

WHAT ARE THE TYPICAL CAUSES OF STRESS IN THE WORKPLACE?

- ✓ Lack of control over how you perform your work
- ✓ Pressure to work at optimum levels
- ✓ Pressure to do to meet increasing expectations but without an increase in job satisfaction
- ✓ More overtime because of employee cutbacks
- ✓ Fear of being laid off

HIT TO BE FIT

At Gymnastics, we literally hit to be fit; we hit heavy bags and mits to be exact. Boxing fitness is a great way to burn calories and build muscle. The workout engages your body and mind by channeling the fundamentals of a true boxer's workout. We Jab, cross, hook, uppercut our way to a fitter, stronger, better version of ourselves.



I'M STRESSED OUT!

Combating Work-Related Stress with Exercise

Are you experiencing unexpected responsibilities, issues and pressures at work? Do you feel like it's hard to cope in your work environment? You may be experiencing work-related stress.

According to a study from the Anxiety and Depression Association of America (ADAA), "Seven out of ten adults in the United States say they experience stress or anxiety daily. And most say it interferes at least moderately with their lives."

Work-related stress is quite normal, however, too much stress can obstruct your performance and productivity. Believe it or not, work-related stress can also influence your emotional and physical health affecting your quality your life. So what is work-related stress exactly?

According to Market Business News, "**Work-related stress is the negative reaction that employees have to excessive pressures or other types of demand placed on them in the workplace.**" Sometimes work-related stress is unavoidable however the way we deal with it is in our control.

If stress in the workplace is affecting your work performance, personal life or health, it is time to take some action. Whatever you do for a living, or how stressful your current job is, you will find many things you could do to lower your stress and regain some control at work.

When stress goes beyond your capacity to cope, it begins causing damage to your mind and body – even to your work satisfaction. How can exercise help you cope with stress?

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JULY CLASS SCHEDULE **P.2**

1409 GEORGIA ST., VALLEJO
GYMNASIANS.COM
(707)310-0863

A 2017 study in the Journal of Applied Psychology suggests that people who get adequate exercise (and sleep), are less likely to bring their work stress home.

Proven one of the most efficient ways to lower stress, exercise frees endorphins that act as natural anti-depressants and make you feel more energized which doesn't stop when the workout is over.

There are various forms of exercise to choose from; yoga, strength training, Pilates, and boxing to name a few. Boxing allows you to punch out all your negative energy, all your stress triggers, and anxiety. There is so much energy flowing and being released at one particular point, that it does not only help you to relieve stress but also increases your concentration powers. These are all effective to lower stress. So, even if it is a little change in the office or going for a walk after, you will see a difference.

Taking care of yourself does not need a lifestyle overhaul. Even little things could boost your mood, lift your energy and make you feel as if you are back in the driver's seat.

Check us out at www.gymnastics.com

Want to chat with Donna about your fitness goals?

Schedule your free fitness consultation at
(707)310-0863 | <http://gymnastics.ptminder.com>





Heather McInnes is feeling proud at Gymnastics Fitness Studio. 6 mins · Vallejo · 📍

This picture means a lot to me, I have lost 11 inches since I started my journey to be healthier and keep my diabetes under control.. it's not easy and I can do better with my eating but I am far from where I started off. Thank you to my trainer Donna for pushing and supporting me through this. I really didn't think I was doing that well but this picture shows me I am!!!



"Champions win by not defeating themselves"



"Your body can stand almost anything. It's your mind that you have to convince."

Donna Medina, CBC



Hey folks, I'm Donna the owner/certified boxing fitness trainer & Sports Nutrition counselor at Gymnastics, Vallejo. I invite you to Gymnastics to chat with me about your fitness goals & how Gymnastics can help you on your fitness journey. If you're ready to work, your goals can be achieved. Are YOU Ready?



WHEN IS THE RIGHT TIME TO GET STARTED?

The time is now! It's never too late to improve your health with exercise. The best time to start is today.

Gymnastics JULY Boxing Training Camp What's your "Ring Name"

Gchamps get ready for pre-fight training camp at Gymnastics. Strength and Conditioning workouts to get you ready for the big fight. Get ready to eat like a boxer, train like a boxer and fight like a boxer (well sorta, not completely..this is boxing fitness, non contact plus boxers train 5-6 hours a day)

Gymnastics Boxing Fitness & Strength Training for Women
1409 Georgia St., Vallejo 94591 | donna@gymnastics.com | (707)310-0863

Bundle includes:

Rate: \$150 for all sessions (Saturday, Self-Defence class excluded)
-All classes include studio workouts -Fight2Be Fit Meal Plan
New clients please complete registration at <https://gymnastics.ptminder.com>, then select the bundle or individual classes plus the group time. **\$150 | Drop-in \$12/class**

**Class time options: 5:00am, 6:00am, 12:15pm, 5:30pm (Mon-Fri)
6:30pm Mon-Wed-Fri only**

Thank you for considering Gymnastics

Week 1

July 2, July 3, July 4, July 5 (Tuesday, Wednesday, Thursday, Friday)

Week 2

July 8, July 10, July 11, July 12 (Monday, Wednesday, Thursday, Friday)

Week 3

July 15, July 17, July 18, July 19 (Monday, Wednesday, Thursday, Friday)

Week 4

July 22, July 24, July 25, July 26 (Monday, Wednesday, Thursday, Friday)

Week 5

July 29, 31st (Monday, Wednesday)

On-going Online Training utilizing Skype or Zoom and 1:1 In-person Studio Personal Training services

Personal Training Programs Built to Your Goals

With our Personal Training, we craft the workouts around your mobility, injuries, strengths, and weaknesses. When working one-on-one, we optimize the workout to your level of fitness. We take the time to teach you how to do exercises correctly and safely. You only get one body, keep it safe, and make it best you can. Schedule your free fitness consultation at <https://my.timetrade.com/book/BL8VM> | (707)310-0863 | donna@gymnastics.com

EVENT: SELF DEFENSE CLASS WITH ERIC MITCHELL

Self-defense training increases your options and helps you prepare responses to avoid, slow down, de-escalate, or interrupt an attack, and also empowers one to prevent violence.

Join us on Saturday, July 27th at Noon | \$20 | Register at <https://bookwhen.com/gymnastics>

School of Chinese Martial Arts, 340 Georgia St., Vallejo

Due to Farmers Market park on surrounding streets

Affiliated Companies



Plumbing Works (707)315-5806 | www.cplumbingworks.com

GYMNASIANS BOXING FITNESS & STRENGTH TRAINING FOR WOMEN

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WWW.GYMNASIANS.COM