# OLIVER NAM'S INSIDER CIRCLE



EXCLUSIVELY PUBLISHED FOR MEMBERS OF THRIVE TRAINING

# Inside the Mind of Oliver Nam



## WHAT MATTERS MOST

I used to believe happiness lived in bigger things... bigger homes and bigger bank accounts. But the more wins and fails I have in my life, the clearer it gets...the things don't make the meaning...the people do.

That realization has softened the way I chase goals. It hasn't stopped me...I still have a list. I still care about certain things...but the big, gaudy items are no longer the point.

These days, the goal is to "fill the house" with family, friends, and the kind of community where I feel safe enough to breathe deeper and try again.

A member reminded me of this not too long ago...Jon Wilson, thank you for the nudge. Sometimes people come to Thrive simply to be heard or seen.

Not to set a personal record.

Not to "win the workout."

Just to be noticed, to be asked how the shoulder feels, to be told, "You're not alone, let's do this together."

That's real wealth.

That's the kind of strength that carries into the rest of your life.

This past month, our family felt that in a very personal way. Our daughter, Ella, had her heart check-up. Even when you've done this before, there's that familiar uneasiness right before the EKG...the quiet time in the room...the what-ifs you don't say out loud.

Lindsey and I hold hands...we breathe together...and do what we always do...we stay close and comfort each other. And then...great news. Ella's heart remains strong, and we don't need another check-up for another two years!

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#### Relief. Gratitude. Perspective.

Moments like these remind me what matters most and why "filling the house" isn't about things...it's about the people you'd wait in any room for.

So my focus has evolved. It's shifted towards the Important / Not Urgent work. Just showing up.

Listening well.

Choosing completed over perfect.

It's greeting someone by name.

It's keeping 2 to 3 workouts a week because consistency changes how your day feels.

It's the quiet courage to scale when you need to.

November always brings this kind of perspective. The calendar gets crowded and it's easy to let urgency run the show, but we always have a choice. We can always say no...there's power in saying no. There's also power in saying yes without guilt. Enjoy the food you love without the guilt.

If you're new here...this is the home we're continuing to build.

If you need a place to be heard and seen...we try to do everything as a swinging door policy.

If you're having a great time and ready to bring someone with you...there's room.

Let's fill the house together.

Not with things, but with good people.

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- Oliver Nam

# 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!

#### **November Small Group Schedule**

	MON	TUE	WED	THU	FRI	SAT
6 AM		FULL BODY PULL		UPPER		
7 AM	LEGS	FULL BODY PULL	CARDIO		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		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		

#### Nutrition workshop on "How to do your holidays without weight gain"

• Saturday, Nov 8th at 11:30 AM

#### **Friendsgiving Dinner**

• Sunday, November 16th at 3:00 PM

Walking Challenge starts in December NEW Baseline Program for ALL MEMBERS.

#### **Sound Bath!**

• Thursday, December 11th at 7:30 PM

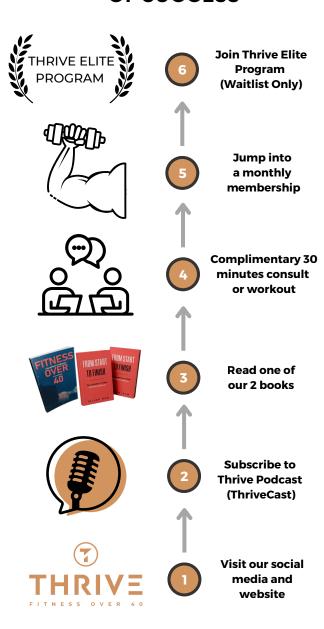




• Dr. Suzanne Tang wanted to share some helpful insights. If you're dealing with a <u>Torn Labrum</u>, she recommends supporting your recovery with *collagen, MSM, vitamin C, zinc, BPC-157, turmeric, as well as PRP injections and acupuncture*. Of course, there's more that goes into treatment depending on your situation, so if you'd like to learn more or schedule a consultation, you can reach out to her office at inspirenaturalwellness.net, email info@inspirenaturalwellness.net, or call 949-577-9171.

