

OLIVER NAM'S INSIDER CIRCLE



EXCLUSIVELY PUBLISHED FOR MEMBERS OF THRIVE TRAINING

Inside the Mind of Oliver Nam

4 Things I Learned From 75 Days of Cold Plunging

When I first decided to cold plunge for my 2026 Misogi, it felt like a huge mountain.

Honestly, it was.

And now that I've done 80 days, I can tell you this...the cold was only part of it. What I really got out of it had much more to do with patience, perspective, and belief.

Here are 4 things I learned:

1. Patience is a superpower.

One of the phrases I said to myself was, my superpower is being calm.

When I step into the cold, that thought immediately comes into my head. Then I go to my breathing. Slow inhaled. Slow exhaled. Relax the shoulders. Settle the mind. Bring the heart rate down.

Because we all know...*the person with the lowest heart rate, wins.*

The cold taught me that panic doesn't help. Rushing doesn't help. Fighting everything doesn't help. But staying calm? That changes everything.

And the truth is, that lesson has very little to do with the water. It has everything to do with stress management. Stressful conversation? Big decision? Tough day? The skill is the same. Slow down. Breathe. Stay composed.

2. Monkey see, monkey do.

My kids started noticing that I take deep breaths.

They asked me why I do it, and I told them it's because I want to learn how to be calmer during stressful times.

They don't fully get it yet, but now Lindsey and I hear them say things like, "It's okay, take a deep breath... relax your shoulders...it's your superpower."

That gets me every time.

They may not understand the full meaning yet, but they're watching. They're absorbing. And it reminds me that what we practice, the people around us often pick up too.

I hope one day, when they face something hard, they remember to pause instead of panic.

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3. I can do hard things.

Back in December, this challenge felt intimidating. 75 straight days sounded like a lot...because it was.

There were days I didn't feel like doing it. Days I was tired. Days when it was raining. Days it would've been easy to skip and justify it.

But I made a promise to myself.

And somewhere in the middle of keeping that promise, I built a deeper level of trust in myself. Not hype. Not motivation. Trust.

That might be the biggest reward of all.

4. Belief grows through consistency.

I don't share this to boast.

If you knew me in my younger days, I wasn't the most self-confident person. I had plenty of negative thoughts. Plenty of anxiety. Plenty of feelings that I was behind and trying to catch up.

But I see things differently now.

I'm running my own race.

And I think a lot of people have their own version of "head trash" going on; we all do.

That's why I share this.

Because if I can do this, you can be consistent in *that*.

Whatever your "that" is.

A workout routine. Better sleep. Healthier eating. More patience. Less quitting.

Make the promise to yourself. Do it for you. Do it for your family. And if you can, do it with a community.

Consistency matters. But belief in yourself? That's where things really start to change.

Sky's the limit.

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!

1. April Small Group Schedule

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

2. "Bring a Friend" any time for class!

