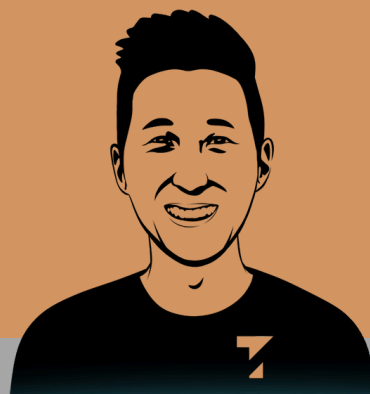


OLIVER NAM'S INSIDER CIRCLE



EXCLUSIVELY PUBLISHED FOR MEMBERS OF THRIVE TRAINING

Inside the Mind of Oliver Nam



Ella (7yrs), Norah (3yrs) and Lindsey

Why cold showers killed me but saved my marriage

Late October of last year I decided to do something crazy I've never done before.

I committed to 50 days of 1 minute cold showers every morning.

We've all heard the benefits...weight loss, better breathing, better skin, better digestion...but what I was truly focusing on was the mental resilience. As I think about Thrive and where we're going, it's pushing me to learn how to function at a different level.

Here's one big takeaway from my 50 day commitment.

There's a difference between motivation and commitment.

Everyone has great ideas and is super motivated when they think of them. But when those ideas are challenged by reality, conflicting schedules, or cold mornings, often times the follow-through is what differentiates people. If you're committed, it doesn't matter what day it is or how you're feeling...you're going to follow through.

The fortune is in the follow through.

I ended my 50 days on December 13th, my daughters birthday.

(Pro-tip: pick significant date for a challenge to keep you focused)

My last 10-12 days were my most challenging.

I didn't want to do it anymore.

The mornings were colder.

It was windy outside.

I just wanted the easy hot water.

But the goal of my 50 days of cold showers was to get a stronger mindset...resiliency...so I had to complete it.

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I had to make sure I can do things no matter how I felt.

I often tell myself, ***“the game is won between the ears.”***

Battle the negative thoughts...focus on the positive outcome.

Was there a chance of failing, yes.

Was there a chance of succeeding and walking away from it with an even stronger will, yes.

I was clear as to what I wanted when I started this challenge...I knew exactly how long it would take.

But here's what it did that I didn't expect...and the cold hard truth of how it saved my marriage.

Whenever I got home I was stressed out.

Work, family, money, friends and the start of the holiday season...burning the candle at both ends.

Things were slipping through the cracks and one of them was my patience at home.

My mind was fully in the business and my patience was thin when I finally got home.

One morning before starting the cold shower, it came to me...

“Whats the one thing that by doing it will make my time with Lindsey and the kids better?”

I realized its not just 1...I came up with 4 that I'm focusing on right now.

I hope it can help you with your own personal challenges and goals.

1. My relationship with my wife should enhance my life. A healthy lifestyle should enhance your mental and physical self so you can connect with others in a more meaningful way...it should not stress you out and make you miserable because you're not hitting certain goals.

2. Don't ignore the bigger picture - I'm really learning that communication, patience, and consistency are what keep any relationship moving along nicely... same goes for your health. Checking in to make sure we're all pushing in the same direction is crucial.

3. Don't be reactive, be proactive - Planning is everything. Making sure I have a date night with Lindsey is my #1 goal for 2025...Thursday nights at 430pm...I hear it's a game-changer. Make sure you have the right team supporting you during your health journey and seeing them weekly... that's your secret weapon.

4. Spinning out of control - Once I feel like my wife and I are surfing different waves, I call a timeout and we reset. If you're moving and working out but something feels off, don't ignore your intuition. Call a timeout and get things back on track.

Here's the bottom line...

Do something difficult to get yourself out of a rut.

But remember, ***“just because you're struggling doesn't mean you're failing.”***

If you're letting your thoughts and mind constantly dictate how bad you are, how far behind you are or you're comparing yourself to another, you've lost sight of what can be truly transformative.

2025 MARKETING CALENDAR

One of the best ways to hit your health and fitness goals is to know what's coming around the corner and participate as best you can.

It's not the event that assists you in your journey, it's the people you meet and the friendships that form that keep you accountable! Take a peak to the first half of events for 2025!

January

4 Weeks of Giveaways!

February

Share the gym you LOVE with the one you LOVE!
(28 Days of Fitness for 2)

March

Orange County Therapy & Fitness (OCTF)
Listen to local medical practitioners and see how they treat the aches and pains you're going through.

April

30 Day Dad Challenge!
Compete with other Dads for the top prize.
Little competition doesn't hurt anybody!

May

Mothers Day Month Gift!
Buddy Week! Cinco de Mayo Party on Friday the 9th!

