



MARK JACOBSON, FITNESS MANAGER: 520.393.6946 MARK.JACOBSON@ROBSON.COM

Anza Fit Center News

1490 N. Quail Range Loop, Bldg. 4

Green Valley, AZ 85614

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The New Year's Resolution

A New Me!

With the advent of the New Year comes the inevitable New Year's Resolution. Now, depending on the study, an estimated 50% of those resolutions are fitness related. Out of that percentage, roughly 80% will fail to follow through with them. So in order to prevent becoming part of the failure statistic, lets identify what you can do accomplish your health & wellness goals for 2020!

I Want To Be Able To Lift A Small Car!

Most would agree this is the reason most people fail their resolutions: Trying to fulfill a goal that you are unable to complete because, on the surface, it seems like an easily attainable objective, but the realization of the logistics seem too daunting due to the visual "size" of the task. Example – "I want to lose 120 lbs. by the end of the year." or "I'm going to the gym for one hour 5 days a week". When you look at large numbers or long time frames, it can be intimidating to the point where you don't even want to start the resolution. However, these goals are definitely attainable if one changes the dynamic of the resolution. Breaking down the overall goal into smaller goals will help make it more manageable. Example – "I want to lose 2.5 lbs. a week or 10 lbs. a month." or "I'm going to the gym for one hour 2 days

Health Observances This Month!

- ❖ Cervical Health Awareness
- ❖ Glaucoma Awareness
- ❖ National Birth Defects Prevention
- ❖ National Blood Donor
- ❖ Thyroid Awareness



a week for 3 months and increase it one day every 3 months afterwards". This is a good way to overcome the mental "blockage".

I Want To Compete In A Marathon... Power Lift... Bodybuilding... Right Now!

The second most detrimental factor in the resolution process: Too much too fast. Putting too much on your plate without a plan to complete them will result in few or none of them being accomplished. Personal wellness requires a multifaceted approach: a physical, nutritional, and mental/spiritual trifecta. However, trying to accomplish extreme changes in all aspects usually leads to failure. Example: Going from a very sedentary lifestyle to participating in an Ironman triathlon or switching diets consisting of mainly prepackaged food and/or fast food to more natural, whole foods without a gradual transition. Now, both of these goals can be accomplished in the state as listed above. The adage "Where there is a will, there is a way" is appropriate. Theoretically, anyone that has ridden a bike and swam in their lifetime should be able to complete a triathlon – just not for a competitive time. The same goes for nutrition. You

can do a complete 180 degree when it comes to your food, but how long could you keep it up before lapsing back to your old diet due to temptation and convenience? These goals can be substantially easier to aspire too if one breaks down the "big picture" into mini-goals allowing you to make incremental and sustainable changes.

Why Can't I Do One More Rep?!

Unfortunately, even with the best laid out fitness routine you'll inevitably reach the "Wall": a seemingly insurmountable plateau. Anyone in the fitness industry, who actively tracks their progress, can tell you that they've reached a plateau at one point or another in their regimen. This can be very frustrating and discouraging when this point has been reached and even more so when there doesn't seem to be a viable option to overcome it. So one of the best methods to traverse this difficult roadblock is to be preemptive and create a back up workout plan. Once identified, implement the workout to break the "pattern". You don't want to stick with the same routine thinking that it will get you out of that current rut. Sometimes, this even means that you'll have you get out of your comfort zone and do

something you normally wouldn't incorporate in your workout. Examples: If you've been doing a lot of power and strength training with no cardiovascular sessions, reverse it by doing only cardio exercises and no strength training for a week. Or if you've been working out 5 days out of the week, change it to 3 days with a 4 day rest cycle for a month. If progress is to be made, you have to be able to adapt.

One More Won't Hurt!

Lapsing has more to do with nutrition and can be very devastating if left unchecked. Continual relapses will ultimately lead to failure because giving in to the cravings will always be the easier route. Cravings and Convenience combined is the bane of Nutrition. However, accepting your food weaknesses will help you maintain a grip on the railing when you're about to fall off the wagon. Just like creating a plan when you hit the "Wall", you need to have a plan for Lapsing. Instead of punishing yourself for breaking your diet, incorporate the "cheat" meal into your meal plan as a reward. This helps you to stay consistent with the rest of the diet because you integrated those treats as part of your caloric intake.

I've Got This!

Success rarely thrives without support in one form or another. Establish a support network of family, friends, and professionals that can help you overcome any setbacks. Share your progress or lack of to the appropriate individual(s) because positive feedback and criticism will help reinforce your resolve to finish. Never find an excuse to quit your resolutions!



