

OLIVER NAM'S INSIDER CIRCLE



EXCLUSIVELY PUBLISHED FOR MEMBERS OF THRIVE TRAINING

Inside the Mind of Oliver Nam

MEANING IN THE MARGINS

Ever since middle school, I've had back pain. It really, truly, started in Tae Kwon Do when someone did a back breaker on me. Whenever I think about it, it still gives me goosebumps—the incredible spasm and pain. Then in high school, I was a wrestler...that tore me up. College was all basketball and weightlifting (mainly upper body).

Years after college, I tried to fix the problem and I'd get relief, but then I'd collapse and flare up again. Life didn't pause for my spine. There was always work to do, people to serve, a community to lead—so I stayed on my feet. I figured more training would be good for me, so I pushed through it.

I think I've become good at hiding it and managing it, but then one wrong move happens, and I collapse. And I know many of you have been navigating your own version of this. With my daughters, it hits hardest. I'll be great one day, then I come home and need to lie down on ice...and they ask, "Dad, is your back sore?" Not the healthiest way to show up.

So now I'm changing my relationship with pain and with working out. The physical side, I can handle. I know enough to help myself, and I can always lean on our trainers and our network of therapists to guide me. The new frontier is mindset—the conversations I have with myself when no one is watching.

When I'm not motivated to work out...
When I'm too tired to get up early and move...
When I'm exhausted and the excuses get loud...

This is my new script for those moments: "Oliver, there's meaning in the margins."

I'm learning to recognize the spontaneous thoughts that drain me. I'm making intentional decisions to protect my energy. I'm sharpening my self-awareness so I don't burn out.

It shows up in tiny, unglamorous ways:

- In the morning, when I hit snooze, I tell myself, "Remember the margins," and I get up.
- In the driveway after a long day, I take 30 seconds to reset before walking in as Dad—present, not fried.
- When I don't want to open the laptop, I set a 30-minute timer, put on headphones, and go all-in.

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“I’m too tired” and “I’ve got more important things to do” came up way too much the past couple of months. And here’s the truth: if I keep passing up those micro-moments, nothing catastrophic happens—but nothing changes either. Or I can take the other path, the one that demands a little more from me right now—the path where growth and grit are built.

That’s the work I’m doing this fall: training mental resilience like a muscle. Letting the margins stack up until they become momentum.

***Giving myself room to breathe,
catching the thoughts that weigh me down,
and choosing better ones.***

I may not feel wildly different on any single day, but I believe these quiet reps will add up to a strength that’s hard to describe.

If you’re in your own season of pain—back, knee, heart, or head—start in the margins. One rep of self-talk. One reset in the car. One focused time block when you’d rather scroll. The law of accumulation is real.

Come for the workouts. Stay for the community. And meet me in the margins.

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!

October Small Group Schedule

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

Need help!

I'm stuck on what to read next!

Send me your book recommendations at 949-779-3883.

I'd love to hear your favorites.

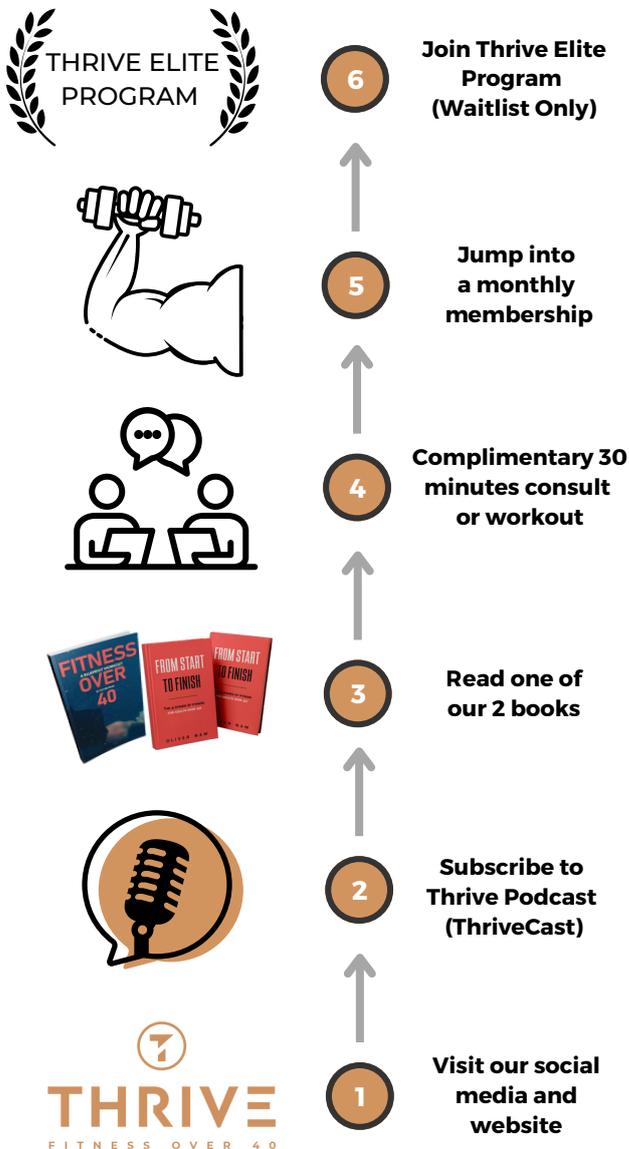
Books I love:

