

OLIVER NAM'S INSIDER CIRCLE

EXCLUSIVELY PUBLISHED FOR MEMBERS OF THRIVE TRAINING



Inside the Mind of Oliver Nam

MY DAD TAUGHT ME TO JUST SHOW UP



Let's be honest...summer has a vibe.

Shorts come out, social events start to stack onto your calendar, and there's a natural desire to "dial it in."

That's why our Summer Shred Challenge exists... to give you focus, accountability, and a little extra fire in your routine.

But here are 4 deeper truths about fitness for those of us over 40.

1. We need to JUST SHOW UP.

There will be days this summer when you feel off track. When the scale doesn't budge even though you've been working extra hard in the gym. When life gets busy and you're tempted to skip the workout or give up entirely.

**That's when this mantra matters most:
Just show up.**

Not because you need to be perfect, but because showing up is how you stay in the game. And if you're in the game long enough, you'll see the real results.

2. You don't have to "GO HARD" all year to make real progress.

Just like seasons shift, there will be seasons where your schedule is packed and your life feels heavier. Then there will be times where showing up at any level, just to move, stretch or to connect to others is still a win.

Progress isn't always about going harder.

I truly believe it's about knowing when to push and when to simply keep moving forward.


3. Progress after 40 looks different as a whole.

You're juggling your career, raising kids, navigating injuries, and you're still showing up through all of it. Real progress could mean waking up with less pain, building a habit that actually sticks, or finally doing a pull up without assistance (lets go Kitty!).

Sometimes progress is just not quitting.

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Sometime, progress is simply showing up, again and again, until the changes start to show themselves in how you feel, think, and live.

4. You're doing better than you think.

If you've been working out, eating better, and prioritizing your health, that's something to be proud of.

And what if you haven't been doing any of that yet?

Start by just showing up. Don't feel like you have to do it all. No need to fix everything overnight. Just open the front door and walk in...that front door is the heaviest weight we have.

At Thrive, we recognize and honor all your seasons.

We celebrate your summer drive to lift heavier and dial in your nutrition.

Lose that weight, gain that muscle, and compete against yourself and others.

But we're also just as proud of you when you have your quieter seasons.

The ones where you show up simply to stay in the game.

Long-term success isn't built on intensity alone...you all know this.

***It's built on rhythm and understanding your body,
your stresses, and learning to give yourself grace when you need it.***

So this summer, if you feel that urge to go hard, go.

If you feel like its time to marinate in what you've built these last 2 quarters, then bask in it.

Either way, just show up.

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!

July Small Group Schedule

	MON	TUE	WED	THU	FRI	SAT
6 AM				UPPER		
7 AM	LEGS	FULL BODY STRENGTH	CARDIO	UPPER	FULL BODY CONDITION	
8 AM		FULL BODY STRENGTH			FULL BODY CONDITION	CARDIO
9 AM	LEGS	FULL BODY STRENGTH	CARDIO	UPPER	FULL BODY CONDITION	CARDIO
10 AM	LEGS	FULL BODY STRENGTH	CARDIO	UPPER	FULL BODY CONDITION	CARDIO
12 PM	LEGS	FULL BODY STRENGTH	CARDIO	UPPER	FULL BODY CONDITION	
1 PM						
4 PM						
5 PM	LEGS	FULL BODY STRENGTH	CARDIO	UPPER		
6 PM	LEGS	FULL BODY STRENGTH	CARDIO	UPPER		

Summer Shred ends July 25th!

- Weigh out is on **Thursday and Friday (24th and 25th)**.

Summer Shred Celebration:

- **Hangar 24**
- (17877 Von Karman Ave Unit 110, Irvine, CA 92614)
- **August 2, 2025, 11 AM - 2 PM**
- Winners to be announced at 12 PM



SEAN'S TWO CENTS



COMMUNITY > BOREDOM

I can't lie to you all or myself any longer...

I AM BORED!!

Weight lifting has gotten a little stale for me as of late. No, who am I kidding, it's been for some time now and the lack of interest has been a hard hurdle to overcome with every workout.

