

OLIVER NAM'S INSIDER CIRCLE

EXCLUSIVELY PUBLISHED FOR MEMBERS OF THRIVE TRAINING



Inside the Mind of Oliver Nam

Habits vs. Hacks

When it comes to fitness, there's a big difference between building habits and chasing hacks.

At first, you would think it would be smart to find the "hack" so you can get to your goals faster and save time. But only one is designed to actually stick and transform your life, long-term.

This might be a reminder for you to continue doing them...others, this will be a reminder to stop doing them...and for some of you these will be new. Whatever words that follow deserve fast action.

Habits: The Compound Interest of Your Health

Habits are the small, fundamental choices you make daily that compound over time.
They're not flashy...they're powerful.
They're the "slow burn" that builds foundational health for your physical and mental well-being.

Consistency is key (as a member reminded me the other day).

- Drink half your weight in ounces of water per day.
- Go to bed with a routine.
- Eat whole foods, not just powders and supplements.
- Support the community that holds your same values.

Over time, these choices pay dividends that will increase your quality of life.

One of our members and I chat before her workouts and what she said has been sticking with me lately.

She said, "I'm trying to work out so I can retire strong." I hope that resonates with you as much as it does for me.

Hacks: The Illusion of Shortcuts

In contrast, hacks are tempting because they promise fast results.

- Fad diets
- Extreme liquid cleanses
- Trendy 5-minute workouts that will give you a 6 pack

These might create short-term changes, but will rarely last.

Here's the truth...all workouts are great if they get you moving. But not all workouts are built to serve you long term...especially after 40. If you feel like the workout is "gimmicky" and often just focus on burning calories, take a second and really dig into the purpose and functionality of it all.

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Questions I ask myself when I see them online or am presented with a “great new service”:

- Does it strengthen and stabilize your joints?
- Does it build lean muscle and increase bone density?
- Is this what an adult over 40 truly needs in their life right now?
- Can I be consistently doing this for 1 year?

And it's true, fad diets will help you lose weight quickly, but then what happens?

You end up back where you started...frustrated, exhausted, and defeated.

What works After 40: Fundamentals Over Fads

If you're past the age of 40, fitness isn't about flashy hacks. It's about creating a foundation that keeps you moving, pain-free, and confident. The workouts that matter most are the ones that:

- Create joint stability to protect against compensation and injury.
- Building lean muscle to support your metabolism.
- Improve bone density to guard against osteoporosis.
- Reinforce proper movement patterns so you can keep doing the things you love - golf, hike, playing with your grandkids.

And none of this happens overnight.

It comes from habits.

It comes from showing up consistently.

It's about sticking to the basics.

Success can often times be boring.

Over time, these habits will transform your body and how you feel and live.

Because here's the reality...

Fitness over 40 isn't about chasing fads...its about creating habits today that your future self will thank you for.

P.S.

Want me to write you a check for **\$500**?
Simply think of someone who'd benefit from Thrive, refer
them by August 31st, and if they join, you get \$500.
Give us a text intro at **949-696-5615**.

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!

August 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		CARDIO		FULL BODY CONDITION	
1 PM						
4 PM						
5 PM	LEGS	FULL BODY STRENGTH	CARDIO	UPPER		
6 PM	LEGS	FULL BODY STRENGTH	CARDIO	UPPER		

Get your Bingo Cards!

Starts: August 11th

Ends: September 5th

Prizes will be announced soon — stay tuned!

Card Prices:

- 1 card = \$5
- 2 cards = \$7
- 3 cards = \$10

Play to Win:

- Single line - Cool Prize
- Diagonal "X" - Awesome Prize
- Square "4 sides" - Excellent Prize!
- Blackout or most spots filled out by the end - Everybody will want this prize!

