



CALENDAR OF EVENTS

**JANUARY, FEBRUARY,
MARCH & APRIL 2016**

The New Year is here and as we all strive to live healthier in this New Year, getting fit is our top priority.

Evolve fitness is here to help you with your fitness journey, because it is important that you get it right so that you continue going beyond January. Make your membership work for you as you engage in the monthly fitness activities and challenges.

We believe you will maintain your fitness enthusiasm for the months ahead. Make your New Year resolution count. Make Evolve fitness your fitness partner and you will not go wrong.

S T R O N G E R • S M A R T E R • B E T T E R

JANUARY

Resolve to evolve month

JAN30

RUN BECAUSE YOU CAN, 5K MARATHON

Racing teaches us to challenge ourselves. It teaches us to push beyond where we thought we could go. It helps us to find out what we are made of. This is what we do. This is what it's all about

After a month long of indoor workouts it is only best if you test yourself. We can ultimately do this by taking part in the 5km marathon. We take the less than an hour self realization jogging around our beautiful terrain.

The 5KM is awesome. It encourages you to develop a combination of endurance, speed, and strength. If people ran more 5Ks, the average life satisfaction of humans would increase dramatically.

Shorter interval workout is more effective than long-distance runs for weight management and gaining fitness. The 5KM is an event that requires strength, speed, power, and endurance combined. By making the 5KM your focus, your training plan will actually line up with what's best for your overall health.

RUNNING SHOULD BE A LIFELONG ACTIVITY.
APPROACH IT PATIENTLY AND INTELLIGENTLY, AND
IT WILL REWARD YOU FOR A LONG, LONG TIME.



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WHY DO YOU NEED TO TAKE PART IN THE 5KM?

1. **Improve Your Health** - Running is a great way to increase your overall level of health. Research shows that running can raise your levels of good cholesterol while also helping you increase lung function and use. Running also boosts your immune system and lower your risk of developing blood clots.
2. **Boost Your Confidence** - Not all of the benefits of running are physical. Running provides noticeable boost to your confidence and self-esteem. By setting and achieving goals, you can help give yourself a greater sense of empowerment that will leave you feeling much happier.
3. **Relieve Stress** - Stress can actually cause a number of health and mood problems. It can also diminish appetite and sleep quality. When you run, you force your body to exert excess energy and hormones. Running also helps to reduce your chances of developing tension headaches.
4. **Eliminate Depression** - When you are depressed, the last thing you likely want to do is to get up and go for a run. Yet you will find that after only a few minutes of running, your brain will start to secrete hormones that naturally improve your mood. In fact, there are few things in the world that can better or more rapidly treat depression than exercise such as running.

DO IT YOURSELF MARATHON PREPARATION TIPS:-

1. Register for the 5K and it will serve as your motivation to get in shape and keep your training regular and consistent. The difference between exercising and training for an event is that every workout is purposeful when training and you're less likely to miss a session if you have a target ahead.
2. Start with 20 minutes of walking and slowly build up to run-walking and eventually running 30 minutes. Always begin with a walking warm-up of five minutes to prepare your body for the run ahead. Finish with a walking cool down to bring your body back to reality.
3. Listen to your body while you train. The body actually grows stronger when you are resting. Training is a process that includes strategically-placed workouts and rest days to allow your body to be stimulated by the activity and then recover during the rest.
4. Breath - Running requires a lot more oxygen than not running and efficient breathing is key to getting the needed oxygen to the working muscles. Breath through your mouth and nose and from deep in your belly. If you find that you are gasping for air, slow down. Most likely, you are at a pace that is too challenging and your body is not able to keep up.
5. Accessorize - Shopping for running shoes and apparel is a lot of fun. The essentials include: a supportive pair of fitted running shoes, technical-wicking socks, and a sport watch. The best place to start your journey is to get professionally fitted at your local running specialty store.

FEBRUARY

Loose the flab (cardio month)

Cardio exercise is any exercise that raises your heart rate. And let's face it, our bodies were made to move. And we all know that to keep our muscles in shape, we need to move them. This movement makes them stronger, and stronger muscles make for an efficient and healthy body. Your heart is a muscle.

Cardio workout helps one burn the unwanted and unflattering body fat. They burn more body fat in limited period of time, which is why including them in your fitness regime is a must.

They not only contribute to weight loss, but they can also help you gain good muscles. Muscles are hidden within those unwanted layers of fat. Cardio vascular exercise eradicates those unwanted body fat, thus making an individual achieve his or her desired physique.



REMEMBER: WORK OUT, EAT WELL, BE PATIENT.
YOUR BODY WILL REWARD YOU.

