



NEW ENGLAND FUNCTIONAL FITNESS

The Gym Rag

CLOSURE ALERT

We will be **closed** both **Monday, Dec. 25** and **Monday, Jan. 1**, for Christmas & New Years.

Please communicate with your coach to reschedule!

Happy Holidays!



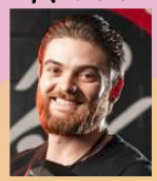
Happy Holidays

From all of us, have a wonderful and safe holiday!

Cheers,
Your NEFF coaches

WE ALL REFLECTED ON THE PAST YEAR - WHAT WE LIKED, WHAT WE DIDN'T, AND WHAT OUR HOPES FOR THE NEXT ONE ARE: ROSE, THORN, BUD.

MATT



ROSE: FINDING OUT WE'RE HAVING ANOTHER BOY!
THORN: MISSING SOFTBALL BECAUSE OF MY KNEE
BUD: GROWING NEFF AND MY FAMILY

ANUP



ROSE: GETTING ENGAGED
THORN: TOM BRADY RETIRING
BUD: MARRYING THE LOVE OF MY LIFE!

NATALIE



ROSE: FUN ACTIVITIES LIKE CONCERTS, SPORT EVENTS, WEDDINGS, AND BEACH TRIPS
THORN: SPRAINING MY WRIST
BUD: CHIEFS SUPER BOWL!

JULIE



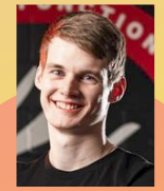
ROSE: GETTING MARRIED!
THORN: SPRAINING MY SHOULDER
BUD: BUILDING A HOME WITH MY WIFE AND OUR PUP OLIVIA

PRESTON



ROSE: HITTING 640 DEADLIFT
THORN: NOT HITTING 700
BUD: N/A

LUKE



ROSE: GRADUATING COLLEGE AND STARTING MY CAREER
THORN: ENDING COLLEGE ATHLETICS
BUD: GROWING PROFESSIONALLY AND PERSONALLY

MONTHLY TRIVIA

LAST MONTH'S ANSWER:

Squat, bench press, deadlift

THIS MONTH'S QUESTION:

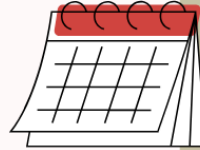
Which U.S. president wrote an article called "The Soft American" and created fitness councils to create physical education curriculums at schools?

YOUR YEAR IN A BOX

By Julie Quintero



Whether you think this year went by in a snap or it dragged along like a snail in a marathon, we're here at the end of it. After 12 months it's time to dust our hands of whatever the year 2023 left us and get them ready for 2024. It's entirely common practice to think ahead to what we want to accomplish in the new year, but sometimes reflections of the past year get left behind in just that - the past.



Goals can be hard to set, let alone accomplish and follow through on. Inevitably, an unexpected wrench gets thrown in the wheel and we often have to divert and adapt to whatever situation we find ourselves in. Sometimes we are resilient and overcome these obstacles to experience the euphoria of triumph. Other times, we feel overwhelmed by heavy burdens placed on us and ultimately resign ourselves. Both of these will happen many times over the course of the year and while I wouldn't necessarily suggest keeping a tit-for-tat tally of your wins and losses, it might be helpful to take a few moments and mentally scan through the calendar. When were the times you felt the best? The worst? How long did they last for and what did you do to either help yourself achieve that optimal outcome, or to pull yourself out of that rut?

When you're done, take all of that and put it in a box. Tie a ribbon around it, slap a bow on that thing and give it to yourself - all of those feelings. When you give it to yourself, ask this question: Is this a good gift or a bad gift? Am I giving myself something that's overall positive? Or does it have this weird stink to it that I'm not going to want sitting around for too long? Doing this can help guide you on what you can do to set yourself up for a better year. Think about all of those things you did right and build on them, then you can think of all those times you stumbled and how you might right your footsteps.



I've had one darn tootin' heck of a year. It had the highest of highs, and some pretty freaking low lows. So how do I reconcile these things? Where's the scale that'll show me whether or not this year was a bad year or a good one?



Haha, it doesn't exist! All I have are my silly feelings to guide me. When I give myself that box o' feels, I'm going to think about if I'd ever want to revisit this year. If I had the chance, would I live through it again, raw and unfiltered? We always wish we could change things, but that's not the question; changing things is for the new year ahead. I'm asking myself: was this year so bad that I would never want to relive it? Or would I willfully go through it all again? And I guess there you'll find that answer you're looking for: either you're going to give this year a viking funeral and set it on fire while it drifts down the river, or you're gonna hop on that boat (not in flames) and settle in for the ride. Either way, it's a solid foundation with which to build your hopes, expectations, and goals for the New Year. Hope y'all have a good one - let's look forward to something great!

RUN FOR FUN!



Congratulations to another one of NEFF's own, Dr. Armen Asik, for completing his first 5k in East Longmeadow! Armen finished with a stupendous time of 37:47.21! We love that you guys are strapping on those running shoes - keep it up and always make sure you tell us about it! We also love to hear about anything else you've done related to fitness outside of our facility, so don't be shy!