- 3rd Thursday of the Month. April 16th

3. Thrive Walking Club

- 3rd Saturday of the Month. April 18th

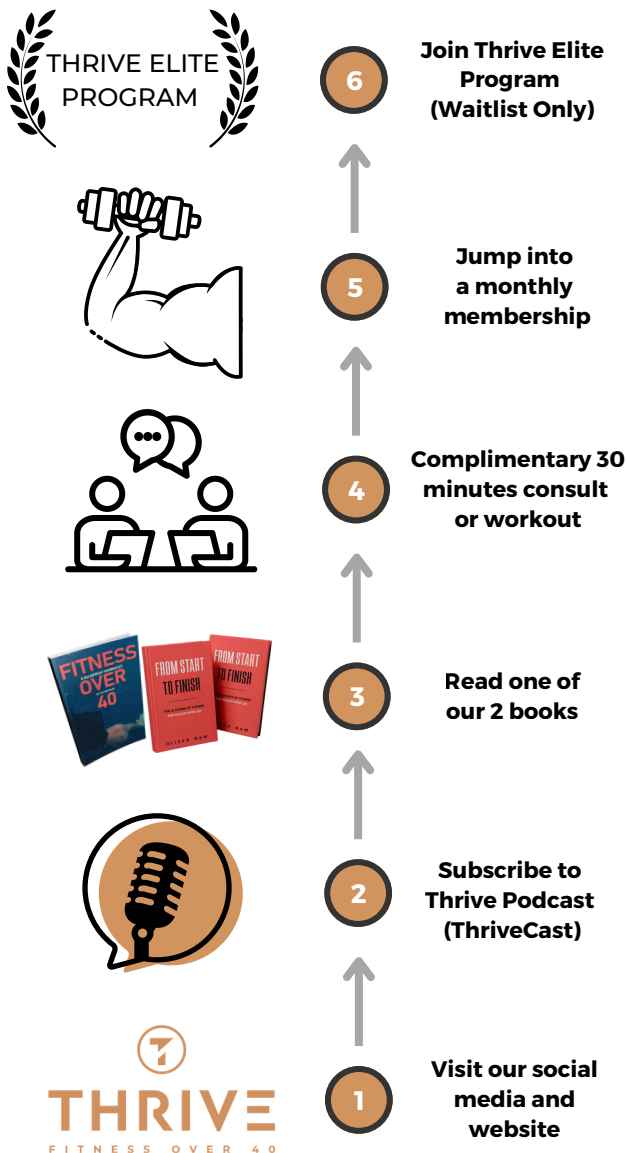
4. April Spring into Fitness

- All friends and family are welcome to a month of training for 50% off.



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



RUNNING AND LIFE

Just another update on my next adventures as a runner/athlete. I'm currently training for my first marathon and this training has been a whole other level. This training is testing my mind and body even more than my previous competitions.



There is no cheating or easy way around it. Whatever you put in is what you are going to get out. Some weekends, I wake up early just wanting to go back to sleep, but I know if I don't get those long runs in, I'll regret it on race day. Staying the course, especially on the weekend, has probably been the hardest for me.

Regardless of how hard the training is, I've learned a new lesson in training that has bled into my other life goals. When I run, I naturally like to go fast even when I'm sore or not feeling my best. Unfortunately, that leads me to hitting what others call "the wall" or injuries. This wall is just this overpowering feeling telling you to go slower or just stop.

In order to avoid that wall, I've really had to learn to run slowly in order to go fast. I know it sounds weird. How does going slow make you run faster?

As I train, I see the purpose in taking some of my runs at a slower pace. I could bore you with science, but it basically boils down to running slowly, which builds a bigger capacity in your legs. Which then allows you to go faster.

You can think of it like a car. If you are constantly pushing the pedal to the metal and revving that engine hard, eventually something is going to break. However, if you go with the flow of traffic and don't have a heavy foot, that car will probably last you a lot longer.

Now I've been able to reflect on other parts of life and apply that concept. I have so many goals I want to achieve that my brain tells me to just sprint and get there as fast as I can. However, just like in running, you hit those "walls".

Going slow doesn't mean you aren't making any progress; it just means we are getting ready to go fast! Learning we need both in life in order to achieve our goals.

Remember it's okay to go SLOW, and enjoy the journey :)

JON'S JOURNEY



LIFE'S AN ADVENTURE, NOT A GUIDED TOUR

Life's an adventure, not a guided tour... meant to be shared.

Do you remember the days of going to a travel agency and grabbing handfuls of brochures and dreaming of being someplace else? Maybe you even held a "membership" in the National Geographic Society, allowing the chance to see and dream about the wonders of the world through the colorful pages.

Remember that assignment in school where you'd stand up in front of the class on "show and tell" day and talk about something (wasn't that the scariest thing?).

Maybe someone in your life traveled and was a great storyteller; They would return from their adventures to convey their tales of some far-off land. I belong to one of the most amazing communities – a community of interesting, fascinating, and like-minded people that love to share stories of their family, lives, and adventures. I've heard members speak of going to Japan and taking a taiko drum lesson, staying in the desert of Morocco in a yurt, enjoying sunsets in Hawaii, skiing in Switzerland with family, going to Washington D.C. to see the cherry blossom trees in bloom, accompanying a class of teenagers on an overseas trip (and they should be given a medal of valor for that one), playing golf at a beautiful course, taking salsa dancing lessons, sharing a simple dinner with friends, collecting cardboard records and the record player to play them on, winning on a TV game show, seeing Bad Bunny in person, attending the Super Bowl in person and you may have heard me mention meeting a Barbary Macaques ape in Gibraltar.