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Why you need to be part of this exercise regime;-

- 1. Cardio exercises** are responsible for a good respiratory system and heart condition. They strengthen the heart and also aids in lowering one's blood pressure. They also increase the red blood cells count to mobilize oxygen within the body.
- 2. Improved Heart Health** - Your heart is a muscle just like any other and in order for it to become strong it must be worked. If you fail to work it, it will weaken over time and this can cause a variety of negative health effects. By getting the heart pumping at a faster rate on a regular basis you will keep it in shape and healthy. Too many people are getting heart attacks just performing simple exercises such as walking up the stairs and the primary reason for this is because they are neglecting to work their heart muscle.
- 3. Increased Metabolism** - Cardiovascular exercises also increase the rate of various other processes in the body, also known as your metabolism. Generally speaking, the more intense the cardio session, the more noticeable increase you will see with regards to your metabolic rate. Intense interval sprints increase the metabolism. An increased metabolism means an easier time loosing or maintaining your weight.
- 4. Improved Hormonal Profile** - Performing cardiovascular exercise also changes the hormonal profile in your body considerably. It releases 'feel good' hormones that will help ease symptoms of depression and fatigue as well as releasing hormones that decrease the appetite. Individuals who partake in regular cardio exercise often have a much more positive outlook on life simply because they are getting the stress-relief benefits from these hormones.
- 5. Management Of Diabetes** - for those who have diabetes, cardiovascular exercise helps them manage this condition. By performing the exercise you will increase your muscle's ability to utilize glucose. Those who exercise regularly tend to have better control of their blood sugars and do not see as many blood sugar swings as those who don't. For diabetes this is increasingly important as they are extremely sensitive to changes in blood sugar levels.

FEBRUARY

Loose the flab (cardio month)

FEB6

ABS ARE MADE IN THE KITCHEN NUTRITION TALK

Your food choices each day affect your health — how you feel today, tomorrow, and in the future.

Good nutrition is an important part of leading a healthy lifestyle. Combined with physical activity, your diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases (like heart disease and cancer), and promote your overall health.

Even for people at a healthy weight, a poor diet is associated with major health risks that can cause illness and even death. These include heart disease, hypertension (high blood pressure), type 2 diabetes and osteoporosis.

The link between good nutrition and healthy weight, reduced chronic disease risk, and overall health is too important to ignore. By taking steps to eat healthy, you'll be on your way to getting the nutrients your body needs to stay healthy, active, and strong. As with physical activity, making small changes in your diet can go a long way, and it's easier than you think!

Evolve Fitness, having the best interest of our members decided to contract a team of qualified nutritionists who will advise members on the nutrition issue. Our first chapter will be on:-

LOW CALORIE MEAL PLANNING

This talk is part of a series of talks on weight management and aims to equip participants with a deeper understanding of the practical aspects of planning meals for weight control. Now you can eat wisely and lose weight. It will cover:-

- Healthy diet
- Meal planning, portion size & healthier choices
- Fad diet: facts from myths
- Personal goal setting: cutting back on calories
- BMI, Waist hip ratio, ideal body weight
- Personal meal planning
- Learn about calorie content of food
- Prepare quick meals on the go
- Healthier choices of food / healthy eating out



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FEB27

NGONG HILLS HIKE LETS GO UP!

A little fresh air would be good for you. A vigorous walk up the Ngong Hills will do more good for you than a drive. Test your strength and resistance; come out the winner, with fun and games as you do the hike.

- Hiking is a fantastic workout for burning calories and building muscles and often times you can even forget completely that you are technically exercising. Hiking builds multiple components of fitness simultaneously, predominantly cardiovascular health and strength – especially of the lower body.
- What's more, hiking exercises almost every part of your body: legs, knees, ankles, arms, hips and butt, abdominals, shoulders and neck. Hiking exercises your body and your mind, and nourishes your imagination. It creates awareness in your eyes and ears and the rest of your senses.
- This will be our first hike where we will incorporate different kinds of exercises like power walks, short sprints and fun games all day long as we climb an altitude of 2600 meters above sea level.

PREPARATION FOR THE HIKE:-

Cardiovascular endurance is a huge necessity for this outdoor sport, especially because the distance we'll be covering involves a steep or steady incline.

With the help of Evolv Fitness team of instructors, some of the exercises and trainings we'll conduct include:-

1. Putting you through hiking preparation workouts on the stair climber or stepper.
2. Work out on the treadmill to get an idea of how long of a distance you can comfortably cover before you start to feel too exhausted; useful information that can help you pick the distance and elevation of your trip before you're actually on the trail.
3. Strength training is also imperative to well rounded fitness.
4. This Fitness Blends 1000 Repetitions. It is a great example of a routine that boosts both your muscle content and your endurance. Other good things to look out for in hiking workouts are ones built with exercises to build lower body and core strength, especially.

REMEMBER: OF ALL THE PATHS YOU TAKE IN LIFE, MAKE SURE A FEW OF THEM ARE DIRT

MARCH

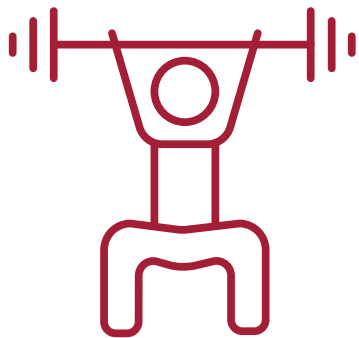
Resistance pause month

A lot of people would have you believe that training has to leave you a sweaty, staggering mess in order to be effective at all. The truth is that there's also a lot to be said for occasionally leaving the gym feeling stronger than when you stepped in. "Just enough" of everything is the sweet spot you should really be hunting for.