# **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 J O E



## FIRST HALF MARATHON

I finally completed my first official halfmarathon earlier this October. Now that I've had time to relax and let all the emotions run through, I can reflect on it.

I never thought that a simple yes to a 10k with Sean, Jon, and Allegra would send me down this path to running again.

As I mentioned in a previous OIC, I gave up running after competing in college, and I thought I was done with it forever.

However, I've found a new passion for it, and I can say this time it feels way better than it did before. Running this half-marathon meant a lot to me. Not in the sense that I wanted to just complete it and say I finished a half-marathon. I wanted to give it my best effort and run it as fast as I could.

I put a lot of time and energy into prepping myself for this half-marathon. I had to sacrifice some of my crazy weekends of going out with friends in order to wake up early in the morning to go for a long run. I also worked with some colleagues who helped with my injuries leading up to the race.

It was a lot of hard work, and in the end, it made it all worth it.

My goal was to run the half-marathon under 1:40, and I hit that goal running 1:38! Even with all the training, that race was still very difficult. The last two miles felt eternal, and I could feel every fiber of my legs beginning to shut down. I don't even think I was coherent when I crossed that finish line!

After I finally got my bearings back, I was able to find my friends and celebrate what I had just accomplished. I did have a few lessons I learned that I can improve on for my next one. (yes, there will be more!) But for now, I'm just happy with the results and how far I've come since running that 10k back in March.

Currently, I've started my next training block for a Hyrox Competition in December, so I'm toning it back on the running. After that, I will be setting my eyes on the OC Marathon. Another hard challenge I can't wait to complete!

I just want to end this with a shoutout to the Thrive team and Community! Each and everyone of you inspires me to keep pushing myself to be better and challenging myself.

Thank you and keep inspiring!

# JON'S JOURNEY



## **OVERWHELMED!**

Wow, have you ever had that overwhelming feeling - can't concentrate, can't focus?

Where's this year gone? It seems like we were just putting away the holiday decorations, finding those undiscovered Easter Eggs, pulling the floaties out, planning the 4<sup>th</sup> of July BBQ, keeping the kids busy on summer vacation or buying school clothes. Now we're having to decide what Halloween treats we want to give and plan the Thanksgiving menu, start Holiday shopping, menu planning and,.... Wait, pause, STOP.

For me, this year's flown by with warp speed. What about you? It seems like I was just planning our trip to Spain and by the time you're reading this, we're back.

Time, how do we spend it? How do we enjoy it? Do we? Do we get so caught up in the planning, details and living in the future trip before that we forget about the present?

That's been me.

I hopped on the treadmill of life trying to keep up with planning for tomorrow and forgot to STOP and live in the present. It came to a boil for me this week, (remember, I write this in October for November). I completely lost sight and focus on the now. I was a raving lunatic. I got so caught up in the planning process that I forget to come back to the now and enjoy the present. I started drinking caffeine again.

I CAUSED myself to be in this frenzy. I walked into Thrive on my normal workout day feeling exhausted and worn out – I even used the term I am feeling overwhelmed.

Why am I sharing this? I had been practicing daily self-care; meditating, journaling, quiet self-improvement time – living in the present moment, connecting and spending quality time with loved ones. Somehow, one morning, I put all that aside and hopped onto this emotional treadmill, increasing the speed faster and faster, until I just could not keep up with MYSELF. Sad state when you can't even keep up with yourself. I was wreaking havoc on my home life and was "Hell On Wheels" to anyone I had come in contact with, including MYSELF. Even million-mile-an-hour Oliver said to me, "whoa dude, slow down".

What did I do? I pressed the pause button. I consciously came back to the present – and it was not easy to pull myself OUT of the future, but I had to come back. I had to stop the caffeine and return to the journaling and meditation. Clear my head of the monkey chatter.

As I write this, we're sitting at the airport, planespotting, waiting for our flight. I'm back in the moment and enjoying the present moment with my family, the most important aspect in my life. I'm stretching for mental peace and physical strength. I'm not living or worrying about tomorrow. I'm feeling at peace and recharged.

Feeling overwhelmed? Press the STOP button and comeback to the moment, comeback to yourself. I'll be right here waiting to give you a smile and hug.