I know you have THAT picture from Disneyland with a silly expression and the "EARS". These are memories that we hold on to and reflect back upon to share, smile, and laugh.

Now you're asking – Jon, why are you just rambling on?

Here's why. Starting April 1, we're putting up a picture board in the gym called **Thrive in Action**. I'm asking all members and staff to submit photos of their lives outside of the gym. Vacation pictures, a family celebration, a beautiful sunrise/sunset you're sharing with a loved one, it's our board, share what you like.

The pictures will be on display for about 2 months and then rotate. I will be printing the pictures on photo-quality paper, and I'll be happy to return the picture(s) after the rotation. I can create a collage of your pictures, so include as many as you'd like, and with your permission, we can keep them on file for inclusion in a future rotation. This is all about us as a community – to foster a sense of commonality and laughter.

How do you submit? Simple, e-mail the photo(s) to admin@thrivetrainingirvine.com

VERONIKA'S VIEW



STRETCHING 101: A QUICK CRASH COURSE IN LENGTHENING OUT

Whether you've been hitting the gym your whole life or are just trying to reach the top shelf without a grunt, stretching is the secret sauce of fitness. It's not just about touching your toes—it's about keeping your body feeling like a well-oiled machine.

As we age, our muscles naturally lose a bit of their spring, making stretching—especially for older adults—vital for maintaining independence and preventing those annoying "where did that ache come from?" moments.

Let's break down a few different stretching techniques:

- **Static Stretching:** The classic "hold and breathe." You extend a muscle to its end range and hold it for 20–60 seconds.
- **Active Stretching:** This is where you use your own muscle power to create a stretch in the opposing muscle group, without using any external assists (like a strap or bar). For example, kicking your leg up using your hip flexors and quads (front of the leg) to stretch the hamstrings (back of the leg).
- **Passive Stretching:** Similar to static stretching, but you have an external force doing the work—like a strap, a gravity-assisted position, or a partner. It's great for getting deep into a stretch without your other muscles tensing up to help.
- **PNF (Proprioceptive Neuromuscular Facilitation):** This sounds fancy, but it's basically "contract-relax." You stretch a muscle, contract it against resistance (often done with a trainer), and then relax into a deeper stretch. It's super effective for increasing range of motion (ROM) because it "tricks" your nervous system into bypassing the stretch reflex (where your muscle tenses to prevent overstretching).
- **Eccentric Resistance Training:** Surprised to see this here? During the "negative" or "loading" phase of an exercise, your muscles lengthen under tension. You are essentially strengthening the muscles in a lengthened position, enhancing strength and flexibility at the same time.



Why Bother?

Stretching isn't just about showing off at yoga. It improves circulation, reduces stress, and—most importantly—increases functional mobility.

For aging clients, stretching is a game-changer for balance. When your ankles and hips are mobile, you can catch yourself if you trip, significantly lowering the risk of falls. It also keeps the "glue" (fascia) between our muscles hydrated and sliding smoothly!

What's the Best Way to Get Flexible?

If your goal is pure, long-term flexibility, PNF stretching and consistent static stretching (after your workout!) are your best bets.

However, incorporating eccentric movements ensures that your improved flexibility is backed by strength, which protects your joints.

Remember, your body is a rubber band, not a piece of glass. Move gently, breathe deeply, and enjoy the process of becoming more limber!

CHANA'S REFLECTIONS



I DONT HAVE TO TAKE LEAPS AND BOUNDS

These past few months have felt a little strange to me.

There's a lot going on in the world, and I definitely think it was affecting me, and still is.

At first, I felt pretty down and depressed, and my motivation for things was pretty low. I felt like I was regressing, and I started to get into my head. Things were tough until I couldn't handle it any longer.

I finally pulled out my journal.

My brain felt like it was going to explode, so I just let everything out.

That was my first step. I told myself I would journal every day after that... but I didn't. But it's okay because I still journaled a few times throughout the week. Even after a few times, I felt so much better. I also started eating earlier and stopping my meals at 8:30.

