

The O.G. News

August 2026



theohiogym.com

Finish What You Started

Hey Ohio Gym family,

August is where a lot of people drift.

Vacations, busy schedules, kids back to school soon it's easy to lose momentum.

So our theme this month is: Finish What You Started. Not with perfection, but with consistency.

August focus: Consistency beats intensity

If you've been on-and-off lately, you don't need a fresh start you need a simple plan you can repeat.

- **2 workouts/week** beats 1 perfect week and then nothing
- **Short sessions count** (30 minutes is plenty)
- **Progress comes from showing up** even when motivation is low

This month's mini-challenge: The 4-Week Finish

Pick one track and commit for all of August.

Track A: Gym consistency

- **8 visits this month** (2/week)
- Bonus: 12 visits (3/week)

Track B: Strength consistency

- Choose **4 main lifts** you'll repeat weekly (example: leg press, chest press, lat pulldown, RDL)
- Add **1 rep** or **5 lbs** when you can with good form

Track C: Recovery consistency

- **10 minutes of mobility** after every workout
- **7+ hours sleep** target most nights

Exercise tip of the month: Progress without Burnout

Want results without feeling wrecked? Use this simple rule:

- Keep most sets at **7/10 effort** (you could do 2 more reps)
- Pick **one** exercise per workout to push a little harder
- Track your weights so youre not guessing each week

Quick template (full-body, 45 minutes):

1. Leg press or squat variation 3 sets
2. Row or lat pulldown 3 sets
3. Chest press 3 sets
4. RDL or hamstring curl 2 sets
5. Core 2 sets

Nutrition tip of the month: The 3-2-1 Plate

When life gets busy, structure beats willpower.

At most meals, aim for:

- **3** handfuls of protein per day total (spread across meals)
- **2** servings of fruits/veggies per day minimum (more is great)
- **1** planned treat per day (so you dont feel deprived and binge later)

Simple win: Protein + fruit at breakfast (Greek yogurt + berries, eggs + fruit, or a shake + banana).

Member Spotlight

This month's Member Spotlight is dedicated to someone who has been part of The Ohio Gym family for many years,

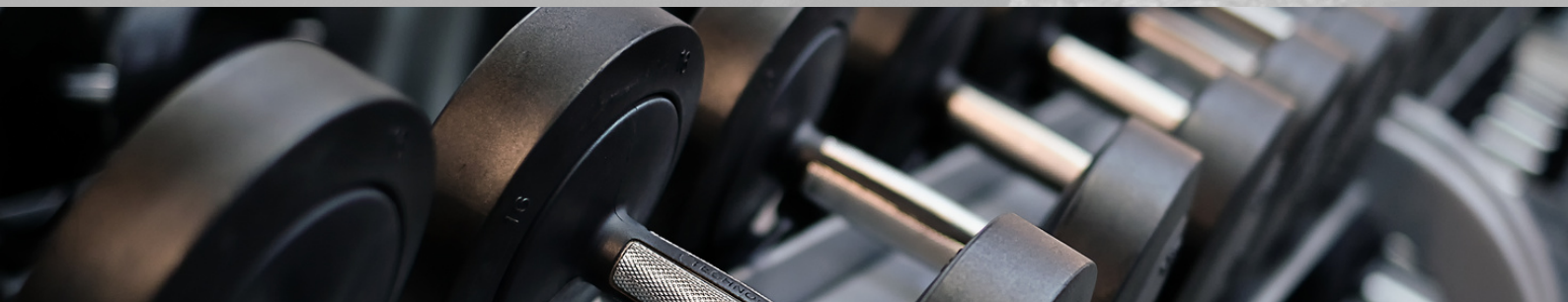
Tracey Mobley.

Tracey has always been a familiar face in the gym, showing up with a positive attitude and a commitment to his health and fitness. Over the past couple months, he's faced a challenging road, undergoing a couple of tough surgeries. While his journey hasn't been easy, his strength, determination, and resilience continue to inspire everyone who knows him.

The gym just isn't the same without him, and we know many of our members have been asking when he'll be back. We can't wait to welcome Tracey home and see him doing what he does best; working hard and encouraging those around him.

From all of us at The Ohio Gym, we wish you continued healing and a smooth recovery. Stay strong, Tracey. We're saving your spot, and we'll be cheering you on every step of the way.

We can't wait to see you back at The OG!



T-SHIRT OF THE MONTH



Recovery corner: Finish strong by recovering smart

If you're training hard (or just feeling run down), recovery helps you stay consistent.

Check out our on-site recovery options in the Recovery Lounge:

- Cold plunge
- Infrared sauna
- Compression therapy
- Hot/cold contrast therapy
- Red Light Therapy

Ask what fits your goals and schedule.

Questions or ready to upgrade?

Email us at support@theohiogym.com or stop by the front desk.

Your Ohio Gym Family



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.