

OLIVER NAM'S INSIDER CIRCLE

EXCLUSIVELY PUBLISHED FOR MEMBERS OF THRIVE TRAINING



Inside the Mind of Oliver Nam

Because of You



As we close out another amazing year at Thrive, I just want to say ***Thank You.***

Thank you for showing up.

Thank you for trusting us.

Thank you for allowing this community in Irvine to play such a meaningful role in your life.

Every single one of you inspires me. Truly. I watch you juggle families, careers, health challenges, personal goals... and you still find the time, the courage, and the willingness to take care of yourselves. That's not selfish — that's strength. And I want to encourage you to keep choosing yourself first, so you can show up for the people you love with a full tank.

This year, we made a promise to elevate everything we do.

To make our service better.

To make our workouts more purposeful.

To support you in ways other gyms don't even think about.

And we're not stopping.

We'll keep educating you with workshops.

We'll keep running small challenges to help you stay consistent.


We'll keep sending surveys so we can stay aligned with your needs.

And we'll keep pouring into our trainers, our admin team, and our membership liaison — because when they grow, you grow.

My hope is simple: that Thrive continues to be a positive, steady, encouraging relationship in your life.

TABLE OF CONTENTS

Inside the Mind of Oliver Nam	1
Calendar Updates	3
Thrive's ladder of success	4
A Cup of Joe	5
Jon's Journey	6
Veronika's Views	7
Chana's Reflections	9
Kaelen's Korner	10
Adriane's Antics	11
Naomi's Insights	12
Member Appreciation	13
Train Together & Level Up Your Fitness!	14



Because for me... this is so much more than a gym.

***The older I get, the more I realize how precious community is.
How our circles naturally shrink, and how important it is to surround
ourselves with good people...people who care, people who show up,
people who make us better.***

That's why I choose to be here.

Not just as the owner, but more importantly, as a friend.

You all add value to my life and I'm grateful for every conversation, every high-five, every moment we share in and outside these walls.

***As we head into 2026 my commitment remains the same...to keep improving
your experience, to listen when you share feedback, and to support your
fitness journey in every way we can.***

Thank you for an incredible 2025.

Here's to an even stronger 2026.

With love,
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!

Sound Bath

Thursday's 11th and 18th @ 7:30pm



1 class: \$30, Both classes: \$50

Give to Get (Referral Raffle)

Give 2 months free for your friends...



10 workouts = a chance to win 3 months free!

Walking Challenge: All of December...encourage your friends to join!

WE GOT THE SHIPMENT!

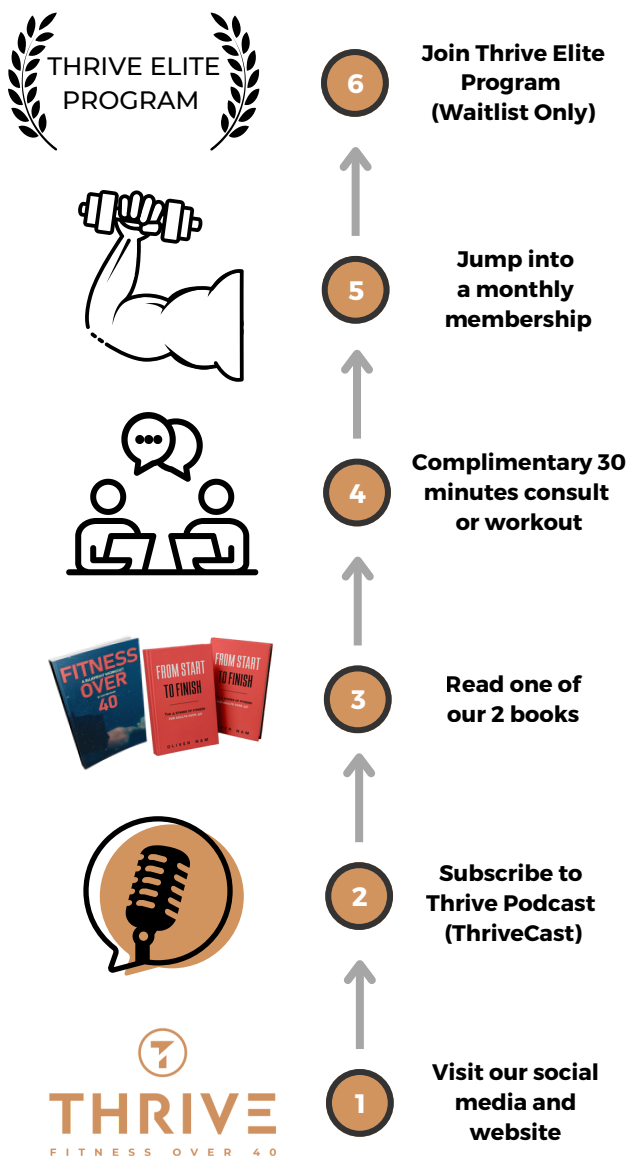
If you pre-ordered T-shirts and sweaters, we have them ready for you!

