



Maximizing Your Results

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Owner

Our mission at Evolution Fitness is to help as many people as we can by getting them RESULTS. We love challenges like the NewYear NewYou because we've seen such amazing transformations and lives being changed! But, even better, we have evolved! As we like to say, we are always learning and constantly improving, and that there was a gap that needed to be filled. Evolution Fitness has evolved and now offers an individualized nutrition program that is symbiotic to our fitness program. Evolution Fitness is THE PLACE to get RESULTS.

So, how do we maximize our time to get the BEST results? The best part about Evolution Fitness is that we have a PLAN for you as soon as you walk in the door. All you have to do is show up! Being a parent with a busy schedule, I understand the challenges of trying to get a workout in and following a bio-specific nutrition plan. So, the key is to PLAN. "Work the plan and not the man," is a common saying at the gym. Many of you are great at scheduling your training sessions in advance and/or having "gym days". If you are concerned about proper recovery, please ASK. Each person recovers differently. We have plenty of suggestions on appropriate recovery methods at the gym, and most, if not all of you are following it.

Whatever you do, don't miss out on the Foam Roll/SMR (Self-Myofascial Release) protocol. Some of the basic benefits are the increased blood flow throughout the body, better movement and increased range of motion. These benefits can decrease the chance of injury and decrease recovery time after a workout. A decreased recovery time means that you can increase the frequency of your training sessions per week/month and you can see results quicker. Increased circulation is huge for recovery and greater range of motion means you get the most out of each repetition per exercise. The new Foam Roll/SMR protocol will be available for view at the gym and on our YouTube Channel. Subscribe to our channel (EvoFitNow) to stay in the know! Click here to watch now <https://youtu.be/7r2WCN-QyPY>

The Tune-Up class is a built-in recovery system incorporated right into our training systems. If you already have plans to attend the Express class, take advantage of the hour and stay for Tune-Up. Due to the format of Express, there is a minimal warm-up, hence why Tune-Up immediately follows so you have the appropriate time to cool down after a rocking 30-minute exercise program. Tune-Up is designed to reset and re-establish the functional capacity of each joint and all major moving and stabilizing muscles of the body. Now is the time to take each and every opportunity to recover so you can come in fresh for your next workout in order to maximize your results.