Resistance pause training is a type of physical exercise specializing in the use of resistance to induce muscular contraction which builds the strength, anaerobic endurance, and size of skeletal muscles.

Rest pause training is not for the faint of heart and takes a lot of mental toughness and hard work. Of course, nothing worth having in life comes easy, and rest pause training is no exception. With rest pause training you take very short 10-15 second breaks in between each rep of a given exercise.

When properly performed, strength training can provide significant functional benefits and improvement in overall health and well-being, including increased bone, muscle, tendon and ligament strength and toughness, improved joint function, reduced potential for injury,[1] increased bone density, increased metabolism, increased fitness and improved cardiac function.



REMEMBER: FITNESS ISN'T SOME PASSING FAD OR SHORT-TERM PURSUIT.

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MARCH12 EVOLV CYCLING TEAM GET AWAY

"Cycling isn't a game, it's a sport. Tough, hard and unpitiful, and it requires great sacrifices. One plays football, or tennis, or hockey. One doesn't play at cycling"
– Jean de Gribaldy

To be fit and healthy you need to be physically active. Riding your bicycle regularly is one of the best ways to reduce your risk of health problems associated with a sedentary lifestyle.

Join the Evolv Fitness Cycling Team to test on your strength and endurance that you have gathered through our training.

**REMEMBER: ALLOW YOURSELF TO BE A BEGINNER.
NO ONE STARTS OFF BEING EXCELLENT**

The health benefits of regular cycling include:

- increased cardiovascular fitness
- increased muscle strength and flexibility
- improved joint mobility
- decreased stress levels
- improved posture and coordination
- strengthened bones
- decreased body fat levels
- prevention or management of disease
- reduced anxiety and depression.

MARCH25 KEEP CALM AND DANCE EASTER WEEKEND

Zumba, Rhumba, Yoga challenge.

This fitness dancing will challenge you.

When you mix it with aerobic based workout routines, then you have a combination that is very unique and conducive for fitness. When you have such a good work out, it clears everything up, mentally, physically, and you just have a better day.

REMEMBER: IT IS FUN, IT'S A FITNESS PARTY!

APRIL

Family challenge month

APRIL 30 A FAMILY THAT PLAYS TOGETHER...

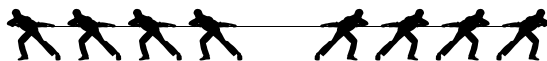
Nothing is more important than the health of your family. With most activities being indoors, it's important now, more than ever, to make healthy living a priority.

After all, the family that plays together, stays together, which is why we've put together a fitness challenge to get your family off the couch and out there enjoying all that healthy living has to offer

From the serious to the seriously silly, here are some of Evolv fitness unforgettable activities you'll take part in with your brood before they fly the coop.



- Climbing Wall
- Bungee Trampoline
- Aqua Extreme
- Penalty Shootout
- Tug 'O' War



REMEMBER: FAMILY ACTIVITIES ARE SOME OF THE MOST MEMORABLE MOMENTS IN LIFE.

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Evolve Reflexology

Evolve Spa offers Reflexology. This is a spa treatment where the therapist works on "reflex points" on your feet, hands, and head (especially ears). The theory behind reflexology is that these reflex points relate to specific organs and glands in the body, and stimulating those points with finger pressure promotes health in those organs and glands via the body's energetic pathways.

Evolve Sauna and Steam

Deep sweating, however, has multiple proven health benefits. Benefits derived from a deep sweat can be achieved via regular sauna and steam bathing. Due to the heat of a sauna and steam bath, the core body temperature begins to rise. The blood vessels then dilate, causing increased blood flow

Evolve Physio Therapy

Physical therapy exercises incorporating a combination of strengthening, stretching, and aerobic conditioning are a central component for quick recovery.

When patients engage in a regular program of gentle exercises, they can recover more quickly from pain and are less likely to have future episodes of pain.

Evolve Massage therapy

After long hard workouts, getting a good massage makes sure your muscles are able to relax and your mind is in good shape and ready for more workout.

You may not realize it, but massage affects the cardiovascular system. It dilates blood vessels, which helps them work more efficiently to promote circulation. The manual assistance of encouraging venous blood flow back to the heart enhances blood flow, which delivers fresh oxygen and nutrients to the tissue and promotes the removal of waste products and toxins. Thanks to the relaxed state you're in during and after the massage, your heart rate lowers.

Everybody, and especially one in a fitness program needs a full body massage at least once a month. You only have one body, so take care of it.



REMEMBER: THE PERFECT WORKOUT PLAN ISN'T ONE THAT BURNS A CERTAIN NUMBER OF CALORIES OR ACHIEVES A CERTAIN LEVEL OF MUSCLE ACTIVATION. IT'S THE ONE YOU CAN STICK WITH FOR LONG ENOUGH TO SEE RESULTS—PERIOD!



**DON'T STAY THE
SAME, EVOLVE**



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