

THE FITNESS COLLECTIVE ATL

The Monthly Grapevine

DECEMBER

CLASS ALERTS

- ***NEW INSTRUCTORS!**

Hot Vinyasa w/ Sam
Tuesdays @ 7:30pm

VinYin Lite w/ Jerri
Fridays @ 11:30am

- ***\$5 Community Classes***

Please check our online schedule
for the most up to date classes!

EVENTS

HEAL'D FEMININITY FRIDAYS

Friday, 6th & 13th @ 7:30pm

MOMMY & ME Fitness
w/ Seshen

Sunday, December 8th @ 10:30am

MEMBERS ONLY

2025 Intention Setting Party
Friday, December 20th 6-8pm

BUTI & BUBBLES

Christmas Eve 10am w/ Tiffany



HAPPY HOLIDAYS!

We all know the holidays are meant for two things: spending time with family and food. With such a strong emphasis on treats, food, and drinks it can be hard to stay focused when you are on a health journey. So, the question remains: how are you supposed to go about the holidays while on your health journey? Here are a few ideas of realistic goals you can focus on this holiday season:

- **Moderation not deprivation.** Rather than avoiding all indulgent foods, practice moderation by allowing yourself to enjoy holiday treats in smaller portions.
- **Prioritizing protein and veggies.** Making it a goal to fill your plate with protein and veggies first and then sprinkling in the treats can go a long way in helping to keep you satisfied and your blood sugar stable.
- **Staying hydrated.** Make it a goal to drink plenty of water throughout the day.
- **Memories over macros.** Focus on being present in the moment with your family and friends. I promise you will remember these memories a lot more than you will remember the food you ate that day.
- **Exercising.** We've included a few exercises that can be fun for you and your family to do together.

The Fitness Collective ATL wish you and your family a Happy and safe Holiday Season..



For additional, follow the link below: <https://www.taramd.com/post/your-guide-to-healthy-holiday-habits-and-mindful-eating>

HERE ARE A FEW TIPS ON HOW TO MAKE THE HOLIDAYS LESS STRESSFUL.

According to the Mayo Clinic, the best things you can do can minimize holiday stress are:

- **Acknowledge your feelings:** You don't have to put on a brave face around loved ones, just because it is the holiday season. You can't force happiness, so accept your feelings as they arise.
- **Reach out for support:** If you are feeling lonely, you can find community in friends, family, other social events, or religious gatherings. During the holiday season people can be more distracted than usual, so reaching out with a text or call can let people know you need extra support.
- **Be realistic:** There is no such thing as perfect, so striving for perfection will only lead to more holiday stress, so set realistic expectations.
- **Stick to a budget:** Create a spending plan for all your gift shopping and holiday activities, and stick to it.
- **Plan ahead:** Make sure you have time for spending time with friends and family, as well as some down time to rest and recharge.
- **Learn to say no:** Overcommitting and saying yes to everything is guaranteed to make you more stressed, and will lead to feeling burnt out.
- **Don't abandon healthy habits:** Try to stick to your regular lifestyle, as it can add more stress to overindulge. This doesn't mean don't partake, you should enjoy fun holiday treats and relax without feeling shame or guilt.
- **Take a breather:** Make sure you have alone time, and do things that you enjoy. Even spending 15 minutes alone going for a walk, drive, listening to music, or reading a book can help you reduce stress.
- **Seek professional help if you need it:** If you are feeling persistently sad or anxious, you could benefit from professional help.

For additional information, follow the link below:
<https://plushcare.com/blog/holiday-stress/>

THE FITNESS COLLECTIVE ATL STUDIO



If you are looking for a great place to host your next small event or meeting, look no further!
Ask us about rates to rent our beautiful SOFU space!

HAVE YOU EXPERIENCED THE NEW INFRARED SAUNA?



In an effort to provide the community with exceptional healing, fitness and motivational tools, the Fitness Collective has installed an Infrared Sauna! There are so many health and wellness benefits to using the Sauna. We've listed a few of the benefits below that we think may be beneficial to you:

- **Detox and Clean**-By sweating out impurities and heavy metals, your immune system is free to focus on more important bacteria and viruses.
- **Muscle Recovery**-By improving your recovery, you will be able to limit fatigue and not feel sore and tired the next day after exercising.
- **Boost Metabolism**-As you relax in the gentle infrared heat, your body is hard at work producing sweat, pumping blood, and burning calories.
- **Improve Skin**-Infrared saunas not only improve the appearance of but help to reduce acne.
- **Enhanced Mood**-endorphins are endogenous opioids that are part of the body's natural painkiller system.
- **Heart Health**-Core body temperature slowly rises, stimulating blood vessel dilation throughout the body. The result is an increase in blood flow, heart rate, and cardiac output.

So check it out after your next exercise class!

HAVE YOU BEEN THINKING ABOUT WORKING 1-ON-1 OR IN A SMALL GROUP OF FAMILY OR CLOSE FRIENDS (UP TO 5 PEOPLE) WITH ONE OF OUR MOTIVATORS?!



We've got the solution for you!

Private Yoga, Yoga Therapy, Personal Training and Nutritional Guidance is available with Tiffany, Stephanie, Sherita, Judi and Shy! Ask us about rates or check out the APPOINTMENTS tab in your Wellness Living Dashboard or Achieve App.

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