# VERONIKA'S VIEW



# THANK YOU, BODY

I never considered myself an athlete. I never played team sports, and instead preferred individual endeavors like dance or gymnastics.

Yet somehow in 2012 I found myself on the competitive A Team of my Army Basic Training platoon. It was PECs course day (Physical Endurance Course), which was basically an obstacle course with things like rope climbs, walls, tunnels, monkey bars, mud pits, etc.

Each platoon in our company selected 3 males and 2 females to compete for time against the other platoons for bragging rights. I managed to have the highest PT Test score out of all the other females in our platoon – second highest in the whole platoon, actually – so I was one of the soldiers chosen to compete.

I stood shoulder-to-shoulder with my team at the start line, eagerly waiting for the whistle to blow. Then we were off!

The first obstacle was a 5-foot wall. "Piece of cake," I thought. I ran up to the wall and hoisted my body up, one foot planted on the top of the wall, the other swinging through to lead my jump down onto the other side. With my eyes set forward, I braced for the impact of the landing.

What I didn't see, however, was the uneven ground below me. Potholes had developed from thousands of combat boots landing in the same spots over and over throughout the years. And as I descended from the top of the wall down to the ground, I happened to be right on the edge of a pothole, one foot hitting the dirt before the other, causing my knee to zig-zag on the abrupt landing.

I didn't finish the PECs course, but I did continue to train on what I'd later find out was a misdiagnosed ACL tear – partial at first, then progressively tearing more and more throughout training until it fully ruptured one month later.

In a way, this felt like the beginning of the end. Exercise and movement became really scary. I went from feeling like I could physically do anything to feeling like I could barely do anything at all or else I would re-injure my knee and need another surgery. I nixed fun things like ice rinks, trampolines, rock climbing, snowboarding, skateboarding, and even dance.

I spent so much time focusing on what I couldn't do. And while that kept my knee safe, it really took a toll mentally over the years.

The one thing that boosted my confidence in my knee was strength training. I found that when I was consistent with strengthening all the muscles that support my knee, I didn't feel so scared about re-injury.

When I tried different movements and discovered I could do them without pain or fear, that opened the door, little by little, to finding more things I was able to do without pain or fear. More and more I'm able to focus on the things I CAN do, and less on what I CAN'T do.

In the spirit of Thanksgiving season, I just want to say that I am so grateful for my body and everything it can do, limitations or not.

It's REALLY easy to get caught up in feeling bad about our bodies for whatever reason. But when we can take a step back and be thankful for our health, for our capabilities, for being lucky enough to come work out when so many others can't, for being lucky enough to wake up to another sunrise when so many others don't, the negativity can melt away and leave us with gratitude.

# KAELEN'S KORNER



## CARDIO IS HARD BUT REWARDING

For those who view our Instagram stories, you may have seen the Thrive team workout at 2 pm every Tuesday. For the past 2 months, we have all been working out very intensely. Depending on who is programming for the month, each workout has mostly been a full-body routine.

Sean led the 1st month, and he kicked my butt to the extent that I cut my toes towards the end of a workout. Do not worry, though; that was not Sean's fault; it was mine for not knowing my limits. Many say Sean is tough, and now I know why: it's because he pushes you to the limit, and I figured my limit fast in the first few weeks. I learned that my endurance sucked.

Throughout the first few weeks, each workout progressed more intensely. Exercise after exercise with little to no rest, stacked on with heavy weights, was tiring. On top of the heavy lifting was a cardio portion at the end to you know...build that endurance.

I figured quickly through my heavy breathing that it had been a long time since I trained my endurance. I felt like I was climbing a mountain where every step felt like it took every ounce of my energy.

I realized that my training was never as intense as I thought it was. I thought to myself, "Am I working out hard enough?".

With that thought in my mind and a few weeks of training with the team, I found myself adapting to the workouts. I felt lighter, stronger, and had more endurance overall. By keeping persistent and consistent, I then grew accustomed.

No longer did I slug up a mountain crawling on all fours, but I marched up it. With every obstacle comes another; however, there is always a solution, maybe even a small tweak. Now I add cardio to the end of all my workouts to always maintain my cardiovascular health.