THRIVE BINGO CHALLENGE

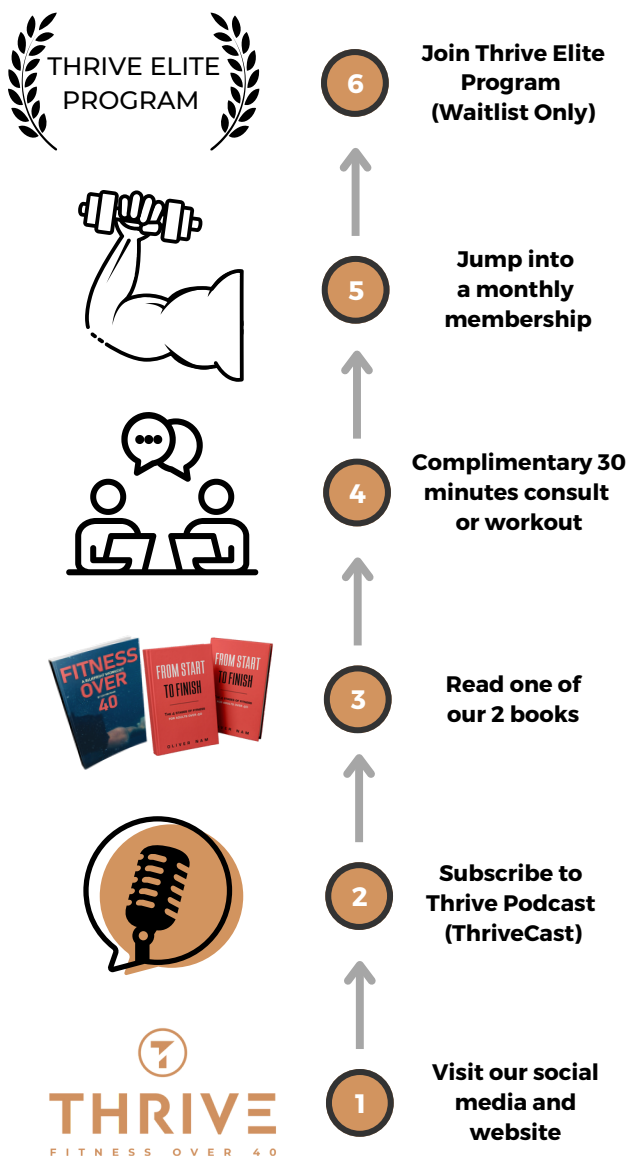
MEMBER NAME: _____

GIVE A WORKOUT BUDDY A SHOUTOUT ON OUR PRIVATE FB PAGE!	DO 30 SECONDS OF SQUAT 4X TODAY	TAKE A 5 HR SOCIAL MEDIA BREAK	BRING A FRIEND FOR A FREE TRIAL	GIVE AWAY A 5-DAY BUDDY PASS
ACHIEVE A GOAL YOU SET IN THE BEGINNING AND POST IN OUR FB PAGE	MAIL A LETTER OR CARD TO SOMEONE SPECIAL	POST A SELFIE ON SOCIAL MEDIA WITH ONE OF YOUR TRAINERS!	FULL BODY SESSION	REVIEW US ON GOOGLE AND HELP TELLING THE WORLD HOW COOL WE ARE!
30 MIN WALK 3X IN A WEEK	DO 30 SECONDS OF WALL SITS 4X TODAY	THRIVE	WEAR FUN SOCKS TO THE GYM	WEAR A THRIVE SHIRT SOMEWHERE FUN AND TAKE A PIC
DRINK 8OZ OF WATER BEFORE BREAKFAST	WRITE AN ENCOURAGING MESSAGE TO A MEMBER YOU DON'T KNOW THAT WELL	SUBSCRIBE AND REVIEW OUR PODCAST WITH 5 STARS!	EAT AT LEAST 2 SERVINGS OF VEGETABLES TODAY	EAT 3 DIFFERENT COLORS OF FRUITS/VEGGIES TODAY
15 MINS OF STRETCHING MOBILITY	DO A FOOD JOURNAL FOR ONE DAY (WRITE DOWN EVERYTHING YOU EAT)	WRITE DOWN 10 THINGS YOU'RE GRATEFUL FOR	DRINK ONLY WATER FOR A FULL DAY	DO 100 SQUATS THROUGHOUT THE DAY TODAY

