

OLIVER NAM'S INSIDER CIRCLE

EXCLUSIVELY PUBLISHED FOR MEMBERS OF THRIVE TRAINING



Inside the Mind of Oliver Nam

HOW I HANDLE MY BAD MONTHS

Holy moly...February was a crazy month.

I felt like I was juggling a whole bunch of plates, hoping none of them would fall.

Some of them did.
Some of them are still spinning.

Some I've taken off and thrown to the floor...it was too much.

I hate that feeling.

But then I took a step back and wrote out my list (if you know me, you know I love a good list).
Crossing off a given task is satisfying.

But in February, there were too many things for me to handle.

I was feeling anxious.

I was feeling overwhelmed.

Inspiration was tough at times.

And to top it off, my neck was killing me.

But here's the thing...

"Once I slowed my mind down, my past lessons came flushing back."

Take a read...

***This month is a defining month.
Don't shy away; lean into it.***

We all have weeks and months that hit you in the gut and make you wobble.
Some people get disgruntled, some feel burnt out...most get frustrated.

I don't know if it's a good thing or a bad thing, but here's my strategy when I feel that weight on my shoulders.

TABLE OF CONTENTS

Inside the Mind of Oliver Nam	1
Upcoming Events and Service Offerings	3
Sean's Two Cents	4
Joseph's Corner	5
Kaelen's Korner	7
Jon's Journey	9
Member Appreciation	11
Train Together & Level Up Your Fitness!	13

1. I take 2 minutes to feel sorry for myself...dont ignore your feelings.
2. I brain dump all my thoughts onto a legal pad...the brain was NOT made to store thoughts.
3. Write out the lists of things you need to get done... no filter, just write.
4. "Who not How" strategy..."Who can help you get things done?"...not "How do I do all of this myself?"

And I really think #4 is where people make the best progress.

"Find the people who can help you get things done."

I'm super lucky to have my team here at Thrive. This place wouldn't be here without them.

And here's the thing... Thrive just keeps getting better! (Better before bigger)

I want to give a shoutout to two people who really helped me last month.

***"Sean... you my man.
Thank you for keeping my mind
straight the past couple of weeks."***

Not many of you know, but he filters many of my thoughts and puts the proper things into action. 🙌

"Jon Wilson... welcome aboard sir!"

I know you don't like this type of attention, but you stepping in as our "Member Concierge" helps elevate this team and the member experience.

Members, be on the lookout for Jon. He's going to set some great things into action these upcoming months.



There's a saying... "Don't limit your vision to the size of your capabilities".

I used to set goals based on my current status and skill set...this held me back on a lot of things.

Through trial and error, I realized I could help more people by shifting my focus and truly believing in myself. All I needed was to surround myself with the right people.

I'm not sure if you need to hear this or not, but...

You have the power to inspire others when you accomplish your goals.

It's wild to admit, but the milestones you hit are the same ones others around you are working toward.

Know that you are already inspiring others around you, even when you might not realize it.

Enjoy the day, people!

PS: One of our biggest events is happening on March 28th @ 3:30 PM. It's our OCTF event... The topic will be WOMEN's health. If you have hormone or pelvic floor issues, you need to be there.

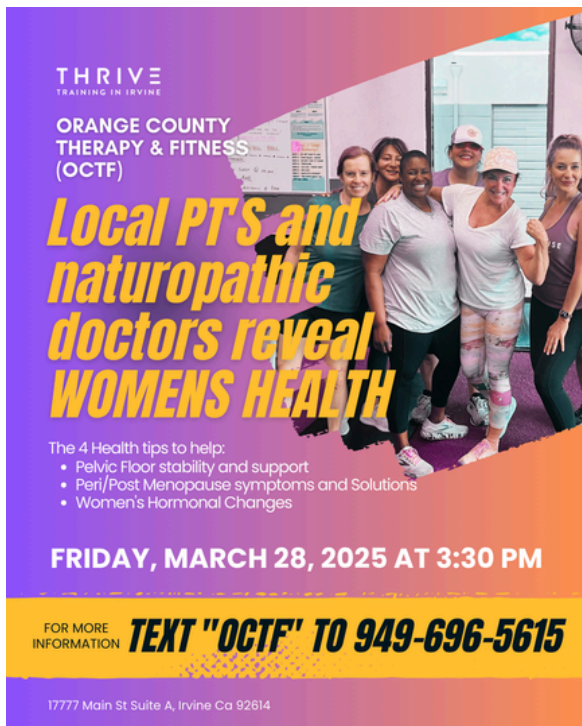
MARKETING CALENDAR UPDATES

Stay in the loop with all our exciting upcoming events and initiatives! Here's a look at what's coming up in this month. Be sure to mark your calendars and get ready for some fun and informative sessions!

March

Orange County Therapy & Fitness (OCTF) - Professional Talk

- FRIDAY, MARCH 28, 2025 AT 3:30 PM
- The 4 Health tips to help:
 - Pelvic Floor stability and support
 - Peri/Post Menopause symptoms and Solutions
 - Women's Hormonal Changes



Speakers:

Dr Avonlea Brown,
Dr Marie Fernandez, and
Dr Suzanne Tang

PS: Please be sure to text

"OCTF" to 949-696-5615

and let us know if you're bringing a friend!