Now, let me give you some context before you all jump to the conclusion that I am a hypocrite. Though, I'm sure that could be said about me in some capacity. HAHA.

I became a Certified Personal Trainer back in 2016. Prior to that, I had about maybe a year or so of consistent weight lifting experience under my belt.

My only experience beforehand was the highschool weight room but, being a soccer player, we didn't really train much as we weren't looking to bulk up like the football players. So, suffice to say that I knew very little about what weight lifting was about - apart from the aesthetics associated with it when I started.


Frankly, it was the aesthetics that drew me to weight lifting. I had a HUGE ego when it came to athletics having been a pretty competitive soccer player. But, because my sport kept me relatively lean, I didn't have the muscular definition that my ego was craving to match it.

But, in 2016, when I actually chose to make this my living, my goals had already changed. Mostly because I realized that I value delicious food more so than six pack abs.

I had also discovered kettlebell training and wanted to learn everything I could about that modality of training because it felt more athletic to me than that of standard, bodybuilding style, hypertrophy focused training methods all too commonly found in the gym.

Naturally, this opened the door to a whole different realm of physical training and styles that eventually resulted in my desire to understand human biomechanics more properly.

All of this is to say that I had a desired outcome related to my training. Something that motivated me to test, experiment and discover ways to improve.



But more recently, I've hit a wall. A WALL OF BOREDOM. A boredom so consuming that I've had to exit the weight room all together for some time for me to even maintain some level of physical activity - my martial arts practice, Kuk Sool Kwan.

At Kuk Sool Kwan, I am finding my joy again in moving my body. Whether it's being tossed around with judo style throws, punching & kicking heavy bags or even just simple calisthenics movements like jumping or push ups. I'm sweating, smiling and - more importantly - have a community of people to share it with.

And that's when I remembered something. That I am someone who enjoys physical activity with others. That I played team sports for a reason. That even training alone - no matter what viable reason I have - was as enjoyable for me as training in a group was.

***Now, maybe I am wrong,
but I believe that big part of what makes THRIVE
so special is that exact factor - the community.***

I believe that it is what keeps so many members going and "cures" so many of the boredom that can accompany a routine.

Yes, the education level of our trainers is excellent. The programs are challenging. We get people their desired results. All incredibly important.

But, unless you're a type A, go getter, auditory digital, goals oriented person, I don't think it's as easy to stay consistent with training unless you also have a good level of fun too.

This is where I believe community can come into play. As a cure for boredom.

***So if this resonated with you,
next time you're in, give someone a high five,
fist bump or (if you're like Oliver and don't respect personal space)
give them a hug!!***

A CUP OF JOE



MY MOTHER'S JOURNEY

Being apart of the wellness and fitness industry I've always tried to get my family to be more aware of their health, especially my mother. She has dealt with health issues such as chronic pains and aches for most of my life.

I know if she focused on moving her body a little more and committed to strength training, most of these pains would resolve. Somehow, being her son makes her tune me out.

I've referred her to colleagues for her pain, and sure enough, they repeat the same advice I've been giving her. While the exercises and stretches that were given did help, she failed to really stick to the program.

In our conversations, she admitted she never really felt motivated enough to keep up with the exercises. She had no WHY. Even though she was constantly in pain, it was never enough to keep her consistent with her exercises.

Then it happened. She had her "ah ha" moment. When we went on our trip to Cabo she had planned a hike for us. It was a hike with dogs on a piece of land that also served as a sanctuary for them. The owner of the land hosts hikes and my mom couldn't wait to go.

My mom read reviews that said the hike was 'easy,' but it turned out to be a lot harder than she expected.

She had to take breaks during the hike and even thought about quitting. I did my best to support and help her through it. We managed to finish the hike, but now my mom had to deal with the aftermath.

Her knees and ankle were achey and sore for the next couple days. This made it hard for her to walk around and explore more of Cabo. After we came back from the trip her the pains still continued, and that's when she decided to change her mindset.

She told me she was tired of feeling like crap and not having a body capable of doing the things she wanted to do. Since then she's been changing her habits all on her own. No help from me, but I am there to support her as best as I can (FREE MASSAGES).