- Business related - E-Myth
- Story-telling non-fiction with a lesson - Unreasonable Hospitality, The River of Doubt
- Thrive Team is reading "The Power of Moments" together - little dry though
- Mindset or psychology - Who Not How



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

A CUP OF JOE



WANT TO LOSE 30 LBS IN 6 MONTHS

No, I'm not talking about a secret pill or special diet that will make you lose that weight in that amount of time. All it took was building strong habits and sticking to your non-negotiables.

This is a little update on my mom's fitness journey. She has officially lost 30 lbs since March and is holding strong with her new routine. She has been getting coworkers, friends, and even family asking her what she is doing to lose all this weight.

Although many don't believe her, she says she eats more than she ever did before, but is more considerate of what she puts in her body. She started looking at the quality of food she has been eating and realized she wasn't fueling up her body with what it needed.

On top of that she has been focusing on meal prepping everyday making sure she has proper breakfast, lunch, and dinner set up for the following day. It was tough at first, but my mom stuck with her non-negotiables (which are things you stay consistent with every single day). There are no ways around these non-negotiables for her and she's stuck with it for the last 6 months.

Before I list off the non-negotiables, I do want to preface this by saying, "there isn't a one solution for everyone." We all have different needs in order for our bodies to function, but what I do want you to take away is to find your own non-negotiables that you can stay consistent with, day in and day out.

So FINALLY, what did my mom do these last 6 months every day in order to lose these 30lbs? Here we go! My mom's non-negotiables:

- Starts her day with a High Protein Breakfast (every morning), aims for more than 30 grams of protein
- Goes for a daily 1-hour+ walk. Aims for more than 10k steps. Yes, even on the weekends
- Drinks 80 oz of water minimum
- Make sure she has her last meal before 7 pm

Somewhat simple, right?! Nothing crazy and out of this world that no one can do.

She does these 4 simple things every single day and shows no signs of stopping. Again, this is meant to inspire you to find your own non-negotiables because what worked for my mom might not work for you.

Like me, if I followed her non-negotiables, I'd probably collapse from fatigue because I know my body needs more fuel than hers. I can't imagine how hungry I'd be if I stopped eating at 7 pm! I would probably wake up in the middle of the night to a growling stomach.

Now, can you copy some of the things she did and try them out for yourself? Sure, you can! I still encourage you to find things that you can stick with every day.

That way, you can stay consistent with it to reach and maintain your fitness goals!

JON'S JOURNEY



FROM DUCT TAPE TO STRENGTH: CHOOSING GROWTH OVER COMFORT

I had an Aunt that used duct tape her shoes instead of getting them repaired or buying a new pair. It's not that she couldn't afford it, she didn't want to break in a new pair of shoes – translation – the change could be painful and arduous. Change requires adapting new habits, maintenance and work. At her age we giggled about it – if she wanted to walk around with duct tape, I'd buy her a new roll.

I am chugging along on my journey but admittedly, the train's slowed down. I've had a lot of change in the last 16 months and maybe I'm tired of change. I went to a seminar about movement last weekend. They brought up a couple of good points.

The brain likes to be comfortable, it likes the known, it doesn't like change. They were explaining stretching and movement and why we have to start and maintain a stretching and movement regime. It's to move the brain beyond its known comfort zone and to adapt to the "new norm".

They used the example of kettlebell RDL's. In the beginning, I struggled to do them correctly, possibly compensating with every other muscle but the glutes and hamstrings.

Have you done them and your lower back or mid back begins hurting? A trainer came up and observed my form. Solution – I needed to teach my body and brain proper form. Soon, I was able to do reps of 5, then 6, and eventually 10 – moving on to three (3) sets of 10. I even increased the weight. That is training my brain to adapt to change. The same principle can be applied to every movement or action in my workout. I can't just go out and ride my bike 50 miles or put on my running shoes and run a marathon. I need to train my brain to adapt or change include to present moment circumstances.

Case in point, in 2006 I fell off a roof and shattered my right wrist. This resulted in multiple surgeries and months of therapy. Being right-hand dominant, I had to learn to function left-handed for about 6 months. I had a whole lot of change and retraining my brain during that time – learning to function left-handed and learning to move my "new" implanted right wrist.

