Carihfield, owner of the Sweatshop Gym. If you want a quick boost in your weight loss, try some apple cider vinegar to start your day. Here Brad shares his recipe.



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