

The O.G. News

January 2026



theohiogym.com

Welcome to Unleash 2026

**January isn't about resolutions.
It's about raising your standard.**

At The Ohio Gym, we don't chase motivation, we build discipline.
This month is about resetting habits, dialing in recovery, and
attacking 2026 with intention.

If you're here, you're already ahead of the pack.

Now let's UNLEASH what's been waiting to come out.

Strength. Structure. Consistency.

This month we're focusing on:

- 🧑‍🏋️ Training with purpose
- 🧠 Mental resilience
- ♻️ Recovery as a weapon
- 🔥 Momentum over motivation

Anyone can start. Few stay consistent. Be one of the few.

🧑‍🏋️ Training Focus: Build the Base

January is about foundation, not burnout.

What to focus on this month:

Compound lifts & progressive overload

Perfecting form

Showing up 3-5x/week consistently

Asking trainers questions (that's what they're here for!)

📌 Pro tip: Consistency in January = confidence all year.

Recovery Spotlight:

Your body grows when you recover, not just when you train.

Inside The Ohio Gym, is your unfair advantage:

- ❄️ Cold Plunge – inflammation reduction & mental grit
- 🔥 Infrared Sauna – detox & muscle recovery
- 🦶 Compression Therapy – faster recovery between sessions

Train hard. Recover harder. Repeat.

Mindset Minute

Motivation fades. Systems win.

January isn't about hype, it's about:

Scheduling workouts like appointments

Preparing meals ahead of time

Getting enough sleep

Choosing discipline over comfort

The days you don't feel like training are the days it matters most.

January Challenge: Show Up

No gimmicks. No prizes. Just standards.

The Challenge:

- ✓ Train 12+ times in January
- ✓ Use 1 recovery service
- ✓ Invite 1 guest to train with you

Do it for you. The results will follow.

Nutrition Tip of the Month: Fuel the Unleash

January isn't the time to starve yourself — it's the time to fuel performance.

Focus on building habits, not extremes.

January Nutrition Priorities:

- 🍖 Protein at every meal (supports muscle, recovery, and metabolism)
- 🥦 Whole foods first (lean meats, veggies, fruits, complex carbs)
- 💧 Hydration matters (aim for clear/light yellow urine)
- 🕒 Eat consistently — skipping meals leads to crashes and cravings

You can't train like an athlete and eat like you're in survival mode.

OG Pro Tip:

Start with one change, not ten.

Example: Add a protein-rich breakfast or post-workout shake every day this month.

Community Spotlight: OG Nation

We don't just build bodies — we build people.

Tag us in your workouts, recovery sessions, and wins:

📸 #OGNation

📍 @TheOhioGym

Your consistency inspires someone watching quietly.

January sets the tone for the entire year.

Don't wait to feel ready.

Don't wait for motivation.

Show up. Put the work in. Unleash your potential.

**See you on the floor,
— The Ohio Gym Team**

T-SHIRT OF THE MONTH



STAY CONNECTED:

SHARE YOUR LUCKY GAINS ON SOCIAL MEDIA: -
FACEBOOK - INSTAGRAM - YOUTUBE
#OHIOGYMLUCK #FITNESSFORTUNE
#THEOGSHEFFIELD #THEOHIOGYM



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.