

**FREE 30 MIN WORKOUT
+ CALENDAR INSIDE**

YOUR GUIDE TO
Getting In Shape
for the
Big Day

YouFit
GYMS

It's time to get ready for the big day! And, YouFit Gyms is here to help you get there stress-free. **INSIDE** is your roadmap to help you get in shape for your wedding day and beyond.

At YouFit, it's our job to have our pulse on the fitness industry and we know that 2023 will be all about Mental Wellness and focusing on the mind-body connection. What is the mind-body connection? Simply stated, get your mind right and your body will follow.

So, if you're a bride-to-be for 2023, it's time to shift your mindset from stressful planning, crash dieting, and bridezilla-mode to prioritizing your mental health and creating a more enjoyable stress-less wedding planning experience. Not because the trends say-so but because the mind-body connection is REAL and taking care of your mental wellbeing and not stressing out months prior to your big day WILL help you meet your physical fitness goals for the wedding of your dreams.

That said, we're here to give you the best tips – a road map, if you will – to getting in shape for your wedding that will reduce stress, help you hit your fitness goals, and maintain all that you've achieved long after you hang up that wedding dress.

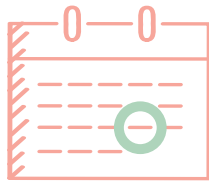
*So, let's
get started!*



Plan Ahead

The more time you have the better! Start your "Getting In Shape for the Big Day" **journey one (1) year before your wedding date** – the exact same time those Save the Dates go out. One year will allow you time to realistically start and stick to a new fitness routine and instill better eating habits. The more time you have: the more enjoyable the process will be; the more positive long-term habits you will create; and, the more likely you'll hit your ultimate goal. After all, do you really want to cram a 25# weight loss into 30 days? That's not fun and it's not healthy.

Don't have a year? Give yourself at least 4 – 6 months. Remember, the key is to get to your overall goal – be it weight loss, toning, building a bigger booty, whatever it is – **STRESS-FREE.**



Team Up With The Pros

You wouldn't do your own hair or makeup on your wedding day. So, why leave the biggest transformation of them all – a full body transformation – to your own devices? This is your sign to invest in yourself and team up with a certified Personal Trainer and Dietitian and **leave the HOW you're going to reach your fitness goals to the pros.**



PERSONAL TRAINER

Train with a certified Personal Trainer at least 2x a week. Be very specific (and realistic) about the goals you're trying to reach and your Personal Trainer will create a customized training program to get you there. They will hold you accountable and you'll see results faster. All you have to do is show up. How's that for stress-free?

CERTIFIED DIETITIAN

Say no to crash-dieting, and say YES to a certified Dietitian instead! A dietitian will evaluate your current eating habits and help you create new ones that will align with your overall goals. Best part, you'll get to the finish line HEALTHY, GLOWING and SATISFIED rather than undernourished, burnt-out and ready to eat the entire dessert bar.



Ready to get started?

YouFit Gyms offers affordable personal training with sessions starting as low as \$35 and has partnered with EatLove to offer personalized nutrition programs right at your fingertips.



3

Say Farewell to Restrictive Diets

According to Ale Zozos our in-house EatLove dietitian, it's time to:

"Shift your mindset from **ELIMINATING** foods to **ADDING** more nutritious, plant-based, whole foods to your diet."

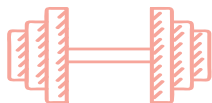
Just the idea of removing foods you enjoy from your diet SCREAMS deprivation and that is a recipe for actual weight gain and stress. Instead, **focus on building a balanced plate of protein, carbs, and fat for each meal and add in 1-2 snacks to ensure you receive proper nutrition.** You'll stay fueled throughout the day, reduce spikes in insulin which will improve your mood (eh, hem - less stress), hold off extreme sugar cravings, **reduce inflammation (that's right, no swelling for the big day)**, and help you not only reach your goal but maintain your results long term.



4

Focus on Getting Strong

Add strength training to your workout routine 2-3x per week to help build lean muscle, lose fat, and tone and sculpt the body you want for the big day. Team up with a Personal Trainer and they'll create a customized and safe strength training program for you.



5

Sweat it out with HIIT

Boost your metabolism, burn lots of calories, lose fat, and release the stress from the day with a HIIT (high intensity interval training) class 1-2x a week.