Thank you for all the book recommendations! Someone left a book called
"A Most Agreeable Murder" By Julia Seales...who recommended this?!

**Book I'm currently reading... "Scream Free Parenting" and "Scream Free Marriage"...pretty great books.

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



TRAINING FOR MY FIRST HYROX COMPETITION

If you haven't heard me crying about how sore I've been recently, let me tell you why I've been getting so sore.

I'm currently training for my first HYROX competition, which I've probably already completed or am getting close to competing in when this article comes out.

The training for this kind of event has been a whole new experience for me. It takes the endurance of a runner and the strength of a lifter to be able to do it. You can't do this competition only being good at one of those things.

You are probably curious about what you need to do during this competition. Hopefully, I can keep this simple. Basically, you have 8 stations: Ski erg, Sled push, Sled pull, burpee broad jump, rower, heavy carry, lunges, and Wall balls. Then, between each station, you have to run 1km before moving on to the next station.

As you can see, it requires a lot of endurance and strength to be able to compete in this race. So to prepare for it, I joined a gym that specifically trains for this competition, and boy, has it been kicking my butt.

As I continue training for this Hyrox, I have had the chance to reflect and be grateful for having a body that is capable of being pushed. If you asked me to do this competition or even run a half-marathon a year ago, I would have said, "Hell no!"

With all the injuries I had from my foot, lower back, and to my shoulder a year ago, I did not have the confidence to sign up for these events. Am I completely healthy with no injuries? No, I still have flare-ups here and there. However, I've noticed how my body bounces back and has become more resilient.

That's a win in my book. I haven't had this kind of confidence in my body in a long time, and I'm happy to be where I am.

I encourage you to do the same and reflect on where you are now, to where you were when you first started on your fitness journey. Think about what things you are able to do now that you weren't able to do before.

Celebrate the small wins!

JON'S JOURNEY



BEING PRESENT

It's that time of the year when I stop and look back at where I've been and look forward to where I'm going. It's been quite a year for me – as I'm sure it's been for all of us. I recently spent some time meditating about looking back and forward – being reminded that it's okay to reflect on the past and be aware of the future – but stay grounded in the present.

I find I spend time in the past stressing about what I could've done differently or worrying about what I've coming up tomorrow or next week or even on into mid to late next year. In reality, I should be spending time enjoying right now.

Can you relate to this – and this is daily in our home; we're sitting watching TV, and I have my laptop in my lap surfing the net, and Leo will ask, "Did you hear/see that?" I've been so "focused" on my attempt to be present to many things at once (let that sink in), that I'm not only not present to Leo, but I'm not paying attention to the program we're watching together, and now, thinking about it, am I even present to what I am surfing? Another example, and can you relate to this? We are sitting having a meal together (we are sitting at the same table, so we are "present" but we have either pulled out our laptops to read something or pulled out our phones to surf or look something up. Is that really being present to myself or each other? I am pondering this not to be judgmental of myself, Leo, or the situation, merely an observation of how my "being present" has evolved (?).

In my career, I took pride in the fact that I excelled at multitasking, or at least I thought I excelled at it. Now, looking back at my 37-year career, I am struggling to remember those special moments. I know they happened, but I can't recall because I now realize I lived in distraction.