HOW TO STICK WITH YOUR NEW YEAR'S RESOLUTION

SET REALISTIC GOALS & BELIEVE YOU CAN ACHIEVE THEM
USE POSITIVE PEER PRESSURE
KEEP TRACK OF YOUR PROGRESS

START OUT SLOWLY
PLAN YOUR WORK OUTS

www.TheDoctorsWorkout.blogspot.com



FREQUENTLY ASKED QUESTIONS

❖ WHAT ARE THE HOURS OF OPERATION AND IS THE FACILITY STAFFED?

THE FITNESS CENTER HOURS ARE FROM 5 AM TO 10 PM ON THE WEEK DAYS AND 5 AM TO 9 PM ON THE WEEKENDS. THE POOLS ARE OPEN FROM 4 AM TO 11 PM DAILY. TRAINED STAFF ARE AVAILABLE TO ASSIST DURING THE FITNESS CENTER HOURS.

❖ DOES ANZA HAVE WIFI?

WIFI IS AVAILABLE IN THE FACILITY AND OUT IN THE POOL AREA. THE PASSWORD IS "ANZACLUB" ALL IN LOWERCASE.

❖ ARE TOWELS PROVIDED AND HOW DO WE SANITIZE EQUIPMENT?

PERSONAL TOWELS ARE NOT PROVIDED, BUT WE ARE LOOKING AT POSSIBLY CONTRACTING IT OUT IN THE FUTURE. IN THE INTERIM, WE ASK THAT YOU BRING YOUR OWN. SANITATION WIPES ARE PROVIDED THROUGHOUT THE FACILITY AND IT IS SUGGESTED THAT YOU WIPE EQUIPMENT PRIOR TO AND AFTER USE. PLEASE DO NOT USE THE WIPES ON THE ELECTRONIC SCREENS.

❖ ARE LOCKERS PROVIDED?

INDIVIDUAL LOCKERS ARE LOCATED IN THE MALE AND FEMALE BATHROOMS AND ARE FOR DAILY USE ONLY. ITEMS SHOULD NOT BE STORED OVERNIGHT BECAUSE THE LOCKS WILL RESET AFTER 24 HOURS. TO LOCK, PRESS "C", ENTER A 4 DIGIT OF YOUR CHOICE, THEN PRESS THE "KEY" BUTTON. REPEAT THE SAME SEQUENCE TO UNLOCK THE LOCKER.

❖ WHAT IS THE EXERCISE EQUIPMENT USE GUIDANCE?

FORMAL INSTRUCTION IS NOT REQUIRED, BUT WE RECOMMEND A THOROUGH INTRODUCTION IF YOU ARE UNFAMILIAR OR NEED A REFRESHER. COMPLIMENTARY ORIENTATIONS ARE AVAILABLE BY STAFF MEMBERS AND PERSONAL TRAINERS ON DUTY. APPOINTMENTS CAN ALSO BE ARRANGED FOR A LATER DATE.

❖ ARE PERSONAL TRAINERS AVAILABLE?

THERE ARE INDEPENDENT PERSONAL FITNESS TRAINERS AND A HOUSE TRAINER. APPOINTMENTS ARE ARRANGED THROUGH THE INDIVIDUAL TRAINER. FLYERS ARE AVAILABLE FOR THE TRAINERS IN THE INFORMATION KIOSK. YOU CAN ALSO INQUIRE AT THE FRONT DESK IN REGARDS TO THEIR SCHEDULE AND AVAILABILITY.

❖ WHAT TYPES OF CLASSES ARE AVAILABLE?

A VARIETY OF CLASSES ARE OFFERED AT ANZA! WE CAN'T LIST THEM ALL HERE, BUT A SCHEDULE OF CLASSES AND FLYERS FROM THE INSTRUCTORS ARE AVAILABLE AT THE INFORMATION KIOSK IN ADDITION TO THE ONLINE CALENDAR.

❖ WHAT IS THE PROCEDURE FOR GUESTS?

IF YOU ACCOMPANY YOUR GUEST(S) AT ALL TIMES, THEY JUST NEED TO SIGN A DAILY WAIVER UPON ENTRY. IF YOUR GUEST(S) WISH TO USE THE FACILITY ON THEIR OWN, THEY MUST OBTAIN A GUEST PASS AT THE CONCIERGE DESK PRIOR TO UTILIZING THE FACILITY. HOWEVER, NO MATTER THE LENGTH OF STAY, IT IS RECOMMENDED THAT THEY GET A GUEST PASS TO AVOID HAVING TO SIGN THE DAILY WAIVER EVERYTIME UPON ENTRY.

