



THRIVE
TRAINING IN IRVINE

THRIVE INSIDER



From Oliver's Desk

Self-less vs. Selfish (you need both)

A lot of you have told me your schedule was too crazy for workouts... but you also knew you had to do something for yourself. Sometimes it's a wake-up call from your doctor—osteopenia, pre-diabetic, (fill in the blank). At first, it felt "selfish" to leave work early or carve out time. But then you felt it: you're stronger, you have more energy, you're more patient, it feels good. I had the same battle with my family. I thought, "man, they need me at home—I don't have time to workout. I can't be an absent father." But I was wrong, yes, even dramatic. They needed me there... they just didn't need me there depleted from my day. My solution: wake up earlier and buy back an hour or two. Difficult? Hell yes. Worth it? Every time. Pause and look back—you're not a worse person for being "selfish" with your time. You're better because you took care of the person everyone depends on.

This Time 2-years Ago



Our Orange County Therapy and Fitness (OCTF) Workshop. We discussed how to transition into strength training after rehabbing an injury.

Thrive Updates

- Last month of Sound Bath.** \$40 for drop-in. Wednesday 11th and 25th at 7:30 PM.
- Aging Fitness Formula Series:** Try out some local businesses that we personally know!
Pause Recovery in Newport Beach: Complimentary Float Therapy, Cryotherapy, LED Light Bed, Compression Pants.
Text "Pause" to (949) 696-5615

1/1 Slots Available to Purchase:

- 2 for \$227
- 3 for \$327
- Text us the time you'd like.
- Monday: 8:00 AM, 11:00 AM
- Wednesday: 9:00 AM, 11:00 AM, 1:00 PM
- Thursday: 7:00 AM, 9:00 AM, 12:00 PM
- Friday: 8:00 AM, 9:00 AM

Food + Recipe

Quick and Easy Meals

Breakfast:

- Hard-boiled eggs, a protein bar, and fruit
- RxBar A.M., Oats and hard-boiled eggs
- Full fat greek yogurt, flaxseed, blueberries

Lunch:

- Deli turkey, baby carrots, and hummus
- Epic meat bar, banana, celery sticks and nut butter
- Protein shake, apple, mixed nuts

Dinner:

- Turkey on tortilla, veggies, avocado slices, and fruit
- Avocado toast with sliced turkey and smoked salmon
- Grab and Go salad, avocado slices, nuts, and shredded chicken

Exercise We're Using + Why:



Your spine is made up of 5 areas:

1. Cervical: 7 vertebrae (neck)
2. Thoracic: 12 vertebrae (mid-back)
3. Lumbar: 5 vertebrae (low back)
4. Sacrum: 5 fused vertebrae
5. Coccyx: 4 fused vertebrae (tailbone)

3-Step Micro Plan (this month):

1. Lie in fetal position
2. Keep your knees stacked on top of each other
3. Reach your hands palm up above your head line and breathe.

When you have a tight lower back, typically it's because you're asking it to move too much. We sit all day and round our shoulders so our thoracic spine forgets how to rotate and move. Ask the T-Spine to do more; it's a lot more flexible in all planes of motion. This is one of the safest and most bang-for-your-buck stretches.

The Thrive Neighborhood

I've always believed that when we do this right, everybody wins. That's why we're building the Thrive Neighborhood—so you stay connected to the best practitioners around you, and you always know whom to trust. The Thrive Neighborhood is our growing circle of local businesses that share the same standard: take care of people, do great work, and surround yourself with those good people. It's not intimidating. Each partner keeps their own craft, but we align on the details...service, coaching, communication. So when you step from one place to the next, you feel the same warmth and professionalism. It's a neighborhood you can trust, built to help busy adults 40+ stay strong, recover well, and keep doing what they love for years. Be on the lookout for more...

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

THRIVE'S LADDER OF SUCCESS



Pass It Forward

Know a friend who's stiff, tired and needs structure + accountability?

Send them this QR code...its my schedule so we can jump on a quick call to see if we're a good fit.