I'm really beginning to realize that the only moment I have is this moment right now. The moment in front of me to spend with my thoughts, my family, my loved ones, my friends. When the time comes to say the final goodbye, will I be able to look back and remember a conversation, a special moment, an occasion, or will my memory be blurred with that momentary electronic distraction?

Looking to this moment, and many moments beyond, I'll make a much more concerted effort to be present to myself and the world around me. I want to be more present to the members of THRIVE and listen attentively, and be present so that I can gather even more fond memories of our moments together.

How about you? Do you live in the now, or do you live surrounded by distraction? What have you done to stay in the moment? I'd love to hear your thoughts.

VERONIKA'S VIEW



PILATES: WHAT'S THE BIG DEAL?

Pilates is currently on an upswing in popularity, becoming a household word almost as common as “yoga” when it comes to fitness. But it seems there’s still a little mystery around what Pilates actually is.

Backstory: Pilates was created by a German guy named Joseph Pilates back in the early 1900s. As an illness-prone child, Joseph devoted his life to mastering physical fitness as a way to master his own health.

He pursued a number of sports like gymnastics, diving, boxing, skiing, martial arts, and bodybuilding. Through his exposure to these different forms of movement and athletics, Joseph developed a system of exercises he felt would benefit anyone, from the average person to athletes. He called his exercises “Contrology” (but his students just called it “Pilates” after Joseph’s death in the 1960s).

If you walk into any Pilates studio today, you’ll see a bunch of equipment that uses springs as the resistance. The use of springs stems way back to World War I when Joseph was at a German internment camp in England. He helped rehabilitate injured POWs and soldiers in the infirmary by attaching bedsprings to the patients’ beds, creating resistance while they did their exercises from their beds.


You might hear people say Pilates is for dancers. This is because when Joseph immigrated to the U.S. in the 1920s, he opened a studio that happened to be in the same building as the New York City Ballet. He quickly gained a following in the dance community as the place to go for rehab and conditioning for dancers.

So what are these magical exercises Joseph was having his clients do? While there is some uniqueness to the Pilates exercise repertoire, the real magic comes from HOW the exercises are performed. Pilates exercises center around principles like control, concentration, precision, breath, and flow. It’s categorized as a “mind-body” format where one must leverage the connection between mind and body while exercising (similar to yoga or tai chi).

Pilates tends to be known for its core-strengthening benefits.

But in any given Pilates session, one can also expect stretching and flexibility training, along with spine and joint decompression, increased mobility and joint range of motion, practice with spinal and joint stability, as well as increased proprioception, balance, coordination, and feeling relaxed and de-stressed.

At the end of a good Pilates session, you should feel taller, looser, and stronger.



Pilates can be done on a mat, or on a variety of apparatus. In a Pilates studio you will most commonly see apparatus like the Reformer, the Cadillac (or “Trapeze Table”), the Spine Corrector (also called a step barrel or arc), the Wunda Chair, or the Ladder Barrel.

When looking to try out Pilates, some key words you may see are:

- **Classical Pilates** - The version of Pilates most closely aligned with Joseph Pilates’s original method
- **Contemporary Pilates** - A version of Pilates that takes after Joseph Pilates’s original method, but is informed by modern science and research
- **Modern Pilates** - A modern interpretation of Joseph Pilates’s original method, utilizing fitness exercises on equipment inspired by the Pilates Reformer apparatus

Pilates is a wonderful complement to any strength training or athletic endeavor, as it helps to reset and rebalance the body, as well as promotes healthy movement patterns.

Reading about Pilates will only get you so far in understanding it; you have to try it for yourself to really experience it.

CHANA'S REFLECTIONS



IT WAS EASIER TO DO THINGS AS A KID

I'm sure it's not only me who overthinks things to the point of feeling paralyzed. You want to do something so bad, your mind and body craves it. You want to move, be happy, have fun, and do things that bring you results or joy, or whatever it may be!

I have all these goals and activities in my head that I know I want to do, and I know they would make me feel better if I do those things. I remember as a kid, if I wanted to go play in the park, draw, read, play dress up, talk to my friends, journal...just so many things, but I would do them all without a care in the world!