# NAOMI'S INSIGHTS

# WHEN THE BODY BEGS AND THE MIND WITHHOLDS

I recently read Frankenstein for the first time as an adult in preparation for seeing the ballet interpretation. It's a bit of a beast to get through, pun intended, but the story isn't exactly how I'd always remembered it. The monster is kind, naive, even a vegetarian. He becomes malicious only after the unrelenting cruelty he endures from other humans and the lack of love from his maker.

The final dance scene brought me to tears—the monster and his creator in an intimate embrace, one begging, one withholding, both capable of inflicting pain. It was hard not to see it as a duality that we all hold within ourselves. When I sense my body begging, whether it's for water, food, movement or stillness, I have to choose not to withhold. We have to make the choice every day to nourish ourselves before our body starts to beg.

I've thought a lot about why withholding is so easy, why imparting kindness to ourselves can often be a struggle. When confronted with inner conflict, we hide, we push down, we pull back, we run away. We don't even know what we're really capable of, often both mentally and physically.

I'm certainly not suggesting that we should start a fight club at Thrive (or am I?), but I do think that it's worth considering how we react when we stop withholding from ourselves and others, what we do when our limits are pushed (even for our own benefit), and why.

To me, asking this of myself feels terrifying. And if that ask comes from someone else, well, good luck to them. I either mask it with humor, completely shut down or just plain ignore it. I don't like to be tested unless I've signed up for the test. It's become an exercise of the mind, and one I've historically failed at. But I've found that working outside in, body to mind, can sometimes trick that system. I come to Thrive to turn off my mind, because thinking too much keeps me in my own way.

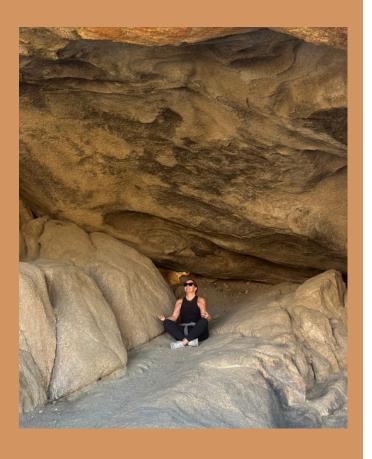
Ignoring external pressure has kept me out of a lot of trouble, but it's also kept me from exploring what I'm truly capable of. Because in all honesty, I'm a little afraid of what that is. Here I am, a kind, naive vegetarian. But what says the monster that lives underneath?

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

Here's to our November Member of the Month: Connie Coatsworth!

When Connie's not on a plane visiting her daughters, she's a solid 3x/week regular at Thrive. And when she is on the road? Don't worry—she's that person who scopes out the hotel gym, gets it done, and then sends a quick smile when she's back on the floor with us. She's a golfer and she's also the friend who will jump into a cold plunge with Caran Fahy because...why not? Growth is uncomfortable—might as well make it a party.



Now, full disclosure...Connie has personally kept our Lost & Found section in business. Gloves, sunglasses, jackets, water bottles—pick a shelf in the weight room, it's probably held one of her items at some point. The studio record? Keys. Four times. (We're going to get a key hook for you Connie  $\ensuremath{\mathfrak{S}}$ )

But here's the real reason we're celebrating her: work ethic. Connie is honest enough to say she might not "loveeee" working out, but she shows up because she knows what it gives her—a stronger body, a clearer mind, and more time doing the things she loves with the people she loves.

Family matters to Connie. Being able to travel, golf, walk, carry, and keep up—those are the reasons she warms up (occasionally), works out, and gets after it. She understands that strength training isn't punishment; it's preparation for her future life. Around here, Connie brings a calm presence and a steady gear. She doesn't chase attention; she earns respect. She listens, learns, and quietly pushes—week after week.

If you see Connie this month, give her a high-five, share a laugh about the "Connie Corner" in Lost & Found, and celebrate the example she sets for all of us. And if you're feeling generous...Kettle Corn—any kettle corn—will absolutely make her day.

Congrats, Connie. Thanks for reminding us that consistency is the most generous gift we can give our future selves.

# 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

