

# Motivation Fitness

## March 2020 Newsletter

### Zumba® Classes and More

#### UPCOMING EVENTS

**Highway to Zen – Rock n Roll Yoga**  
Saturday March 7<sup>th</sup> – 12:30pm-1:30pm

**POUND and Pour**  
Sunday March 15<sup>th</sup> – 12:30pm-2:30pm

**Zumba® Kids 6-week Session**  
Starts Sunday March 15<sup>th</sup>  
10:30am - 11:30am

**STRONG 6-Week Challenge**  
Starts Monday March 16<sup>th</sup>

**Bahh-Maste Goat Yoga**  
Sunday March 29<sup>th</sup> – 1pm-3pm

The month of March is named after the Roman god, Mars, the god of war. He symbolized conquest and heroism as the Romans relied on him for expanding their empire.

It's also considered a month for new creation as spring emerges in the Northern Hemisphere – whether that's bringing new life into the world or pursuing new ventures, March is a great month to do it!

If March is all about creating momentum, where are YOU going to focus your efforts? What will you conquer? 😊

**STUDENT  
OF THE MONTH**

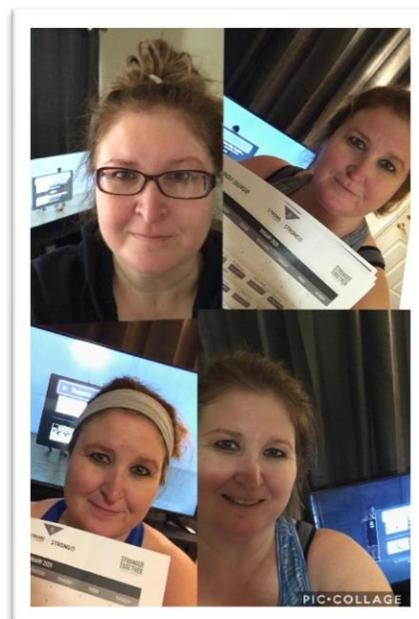
We are so excited to announce **Rhonda Houdek** as March's **STUDENT OF THE MONTH!**

Rhonda completed the 6-week STRONGER TOGETHER challenge and stayed accountable and motivated. She woke up early and knocked out her STRONG30 videos first thing in the morning and sent a picture message after her workout.

Be sure to give Rhonda a high-five when you see her in class!

CONGRATS RHONDA YOU ROCKED IT!!!

## Rhonda Houdek



# 5 Steps to “Spring” into Action!

Do you see what I did there? 😊

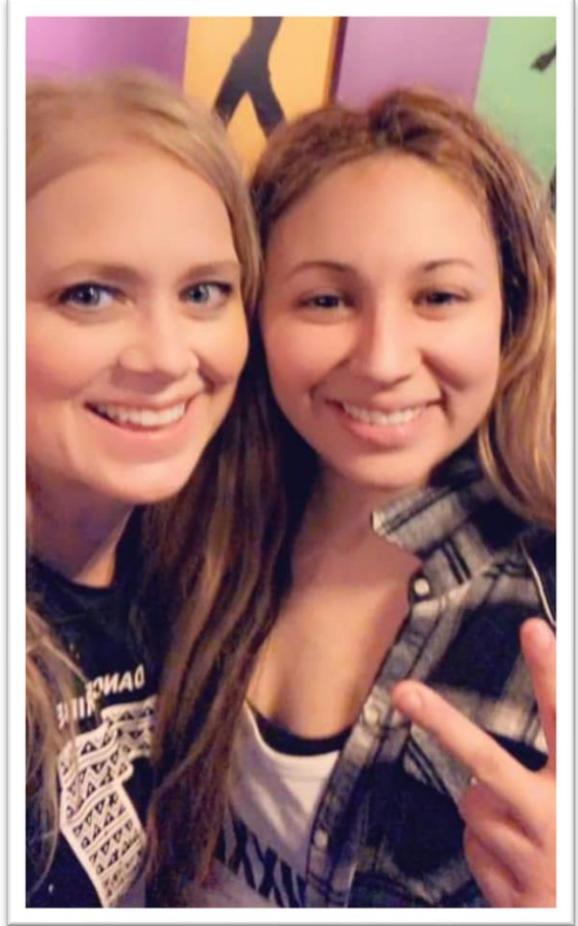
As the cold breaks away in the Northern Hemisphere, spring begins in the month of March, and that feeling of excitement and possibility begins to emerge.

