



## “Fitness Goes Back to School”

By: Rebekah Lohre,

Many of us took a bit of a summer vacation from fitness. Your good intentions of running a 5K might have been derailed by the heat, or your idea of hitting the gym with your best friend fizzled once your schedules failed to match up. Whatever the reason, now is the perfect time to recommit to being active and healthy. This fall, why not take a cue from the youngsters, and recreate your fitness routine in true back to school spirit.

Unfortunately, or fortunately, life is not like school. You have to make your own schedule, lesson plans, and homework. Once you make a commitment to yourself to exercise you need to schedule it. You don't have to set aside hours every day, even 30 minutes every other day will make a difference. Treat that time like you would any continuing education class or important meeting: Do everything in your power to keep the meeting, but if you have to cancel it—reschedule!

Once you have the time, you need to decide how to use it. Begin by writing down your goals. You may decide to run a 5K on Thanksgiving, lose 10 pounds, or improve your golf game. Remember that a goal has to be measurable so “be healthier” is not a good goal (you have to define what healthy means to you). Then your homework is to find or create a plan to reach that goal. There are many resources out there to help

you. Do some research—consult books, magazines, trusted websites, or invest in a couple sessions with a personal trainer.

While, as children, many of us would have preferred unending recess, as adults we know the importance of learning the core curriculum. In fitness that core curriculum consists of resistance training, cardio, stretching, and core strength. Any routine you do, from a trainer, a magazine, or one you create yourself, should include all of these activities in some form. This will ensure a general fitness base that keeps you strong, balanced, injury free, and better able to participate in different sports and activities.

Don't forget recess! Keep your workouts fun by incorporating new classes, new gadgets, or new shoes. Whatever keeps you motivated and interested in your routine. Find a way to celebrate success, and you will be more likely to stay on track and reach your goals. I use fun and colorful stickers in my calendar to congratulate myself on a completed workout.

So whether you are sending kids off to school this fall, or are just watching the school buses trek through your neighborhood and remembering your own school days, make sure you get an “A” in physical education this year. Set your schedule, stick to the curriculum, and do your homework. Remember that good habits now will continue into the holidays and you'll be ahead of the game when all the New Year resolutions are being made!



## ARRGHHH PICNIC MATIES!

Our 3<sup>rd</sup> Annual Client Picnic  
is almost here!!

Don't forget to join us

Sunday, September 24  
from 12:00 – 5:00

at Devil's Lake State Park.

We will be at  
the White Oak Shelter  
on the South Shore of the  
Lake.

Bring the family for food,  
fun, and fitness.

Don't forget to RSVP on the  
studio bulletin board or we  
may have to make you do  
the plank.

The theme is, you guessed  
it, ... Pirates!!

So kids, adults, everyone,  
wear your pirate gear!

## INTERESTED IN TAKING A CLASS?

It just got more convenient...

### WE ARE GOING TO A PUNCH CARD SYSTEM!

ONLY \$65 FOR  
8 PUNCHES  
(\$80 FOR NON-CLIENTS)

Punches may be used for any of our classes and must be used within 3 months of purchase.

This is a great way to benefit from the studio classes without having to make a big commitment. Talk to your trainer about buying a punch card and to get a current class schedule.

If you bring a friend or family member, their first punch card is at the lower client rate!! So spice up your fall and try something new.

## Welcome to the Studio Becky!!

While it is a little late in coming, we would like to formally welcome Becky to the Horizon Family. (Yes, we have a Rebekah, Becca, and Becky!)

After graduating from UW-Lacrosse with a degree in exercise and sports science, Becky worked in the fitness industry for four years before calling Horizon home. She is ACE certified and enjoys working with clients that like to challenge themselves to improve their daily living and reach their fitness goals. She incorporates a lot of functional training and traditional resistance training into her workouts. If you see her around the studio, be sure to say hello...

## Lifestyle Coaching? Your Questions, Answered!

At Horizon we offer lifestyle coaching (sometimes called wellness coaching) to enhance your fitness experience, and to help you reach all your life goals.

You may have heard about Lifestyle Coaching on TV, from a friend, or even seen it advertised locally...and you still don't know exactly what it is. I recently sat down with Becca, our Certified Life Coach, and got the answer to some of the most commonly asked questions.

### Who will benefit from Lifestyle Coaching?

Life coaching can be that missing piece for individuals who have had a life long struggle with weigh management and who struggle in their relationship with food.

Life Coaching is a great addition to personal training especially for people who want to make a commitment to exercise but don't seem to be able to fit it into their schedule. It can help you be more in balance, and manage your time more effectively.

But Life Coaching is not limited to those with specific, fitness related needs. It is for anyone who is interested in discovering who they really are and is working to define their true purpose.

### What will my sessions be like?

It depends a lot on your goals and your individual needs. Your coach will support and guide you in setting realistic personal goals, and encourage weekly action steps to help you meet those goals.

Your coach may help you establish a realistic exercise program you can stick to, or help you address and correct emotional eating patterns.

You coach may also work on retraining the negative mental voice that keeps you from achieving your desired goals in life.

### Any other thoughts on Lifestyle Coaching?

A life full of wellness is more than "just getting by." It is a personal choice to move toward a life full of passion and satisfaction. A life that allows you to give more to yourself and to others – a choice to live with more confidence, more ease, more energy, more clarity, more direction and more joy. It's a journey with potential for health and happiness in each moment of our lives, here and now. It a way of life!

If you interested in learning more about Lifestyle Coaching or trying a session, talk to your trainer, or contact the studio to schedule a time with Becca.



"Have fun at the party, but remember — at midnight you turn back into a dieter!"

## Client Corner:

The news, achievements, and accomplishments of our "Horizon Family"

Congratulations to Rachel who is getting married this fall—welcome to the club 😊

Diane L is now a Grandmother!! May you have all the fun and none of the fusses of the new baby!

Good Luck to everyone competing in upcoming fall events... Run, Bike, or Swim and have fun!!