

# COURTHOUSE

MAGAZINE

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JULY 2024 EDITION







# LETTER FROM THE OWNER

I was asked to write an article for this edition of Courthouse magazine, so I will use my few words to discuss a book I think everyone over 40 should read. For those of you under 40, I sincerely hope you will qualify someday. However, if you have someone older in your life you care about, you may want to read it now so you are armed to impact their life in a meaningful way.

The book is titled *Younger Next Year: How to Live Like You're 50 Into Your 80s and Beyond*. (We sell copies in the club, matching Amazon's price because it is crucial that you read it, and I want to make it easy.)

For this article, though, I will refer to a chapter that applies to everyone at any age who wants to stay strong, fit, and active at every stage of life. One last point of introduction: a fundamental recommendation of *Younger Next Year* is that you exercise six days a week for the rest of your life. Yup...six days a week! Read the book. You'll understand.

### **Chapter Nine: The Kedging Trick**

*Look, it is not easy to keep doing exercise six days a week, year in and year out, for the rest of your life. You may falter. You may start skipping whole weeks. You may say the hell with it. You may need a little motivation three or four times a year to keep yourself going. We suggest you familiarize yourself with the notion of "kedging." Never heard of it? Well, it goes something like this.*

*Sailing ships, becalmed and threatened, sometimes had to resort to kedging to escape trouble. The captain would have a light anchor (a kedge) loaded into a longboat and rowed half a mile or so away. The longboat crew would set the anchor, and everyone back on the big boat would pull like demons on the line, literally hauling the ship to the anchor. Then, they'd do it again until they got where they had to go. It sounds like a lot of work, but it may be worth it if it's the only way to overcome a tide pulling onto a lee shore.*

So....kedging: climbing out of the ordinary, setting a desperate goal, and working like crazy to get there. To save yourself.

It's our view that you have to do a little kedging now and then to keep yourself motivated. Figure out your own technique, but what we have in mind is stuff like booking an adventure trip—skiing, hiking, or whatever that's beyond your ability and training hard for months to get in shape to handle it. Then doing it right. Or buying a piece of gear that's way too good for you and working into it. Or take up an entirely new sport or activity, like squash or yoga, and get good enough at it to know whether you want to keep it in your life. It may sound like a lot of trouble, but it's also fun, and it works. And remember, your life is going to be very long. You need tricks to keep yourself interested.

As valuable as kedging has been to my life, including others has made it even more beneficial. If you're going to row out and set an anchor on an outrageous adventure, invite friends to go along with you. Together, you can commit, book the trip, buy the gear, and burn the escape bridge behind you. Together, the training and the adventure will be more certain and rewarding.

*John Miller*



Pictured is a recent kedge: Hiking up and down South Sisters in a day . . . with a few friends.





# A PRETTY GOOD CREW

Seth and Riley Bensusen own and operate a local print shop out of the basement of their home. In fact, nearly every poster, sticker, and handout you see at Courthouse (even this magazine you hold in your hands) comes through Pretty Good Printing. They work together and they work out together!

“I never saw myself as a gym person,” says Riley. “That’s why I love Performance and Spartan so much; I just show up and someone says ‘Here’s what you’re doing today.’”

As well as the simplicity of Trainer-led workouts, Seth appreciates how much he is pushed. “I used to do work outs in my back yard, which meant I did some push-ups and called it good. My Trainer and others in the session help me do way more than I would otherwise.”

Running their own business makes making time for exercise a challenge. “Kids Court is a lifesaver!” says Riley. “We can all come together, put our three girls in there, and get a great workout.”

To learn more about their business, go to [prettygoodprinting.com](http://prettygoodprinting.com)



# FROM MOTIVATION TO MOMENTUM

Adopting healthy habits is hard. At first, you feel motivated and inspired. You have the energy and will to make big changes. Soon, though, the motivation fades. Your will withers.

Here's the fix. Rely on yourself less. Rely on community more. Discover your Club. Or, better yet, discover your Clubs!



## DISCOVER A CLUB... **THAT MAKES YOU CHALLENGE YOURSELF**

At least one weekly workout should be a noticeable challenge. We all need to feel that sense of pride that only comes from doing something beyond our perceived limits.