June

6-Week Summer Shred!
Compete for top prize...6 months FREE membership!



SEAN'S TWO CENTS



HEALTH IS WEALTH

I recently returned from a trip to Japan where I went to visit my grandmother, my uncle & aunt and to take care of some family matters. It was a much needed respite as much as it was a stressful time taking care of estate planning.

Many of you know that I am an only child. But, what you may not know is that I am an only grandchild on my mother's side and will be taking over the family business when it passes down to me in the future.

It is custom for the first born son to take over the business in Japanese culture - and in my family that would be my uncle. However, the succession of the business after him falls on me as he has no heirs. Hence my travels to Japan for estate planning. We were figuring out the succession from my grandmother, to my uncle and mother and then to myself, for our trust.

Now, I'm telling you this because my grandmother has a bit of memory loss, arthritis, fell earlier this year and struggles a bit with walking, and has decently advanced symptoms of scoliosis.



Sean's Grandmother

Basically, we are being proactive in the case that anything does happen to her in the near future. She's 95 years old, so it makes sense... although we're gunning for her to become a centenarian!

But, given all of that, I was thoroughly surprised by her incredible resilience this time when I visited.

Naturally, I had some jet lag on this trip and was wide awake at around 3AM one morning.

I had gotten up from my futon to use the bathroom and opening the door to my room, I saw my grandmother crawling back to her room. She had gotten up to use the bathroom herself.

Of course, my first instinct was concern as I had assumed she had fallen. However, I remembered my mother telling me that her arthritis in the left hip & knee is quite painful in the morning and makes walking difficult. So, instead, my grandmother moves about the house crawling sometimes until she can stand up and walk.

As her grandson, it pains me a little to watch her do this. But, the trainer & therapist in me, is amazed, proud and confident that her ability to do all of that - crawl, get up & stand, walk and use the restroom - on her own, at her age, is proof that we must take care of our bodies when we can, for as long as we can, and start as early as we possibly can.

Most people, at that age, aren't capable of doing a lot of the movements she is capable of.

They've forgotten how to crawl because they don't spend time on the ground, lack the strength to get up and down off the floor or are no longer confident in being able to live alone.

My grandmother has all of this, albeit in a limited capacity. But, she is still able to move.

So, what am I trying to get at here? It's this:

Movement feeds confidence. Confidence feeds independence. Independence feeds freedom.

The message was loud and clear to me.

That if we want to have the same Freedom that my grandmother experiences as 95 years old, we must treat HEALTH AS WEALTH. We only have one body. One life.

LIVE IT BOLDLY.

JOSEPH'S CORNER



From Runner to Rehab: How Injuries Led Me to a Career in Training and Therapy

I always find it interesting to hear from people on how they stumbled and committed into their careers. Its crazy how life eventually guides in the right direction.

After talking with others about their careers, I always think about my own journey and how it started.

My story starts back in high school while I was starting my cross country/track and field career. This was the first time engaging in a team environment and being dedicated to a singular sport.



Joseph Martinez

Back then I didn't have the funds to go to a physical therapist or trainer to help me recover. This forced me into doing my own research and doing my best to get stronger so I could continue to run.

College then came around and reality hit. I had to start making legitimate decisions towards my career.

Running played a huge part in that decision.

At the time math was one of the subjects I excelled at. That made me think about following a career path in engineering, but I quickly realized that it was not for me.

I've always enjoyed helping people and I just couldn't see how I would be able to do that with an engineering job.

Then it hit me.

My coach advised me to take his intro into Kinesiology classes and there I found my calling.

As I got deeper into my college courses I decided to become a physical therapist.

However, I had the opportunity to experience physical therapy working for a clinic and my perspective changed. I noticed that many of the therapists rarely worked hands-on with the patients and mostly were stuck on their laptops filling out patient notes, while I would teach the patients rehab exercises.

I really enjoyed that part of my job and getting to see these patients get stronger.

Now I was torn about going back to school and becoming a physical therapist seeing how they worked.

Luckily I had a great coworker who was an athletic trainer and she pushed me to get a certification to be a trainer.

Then I saw an ad on Indeed that said,

“Looking for a trainer with physical therapy experience.”

Unfortunately, I met Oliver 😊 who offered me an internship at Thrive (which I love) and he somehow convinced me to work for him 😊.

Jokes aside, I enjoy teaching people how to exercise and helping them gain confidence in their bodies.