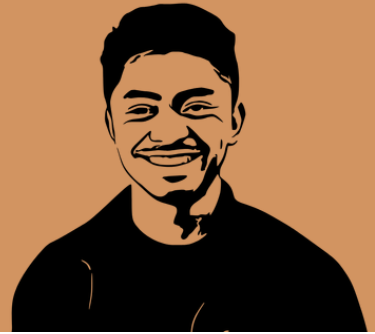
And I told myself I'd do that every day after that. I did miss a few days, but in general, I did stop at 8:30. And I feel so much better. My digestive system is better, and my sleep is better. Even though some nights I may eat past 8:30, for the most part I do, and it feels great.

I also have been listening to more energetic and upbeat music rather than sad music. Sometimes I still listen to sad music, but for the most part I don't, and I feel so much better! A lot of my habits or actions that I know may not be the best for me, I've been slowly starting to improve.

I realized that I don't have to take enormous leaps; I'm not ready for that, and I know long-term, I can't be 100 percent perfect as a human being. But just putting in a little more effort and awareness into my daily actions, although not perfect, has been helping me feel better.

When the world feels heavy, be gentle on yourself, guide yourself through things, and be understanding of yourself. Try not to self-sabotage. Soon the domino effect will kick in, and the effort will feel less and less heavy, and the rewards will increase <3

KAELLEN'S KORNER



A BUDGET DOESN'T RESTRICT YOU IT EMPOWERS YOU

Wow, three months into 2026, and a lot has happened! For myself, as each year comes to a close, I reflect on how the past year went and what I can do better for the next year. Last year was packed with learning new things. Budgeting 101, new duties at Thrive, and the responsibility for the evening crew. I cannot thank the team enough for supporting me, and all those who join the evening crew, you all know who you are. As the first quarter comes to an end, I've realized the best victory is conquering the self.

One of the biggest challenges I had to face last year was learning to budget. As crazy as it sounds, I was scared to look at my bank account sometimes. As a big "What if" thinker, I thought "what if I don't have enough for...bills, food, travel, business, fun spending, etc." without ever doing the justice of a simple budget sheet.

It was all scary to look at; however, through therapy, which I also started last year, I have come to learn it's all in the mind. Everything is based on our own perception, experiences, and things we go through individually. I soon came to understand that money does not equal success or even failure, nor does it inherently define a person; it allows you to have choices.

A budget sheet showed me where to drive my money instead of it driving me, so I knew what choices I could make based on that. Surprisingly, I came to find out I was spending a lot of money on things I didn't need, like eating out. I was mind-blown. Awareness of my budget made me go into creative mode. Maybe a certain steak was too pricey. Well, I could always buy a different cut of beef, or have my car serviced for an oil change, I'll do it myself (which I did).

I learned how to be resourceful and worked with what I got and made it happen. I gained a new sense of confidence in myself and started to appreciate the little things, where in the past I would beat myself down for not "having enough".

Since taking my budget seriously, I have seen myself save a lot more and also feel more at peace because out of everything I can control. Additionally, I can set financial goals, which gives me a purpose-driven motive. While I still grab a bite out here and there, I know I can because it's within the budget. If not, no problem, because I have a goal to aim for.

ADRIANE'S ANTICS



A MOMENT TO BE STILL

....As I was saying before we took our quarterly break...

I've been enjoying some poetry lately.... much of it referenced by some of the meditation guides I follow on Insight Timer. Here's some words of wisdom from writer Donna Faulds, "Walk Slowly":

"It only takes a reminder to breathe, a moment to be still..... As many times I forget, catch myself charging forward without even knowing where I am going, that many times I can make the choice to stop, breathe, and be, and walk slowly...."

I have a habit of rushing into things, to complete things or "get ahead" or whatever, and then anxiously await what's next.

It's not the best habit, not the worst. I probably miss a lot of things along the way, in all the haste and scurry.... the mad dash to who knows what.

Slowing down in some environments doesn't come naturally, but I can engage in a few hours a week of classes at Thrive where I'm put on a schedule and have to time it out, to breathe, to be in the moment.



And sort of without even noticing, I am moving and breathing to a more beneficial pace, with a challenging yet attainable goal ahead of me.

So... if anyone else suffers from the "hurry up and wait" syndrome, give yourself some time at Thrive to recalibrate. We're all in this together.

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!



2 WEEKS OF FREE TRAINING

Do you know a friend who is struggling a bit with their health?
Give them 2 weeks on me.
Have them scan the QR code...that's it!