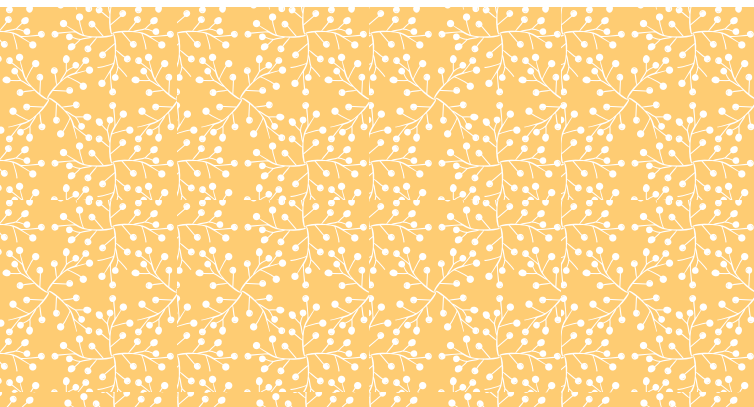
Take HIIT training to the next level with HIIT+, YouFit gyms signature small group training led by a personal trainer. You'll get access to our certified personal trainers, sweat, have fun, get fit, and hit your goals in no time.



6

Add a Daily Walk to Your Routine

Adding just 30- 45 minutes of walking outdoors to your routine every day, can significantly reduce stress, positively impact your mental health, relieve sore muscles, and aid in weight loss. So take a break from the workday, family, friends and wedding planning, get up, get outdoors, and go for a walk. You'll thank us later!





Channel Your Inner Yogi

Take a yoga class that focuses on breathwork and gentle movements at least 1x a week. The mind-body connection is REAL. If we don't take the time to release the stress that wedding planning and everyday life creates, this stress can live in our bodies and show up in different ways – like, shoulder pain, lower back pain or tight hips. So, make time to release your weekly stress (or any feelings that don't positively serve you) by taking a yoga class.

Looking for a gentle yoga class near you? We've got you covered. Find a class at youfit.com/classes.



Rest – You Need it!

Get at least 7 hours of quality sleep every night; 8 hours is the sweet spot! Ample sleep helps manage stress, improve your mood, regulates blood sugar and aids in post-workout recovery.

Plus, schedule 1-2 rest days into your weekly workout schedule to ensure you are not overtraining.



Hydrate

Drink approximately 3 liters of water a day. Invest in a custom (perhaps wedding themed?) water jug labeled with hours and motivational quotes to keep you on track. Drinking enough water boosts skin health for that wedding day glow, helps with digestion and decreases bloating, and helps you think more clearly.



Practice Self-Care

Manicures, pedicures, a great haircut, a massage, a long bath, a day of relaxation shouldn't be reserved for just your wedding week. Take the time to pamper yourself and decompress throughout your wedding planning journey. You deserve it!



Wedding Prep Workout Calendar



SUN	MON	TUE	WED	THU	FRI	SAT
REST	Personal Training Session	HIIT+ Class	REST	Personal Training Session	HIIT+ Class	YOGA
Walk 30-45 min	Walk 30-45 min	Walk 30-45 min	Walk 30-45 min	Walk 30-45 min	Walk 30-45 min	Walk 30-45 min
REST	Personal Training Session	HIIT+ Class	REST	Personal Training Session	HIIT+ Class	YOGA
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Free Workout

Grab a pair of moderate to light dumbbells and try this 30 minute workout at home or at the gym.

WARM UP

- 20 Toe Taps to Dumbbell
- 10 Standing Roll Ups
- 20 Jumping Jacks
- 10 Squats
- 20 High Knees
- 10 Good Mornings

Repeat x 2 rounds total

WORKOUT

- :30 sec on Squat to Dumbbell Press
:10 sec Rest
- :30 sec Bent Over Dumbbell Row
:10 sec Rest
- :30 sec Alternating Dumbbell Lunges
:10 sec Rest
- :30 sec Romanian Deadlift with Dumbbells
:10 sec Rest
- :20 sec Mountain Climbers
1:00 Rest

Repeat x 5 rounds total

AB FINISHER

- :20 sec Russian Twist
:10 sec Rest
- :20sec Dead Bug
:10 sec Rest
- :20 sec Flutter Kicks
:10 sec Rest
- :20 sec plank hold
:10 sec Rest

Repeat x 3 rounds total