SHARE YOUR COMPLETED BINGO BOARD WITH YOUR TRAINER TO BE ENTERED TO WIN A PRIZE

How to Refer Your Friends and Family to Take Their Fitness To The Next Level

THRIVE'S LADDER OF SUCCESS



Thrive Training Membership: What is it and what makes it different than all the others?

We understand it can be intimidating to start your fitness journey, therefore, we pride ourselves in cultivating a supportive and judgement-free community. Most people are anxious and unsure of what to do in a gym setting... leave that up to us while we guide you throughout this whole process.

30 Minute Complimentary Consult: What's going to happen?

Take a quick tour of our studio and meet some of the trainers and members. We've thought of everything from the colors of the wall to the pictures being hung...we want this space to be your safe haven. You have to feel comfortable in here so you can then become strong!

Text "THRIVE Trial" to 949-696-5615

For more information and to book a complimentary consultation, visit: www.ThriveTrainingIrvine.com
Follow us on social media: @ThriveTrainingIrvine

Read one of our 2 books (Scan QRs)

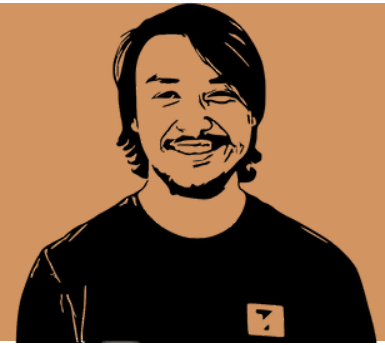


FITNESS OVER 40



FROM START TO FINISH

SEAN'S TWO CENTS



WHAT TWO YEARS OF SOBRIETY TAUGHT ME

Allow me to get your eyes rolling with another “inspirational” quote:

“All it takes is 2 years. In 2 years, you can be a whole different person, living a whole different life. You can do anything in 2 years!”

Okay, now let me spill some tea...

This quote was said to me by an older woman (she was Oliver’s age), whom I dated for a few months. To make it even more spicy, she got this quote from her ex-husband, who cheated on her while away on his business trips as an executive for a large biotech company. Worst part, I didn’t know they were divorced yet...legally separated, so I’m in the clear, right??

Do I have your attention now? Good. Let me tell you why this quote resonates with me.

By the time you’re reading this, it will, probably, be or will have passed August 3rd.


Why is that date so important to me? Well, some of you may remember, but for those who don’t, August 3rd is my sobriety anniversary. August 3rd, 2023, to be specific. 2 years ago.

Now you see the connection and, ironically enough, that quote from a more than peculiar source couldn’t ring truer.

If you would have asked me 2 years ago whether I could imagine myself as the person I am today, I would’ve said “Yes!” emphatically...and that would’ve been a bold faced lie. Not because I didn’t believe that I could become the person I am today. But, it’s because I believed that I could do it without having to really change who I was, my actions or how I oriented with my reality.

Who I’ve become over the last two years is far beyond what I could’ve imagined for myself.

From the outside looking in, it may not seem like much has changed - and even I can attest to that. I’m not necessarily in better shape, have way more money, live in a new home or have any major drastic changes about me that are significantly noticeable.



Frankly speaking, I'm sure many of you wouldn't really even know that I'm any different from before...well, perhaps, a bit tanner?? But that's seasonal anyway, ha!

Yet, if you sat down with me - preferably over a delicious bowl of pho or sharing a slice of pizza - I'd tell you about how my entire perspective and experience of life has changed. How I've struggled to deal with my emotions, lacked self-worth & self-esteem, experienced loneliness often into adulthood from growing up as an only child, wrestled with my identity as a half breed and lacked the discipline to figure out and pursue my dreams.