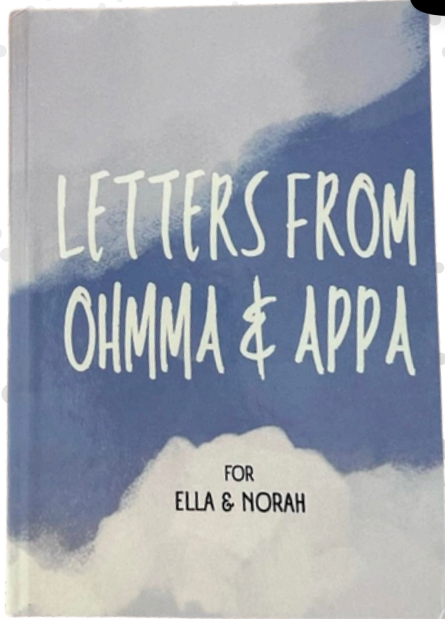
However, I still had an itch I couldn't scratch with just being a trainer.

I wanted to help people get out of pain. Again I found myself torn between going back to school for physical therapy or finding other alternatives.

With the network of people I've met working at Thrive, I made my decision to go to massage therapy school.

Now as a trainer and therapist, I can help people out of pain and get them back to doing the things they love.

What I'm Reading



Now that my kids are 7 and 3 years old, I feel like I'm being watched every second of the day. I have to watch what I say, what I do and how I act... they'll take in everything.

If I sneeze without covering my mouth, they're going to do the same.
If I curse every other word, they'll have a sailor's mouth.

It's a good thing and a bad thing.

That's why I'm reading this book to them twice a week.

It's a book of letters I wrote to them last year.

I wake up in the early mornings to write down my thoughts of appreciation, challenges, frustrations, and strategies in my current life.

It's basically a book of personal letters written to them about how I'm handling life in general...and I talk about almost everything.

My daily challenges in work and marriage...
What I'm thinking about that particular morning...
What I'm reading...
What I enjoyed that day...

What I'm learning about finances and retirement...
What I'm struggling with...
How their mom and I are doing...
Slow Saturday mornings...
How I enjoy our conversations during long drives...
The list goes on and on.

I guess my goal with writing this book was so they know their dad and mom are human...that we're not perfect and invincible...that it gives them a glimpse into how our life really is.

My dad used to talk to my brother and I about life lessons throughout our childhood. Unfortunately I don't remember much of what he said, per se, but I do remember certain instances being around him wondering, "hmmm I wonder why he did that?"

Then learning later that it was to be kind and loving to another person.

I started writing this kids book in hopes my kids can read this and know that the written word can be shared longer throughout the years.

But you know the one thing I learned most about writing this book?

That to truly leave a legacy, you need to do something out of the norm.

I hope my girls understand the positive impact they have in our lives...I hope they feel that through these letters.

Yes, most of the time Ella falls asleep while we read this book...but hey, dad can be boring at times. 🙄

MEMBER APPRECIATION

This month we wanted to focus on this dynamic duo for our Members of the Month...**Peter and Kitty Fyfe!**

Kitty came to us first and started training in October of 2023...I believe she saw us on Facebook and thought we looked pretty cool to hang out with!

Then her husband soon followed suit and started in January of 2024 so he wouldn't be left behind. 😊



One of the biggest reasons why I love these two is because they come in, banter a little, give the trainers a hard time (lovingly), then turn around and work hard every time in their workout.

They never miss an opportunity to push themselves while they're in here...they're always trying to get better/stronger/more balanced because they know the payoff is worth it.

And you want to know something really cool?

One year of consistent workouts from October 2023 to October 2024, Kitty increased her muscle mass by 5.6 pounds and decreased her fat mass by 4.6 pounds. Her body fat decreased by 3.6%!!

That's not easy.

Look, you can get a workout anywhere...there are a million gyms in Irvine...but the secret sauce that Kitty knows is that you need to stay consistent no matter what. You need to stay moving. Im sure there were bad days for Kitty when she didn't want to come in, or mornings when her knees where extremely painful, but she still made it.

Peter has his own metrics of improvement, but they're not as good as Kitty's... soooo we'll just leave it there. 🤝

No matter what though, he consistently works out 2x/week...lately its been 3x/week 🙌.

What you may not know is he's a man of many talents.

He's part of the men's choir.

He sails...although not as much as would like.

He's been a formal mentor to a young adult for several years.

He was a Technical Fellow from The Boeing Company for over 20 years and is now retired.

With guidance and support from the entire Thrive community, there's no doubt that they'll surpass their 2025 goals.

But success for them is more than just numbers.

I'm sure they envision a life of pickleball, sailing and vacations with their kids!

These two are truly an example of how passion, the right support, and a willingness to keep improving can lead to great success both physically, mentally and in marriage.

Great job you two...congratulations on being the first Members of the Month of 2025!