Challenging yourself is hard. Accepting a challenge is much easier.

If your chosen workout is a cardio-centric class like R30, challenge yourself to keep pace with the instructor or a buddy on a nearby bike. If you decide on Performance or Spartan, let your Trainer pick the weights for you. They will select weights that cause you to sweat without causing injury.

## DISCOVER A CLUB... **THAT IS FUN & COMPETITIVE**

Most of us can remember the joy of a spontaneous playground game. Even little kids with very little organizational prowess can summon a game of soccer, foursquare, or kickball.

To stay young at heart (and body), we all need a little low-stakes competition.

Join a pickleball game; regulars are happy to teach you! Play pick-up basketball, even if all the other players are half your age and all you can do is set screens. Call a buddy and invite them to a friendly game of racquetball or squash.

Games like these will stretch you mentally and physically. Plus, they are just plain fun!



# VATION



The more diverse your community is, the more places you can find motivation and encouragement and have a whole lot of fun doing it.



## DISCOVER A CLUB... **OUTSIDE OF THE CLUB**

We love our Clubs and the value we deliver inside our walls. However, we still encourage our members to work out outside occasionally.

Find a local running or walking group. Ask those in your R30 class if they ever take their rides to the road and then tag along. Collect your friends for a hike with a high difficulty level. Meet at the Club, hit the Coffeebar, and take a walk.

Whatever you do, do it in community!

## DISCOVER A CLUB... **WHERE YOU CAN TAKE A MINUTE**

Like you, we believe in the benefits of a great workout. A little discomfort and some good sweat can go a long way. But, we also understand that sometimes you need a minute to relax and switch off your stress.

Connect with others in the hot tub, steam, or sauna. Invite your workout buddies to lay back by the outdoor pool this summer. Make recovery with some company a top priority.

All five Clubs will feature a Courthouse Coffeebar in the near future. We have built these spaces specifically because we know even a few minutes (especially for busy parents) to unwind and sip coffee is precious.

**"TO STAY YOUNG AT HEART (AND BODY), WE ALL NEED A LITTLE LOW-STAKES COMPETITION."**



Remodel  
Update

THE BATTLE CREEK REMODEL IS....

# MAKING PROGRESS



Our major remodel at the Battle Creek Club continues,

and we are excited about the progress so far. Nearly every square inch of the Club will see an improvement—from a fresh coat of paint to a total rebuild. The project is enormous, but the results will be worth the dust.



## REMODEL WILL INCLUDE:

**FLOOR-TO-CEILING REBUILD OF BOTH LOCKER ROOMS**

**EXPANDED WEIGHT ROOM**

**ALL-NEW SPACE FOR SPARTAN AND PERFORMANCE**

Before the project completely wraps in January, we will add Courthouse's fourth Coffeebar to the Battle Creek lobby, with a full espresso drink menu, protein smoothies, and an expanded seating area.





# EMPLOYEE SPOTLIGHT

IAN JONES

Ian's journey in fitness began early on when he earned his first group exercise certification in high school. Today, you can find his unique style, energy, and humor throughout the Courthouse schedule. "I teach Power, Core, R30, and Blast," he says. "Blast is my favorite because the format is inherently playful, which allows me to be goofy and have fun; when I'm having fun, it is easier for participants to let go and have fun, too."

When he's not on the stage and behind the mic, Ian enjoys competing in Obstacle Course Racing (OCR) events like the Spartan Race. In 2021, he completed what is known as the Spartan Trifecta.

"I completed a 5K, 10K, and a half-marathon race in one year. I love these events because you are not just running but also throwing spears, traversing swamps, and climbing ropes."

He says the OCR community, like Courthouse, is lively and supportive.



**TEACH A GROUP EXERCISE CLASS**

(don't worry ... we'll train you!)

**BECOME A BARISTA**

**GUIDE OTHER MEMBERS**

through Training and as Fitness Support

**AMAZING MEMBERS** **BECOME** **INCREDIBLE EMPLOYEES**

Love spreading the message of simple and fun fitness? We want to connect!

Find open positions or send us your info at [courthousefit.com/careers](https://courthousefit.com/careers)





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