**Stay tuned for more updates, and don't miss out on
these exciting events!**

SEAN'S TWO CENTS



TRAINING FOR LIFE: BUILDING STRENGTH FOR THE UNEXPECTED

The reason I believe this is pertinent information for you all is because I don't want any of you to be left in an unnecessarily vulnerable state - physically - due to a sense of security that may be outdated, false, or overestimated.

Now, that isn't to say that all of us are carrying this false belief about our own capabilities or that the body isn't incredibly resilient, adaptable, or strong.

In fact, it's one of the very few things in my life that I believe wholeheartedly.

"What I'm getting at is that we should be preparing for the worst while hoping for the best."

Which is exactly why the training - not workouts, because this is a lifestyle choice/habit - that you're doing at Thrive is so critically important.

We are training to be as physically robust as we can!

To expand the limits of what we thought we were physically capable of AND for the possibility of falling, breaking a bone, or requiring surgery.

"So that IF something should happen (hopefully not), we are prepared and will have the BEST possible outcome in the face of it."

I do hope that this can answer that lingering question of "Why do I train?" that comes up from time to time...especially on a cold, winter day when the bed feels so warm but you're signed up for that 6AM class!

Just my two cents.

JOSEPH'S CORNER



WHY YOUR WEIGHT DOESN'T TELL THE WHOLE STORY

Do the numbers on the weight scale really matter?

I know the majority of us are very focused on seeing the numbers on the scale drop. However, are those numbers a good indication that you're heading in the right direction with your health?

“My perspective with the weight scale has changed throughout my fitness journey and my goals might be different than most.”

Since the end of my running career, my goal was to simply gain weight and get as HUGE as I possibly could. I was eating everything in sight just to see those numbers go up on the weight scale.


And they certainly went up.

I went from 130lbs to 175lbs which was the most I ever weighed at the time.

However, although the number on the scale changed in the direction I wanted, I did not feel like myself.

I felt sluggish, tired, and very unproductive.

Being someone who used to run miles every day to someone who could barely complete a hike was eye opening for me. I needed to change what I was doing.



While the numbers on the scale went up my other stats like body fat percentage, muscle mass, and cardiovascular health, were telling a different story.

“The reason I’m telling this story is because, in reality, the number on the weight scale is a poor indication that your health is improving.”

For those people that go on these crazy diets and restrictions, are they seeing improvements in other aspects of their life?

Do they feel stronger?

Have more energy?

Can they maintain those restrictions for a long period of time?

It remains to be seen.

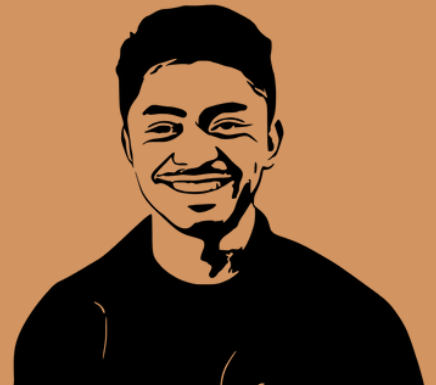
This is why I’m a firm believer in why you shouldn’t let those numbers on the scale dictate whether you are improving or not.

“If you feel like you are getting stronger, more capable of doing activities, or feel like you have more energy, then you are heading in the right direction!”

I now weigh 180lbs, I feel stronger with my lifts, and I’m back to running again. It’s the best I’ve ever felt in my body.

“Stay consistent, trust the process, and you will see those numbers on the scale drop but with a better outcome in your health!”

KAELAN'S KORNER



FROM STRUGGLE TO STRENGTH: HOW MOVEMENT CHANGED MY LIFE

Growing up, I always had a dream of playing sports.

“For those of you who don’t know my story, I was diagnosed with juvenile rheumatoid arthritis at the age of 6.”

Basically, I’ve always lived with an autoimmune disorder where my body attacks itself, thinking something is wrong.


My young life up until 16 consisted of numerous appointments with the doctor, monthly infusions and loads of medication. Then all of a sudden, one day, my mom said to stop taking all of it.

She had a hunch it was doing more harm than good.

“From that day on, my life changed as my body miraculously recovered itself and I was able to participate in high school sports like cross country and soccer.”

This is where my journey into fitness began.

Unfortunately, I only got to live a small, short dream because I graduated high school a couple of years later.



I was not satisfied.

I finally had a taste of what it felt like to move and play sports.

**I decided to make a choice to pursue a
Kinesiology degree to learn how I can help others.**

I studied the mechanics of human movement and began to connect my own personal experiences with this type of information. I was enamored. I was focused. I loved what I was reading and figured out how it could be interwoven into all my workouts.

I began to understand the “why” of movement.

I knew what it felt like to be disconnected from your own body.

I also knew what it felt like to finally workout and reconnect with your body.

“Being at Thrive reminds me that others have possibly gone through what I have. This pushes me further to grow as a trainer, but also as a person to help others overcome tough obstacles.”

