

# The O.G. Herald

September 2024

www.theohiogym.com

## FALL INTO FITNESS: EMBRACE THE SEASON OF STRENGTH

**DEAR OHIO GYM FAMILY,**

AS THE AIR BEGINS TO COOL AND THE LEAVES START TO TURN, SEPTEMBER INVITES US TO TRANSITION INTO A NEW SEASON WITH RENEWED ENERGY AND FOCUS.



### WHAT'S NEW THIS MONTH?

#### **HONORING OUR HEROES: OPEN GYM FOR POLICE AND FIREFIGHTERS**

IN REMEMBRANCE OF SEPTEMBER 11TH AND IN HONOR OF THE BRAVE MEN AND WOMEN WHO SERVE OUR COMMUNITIES, THE OHIO GYM IS PROUD TO OPEN OUR DOORS TO ALL POLICE OFFICERS AND FIREFIGHTERS THROUGHOUT THE MONTH OF SEPTEMBER.

**FREE ACCESS:** ALL POLICE AND FIREFIGHTER HEROES ARE WELCOME TO USE OUR FACILITIES AT NO COST DURING THIS MONTH AS A TOKEN OF OUR APPRECIATION FOR YOUR DEDICATION AND SERVICE.

PLEASE STOP BY THE FRONT DESK WITH YOUR ID TO RECEIVE YOUR COMPLIMENTARY PASS. WE THANK YOU FOR YOUR SERVICE AND COMMITMENT TO KEEPING US SAFE.

#### **SEPTEMBER 18TH, 6:30PM**

SEASONAL NUTRITION WORKSHOP: WITH THE CHANGE IN SEASONS, IT'S THE PERFECT TIME TO REFRESH YOUR DIET. JOIN OUR SEASONAL NUTRITION WORKSHOP, WHERE OUR NUTRITION EXPERTS WILL GUIDE YOU THROUGH MEAL PLANNING WITH FALL'S HARVEST IN MIND. LEARN HOW TO INCORPORATE SEASONAL PRODUCE INTO YOUR MEALS FOR OPTIMAL ENERGY AND HEALTH.

#### **SEPTEMBER 22ND @ 8AM**

FIRST DAY OF FALL HIKE – JOIN US FOR A COMMUNITY HIKE THROUGH THE BEAUTIFUL AUTUMN TRAILS OF OHIO AT BUR OAK, ELYRIA



## **STATERA HEALTH & WELLNESS: YOUR FALL RESET**

AS WE SETTLE INTO FALL, IT'S AN EXCELLENT TIME TO FOCUS ON OVERALL WELLNESS. VISIT STATERA HEALTH & WELLNESS, OUR ON-SITE HEALTH CENTER, FOR PERSONALIZED SERVICES THAT COMPLEMENT YOUR FITNESS ROUTINE. FROM MASSAGE THERAPY TO MENTAL HEALTH COUNSELING, WE'RE HERE TO SUPPORT YOUR JOURNEY TO HOLISTIC WELL-BEING. SEPTEMBER SPECIAL: ENJOY 15% OFF YOUR FIRST SERVICE AT STATERA WHEN YOU BOOK DURING THE MONTH OF SEPTEMBER!

### **SEPTEMBER FITNESS TIPS:**

**STAY CONSISTENT:** AS THE WEATHER COOLS, IT CAN BE TEMPTING TO SKIP WORKOUTS. REMEMBER, CONSISTENCY IS KEY! SCHEDULE YOUR WORKOUTS LIKE APPOINTMENTS YOU CAN'T MISS.

**WARM-UP WITH FALL COLORS:** INCORPORATE COLORFUL VEGETABLES LIKE PUMPKINS, SWEET POTATOES, AND CARROTS INTO YOUR DIET. THEY'RE PACKED WITH VITAMINS THAT BOOST YOUR IMMUNE SYSTEM AS WE HEAD INTO FLU SEASON.

**MIX IT UP:** TRY SOMETHING NEW THIS MONTH! WHETHER IT'S A NEW CLASS OR WORKING WITH ONE OF OUR PERSONAL TRAINERS, CHANGING YOUR ROUTINE CAN REIGNITE YOUR PASSION FOR FITNESS.



### **SEPTEMBER SPECIAL: FALL GEAR PROMOTION**

GET READY FOR FALL WITH THE OHIO GYM!

AS THE TEMPERATURES DROP, IT'S THE PERFECT TIME TO GEAR UP WITH OUR FALL APPAREL SPECIAL.

BUY ANY HOODIE FROM OUR NEW FALL COLLECTION, AND GET AN OHIO GYM T-SHIRT FOR 50% OFF! STAY WARM, STYLISH, AND REPRESENT YOUR FAVORITE GYM WHEREVER YOU GO.

OFFER VALID THROUGHOUT SEPTEMBER WHILE SUPPLIES LAST. DON'T MISS OUT—ORDER ONLINE TODAY! .....DIRECT SHIP



## **REFUEL & RECHARGE: SEASONAL BEVERAGES NOW AVAILABLE**

**AFTER A GREAT WORKOUT, DON'T FORGET TO STOP BY OUR CAFÉ FOR A POST-WORKOUT SHAKE, A PRE-WORKOUT SEASONAL COFFEE, OR A REFRESHING HYDRATION DRINK. THIS SEPTEMBER, WE'RE FEATURING SOME FALL-INSPIRED FLAVORS TO KEEP YOU ENERGIZED AND REFRESHED**

**AS WE SAY GOODBYE TO SUMMER AND HELLO TO THE CRISP DAYS OF FALL, WE ENCOURAGE YOU TO EMBRACE THE SEASON OF STRENGTH. LET'S CONTINUE TO PUSH FORWARD TOGETHER, SUPPORTING EACH OTHER EVERY STEP OF THE WAY.**

**THE OHIO GYM IS MORE THAN JUST A PLACE TO WORK OUT; IT'S A COMMUNITY. AND WE'RE SO GLAD YOU'RE A PART OF IT. HERE'S TO A STRONG AND HEALTHY SEPTEMBER!**

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**STAY ACTIVE, STAY HEALTHY, AND KEEP MOVING FORWARD.  
WARM REGARDS,**

**THE OHIO GYM TEAM**



# Our Partners



## **LifeSync Coaches**

Offering membership-based programs designed to help individuals achieve life balance. A comprehensive support system that offers a range of resources, guidance, and tools to assist members in various aspects of their lives.



## **STATERA HEALTH AND WELLNESS**

Statera Health and Wellness is a destination for those looking for recovery and enhancements, focusing on self care. We offer solutions that truly focus on healing from within. Come visit our relaxing and comfortable location and chat with experienced staff about how we can design a solution that best fits your personal needs.

# TAKE ADVANTAGE OF OUR PARTNERSHIPS



## **ARABICA EXPRESS**

Life without coffee is a scary place. That's why we continue to proudly serve up fresh coffee to your community. Globally sourced with the most delicious blends from around the world directly to your hand, our coffee makes even the most difficult days just a tad easier to get through.



## **NORTHERN OHIO BUSINESS CENTER**

Grow your Business/Career without distractions. Could you use a little quiet to maximize your work? Our center has everything you could ask for in your workplace: incredible facilities with great amenities, and a supportive community with a network of industry leaders.