I didn't pay attention to what the outcome would be or who would have opinions on it. I just did it because it was interesting to me and I just fricking felt like it! Like, who even cares if it was perfect? I was a kid! But it seems like I did more as a kid than I do now in a way...

I feel like recently, even for the things I know I love doing, it feels like pulling a 1000 pounds to pull myself to do it. But then once I finally do it after overthinking, it's not even that bad at all!

I've come to the realization that I try so hard for everything to be perfect, that it's too intimidating and overwhelming... so I'll just put it off until it's a better time.

Well, that doesn't exist, and regardless, it most likely won't turn out perfect anyway. As a kid, I would do things without the expectation of it being perfect.

I would do things out of curiosity or because I just wanted to, and it would entertain me in the moment. I never had it in my head that it needs to be perfect, and I also didn't have it in my head that other people are expecting anything either. I think since becoming an adult, I threw all these rules onto myself of how things need to be if I'm going to do it, when reality, which doesn't even matter to me? Like it actually doesn't even fricking matter! It's silly, especially when you realize everything is temporary.

I ask myself, when was the last time you did something just because you felt like it? Not expecting a certain outcome or result, but just for funsies? Throwing all these expectations on myself and my goals or hobbies really just demotivated me if anything. Obviously, having set goals is healthy and can be a great guideline, but when it gets to the point where it's sabotaging your actions, maybe it's time to just turn your brain off. If you're trying to get into shape and work out, or you're trying to read a book or pick up a hobby, whatever it may be, just remember the mindset you had as a kid.

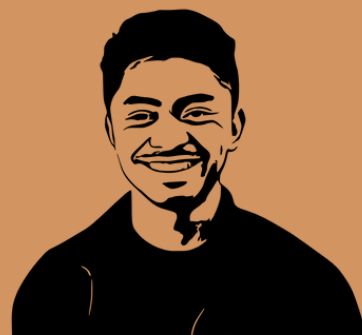
Just doing it because... why not?

It may turn out okay or great or maybe just blah, just do it for the experience of living life, not for the perfect outcome of things.

Don't make something feel so heavy and throw so many expectations on things, and just go for the experience and live life. Experience it all, the okay, the good, maybe the bad.

Everything is temporary anyway ;)

KAELAN'S KORNER



IT NEVER GETS OLD

After college, I realized having older friends and being surrounded by older people opened my world. Since being at Thrive, my world has expanded. My food palette has expanded, and my list of 80's and '90s soundtracks populated my phone.

The culture of Thrive is special and one that you won't find elsewhere, especially within the OC area. Maybe if you expand to the far reaches of L.A., you will find a hidden gym here and there, but at Thrive, the value lies in its community. While there is so much to learn, here are a few things I have learned up until now.

One of the biggest lessons I learned is that perfection doesn't exist. Something so simple, but is easily ignored. I believe the world is filled with so many distractions that it is easy to lose sight of ourselves.

However, perfection is the enemy of progress and will always be until one thing happens.

Focusing on the process and who you become is more important than the goal or outcome.

The 2nd lesson is that it's important to always be a student. Whether it's in regard to personal training, a life story, or a simple food recipe, I am always curious about what other people's perspectives are. Since the community at Thrive is so diverse, I am always learning something new! I just recently learned that there were different types of clouds in the sky, which blew my mind (I'm serious).

As my time at Thrive continues, there will always be something to do, which is great. To constantly grow myself alongside the team and members who are also learning new things is very special to me, and I am very appreciative of what God has blessed me with.

I hope that in the new year, you all continue to thrive in your own way. Lastly, for those reading, please continue to test me on 80s and 90s music, I'll get them all...one day.

ADRIANE'S ANTICS



YOUR THOUGHTS AND ACTIONS BELONG TO YOU JUST LIKE YOUR POSSESSIONS

It's not hard to notice that I love quotes and poetry, and sometimes just a few thoughtful words that conjure a little pick-me-up during the day go a long way. Here goes:

***"Your thoughts and actions belong to you just like your possessions. Every so often, it helps to declutter—donate old clothes or clear out a crowded shelf. Maybe it's time to let go of some unhelpful thoughts or outdated actions, too?"
James Clear, Atomic Habits***

Lately, I have been pondering the need to declutter – on several levels – but simply starting with items cluttering visual space. I tend to move things from here to there, there to here, and thus just arrive back in the land of indecision.