Although I had a small dream growing up, that dream has only become bigger.

Sometimes, it's scary to dream big, but all it takes is someone to believe in that dream with you.

JON'S JOURNEY



EMBRACING LIFE AFTER 40: A JOURNEY OF RESILIENCE AND ADVENTURE

“In many ways, my life is like a jigsaw puzzle; a connecting of events that, at some point, will become my life story.”

I have lived, what I believe to be, an amazing life. If I transition today, I have no regrets. Does that mean that I have had the perfect life? That would be a very hard no.

My mother was a nurse and instilled in me the importance to serve others.


When she retired she visited places lifted from the pages of National Geographic. We traveled together as she shared her deep passion for travel and exploration with me. Navigating our adventures, we hopped on and off trains, stayed in local homes, ate local food and just enjoyed life.

In 2006, I suffered an accident that left me afraid to live life. Traumatized, I mentally crawled into a box and closed the lid.

I was miserable, but safe, observing as life passed me by. Sitting on the sidelines, I ballooned in weight. I was on meds for depression, high blood pressure, and pre-diabetes.

“I was in my 50’s. I had to decide if I wanted give up or grab life by the short hairs and live. I got sick and tired of being sick and tired. I decided to get up off my butt and live again.”

I joined a gym and developed an exit strategy to get off the meds and heal myself by rejoining life. I was presented with a challenge that would forever change the trajectory of my life; sign up and ride AIDS/Lifecycle. Without fully grasping what I was embarking upon, I signed up. AIDS/Lifecycle is a most unusual event - raising millions of dollars annually to support those affected/effectuated/impacted by HIV/AIDS.



Each year, 3000+ cyclists and volunteers gather in San Francisco and spend 7 days, cycling 545 miles from San Francisco to Los Angeles.

“That single event changed my life, challenged me to crawl out of my safe box and re-engage life and I continued to participate for the next several years.”

I’m now retired and my taste for life has only grown. We travel as much as we can. We’ve visited places from which dreams are made. I’ve practiced yoga in a rain forest; explored white sandy beaches; enjoyed wine and pints of beer across Europe; and enjoyed Mozart music in a castle. We have even more traveling planned - carrying heavier kettlebells at Thrive do come in handy.

Oliver recently challenged me to look at my life from different vantage points.

Those discussions resulted in me journaling and meditating daily. I get up early and watch the morning sky painted in amazing colors. I watch the birds enjoying the feeders in the yard as they sing to me.

***“I now live life full speed into the wind.
And thanks to you, my Thrive family, I am learning to sit,
pause, breathe, focus, center, and be present with you
as we continue our journey together after 40.”***

MEMBER APPRECIATION

You may or may not have seen her lately...
her life has been busy...
...she's preparing to retire!

But you wouldn't have known it...she
doesn't really like talking about herself.

She likes to stay quiet and do her workout,
unless you instigate a little banter...then
she'll let you have it.

Her east coast personality will shine.



Adriane Givant

Adriane's workout journey is very slimier to a lot of us...

- ***She has irritating joints and nagging injuries.***
- ***Her knees bother her.***
- ***Eating can be more of a nuisance than an opportunity to be nourished.***
- ***Getting to the gym for a workout is tough...but when she leaves she agrees it's always worth it.***

But what truly makes this woman great is her consistent love for people. Once again, you wouldn't know it because she doesn't like talking about herself and what she does for others.

So, Adriane, forgive me as I share this quick story...

Roughly 2 years ago while working out she mentioned to us she was going to Disneyland.

"Awesome! Who are you going with?"

"Oh, my family from Mexico."

I thought...ok...you have a family in Mexico?? 🧑

We learned she fosters a family down there... supports them by giving them funds and such. They have a 5-year-old daughter who has never been to Disneyland.

So what does Adrian do?

She flies the entire family out, houses them and takes them all out to Disneyland...then houses them for the next 2 days here in Orange County.

Some words that come to mind:

- ***Self-less***
- ***Authentic***
- ***Inspiring***
- ***Grateful***
- ***Empowering***
- ***Amazing***

Reflecting on my experience with Adriane here in the studio, I feel deep gratitude for the energy and camaraderie you bring to this Thrive family.

I can't wait to see how you continue to progress in your health...we're all honored to be apart of your journey!

TRAIN TOGETHER & LEVEL UP YOUR FITNESS!

Thrive is offering 2 free weeks of personal training to your friends and family.
To see if we're a good fit for them, and to take advantage of the 2 week offer, follow the 3 steps below.

Step 1

Use your phone camera to
scan the QR code below



Step 2

Choose a good date/time on
the schedule



Step 3

Oliver will reach out to you
ASAP to get started!



NEW BOOK

Guess what?!

Oliver just finished his 2nd book focusing on fitness for adults over 40.

It's called **From Start to Finish: The 4 Stages of Fitness for Adults Over 40**. You can get your free ebook copy by scanning the QR below, or grab a copy in the studio!



From Start to Finish: The 4 Stages of Fitness for
Adults Over 40