I'm admitting here that I don't like change – but it's necessary to propel me forward mentally and physically. I don't necessarily like to be pushed, pulled or nudged out of my comfort zone. But do I want to become complacent and bored or do I want to continue to (safely) push my body to become stronger, more stable; agile not fragile. I was recently asked do I want to be in 10 years – my answer – "I'd like to be independent and not be confined to a wheelchair". Team Thrive is keeping me on track to meet that goal and I'm so grateful for that. How do you feel about adapting to change?

VERONIKA'S VIEW



HOW I'VE BEEN PROTECTING MY PEACE

We know that stress is a normal part of life.

Good stress, like preparing your home for visitors, an approaching work deadline, or an upcoming trip, pushes us to get things done and move the needle forward.

Bad stress, like relationship problems, money issues, or committing to more than you have the bandwidth for, tends to leave us frustrated, anxious, or in a negative mental state. It shortens our fuse when it comes to coping with life's everyday challenges.

Too much bad stress ups our blood pressure and cortisol levels, weakens our immune system, and even changes how we breathe. Suddenly, we're wondering why our shoulders are stuck way up by our ears all the time, and we're getting chronic tension headaches. It's easy to forget that our mental health is directly tied to our physical health.

Lately, I've been dealing with some personal challenges that have made me realize just how important it is to protect my peace and eliminate unnecessary stress in my life.

For me, protecting my peace has involved a few different short-term and long-term strategies.

In the short-term, I am doing things like:

- **Redecorating my living room**
- **Decluttering and purging items I no longer need**
- **Lighting candles and putting on spa music when I take a shower**
- **Playing relaxing music while I'm driving**
- **Limiting my time on social media**
- **Meditating**
- **Taking naps**
- **Going on walks**
- **Stretching and moving my body**
- **Buying myself flowers**

In the long-term, I'm working on things like:

- **Cutting off toxic relationships**
- **Leaning into creative outlets**
- **Setting and enforcing boundaries**
- **Noticing how often I complain**
- **Making room for downtime to recharge without guilt**
- **Embracing my communities**
- **Making sure I get enough sleep**
- **Giving myself grace over my food choices**
- **Relishing the time I have to myself**
- **Getting more comfortable speaking up for myself**

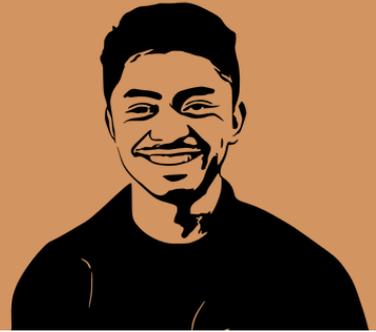
Hands-down the hardest of these has been “setting and enforcing boundaries” and “getting more comfortable speaking up for myself.” Where are my fellow people-pleasers at?

So much of my own negative stress comes from being scared–paralyzed, even–to speak up for myself, particularly if it’s something that bothers me, inconveniences someone else, or pushes into my boundaries. It takes a ton of courage, but at some point I have to remember that putting my peace first is more important than pleasing other people.

Ultimately, there is a softness in peace. It is a safe place for our thoughts to land and a comfortable place for our bodies to be in.

How we talk to ourselves, how we treat ourselves, the environments we spend our time in, the people we surround ourselves with, all play a crucial role in how much peace we feel in our daily lives.

KAELEN'S KORNER



POWER OF SMILE

Did you know that a smile is one thing that you can give away for free, and it costs nothing?

It can brighten someone's day and energize a person. Something I have been doing lately is smiling everywhere I go. Just to stop you there... no, I do not hold a smile everywhere I go, my facial muscles would get tired, and people will think I am weird.

My reasoning is to bring joy to the places I am around. Whether I am at church, here at Thrive, or at the store, I believe that everyone should be more exposed to positivity than the negativity we are surrounded by out there in the world.

This new idea to smile and encourage others came from the book "How to Win Friends and Influence People" by Dale Carnegie. For myself, I am always trying to improve myself, and this book has been one I've been yearning to read. Dale explains in one of the chapters that there is more information in a smile than in a frown.

A smile opens the door for people to feel happy, even if they are having a bad day. Smiling allows people to feel their best while making you feel your best.

The psychology Dale explains is that "action and feeling go together". By smiling, we inadvertently change how we feel inside, which then makes us happy. How we think about ourselves and lead ourselves positively, can we then influence others to do the same?

For myself, bringing positivity to others brings me joy. I believe that what God has blessed me with is an opportunity to bless others just as he did. I can't tell you how many conversations I have had with people saying, "I needed to hear that," and it all started with a smile.

