



NEW ENGLAND

FUNCTIONAL FITNESS

The Gym Rag

HAPPY NEW YEAR!

We're starting off the new year with a fresh new take on the ins and outs of NEFF - take a peek!



MESSAGE FROM THE OWNERS

New England Functional Fitness (NEFF) is happy to announce our (monthly) newsletter!

Among many features we plan to incorporate, these newsletters will provide you with research that we utilize in our programming. We'll also use it to make announcements that will keep all members abreast of what's new within this business and industry-wide. There will be other fun things in here as well, like games and activities to help keep you engaged with your fitness journey, so keep a lookout!

We hope to provide you with meaningful information and spark greater interest and communication between all of our clients!

Happy New Year!

Anup and Matt



L to R: Coaches Matt, Julie, Preston, Natalie, and Anup

There's only five strength coaches at NEFF, but all of us have unique backgrounds and styles that allow our clientele to experience a wide array of exercise techniques and ideas. We love to work hard, have fun, and give everyone who comes through our door (even the ones who get lost looking for ATI) a great all-around experience.

NOT A TYPO



Start SMART this New Year

You have brains in your head.
You have feet in your shoes.
You can steer yourself any
direction you choose. You're on
your own. And you know what
you know. And YOU are the
one who'll decide where to go...

Dr. Seuss



GET THE MOST OUT OF YOUR RESOLUTIONS

By Julie Sopchak

Well, here we are. Another 365 days spent sling-shotting our way around the sun and now for many of us it's time to resolve something about ourselves. New year, new you, or so it's been said. In that case, if flipping the calendar gets you really jazzed about making a change, then let's roll with it. But let's not just throw something at the wall and hope it sticks, let's figure out something that *you* can stick to - let's make a SMART goal!

A clever little acronym, the SMART goal model is quite the helpful little tool to make sure we fickle humans can follow through with what we set our sights on. First up is to be **SPECIFIC** about what you want to achieve. I swear, if I had a nickel for everyone who told me they just "wanted to lose weight," I'd be on track for early retirement. Ok, so what does that look like for you? Shed pounds? Fit into smaller clothes? Healthier eating habits? Lopping off an arm? You tell me.

Once we specify the kind of weight loss you'd like to achieve - say you'd like to drop your pants size - we then have to make it **MEASURABLE**. In other words, what size are you now, and how many sizes do you want to go down? Make it quantifiable, even if it's just one. A small number is better than no number.

We're making great progress here. Now let's make sure it's **ACTIONABLE**, or attainable. Is this something we could conceivably accomplish? Do you have the means for this? If your goal is to learn how to ski but you don't get a pair of skis, well, looks like we're not getting too far up that mountain (pun intended). So make sure you have access to healthy food and proper exercise programming, the two main ingredients for a nice size-shrinking cocktail.

Now in addition to dropping, say, two sizes, you want to get yourself some washboard abs and be able to rip through 10 pull-ups at a time. These are great goals on their own, but we have to keep things **REALISTIC** and not bog ourselves down. Focus on one thing at a time because while you're feeling energetic and ready to go now, it's very easy to become fatigued trying to make too many things happen at once.

Lastly, make this goal **TIMEBOUND** and make a *reasonable* deadline for yourself. Sometimes these last two elements can intertwine as inevitably, someone will ask me how they can drop 20 pounds in two weeks and I have to resort to telling them they might need to say goodbye to an arm or a leg. Give yourself time, and if you're not sure how much time is realistic, ask a professional - that's what we're here for. It's our job; we've studied it, we've lived it, and we want to see you succeed.

So Happy New Year, fam. We love you as you are, but if you want to make a change, be SMART about it!