Now, my mom has built habits such as walking daily, giving up coffee, stretching every night, and watching how she eats. She's lost nearly 14 lbs since she has started her journey and is looking healthier than ever.

I'm very proud of her. My next push is to get her through the doors of Thrive one day to show her a community that shares similar experiences and goals. I know having a community to support her will take her a lot further on her journey. Now we just wait and see.

JON'S JOURNEY



HOW SELF-REFLECTION AND A COACH CHANGED MY LIFE

How do I find that balance between the porridge being too hot, too cold, or just right? A house made of straw, sticks, or bricks? Not enough - too much. Too light - too heavy. Not hard enough - too hard.

Discovering a balance for myself - finding an appropriate workout challenge to keep me interested and avoid boredom, apathy or worse, injury.

For me, honesty factors somewhere in there as well.

How can I find the drive to try new things and discover that "just right/safe" balance? For me, 90% is my attitude, Being genuine, honest with myself, and defining my real expectations. Do I just want to go through the motions, e.g. phone in my workout? Do I want to go all out and exceed what I should be doing - a little ego, pain, and perhaps injury for good measure. Do I want to have a challenging, meaningful, FUN, safe workout? It's up to me. How much am I willing to experiment to find that balance?

I've participated in group classes where I am offered various dumbbells and kettlebells and I choose a weight because it's doable but not really challenging enough. I can use that weight and just go through the motions. I play it safe and walk out subconsciously a little disappointed because I didn't get a good workout. Whose fault would that be? I should be lifting something closer to my actual ability range and move a little slower to see/feel what I really CAN accomplish versus relying on momentum to do the work for me.

I should be pushing myself to new limits and walk out feeling tired but satisfied. Maybe surprise myself! I can put a star on the board and tick the box; but am I getting stronger and feeling better?

I'm sharing this because Oliver and I sat down and had another of our "fireside" chats - also known as him observing my workouts. I've learned to listen to his coaching and encouragement. Frankly calling me out for "phoning in" my workouts.

To nudge me, Oliver and I, TOGETHER, created a new road map for me under his new program "Thrive Elite". Remember, we've been on a transformation journey together for over a year and I am loving the results. I've changed my workout formats and taking a break from my usual 1:1 sessions. I'm concentrating more on group classes and "me time". My "me time" includes hopping on cardio equipment, doing some stretching, and prescribed weight training. No one to blame but myself for a underwhelming workout.

I'm using the THRIVE EXERCISE LOG to document my progress. At first, I wasn't sold on the "independent" time; but going into my second week I'm enjoying it. Why? Because I'm now owning my workout and the outcome. Now I'm holding MYSELF accountable. Don't misunderstand me, I still have the THRIVE Team as my safety net.

Can you relate to "phoning in" workouts? Are you looking for solutions? Chat with Oliver, he might have some ideas through his Thrive Elite program for you.

ADRIANE'S ANTICS



TWINNING AT THRIVE – THE TWIN, THE SUBSTITUTE & ME

***I've been adopted. It happened organically and unexpectedly.
All I had to do was show up.***

For someone who can sit quietly and contentedly out of the fray for hours, I am also happy that I can still be “present” at Thrive – even if a little discomfort is in my immediate future.

The energy at Thrive can nonetheless enliven and inspire me to continue moving forward with the health and wellness plan I am envisioning.

I've been able to assemble a modest collection of friends – in fact a “Twin” – in gym class who have some of the same goals and concerns. Maybe it's not necessarily so unique, but it's something that helps me to keep putting one foot in front of the other (with occasional steps back, of course)!

We all know that our Thrive trainers focus on each of us in class and always step in to give us corrections and encouragement.

But in addition to their expertise, I've learned that teaming up (ie Twinning) with a classmate has been another incentive on various levels that somehow materialized alongside the work.

It's nice to have partner in crime to toil with, to laugh with and maybe to lighten the tone a bit when something feels like it needs to change – for example, “can you start doing the exercise correctly”??

On the other hand, The Substitute (who refers to herself as The Evil Twin) comes with a different style of Twinning yet is just as effective. She manages with a little less fluff (“roll over”!). And hence, I have also learned to count to 15.

