

COURTHOUSE

MAGAZINE



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OCTOBER 2023 EDITION



A letter from
DREW BAKER
Chief Operations Officer

A daily mantra around Courthouse is "Everyone deserves to look and feel good." If I were placing a bet, I'd wager that this mantra is repeated hundreds of times in any given week, and we believe it to our core.

Many of us at Courthouse haven't always lived a healthy lifestyle. We haven't always been happy with our appearance and certainly haven't always felt good. Knowing what it feels like to walk around daily feeling "less than" piles on even more motivation for us to help others find freedom through fitness.

From my experience, feeling good starts with self-confidence. This begs the question, "How do I build or gain confidence?" Ed Mylett says, "When you're in the habit of keeping promises you make with yourself, you're on the pathway to self-confidence."

I found this statement to be true in my own life when just last year I made several commitments to myself. Some were small and simple, others much more difficult to follow through with, especially over time. Here are a few of the commitments I made:

- *Tuck my 8-year-old daughter into bed three times per week*
- *Begin to write*
- *Stop eating cereal right before bed*
- *Venture into public speaking*
- *Be in the moment, especially when others are present*
- *Speak truthfully at work and don't avoid conflict*

Not a day has passed where one or more of these commitments have yet to be tested. For each night I've skipped a delicious bowl of cereal without a thought, there has been another where I can barely deal with my sugary cravings. When I was invited to speak to 75 high school students about the community impact of Courthouse, my initial reaction was, "There is no way I'm doing this." I did, and I'm glad.

I'm proud of the person I've become and who I'm becoming. I don't regret a single time that I followed through on my commitments. My confidence is at an all-time high, and I feel good.

The best way to build self-confidence is to follow through with the commitments and promises you've made to yourself. As we enter the final few months of 2023, what are just a few things you'd like to commit to doing?

Write them down, tell a friend, and then get to work. Start small for some easy wins, then build some momentum and tackle more significant commitments. Keeping commitments will become a habit, and eventually, it'll get easier.

Feeling good gets taken for granted way too often. Most of us don't even realize how good we can look and how good we can feel. Once you experience it, you'll be hooked. If you have a commitment that you need some help with, reach out to us here.

Drew Baker





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We give all young athletes the opportunity to play, to learn, and to thrive. We share our love of the game plus important skills for player to succeed outside of the gym, including instilling a positive mindset around nutrition and exercise.

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STAFF SPOTLIGHT

MEET MICHAEL HARRISON!

Michael Harrison has been a Courthouse Group Exercise Instructor since late 2018 and is certified to teach an impressive eight formats, including Active, Core, Power, and Ride. "My favorite part of being an Instructor is connecting with the members of the classes I teach, both new attendees and veterans," says Michael. "I love learning about their goals and simply being a friendly face up front they feel comfortable talking to."

Michael was first certified in Group Active after an invitation from his Instructor and has been hooked ever since. "Before being certified, I had honestly never considered myself someone who would thrive being on stage; I'm not naturally very outgoing," he says. "Teaching has shown me cool parts of my personality I didn't know existed."



"Teaching has shown me cool parts of my personality I didn't know existed."

MICHAEL'S TOP CLASSES

Group Power

"The traditional lifts combined with more complex movement helps build all-round, functional strength."

Group Core

"I love the opportunity to do more than crunches and planks for thirty minutes! We get to work everything from shoulders to hips."

ROAD MAP to a FITNESS ROUTINE... and ...

As the school year starts, holidays approach, and life gets busier, making time for exercise becomes increasingly difficult.

We have created a step-by-step plan for establishing (or re-establishing) a simple, fun exercise routine.

01 MAKE A PLAN AND WRITE IT DOWN

The first step to transforming a good idea into action is to write it down. Start by opening your favorite calendar app and find available times to exercise. You can begin with three or four “appointments” per week. Create the calendar events and ensure they are shown as BUSY to others viewing your calendar.

You are allowed to make exercise a priority! Do your best to keep other events from taking over the time you’ve set aside for yourself. To make showing up even easier, compare your exercise calendar to the Courthouse schedule. Make some or all of your exercise appointments a group exercise class if possible.

“Finding ways to challenge yourself can keep you motivated! Make realistic daily and weekly goals, even small achievements will keep you accountable and excited as you strive to reach your long term goals.”

David Moreno, Fitness Director
SOUTH RIVER RD COURTHOUSE



02 INVITE OTHERS

Research suggests people with strong, supportive social connections are more likely to adopt healthy habits.

So, after you’ve scheduled your times for exercise, ask a trusted friend or family member to join you.

If no one can exercise with you during those times, at least tell a member of the Courthouse staff your plans. Even stating your goals and intentions out loud to another person will significantly increase your chances of following through.

“Having a workout partner maximizes your accountability in and out of the gym. When we have the sense of community surrounding us, we highlight our accomplishments, are less afraid to ask for help, and prioritize our mental-physical health overall.”

Austin Cline, Fitness Director
KEIZER COURTHOUSE



...how to pick one you'll definitely stick to

|03 ELIMINATE OBSTACLES

As you are establishing a new exercise routine, it will be important to create circumstances where the healthy decision is the easy decision. Even small obstacles could be the difference between showing up or not.

Regardless of the time of day that you've decided to hit the gym, prepare the night before. Set out your workout clothes and shoes. Prep a recovery meal or protein shake. Fill a water bottle. Double-check your alarm clock and calendar alerts.

Eventually, obstacles will be easier to manage and overcome. In the beginning, it will be vital to prioritize consistency and do whatever you can to set yourself up for success.

|04 CELEBRATE CONSISTENCY

Too often, people feel forced to only measure their health and fitness successes by a number on the scale. Obviously, achieving and maintaining a healthy weight is good, but there is more to living an active, adventurous life than losing weight.