All I used to do was do anything I could to escape my reality. To avoid facing those problems that existed inside of me. To shy away from what my soul was crying out for.

Sobriety has and continues to give me an opportunity to really look at who I've been, who I want to become and who I am presently. It's (pardon my French) fucking scary. Rediscovering or, better yet, remembering who I authentically am has been the scariest task I've embarked on.

(What have I gotten myself into!?)

Like I mentioned previously, though it may not look like I've changed, so much transformation has actually happened over the last two years - which has been hard to acknowledge because patience is not one of my virtues and I want to be at "the destination" yesterday.

However, when I am able to take that brief moment and reflect, I remember that it will be a lifelong process and I honestly wouldn't change it for anything. Especially, looking back on some of the things I've been able to do since I decided to no longer allow myself to be a victim of my own story. No matter how painful, long or mundane it can get at times.

So let's get back to the little old quote I mentioned at the beginning.

Particularly this part: "You can do anything in 2 years!"

For many of us, 2 years seems like a blink of an eye and I completely understand how easy it is to dismiss how different life could be in such a brief period of time. Most of us get caught up in our routines, are juggling multiple responsibilities or just have a hard time seeing that far into the future.

So here's another one of those "inspiring" quotes for you:

"Most people overestimate what they can do in a day, and underestimate what they can do in a year." ~ (often attributed to) Matthew Kelly~

So, now let's imagine what you COULD do in 2 years!?

Happy dreaming!

A CUP OF JOE



MY MOTHER'S JOURNEY

I've been having trouble seeing the results I want. My goal over the past couple of months has been to lower my body fat percentage while retaining my current muscle mass.

However, even though I've been eating clean and doing more workouts, I can't seem to lose that body fat. You might have the same issue as me.

This began to really annoy me and would demotivate me. Not seeing the results you want can be one of the hardest things to deal with mentally.

I was determined to figure out why I wasn't seeing the results I wanted. I became more observant of my digestion and the symptoms I was having. I realized that I would get a lot of bloating, constipation, and fatigue throughout my day.

Even while eating clean, I would get those symptoms. I went to the doctors just to make sure it wasn't anything serious, and they didn't find anything at first. A few months passed, and they asked me to come back in to take one more test.

The results of that test showed that I had Small Intestinal Bacterial Overgrowth (SIBO). This bacterial overgrowth was affecting the way I digested food. Even though I was eating healthy and clean my digestion wasn't doing its job properly.

This improper digestion led to my body holding on to fat and made it more stubborn to lose. Now I'm on this journey to heal my gut.

I've been working with my nutritionist on getting the bacterial overgrowth under control and back to normal levels. Ever since I made these small changes to my diet, I have finally started to see the results I wanted.

I still have a long journey before I get my gut back to 100%, but I know I'm heading in the right direction.

I'm not saying that you have a bacterial infection if you are not seeing results, but sometimes our gut isn't digesting properly. So if you have trouble losing weight even though you have changed your diet and are exercising more, it might be time to look at your gut health.

I didn't think proper digestion had such a major impact on body composition and regular health. All those years of eating junk food, drinking alcohol, and improper care for myself finally caught up with me.

If you feel like this could be you, reach out to a nutritionist or dietitian to get more details on what your body needs.

"Healing your gut is one of the most important steps to ensure lifelong health."

JON'S JOURNEY



I JUST APPLIED TO MEDICARE!

I'm not a little kid anymore. How many times have we said that or heard that throughout our lives? I used it as a pre-teen in failed attempts to persuade my mom to let me do something. I'm sure I used it again as a rebellious teenager when trying to spread my wings of independence. I'm sure the tone changed from a sweet little kid to an attitude filled-hormone raging teen.

