

# The O.G. News

October 2026



theohiogym.com

## Fall Back into Fitness

**Hey Ohio Gym family,**

October is about rebuilding momentum as routines get busier, it's the simple habits, smart strength work, and recovery that keeps you consistent.

### What's Happening This Month

- Cooler weather = better training energy. Let's use it.
- If you've been "meaning to get back," this is your month to restart with no perfection required.

### **New Membership Promo: "Fall Reset" Join Offer**

Join in October and get:

- \$0 enrollment (this month only)
- 1 free Fit Body-style progress check + goal plan (with a coach)

*Join online using promo code: OEnroll*

## **Nutrition Tip of the Month: The 30g Protein Anchor**

Pick one meal per day (breakfast or lunch) and make it a 30g protein “anchor”. It keeps hunger stable, supports muscle, and makes the rest of the day easier.

### **Easy anchors:**

Greek yogurt + berries + nuts

Eggs + turkey sausage + fruit

Chicken salad wrap + side of veggies

**Bonus habit:** Add 1 fist of veggies to that meal for fiber and recovery.

## **Exercise Tip of the Month: 2-Day Strength “Minimum Effective Dose”**

If your schedule is packed, do this twice per week and you’ll still make progress.

### **Workout A (30–40 min)**

Leg press or squat variation: 3 x 8–10

Chest press: 3 x 8–10

Lat pulldown or row: 3 x 10–12

Plank: 3 x 30–45 sec

### **Workout B (30–40 min)**

RDL or hamstring curl: 3 x 8–10

Shoulder press: 3 x 8–10

Row (different grip than A): 3 x 10–12

Farmer carry: 3 x 30–60 sec

**Rule:** Leave 1–2 reps in the tank. Consistency beats soreness.

## Community Corner

- **Bring a friend:** VIP members—use your guest privileges and train together once a week.
- **Small wins challenge:** Pick one habit (2 strength days, 8k steps, or protein anchor) and commit for 14 days.

### October Checklist (Save This)

1. Do 2 strength sessions/week
2. Hit one 30g protein meal/day
3. Add 1 recovery session after your hardest workout
4. Track one metric (sleep, steps, or workouts completed)

### Need Help Picking a Plan?

Stop by the front desk and ask for a “Fall Back Into Fitness” plan and we’ll point you to the right membership option, classes, and coaching.

### Featured Product: “October Pick” Coffee

The Ohio Gym Recovery Lounge Feature:  
Jumpin’ Java

*Combines the flavors of sweet cinnamon, buttery pecans, and a hit of dark rum.*



# Member Spotlight

This month, We are proud to recognize Ciara Loera as our **Client of the Month!**

Shout out to Ciara Loera for putting in the work!

Ciara is down 14 lbs, lost 12 overall inches, and decreased her body composition by 3 %.

She shows up ready to work and is super dedicated about her fitness journey!

Congratulations Ciara to having courage in the gym and strength in everyday life!



# T-SHIRT OF THE MONTH



## Recovery Feature: Contrast Therapy (Hot/Cold)

**Why we love it:** Contrast therapy supports recovery by alternating heat and cold to help circulation and reduce that “heavy legs” feeling.

### Benefits members notice:

- Faster post-workout recovery
- Reduced soreness and stiffness
- Better relaxation and sleep quality

**Try it this month:** Add contrast therapy after leg day or a long week and your body will thank you.

Questions or ready to upgrade?

Email us at [support@theohiogym.com](mailto:support@theohiogym.com) or stop by the front desk.



### STAY CONNECTED:

SHARE YOUR LUCKY GAINS ON SOCIAL MEDIA: - FACEBOOK -  
INSTAGRAM - YOUTUBE



Reminder of Our Hours:

Staffed & Guest Hours:

Mon-Thu: 8am-10pm

Fri: 8am-8pm Sat: 8am-2pm Sun: 8am-2pm

VIP Members: enjoy Your 24/7 access continues as normal!

# 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.