In a world with so many distractions, a genuine conversation is all someone needs to pick them up and continue to grow forward in their lives. To uplift and encourage someone brings me great joy and pushes me to become better to make the world a greater place.

ADRIANE'S ANTICS



THE COMPARISON TRAP: LEARNING TO STAY PRESENT IN FITNESS AND LIFE

*To Compare or Not To Compare... I am just as guilty.
Does this ever happen to you?*

Do you occasionally find yourself disclosing to everyone around you and always reminding yourself, in fact, how in the past you could do this or that better, were fit and capable, flexible and energetic? We can so easily slip into that mindset – I refer to it as an abyss - of our former selves. (By the way, if this doesn't happen to you, DM me and let me know how you circumvented it.)

I think the gym experience can unwittingly bring that distracting habit to mind. While we are incessantly rereading our past fitness scripts, our Thrive trainers are working on pulling us back to the present and driving toward a healthier and happier future. Our self-proclaimed “perfection” in the past doesn't help generate our future growth. It inhibits it. Of course, muscle memory can be a perk, but mindset can guide us from today on.

If this “habit” doesn't make us feel better or benefit us in some way, why continue? Yes, I am still asking myself that while working on managing it and trying to figure out how to use it to my advantage – rather than always fighting with myself to relinquish it.

Maybe it's worth embracing on some level. For example, last month I couldn't get myself out of a wall sit. Today I can. Compare that.

PS My next goal is to get out of a booty band without holding on (or tipping over!). Wish me luck.

***“If you are renewed by grace, and were to meet your old self,
I am sure you would be very anxious to get out of his company.”
— Charles Haddon Spurgeon***

NAOMI'S INSIGHTS



BETWEEN GRACE AND GRIT: FINDING MY OWN STRENGTH

There was a photo of my Grandmother in almost every room of my childhood home, her lithe beauty and Southern manners regularly discussed at the dinner table. She wore white satin gloves and red lipstick and her grace showed through even in black and white. Her influence was always in the air like an angelic ghost. I never met her, and my father said I was so much like her. Was I?

I've never considered myself a strong person. I was highly sensitive as a child, and seeing as the gym has already seen my tears, I'm a highly sensitive adult as well.

My hobbies were mostly artistic and I never took to sports or physical activity aside from children's ballet classes. I eventually tried yoga and pilates in college which finally woke up my limbs, but my mind never equated that with strength.

When I came to Thrive, my goal was to manage and prevent pain. It never even occurred to me that I could grow stronger.

I just wanted to be in good enough shape to avoid hurting myself or losing abilities as I age. But what I didn't prepare for was the identity crisis that comes with a changing body.

Surely feeling stronger is a good thing, right?

Oliver caught onto the muscle memory I'd carried over from ballet and tried to help me correct it, but I resisted. I had never achieved the demure and graceful disposition like my Grandmother that I'd secretly strived for, but at least I wasn't actively sabotaging it.

**But lifting weights felt like I was.
Gaining muscle felt like I was.
Oliver said I was an enigma the other day, and he couldn't be more right.**

I'm just trying to fit multiple ideas of myself into a single ever-evolving body with a kaleidoscope for a brain.

I'm three years into my journey at Thrive and I still struggle with identifying as a "strong" person. A hell of a lot has happened and changed in that time and I'm still here, so I know there's strength in there somewhere.

I see it every now and then refracted by the mirror. And I keep coming back because when you cry in the gym, Joseph will take you for a nice walk outside without batting an eye.

This article was written by Thrive member, Naomi Coe. If you'd like to share your story, connect with Oliver. We feature a different member each month.

MEMBER APPRECIATION

Some people show up and get their reps in. These two show up and remind us why we built Thrive in the first place.

Every time I see **Kathleen and Robert** together, I'm reminded of one of my own family goals: by June 2026, I want to be working out in the same class as my wife—maybe it's yoga, Pilates, or a sauna/cold plunge—partnered up and having fun. When I see photos of these two (hello, Natural History Museum date!), I think, "That's it. That's the vibe."



Kathleen joined us in October 2023. Robert followed in 2024.

Since then, they've made the 6 pm class their spot—unless they're traveling for work—and yes, they love giving Kaelen a hard time.

But beneath the banter is something rock solid:

Consistency.

Partnership.

Accountability.

Dependability.

It's not just that they show up; it's how they show up—for themselves and for each other.

They nudge, support, laugh, and keep the standard high.

That quiet rhythm is what transforms workouts into a way of life.

Kathleen and Robert, thank you for modeling what we mean by “come for the workouts, stay for the community.” You two don't just train—you lead, simply by being yourselves.

If you see them in class, give them a high-five or a handshake.

Let them know that, without even trying, they inspire a lot of people within our walls.

Keep going—you're exactly what Thrive is all about.

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

