

The O.C. Herald

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www.theohiogym.com

KICK OFF 2025 WITH STRENGTH, RECOVERY, AND NEW GOALS!

HAPPY NEW YEAR, OG NATION!

AS WE STEP INTO 2025, WE WANT TO TAKE A MOMENT TO EXPRESS OUR HEARTFELT GRATITUDE FOR MAKING 2024 AN INCREDIBLE YEAR. YOUR DEDICATION, ENERGY, AND COMMITMENT HAVE FUELED THE OHIO GYM COMMUNITY, AND WE CAN'T WAIT TO CONTINUE GROWING TOGETHER THIS YEAR. HERE'S TO CRUSHING NEW GOALS, BUILDING STRENGTH, AND THRIVING IN 2025!



UNLEASH THE BEAST: T-SHIRT OF THE MONTH

GET YOUR HANDS ON JANUARY'S "UNLEASH THE BEAST 2025" T-SHIRT FOR JUST \$20! THIS BOLD DESIGN IS YOUR BADGE OF HONOR TO KICK OFF THE YEAR WITH POWER AND DETERMINATION. AVAILABLE NOW ONLINE – DON'T MISS OUT!



NUTRITION TIP: FUEL YOUR GOALS

START THE YEAR STRONG WITH THESE NUTRITION TIPS FOR JANUARY:

BALANCE YOUR PLATE: FILL HALF YOUR PLATE WITH VEGGIES, A QUARTER WITH LEAN PROTEIN, AND A QUARTER WITH WHOLE GRAINS FOR SUSTAINABLE ENERGY.

STAY HYDRATED: AIM FOR 8-10 GLASSES OF WATER DAILY. ADD LEMON OR CUCUMBER SLICES FOR FLAVOR.

PREP FOR SUCCESS: SPEND AN HOUR ON SUNDAYS PREPPING MEALS AND SNACKS FOR THE WEEK TO AVOID UNHEALTHY TEMPTATIONS.

Happy New Year 2025

EXERCISE TIP: NEW YEAR, NEW STRENGTH

CONSISTENCY IS THE SECRET TO ACHIEVING FITNESS GOALS.

START SMALL WITH A PLAN YOU CAN STICK TO:

SET SMART GOALS: SPECIFIC, MEASURABLE, ACHIEVABLE, RELEVANT, AND TIME-BOUND GOALS HELP YOU TRACK PROGRESS.

ADD VARIETY: TRY A NEW GROUP CLASS OR INCORPORATE SUPERSETS INTO YOUR WORKOUTS FOR EXTRA INTENSITY AND FUN.

CELEBRATE MILESTONES: ACKNOWLEDGE EVERY WIN, BIG OR SMALL, TO STAY MOTIVATED.

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UPGRADE TO EXCLUSIVE MEMBERSHIP

WE'RE THRILLED TO ANNOUNCE THAT YOU CAN NOW UPGRADE TO OUR **EXCLUSIVE MEMBERSHIP:**

WEEKLY RECOVERY SERVICES AT STATERA HEALTH & WELLNESS – BECAUSE RECOVERY IS KEY TO PROGRESS.

ONLINE EXERCISE & NUTRITION COACHING TAILORED TO YOUR GOALS.

UNLIMITED ACCESS, CLASSES, TANNING, AND GUEST PRIVILEGES – ALL FOR THE BEST START TO YOUR FITNESS JOURNEY IN 2025.

HERE'S TO AN AMAZING YEAR AHEAD – THANK YOU FOR BEING PART OF THE OHIO GYM FAMILY. LET'S MAKE 2025 YOUR STRONGEST YEAR YET!

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.