

NEWSLETTER

DECEMBER AT NEFF:

STRONG FINISH. FRESH

START

Welcome to your December newsletter! As the year winds down, we're here to help you stay focused, feel strong, and finish 2025 on a high note. This month brings new opportunities and practical tools to help you navigate holiday schedules while staying true to your goals.

HOLIDAY HOURS

- Christmas Eve: No Evening sessions or Class
- Christmas: Closed
- New Year's Day: Closed



MOBILITY CORNER

Tight hips from cold weather and more sitting during the holidays? Add 1–2 minutes of the 90/90 hip mobility drill into your warm-up or evening wind-down routine. Sit on the floor with one leg bent in front of you at 90 degrees, the other leg behind you at 90 degrees. Keep your chest tall and lean forward slightly to stretch the front hip, then rotate toward the rear leg to open up internal rotation. This simple drill can improve squat depth, relieve low back tension, and increase hip stability—perfect for staying mobile and strong through the winter season.



RECIPE OF THE MONTH

Turkey + Cranberry Wraps

A holiday-flavored protein-packed wrap you can prep in minutes—ideal for a quick lunch or dinner during a busy month.

Ingredients (1 serving):

- 1 large whole wheat wrap (or low-carb tortilla)
- 4 oz cooked turkey breast (sliced or shredded)
- 1 tbsp cranberry sauce
- 1 tbsp Plain Greek yogurt
- 1 handful of spinach or arugula
- Optional: sliced apple for crunch or walnuts for extra fat

Macros (approx.):

- Calories: 360
- Protein: 32g
- Carbohydrates: 28g
- Fat: 14g

Quick Instructions:

1. Mix cranberry sauce with Greek yogurt to create a light, tangy spread.
2. Lay wrap flat and spread mixture evenly.
3. Add turkey, greens, and optional extras.
4. Roll and slice in half. Serve warm or cold.

Coach Tip: Use leftover holiday turkey for meal prep. Pair with a side of roasted veggies to round out your meal.



NEW ENGLAND FUNCTIONAL FITNESS

NEWSLETTER

Supplement Breakdown: Magnesium

Why it's relevant in December

With darker days, increased stress, holiday indulgence, and disrupted sleep, magnesium becomes a particularly helpful supplement this time of year. It plays a critical role in over 300 enzymatic reactions—supporting muscle recovery, sleep quality, mood regulation, and even glucose metabolism.

What It Does

Magnesium is an essential mineral involved in:

- Muscle relaxation and recovery – Helps reduce cramping and soreness, especially after intense strength training.
- Nervous system regulation – Supports calmness, reduces anxiety, and may help mitigate seasonal stress.
- Sleep quality – Promotes deeper, more restorative sleep by regulating neurotransmitters like GABA.
- Energy production – Assists in ATP synthesis, critical for endurance and strength athletes alike.

Common Deficiency Signs

Even with a well-rounded diet, many active individuals fall short. Common signs of deficiency include:

- Muscle cramps or twitching
- Poor sleep or waking frequently
- Fatigue
- Irritability or heightened stress response
- Headaches

(Up to 50% of people may be magnesium-deficient, especially those under high physical or emotional stress — Rosanoff et al., 2012, Magnesium Research.)

Best Forms

- Magnesium Glycinate – Best for relaxation, recovery, and sleep
- Magnesium Citrate – Commonly used for digestion but may cause loose stools in high doses
- Magnesium Malate – Great for energy production and muscle pain relief

A typical dose is 200–400 mg/day, preferably taken at night to support recovery and rest.

December 2025