



# THE SWEAT SHOP

## NEWSLETTER

OCTOBER 29, 2018



## Welcome November

by Laura Johnson

With the month of November upon us we welcome in the Fall (yes, even in Southern California), time changes, sweaters, and, of course, can't forget the holiday season. Many will completely fall off of the nutrition wagon during this time of year. Not just Thanksgiving and Christmas themselves but all the holiday parties, the office parties, the holiday goodies, and even the crowded malls and Christmas shopping. All of these can derail our good habits we've built and make it just that much harder to get back on track after the holidays. But not this year. This year will be different. How you may ask? You are going to follow these tips (rules maybe)

- STAY MOVING** - Regular, sustained activity is the best. Aka Sweat Shop bootcamp or Largest Loser.
- CONTROL RISK OF TEMPTATION** - Clear office or house of tempting holiday goodies.
- EAT YOUR VEGGIES AND SOME FRUITS** - Fill up on veggies. Will satisfy hunger and fiber will help you feel full.
- NEVER GO TO A PARTY HUNGRY** - Eat something before going, some raw almonds, string cheese, hard-boiled egg are good possibilities.
- BRING SOMETHING** - Bring an appetizer or dessert that fits plan, then you have at least one option. Control your portions and choose wisely.
- IT'S OK TO SAY NO** - You can politely say no to high-

## THIS WEEK

### NOVEMBER KICKOFF:

SATURDAY, NOV 3

9:00 AM - Sweat Scouts

9:00 AM - Healthy Neighbors

Kickoff

10:00 AM - Bootcamp Friends & Family

11:00 AM - Largest Loser Finale & Kickoff

## TIP OF THE WEEK

BCAA's during and after training helps reduce soreness and feed muscles, your bodies building materials.

## RECIPE OF THE WEEK

*Extra Meaty Paleo Chili*



### Ingredients:

- 2 tablespoons **olive oil**
- 1 large yellow onion, chopped
- 6 cloves minced garlic
- 2 pounds ground beef
- **Sea salt**
- 1 tablespoons plus 1 teaspoon **ground cumin**
- 1 teaspoon smoked **paprika**
- 2 teaspoon **dried oregano**
- 1 tablespoon **chili powder**
- 2 teaspoons **red pepper flakes**

calorie, high carb foods.

☐ **FOCUS ON SOCIALIZING NOT FOOD** - Remember the holidays are meant to be sharing time with family and friends and showing gratefulness. Especially if this is the only time of the year we get to see some. Focus on that.

☐ **CHEAT A LITTLE** - I know you are going to cheat..Keep it small and make up for it by keeping everything else on point. If you know you have party that night follow your nutrient timing the rest of the day.

☐ And **PICK YOUR POISON**. Don't indulge in everything, pick one thing you just can't miss and then savor it.

With these tips you can have a great holiday season without the weight gain!

## PHOTO OF THE WEEK



*Largest Loser  
Ultimate Team Spirit!*

- 1 teaspoon **cayenne pepper**
- 1 tablespoon **raw honey**
- 2 tablespoons **tomato paste**
- 1 (15-ounce) jar **diced tomatoes**
- 1 tablespoon **red wine vinegar**
- 3 1/2 cups **beef bone broth**
- Limes, to serve
- Cilantro, to serve

Directions:

1. Heat olive oil in a large heavy-bottomed pot.
2. Sauté onion until translucent, about 5 minutes.
3. Stir in minced garlic and ground beef and brown over high heat.
4. Season with a large pinch of salt.
5. Stir in cumin, paprika, oregano, chili powder, red pepper flakes, and cayenne pepper. Cook 30 seconds.
6. Stir in honey, tomato paste, tomatoes, vinegar, and bone broth.
7. Bring to a boil, reduce to a simmer, and cook, uncovered, until meat is tender and broth is thickened, about 2 hours. Season to taste with more salt and serve with a squeeze of lime and cilantro.

## FEATURED CLIENT - YESELIN



Yeselin Martinez has been a Sweat Shop Gym Family member since July of 2017 starting with personal training with our owner Brad Cihfield. She has then progressed through our all our programs, Largest Loser, Bootcamps and now adding on our Sweat Squad. What made you come to The Sweat Shop?

She says: "I was motivated by Letty (Cortes) and I needed to take action on creating a healthy lifestyle."

Well, we can see you have definitely created that lifestyle. Thank you Yeselin for being such a great addition to our gym family. Congratulations on your success!

# 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 - Camp Pendleton Mud Run

Gym Team Family fun doesn't just stay at the gym - we tackled the Camp Pendleton Mud Run (because we can). Check out what we get up to when we're looking for a little extra fun!



### TRANSFORMATION CHALLENGE

#### \$20 OFF REGISTRATION

Our Transformation Challenge is back!  
Register now and save!

• This Coupon Expires Oct. 31st



### SWEAT SCOUTS PROGRAM

#### \$20 OFF FIRST MONTH MEMBERSHIP

Keep your kids active this fall!  
Register them for Sweat Scouts at kickoff and save

• This Coupon good only on November 3rd

The Sweatshop Gym  
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Connect with us