Over the weekend, I pulled out 2 medium-sized packed boxes from my garage..... You have to start somewhere, right? Anyway, begrudgingly, I started removing the unnecessary assortment of items that filled the box and transferred them to the donation pile. The last thing I expected to find at the very bottom of the one box was a missing earring that I presumed to be lost for life (I'd been holding on to the other one for a long time, just in case....). In addition to the earring, and even more importantly, I found a piece of my mother's old jewelry that I didn't even know was missing.

That brief and modest pursuit of decluttering anything at all actually moved so much energy.

I will repeat... You have to start somewhere.

Exerting energy in some direction and with some focus builds more. We move our bodies to create and sustain our energy. We can start small and see where it leads. Maybe you'll find your earring.

NAOMI'S INSIGHTS



FINDING WHAT TRULY RESTORES YOU

The team at Thrive knows how to read my face when I walk in the door. More often than not, my face says, “I’m exhausted” or “I’m stressed out.” While this is true on many occasions, sometimes it feels like it’s the only truth possible. That’s when I know I’m headed into exhaustion.

I’ll push myself to the brink and then a switch flips—and I need to stop everything because my body feels full of lead.

When we’re stretched too thin, something has to give before we break. It happens to the best of us. I find myself in this place more often than I’d like, but the decision remains the same. What can I stop doing so I have more time to rest and replenish? So often, we can’t stop. We can’t stop working, we can’t stop taking care of our family, we can’t let down everyone who’s depending on us. The easiest thing to give up in these moments is ourselves. Our time. Our hobbies. Our self-care. Sound familiar?

But here’s the catch—when we’re feeling overly stressed, nearing that point of exhaustion, the most common advice is to lean into that very same self-care. The entire wellness industry depends on it. Cook from scratch at home, take a long bath, go to the gym. But when that hour at the gym means you don’t get an hour to close your eyes, take a bath or even just zone out with a movie, it can start to feel like a chore to go. That’s where a lot of us get into trouble, that’s when the guilt and shame kick in. And suddenly we feel guilty for even wanting a moment to ourselves, or we feel lazy when we’re really just running on fumes.

I played into this guilt/shame pipeline for years until I realized what self-care actually meant for me. Taking an hour off to relax in the bathtub just made me feel guilty in a bathtub. Because real relaxation doesn’t come from subtracting, it comes from adding.

Over time, I figured out that there are exactly two things that add to my life: connection and creativity.

If I’m connecting or creating, my body responds with increased energy and vitality. So my personal challenge isn’t how to get more green juice or more sleep, it’s finding an hour to work on my novel or calling my best friend to talk about aliens.

Because then when you’re catching up on the work you didn’t have time to do yesterday, you’ll think of why. And it will be worth it.

MEMBER APPRECIATION

Some members become family. **Kim Smith** is one of them.

Kim's been training with us since 2011—fourteen years of showing up with heart. She first walked in because of a referral (thank you, Jerry Goldstein), and she's been a steady part of this crazy personal-training roller coaster ever since. It's a great reminder: you never know—the next person you meet might be with you for a very long time.

***What stands out most about Kim is her consistency.
Even when she's traveling halfway across the world.
Even when she's driving through the night to make a morning session.
Even when life gets loud, she keeps the promises she makes to herself.***

Beyond the workouts, Kim's love and genuine kindness never waver. When I ask her for advice, she gives honest answers—the kind that help me grow. She invests in her people, lifts up her circle of friends, and shows up for this community in quiet, meaningful ways.

And then there's Concert Kim—the one dancing the entire show, living fully in the moment. (Steve Miller Band is a favorite.) That same energy shows up at Thrive: present, joyful, all-in.

Kim, I appreciate your consistency. I appreciate the care you pour into the people and priorities that matter most. I appreciate the example you set for me and for everyone around you.

Thank you for being a great role model—and for reminding us why so many come for the workouts and stay for the community.

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

