The O.G. News

November 2026 theohiogym.com

Stronger Through the Holidays (Consistency > Perfection)

Hey Ohio Gym family,

The holidays are coming fast; busy schedules, extra treats, and less daylight. The goal this month isn't perfection; it's showing up. We've got your plan: train 2–4x/week, eat protein-first, recover on purpose, and keep momentum rolling.

What's Happening This Month

New Membership: Annual Paid in Full Bonus

$0 Enrollment on Term Memberships + 1 month Free for a Friend

or

Purchase an Annual Paid-in-Full Membership and get:

- 1 additional month FREE (13 months total)
- PLUS 1 month FREE for a friend or family member
- No Enrollment, Processing or Semi-Annual Fees

Personal Training: PT + Recovery Bundle

Buy 3 Personal Training Sessions

Get 3 FREE Recovery Sessions

Why this combo works:

- Better consistency (less soreness, better bounce-back)
- Improved performance in your next workout
- A plan + accountability from your coach

Email: support@theohiogym.com to Enroll

Nutrition Tip of the Month: Protein First Plates

Why it works: Protein supports muscle, keeps you fuller longer, and helps stabilize cravings.

Try this simple rule for most meals:

- 1 palm of protein (chicken, turkey, eggs, Greek yogurt, lean beef, tofu)
- 1 fist of veggies (or fruit at breakfast)
- 1 cupped hand of carbs (rice, potatoes, oats...adjust up on training days)
- 1 thumb of fats (olive oil, nuts, avocado)

Holiday win: Eat a protein forward snack before parties (Greek yogurt, protein shake, turkey roll-ups). You'll make better choices without feeling deprived.

Exercise Tip of the Month: The 30 Minute Holiday Lift

Short on time? Do this 2–3x/week and stay strong all month.

- **Warm-up (5 min):** incline walk + dynamic mobility
- **Workout (20 min):** 3 rounds, steady pace

1. Goblet squat or leg press – 10 reps
2. Dumbbell bench or push-ups – 10 reps
3. Lat pulldown or row – 10 reps
4. Romanian deadlift or hamstring curl – 10 reps

- **Finisher (5 min):** bike intervals (20 sec hard/40 sec easy)

Want this customized to your goals? See the training promo.



Community Corner

Featured Product of the Month

Caramel Toasted Chestnut Roast (12oz) — $2.00
A cozy seasonal pick that tastes like the holidays.
Grab yours: at The Recovery Lounge.

Member Challenge: 12 Visits in November

Goal: 12 gym visits in November (about 3/week).

- Track your check-ins
- **Win:** bragging rights + a shoutout in next month's newsletter

Join in: Reply to this email: "Put me in the 12 Visits Challenge."

Quick Reminders

VIP members: bring a friend using your guest privileges
Need structure? Ask about personal training
Recovery counts: don't skip it

T-SHIRT OF THE MONTH



Member Spotlight

Big shoutout to **Ilyana**, our November Member of the Month.

In a little over a month and a half, she's:

- Lost 20+ lbs
- Gained more energy day-to-day
- Built real motivation, excitement, and momentum that's carrying into everything else

What we love most:

She's proving that consistency works, even when life is busy. Keep crushing it, Ilyana!





Recovery Feature: Halo Room

Breathe Better. Recover Deeper. Reset Faster.

The Halo Room is one of the easiest ways to support your recovery—especially during stressful, busy holiday weeks.

Benefits members love:

- Supports relaxation and stress relief
- Helps you feel refreshed and recharged
- Great on rest days or after tough training weeks
- A simple "reset" when sleep and schedules are all over the place

Pro tip: Pair a Halo Room session on a rest day or after strength training for a full recovery-focused week.
Book it: Ask the front desk about scheduling the Halo Room



📱 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.