I was trying to prove that I had reached the physical/emotional maturity to do something. Mom always knew how to assess the risk before saying yes or no, and sometimes I was given permission and other times not. I was held back because I was not quite ready to safely take on whatever I was trying to do. I lacked the physical, mental or emotional training/maturity.

Fast forward to the other side of life - as an aging male - wow, that was the first time I have ever admitted that I am an aging male. I just applied for MEDICARE. LOL.

Back to the topic. I now perform risk assessments on everyday tasks because this time, I am not a little kid anymore. Injury or worse is real now. I might get caught up in the emotional (excitement) moment - but, can I really run that marathon at the speed everyone else is running? Can I really ride a bike a century (100 miles) like I used to - because the team I am riding with that day can do it? Can I jump in the pool or ocean and swim that distance just because everyone else is doing it? I have to ask myself - can I do it - because, I am not a little kid anymore.

Now, let me turn this around to a positive spin. I think, for me, the answer to those questions would be a qualified YES, ABSOLUTELY! Qualified in that I need to first train up to accomplishing my feat. I can't expect to just get on my bike and ride 100 miles in one sitting. I can train at graduated training levels. I can run in that marathon, but in my age class, with carefully curated expectations and only after training. Can I jump in the pool or ocean and swim? Well, I hate swimming so I will let Oliver answer that one. Can I walk into a group class at THRIVE and immediately master all the tasks? Probably not, but I can work up to it and have fun along the way. And what is mastering a class anyway?

And that's my point, we're not little kids anymore. We need to listen to our bodies and make adjustments - adjustments to everything all the time. We can still accomplish whatever we set out to accomplish - just with some modifications. Some days, you can stretch and touch your toes, other days, well, you tried. Assess the situation, modify as needed and HAVE FUN!

Hope to see you in a group class or walk and coffee soon.

VERONIKA'S VIEW



NAVIGATING CONSISTENCY WHILE TRAVELING

I recently spent a few weeks in Europe. Part vacation, part work; I was scheduled to photograph two back-to-back wellness retreats in Portugal and Spain. Even though each day's itinerary was different, I still felt like I was getting a lot of movement in without going out of my way to "exercise."

For a lot of people, traveling can often mean a disruption to routine. It can throw off workout schedules, what and how often we eat, and essentially feel like a time-out for goals, progress, and consistency.

In fact, I know a few people opted out of participating in THRIVE's Summer Shred program because they had plans to be out of town.

But here's the thing.

I've learned that every positive choice you make on a day-to-day basis still counts, no matter where in the world you are. It's like putting money in the bank, one dollar at a time.

The extra steps you take exploring a new city count. The hill you have to walk up to see a stunning view counts. The trek across the beach to find the perfect spot, the splashing around in the ocean, all that counts. The laps in the hotel pool on a hot day count. Hauling a heavy backpack around the airport on your way home from a fantastic trip counts.

And if your options to get out and move around are limited, there's no need to reinvent the wheel. You don't need to figure out something NEW in order to exercise or move your body; it's perfectly okay to stick with what you KNOW.

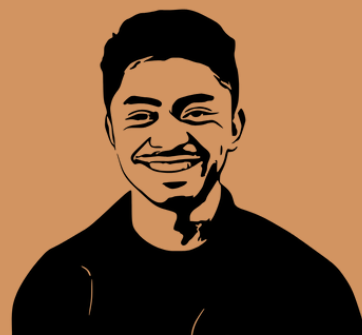
Can you take a few minutes to yourself and practice the BASIC 6 across-the-floor movements or some of the WARM-UP EXERCISES we do on the mat? Planks, deadbugs, alternating V-ups, alternating pikes, glute bridges—those types of simple, straightforward, bodyweight exercises.

What about some of the STRETCHES we do before and after the main workout in group classes? Kneeling hip openers or lunge stretches, kneeling inner thigh stretches, calf stretches, low back stretches, shoulder clocks. Traveling can be hard on the body; spending a few minutes stretching can help reset your body and mind for a great trip, as well as after returning home.