So.... how am I giving back? I actually asked Twin that question – how am I helping you? Her answer was satisfactory enough that I was able to put away the question. Now I can just enjoy the game.

SMALL BITES

FROM WHITNEY R.D.



WHAT TO KEEP STOCKED IN THE FRIDGE/PANTRY

We all have the best intentions when it comes to eating healthier, it's the follow through that's the hard part. I believe that stocking your fridge and pantry with healthy ingredients is one of the best ways to help set yourself up for success! If you always have these things in the house, you are much more likely to stay on track with your goals.

Here is a list of some quality ingredients to keep on hand at all times:

FRIDGE

- Organic and seasonal fruits and vegetables. (wild berries, avocado, kiwi, kale, spinach, mini bell peppers, etc.)
- Eggs: pasture raised
- Meat: Grass-fed beef and pasture-raised poultry
- Seafood: Wild varieties are best, preferably line/pole caught
- Dairy: Grass-fed yogurt or kefir
- Fat: Grass-fed butter or ghee, anti-inflammatory oils (see below)
- Tofu: Organic, ideally sprouted
- Fermented foods: kimchi, sauerkraut, miso, pickled veggies, kombucha
- Hummus: made with olive oil (Hope Brand)

PANTRY

- Canned, wild-caught salmon, mackerel, anchovies, sardines, or organic pasture-raised chicken.
- Nuts and seeds (Walnuts, almonds, pecans, macadamia, hemp, chia, flax, pumpkin, sesame)
- Nut butters (no added sugar, salt, oil)
- Whole grains (quinoa, millet, oats, wild rice, grain-free crackers)
- Beans (lentils, adzuki, navy, etc.)
- Herbs and spices
- Extra virgin olive oil (walnut, coconut, sesame, flax, or avocado are good too)
- Unsweetened Almond or Hemp Milk
- Canned/Jarred Olives
- Apple Cider Vinegar, Balsamic Vinegar
- Grass Fed Jerky (EPIC or Chomps Brand)
- Full-fat unsweetened coconut milk

Note: It's important to also reduce or eliminate cookies, pastries, refined grains (white bread, pasta, rice, etc.), regular chips, etc., simultaneously.

TURKEY WRAP/TACOS

Easy, High-Protein Lunch (Serves 1)

✓ Gluten-Free · ✓ Dairy-Free · ✓ Quick to Make



Ingredients:

- 2 almond flour tortillas (Siete brand)
- 6 slices of Applegate deli turkey
- Shredded red cabbage
- Cilantro
- Avocado, mashed
- Hummus
- Fruit of choice (1/2-1 cup)



How to Make It:

1. Warm tortillas as instructed.
2. Add all ingredients and roll like a wrap or fold like a taco.
3. Serve with your fruit on the side.



Nutrition (Approx.):

- 510 kcal
- 43g Protein
- 45g Carbs
- 22g Fat.

MEMBER APPRECIATION

Dodgers, dancing and dumbbells

If you've ever worked out with **Caran Fahy**, you know she's not one to quietly sneak in and out. She brings energy, laughter, and a whole lot of dance moves to every session...along with a deep sense of grit and commitment.

Every class is a little more fun, a little more fired up, when Caran's in the room.



She'll bust out a little shimmy between sets, talk Dodgers, and somehow still bring the focus and discipline needed to get the work done.

Her consistency is what I love the most.

She doesn't simply show up... she shows up with joy, curiosity, and a "let's go!" spirit that we all love. She's had her share of physical challenges, and like many of us, she's dealt with injuries that could've sidelined her. But that didn't stop her. Caran adjusted, stayed patient, and kept going.

She didn't let these setbacks steal her spark.

Outside the gym she's performing on stage with her dance crew.

She's on the golf course with her fam.

She's icing her knee on the way to a Dodgers game. 🧊⚾️



Caran, you embody everything we love about this community. You work hard, lift others up, and never miss a chance to make fitness fun.

Thank you for being you and for reminding us that strength doesn't always have to look serious.

All love girl!

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

SCAN HERE