You are allowed to celebrate showing up! We believe consistency is success.

For example, let's say you've attended most of your scheduled workouts—that's amazing! Go out and celebrate. Use that dopamine boost to motivate yourself to take on a new challenge and keep the streak going.

Maybe you had a good routine but lost it to summer camping trips and softball tournaments. Or, you've been trying to create a routine and have never been able to build something that sticks. Let's create one together

“Keep your objective simple. For example, plan to say hello to someone at the gym every day. If your objective is to simply greet someone specific, exercise will likely follow.”

Stefanie Groves, Club Director
BATTLE CREEK COURTHOUSE



“Oftentimes in our fitness journey, we forget to give ourselves grace and celebrate all the little wins along the way. For example, going from drinking 8oz of water to 64oz a day is a big deal. Celebrate every win because every one of those wins will lead to longer-lasting habits.”

Melissa Malone, Fitness Director
WEST SALEM COURTHOUSE



Super simple High-Protein POST-WORKOUT MEAL

We all know the benefits of a great workout. Unfortunately, we miss out on those benefits when we don't eat a protein-packed meal afterward.

We asked Cassie Gilbert from Verve Nutrition Therapy for a meal based on real foods that is relatively inexpensive, quick to make, and easy to pack to the gym or work.

If you've taken an InBody, you understand the importance of adding lean alongside losing fat. In fact, as you add lean mass (muscle, bones, tendons, etc.), the more efficiently you can burn fat and find an ideal body composition.

Especially after more strength-based workouts like Group Power or Performance Training, your muscles are strained and broken down. Eating high-quality protein helps you recover well so you can step into your next workout stronger.

Assembly:

Mix ingredients together and serve alongside sliced cucumber, carrots, and bell pepper. *For a tangy twist, we pickled our red onion in a little salt and white vinegar*

INGREDIENTS:

- 5 oz can of wild-caught tuna
- 1/2 celery stalk, diced
- 2 baby dill pickles, chopped
- 2 tbsp avocado mayo
- 2 tsp Dijon mustard
- 2 tsp pickle juice
- 2 tbsp diced red onion
(optional)



MEMBER SPOTLIGHT



MEET EMILY HANNA

Emily Hanna never considered herself a strong person and never thought she'd feel comfortable in a gym. "Before joining, I was so scared I wouldn't be welcomed," she says. "But now working out is my favorite part of the day!"

After Emily gave birth to her two kids, she experienced severe postpartum depression, and her therapist recommended joining a gym. "My plan was to hide on a treadmill, but a very kind Fitness Support Team member encouraged me to participate in last year's 31YOU, and I got plugged into Performance training," she recalls.

Even though Emily has had wins with her body composition (she's dropped 35 pounds of fat and added 5 pounds of lean muscle), she sees more significant successes with her energy and outlook. "I have more energy than I had in my twenties before I had kids," she says.

"Now I'm that person for new participants going through the same things I did."

Emily can now be the encourager others were to her. "When I joined Performance training, I was partnered with veteran exercisers who could support and guide me. Now I'm that person for new participants going through the same things I did."

**\$2 OFF ANY
COFFEE DRINK AT**
***Courthouse* COFFEEBAR**

Have you tried the new Courthouse Coffeebar at our Keizer location? Use this coupon on any coffee drink (hot or iced), and take a few minutes for yourself before or after a great workout!

Plus, look for the Courthouse Coffeebar at our West Salem location in mid-November!



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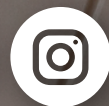
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Easier Access. Safer Clubs.

THE ALL-NEW GATEWAYS

Automated Gateways will soon be installed at all five Courthouse locations for fast, simple, and secure access for the nearly 5,000 members and guests who use our facilities daily.

Gateways will mean easier access for members and guests and better ensure the safety of you, your family, and your belongings.

Will anything change?

At first, using the new gates may seem strange. Earlier this year, we installed these gates at our Keizer Club with few noticeable disruptions. We chose these particular gates for their ease of use and increased security. Scan your tag as you normally do, hear a pleasant ding, walk through, and enjoy your workout!

Where will the smiling, welcoming faces go?

We will maintain a welcoming team of staff near the club's entrance, ready to greet members, answer questions, and address concerns. In fact, by automating the check-in process, staff will have even more opportunities to connect with members.

What about safety?

We want your workouts to be simple, fun, and safe. Our automated gated entry system will make it easier to track check-ins and ensure only members and guests of members use our facilities. That way, we can better secure our clubs and ensure the safety of our members and their belongings.



You will see gateways being installed at all five Club entrances starting in late October.



Automated Gates at Keizer Fast, Easy, and Safe

Club Director Sarah Bishop helped create a smooth transition to automated gated entry at the Keizer Courthouse location earlier this year. She says the change has been smooth and successful.

“Members have easily been able to adapt to the new check-in process of the club. While there was an adjustment period, members have been receptive to the system. Thankfully, they are always extremely kind and open to new innovations as our company grows.

With the Gateways, we can provide higher security by creating a single access point for all members and guests. This has allowed staff to have more individualized interactions with all members when they walk through

the front door. Gateways have allowed our Fitness Support Team more time to engage and integrate members into a positive and successful Courthouse experience.

Gateways also gave us the space to launch the Courthouse Coffeebar, which has created a relaxing and enjoyable atmosphere in our front lobby. At Courthouse, we understand the importance of community, and the Coffeebar is another amazing opportunity for members to connect and build meaningful relationships.”

Courthouse Coffeebar will be coming to our West Salem location in mid-November. We'll have a full coffee menu with locally roasted espresso beans. Plus, teas, specialty drinks, and protein smoothies.