BUILDING SERVICES

Health & Fitness Month!

JANUARY | EDGE BUILDING SERVICES | HEALTH



KICK OFF 2021 RIGHT!

We invite everyone to join in on educating yourself on building a mindset for maintaining your health and fitness goals for this new year!



Start!

Let's start by taking this 'How Healthy am I' quiz:

https://www.psychologytoday.com/us/tests/health/healthy-lifestyle-test

Calories and Fat

How much do you know about calories and fat?

What is a calorie?:

https://www.ted.com/talks/emma_bryce_what_is_a_calorie

What is fat?:

https://www.ted.com/talks/george_zaidan_what_is_fat





Apps & Motivation

What apps do you use to help keep you motivated and on track?

Healthy eating apps:

https://www.verywellfit.com/best-diet-apps-4774469

Free Fitness apps:

https://www.prevention.com/fitness/fitness-tips/g25357974/best-workout-apps/?slide=6

HOW MUCH WATER DO YOU DRINK AND HOW IMPORTANT IS IT TO YOU?

Drinking water is critical!

https://www.bbcgoodfood.com/howto/guide/what-are-health-benefits-drinking-water





EDUCATION RESOURCES:

Want kids to learn? Feed them well.
https://www.ted.com/talks/sam_kass_want_kids_to_learn_well_feed_them_well

Sugar, hiding in plain sight.
https://www.ted.com/talks/robert_lustig_sugar_hiding_in_plain_sight

How the food you eat affects your gut:
https://www.ted.com/talks/shilpa_ravella_how_the_food_you_eat_affects_your_gut

Easy Affordable Recipes:

https://www.taste.com.au/healthy/galleries/healthy-dinners-budget/4qGChV5h

https://www.bbcgoodfood.com/recipes/collection/cheap-and-healthy-recipes

https://www.brit.co/budget-friendly-meals/

Movies to watch:

https://greenpress.co/blogs/news/health-food-documentaries.

Books to read:

https://www.verywellfit.com/best-fitness-books-4160984

HOW CAN WE MINDFULLY MAKE GOOD FOOD CHOICES?

Here are some healthy food tips according to Harvard Health:

1. Make a schedule or a daily meal plan. A schedule is more predictable for you and for everyone in your household.
2. Plan for groceries. Try to buy fewer processed, high-salt or high-sugar snacks.
3. Load up on fruits, vegetables, whole grains, healthy fats, and lean proteins.
4. Save money. Skip the high-sugar soda and juices; instead flavor water with edible citrus or berries.
5. Plan and enjoy an occasional comfort food for a weekly treat - pick a day and enjoy whatever you want, just not all your favorites on the same day!
6. Manage your environment. If candy is simply not in the cupboard, then you can't eat it.



Affordable and healthy eating tips during COVID outbreak:

https://www.unicef.org/coronavirus/easy-affordable-and-healthy-eating-tips-during-coronavirus-disease-covid-19-outbreak

Looking for a gym membership?

Use the EMI discount code for a membership at VASA fitness! See VASA fitness flyer at the end of this newsletter!.



GETTING STARTED

How to set SMART fitness goals

The way you create your goals is so important — if you don't set yourself the right kind of goals to begin with, you could actually be limiting your success before you even get started.

If you want to be effective, consider five main focus areas when creating your goals — you can remember this by using the acronym "SMART" to guide you.

SMART goals are:

1. Specific
2. Measurable
3. Achievable
4. Relevant
5. Timely

Some studies have shown that working towards specific, measurable, achievable, relevant and timely goals can improve your chances of achieving success. Here's how you can set SMART goals — using the example of being able to do push ups on your toes.

Share your progress: Send us your goals so we can check in on your progress! Send to christinah@edgebuildingservices.com in English or Spanish.



30 DAY SIT UP CHALLENGE

www.30dayfitnesschallenges.com



DAY 1	20 SIT UPS
DAY 2	25 SIT UPS
DAY 3	30 SIT UPS
DAY 4	35 SIT UPS
DAY 5	REST DAY
DAY 6	40 SIT UPS
DAY 7	45 SIT UPS
DAY 8	50 SIT UPS
DAY 9	55 SIT UPS
DAY 10	REST DAY
DAY 11	60 SIT UPS
DAY 12	65 SIT UPS
DAY 13	70 SIT UPS
DAY 14	75 SIT UPS
DAY 15	REST DAY
DAY 16	80 SIT UPS
DAY 17	85 SIT UPS
DAY 18	90 SIT UPS
DAY 19	95 SIT UPS
DAY 20	REST DAY
DAY 21	100 SIT UPS
DAY 22	105 SIT UPS
DAY 23	110 SIT UPS
DAY 24	115 SIT UPS
DAY 25	REST DAY
DAY 26	120 SIT UPS
DAY 27	125 SIT UPS
DAY 28	130 SIT UPS
DAY 29	135 SIT UPS
DAY 30	140 SIT UPS

EMI HEALTH

GET *Healthy* FEEL *Strong* BE *Happy*

EXPERIENCE ALL THAT VASA HAS TO OFFER WITH PREMIUM AMENITIES AT OUR 45 LOCATIONS!

VASA Fitness Business Membership Program



2 GREAT MEMBERSHIP OPTIONS

Find What You Love!

COMPANY CODE:
BDUTEMIH

COMPANY NAME:
EMI Health

To sign up, go to **vasafitness.com/join** and enter your company's promo code. Please direct all questions to **businessmemberships@vasafitness.com**.

BUSINESS FITNESS

$16.99

- Access to all VASA Locations
- Expansive Cardio Deck
- Free Weights
- Functional Training Turf Area
- Strength Training Machines
- Performance Lifting Area
- Group Fitness Classes
- Basketball
- Fitness Cinema
- Full Locker Room Access
- Indoor Pool
- Spa, Sauna and Steam
- HydroMassage Lounge
- Light Therapy
- Tanning
- Racquetball
- KidCare Available

Amenities vary by location
Annual Rate Guarantee Fee of $49.99 will apply

BUSINESS STUDIO

$46.99

- Access to all VASA Locations
- Expansive Cardio Deck
- Free Weights
- Functional Training Turf Area
- Strength Training Machines
- Performance Lifting Area
- Group Fitness Classes
- **Unlimited Studio Red HIIT Classes**
- **Unlimited Studio Cycle Classes**
- Basketball
- Fitness Cinema
- Full Locker Room Access
- Indoor Pool
- Spa, Sauna and Steam
- HydroMassage Lounge
- Light Therapy
- Tanning
- Racquetball
- Unlimited InBody Scans
- KidCare Available

Amenities vary by location
Annual Rate Guarantee Fee of $49.99 will apply
TEAM Training classes are available in locations that do not have Studio.

VASA FITNESS

BUSINESS MEMBERSHIP

Questions? Contact businessmemberships@vasafitness.com