Does your hotel have a fitness center? Do the people you're staying with have any weights, foam rollers, or exercise equipment? Is there a local fitness studio nearby you can drop into for a class? Do you have the ability to schedule a virtual 1-on-1 session with a THRIVE trainer while you're out of town?

When you have a moment during your travels, pause and listen to your body. What is it asking for? Let that be your guide on the type of movement you give it. And remember: Every positive choice counts.

KAELAN'S KORNER



A WEEK OF EXTREME PATIENCE

For those who don't know, every summer I attend a foster youth camp called Royal Family Kids Camp (RFKC). This is a Christ centered foster youth camp for boys and girls ages 6-12.

I volunteer to take care of children who come from broken homes, dysfunctional families, and have endured various forms of trauma. RFKC gives the kids the freedom to be kids and enjoy a week of fun, filled with more "yes" than "no" replies for their requests.

The goal of our entire staff is to show love to these children and see them as kids and to give them an experience of a lifetime.

While tough and grueling every year, I go back every time because of the joy it brings me to see a kid smile because they get to simply "play" without any ramifications.

Imagine a summer camp with different activities like archery, bb gun shooting, pool time, arts and crafts, and a big birthday bash. This camp truly provides the kids with a safe space.

I was assigned as a cabin lead for 4 staff and 5 kids and was tasked with keeping everyone moving and onto the next task. Additionally, I was placed with one of the most challenging kid's at camp (for confidentiality I'll call him Mario).

More often than not I found myself navigating Mario's impulsive behaviors while maintaining his safety and those around. There were even moments where I would have to chase after Mario to stop him from running down a mountain or pull him away from other kids because things were getting heated. There are a lot of stories to share, but all in all, he was alright by the end of the camp.

At age 25, I am proud of who I am becoming and cultivating a life of serving those in need. Even if I never see the impact I left on Mario or how he felt, I know that what matters is the difference I made in a child's life where words and actions matter.

This experience is no different at Thrive where the simplicity of being present with the members can make all the difference.

MEMBER APPRECIATION

This August, we're celebrating someone whose journey has been nothing short of inspiring—**Kathy Jecusco!**

Kathy started her Thrive journey in our evening classes, balancing her workouts around a busy career as a dedicated teacher.



But since retiring, she's embraced her new chapter with full energy and purpose, making our morning and afternoon sessions part of her daily routine.

What was once a schedule shift has now become a habit...a true reflection of how commitment can shape your lifestyle.

When Kathy first began, she started small—5-pound shoulder presses. Today? She's pressing 12.5 pounds, and even grabbing the 15s when she's ready to push herself.

That kind of progress doesn't happen overnight...it's the result of steady effort, patience, and a willingness to **SHOW UP** no matter what.

What's even more inspiring is the grace Kathy gives herself along the way. She approaches each workout with a balance of determination and self-compassion. She understands that fitness isn't about perfection, but about progress and building a stronger future.

Outside the gym, Kathy's dedication to her family and friends is just as powerful as her commitment to herself. The way she pours into others while still carving out time for her health is an example we can all admire.

Kathy, we're super proud of what you've accomplished and even more excited about the future. Your consistency, strength, and heart embody everything Thrive stands for.

Here's to heavier weights, stronger habits, and an incredible new chapter of life that you're just getting started on!

SUMMER SHRED CHALLENGE 2025 WINNER

**CONGRATULATIONS TO ALLEN MESICK!
OUR SUMMER SHRED 2025 CHAMPION!**



This year's **Summer Shred winner** is **Allen Mesick!**

Congratulations sir. Your work ethic is undeniable. You're not loud about it, you're consistent, and it's that quiet consistency that makes you so successful and inspiring to the rest of us. Congratulations, Allen, you've earned this.

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