Truthfully, the best time to create change and build momentum is always NOW. Literally in the moment you decide it's time.

BUT winter can be a challenging time for many people to find motivation between short days and long nights.

So, let's take advantage of what March has to offer with these 5 steps you can take to create action and momentum toward any goal in your life.

- 1. Write it down.** Literally write down EVERYTHING about a goal that you want to pursue. Specifically what it is, why it's important, how you'll feel when you'll achieve it, whether or not there's a specific reward you'll give yourself, etc.
- 2. Enlist accountability.** No one has ever achieved anything truly great alone. Whether you're getting yourself an exercise buddy or you decide to work with a coach like me, PLEASE do not try and go this alone.
- 3. Map out your plan.** What action steps will you take each and every day to ensure your success? Make sure it's clear EXACTLY how you'll get from where you are now to where you want to go.



- 4. Assess your progress regularly.** The best way to know whether or not you're going to hit your goal is to check in on your progress regularly. It may be testing certain strength skills or checking the scale. It could also be assessing your own happiness factor at the end of each day or week. Anything you want to change needs to be measured!

- 5. Celebrate your wins!** Seriously – all of the wins, no matter how big or small. That could look like taking yourself out for a coffee with a book or posting your results on social media or a full-blown vacation. There's no right or wrong but celebrating your wins is critical!

**NEW  
RESOURCE AVAILABLE**

# Done-for-You Recipe Packs

## Nutrition Just Got Easier

Professional, done-for-you recipe packs to help boost your workouts, save time and achieve incredible results.

### FEATURES

- 15 recipes delivered to your inbox every month
- Meal plans, shopping lists and detailed nutritional information
- Includes recipes for all eating types e.g. dairy free, gluten free, low-carb and vegetarian
- Bar codes on each recipe for easy scanning in to the **My Fitness Pal** app
- Other specialty packs available
  - Low-carb
  - High-protein
  - Plant-based



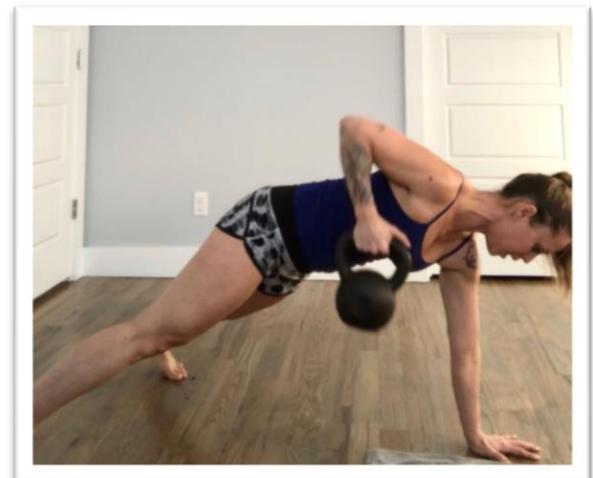
Learn more at [www.mofit.net/recipe-packs](http://www.mofit.net/recipe-packs)

## Renegade Row

This is a great exercise for building core and upper body muscles!

1. Start in a strong plank with a weight between your hands.
2. Without rotating your body, lift one hand, pull the weight toward your ribs.
3. In a controlled fashion, lower it back to the floor and switch sides.
4. Keeping your body in the plank position without much rotation is the primary goal!
5. Number of reps will depend on how heavy the weight is for you.

**MOVEMENT  
OF THE MONTH**



# We ❤️ Our Community

