

renafitness.com

**“LEARN TO THINK
POSITIVE WHEN
EVERYTHING SEEMS
NEGATIVE”**

ReNA®

370 East 40th Avenue (40th & Donald Streets)
P.O. Box 50303, Eugene, Oregon 97405

*First session is FREE!! Sessions are 30 minutes.

NEWCOMERS (NEWBIES)

Come 20 min. early for MANDATORY instruction
NO EXCEPTIONS!!

NEW SCHEDULE

MON, WED, FRI

5:30, 7:00, 9:30 am

12:15, 4:30, 6:00 pm

SATURDAY - 11:00 am

ReNA FLASH CARD DECKS
GREAT FOR ARB TRAINING - \$25.00/DECK

ACTIVE REST BREAKS 2020 - 2021

FALL - Start up - Mon., Oct. 5, 2020; Last day - Dec. 19, 2020
WINTER - Start up - Mon., Jan. 4, 2021; Last day - Mar. 20, 2021

10 VISITS - \$75.00 20 VISITS - \$100.00 50 VISITS - \$200.00

www.renafitness.com

OUR LOGO...



- The Enso means, focused movement...
- The Kanji character means, great strength...
- Our logo means, focused movement produces great strength...

**“NOTHING
WORTH DOING
EVER COMES
EASY”**

**“CHOOSE
TO
THINK”**

Since you asked...

1. Where did *ReNA* come from?

“Often times in life, the reasons or benefit of difficulties and challenges are not clearly apparent or understood. A person must connect the dots. In the blink of an eye, I went from being an extreme mountaineer to learning how to walk again, from being ‘invincible’ to complete dependence and it dramatically changed me. It’s not a thing I would have ever chosen to go through, but it set me on a magical life changing journey and now, I wouldn’t trade the experience for anything...” J

ReNA is the result of my life journey and more specifically my recovery from a bi-lateral quadricep rupture surgery, a life changing event that forced me to re-think everything I was taught and thought about training, fitness and health.

ReNA is the abbreviation for renaissance (rebirth) and was founded April 22, 2010. Our logo was created by Michael Klein. The Enso circle (focused movement) and the Kanji character (great strength) together mean, **focused movement produces great strength.**

ReNA is a bodyweight, evidence based, progressive overload, self-limiting, functional movement, high intensity interval training (HIIT) system that uses your muscles to strengthen your mind.

It ALL boils down to this... A person must **UNDERSTAND** that health is wealth, it’s everything! Nothing is more valuable or worthy of your time and effort than your vitality and life force. Start where you are, use what you have, do what you can do.

2. How do I get better at the *ReNA* movements?

"Now if you’re going to win any battle you have to do one thing. You have to make the mind run the body. Never let the body tell the mind what to do. The body will always give up. You’ve always got to make the mind take over and keep going.” George S. Patton, U.S. Army General & 1912 Olympian

Mindful practice, visualization and video will dramatically accelerate movement skill. Your mind is the biggest and most powerful ‘muscle’ in your body, you must learn to use it if you want to get better (at anything). In my thinking, the most important thing to prepare before training (and competing) is your mind. Your mindset, attitude and focus are under your control and when it comes to the success or failure of your training session(s), you get what you give.

Our bodies and minds improve (adapt) by being stressed. Significant training stress is not comfortable, but if applied appropriately and progressively, very profitable. Doing ‘hard things’ correctly under pressure requires above average focus and mental preparation.

It is generally accepted, that our minds give out before our bodies. If our ‘weak link’ is our mind, then the most important ‘thing’ to prepare and strengthen is our mind. We need stronger minds, if we want stronger bodies. I encourage you to ‘warm-up’ with your mind before you ever move your body. Prepare yourself. Focus on and visualize the movement(s), effort(s) and challenge(s) you’re about to do ‘battle’ with. Think about contracting your muscles with power, think about being fast, think about holding form, think about overcoming the pain. **Choose to THINK.**

3. What should I eat?

“You are what you eat...” Anonymous

You cannot out train a poor diet, period. Your body cannot repair, build and maintain health without the proper nutrients. If you REALLY want to lose weight, regain vitality, increase energy, feel better, look better, perform better, avoid sickness and live longer, start focusing on what and how much you're eating and drinking!

You would NOT build a house with rusty nails and rotten wood. You would NOT use dirt or water for fuel in your car. You would NOT feed your dog candy bars and pop. What you eat and drink is what your body uses to repair, build and maintain your health and function?

In my opinion, what you eat and drink is the most important thing you do when it comes to your health. Regular, **vigorous** exercise is important (very important), but exercise doesn't even come close to the power and significance of what you put in your mouth. You do not have a 'special body' that can somehow magically turn s—t into nutrients.

Eating 'healthy' is just like learning a new exercise or training, it will take instruction, practice, patience and time. What you eat and drink has a direct effect on every cell in your body. Our food should nourish our bodies, not damage them. YOU must eat and drink healthy, your life depends on it.

4. How often should I train?

“A little done consistently and frequently will produce far better results than a lot done sporadically and randomly...” J

It is said that our bodies (physiologically and psychologically) begin de-training within 48 hours (think cell level), plus the 'maintenance' of 'HIIT physiology' has a high metabolic energy cost and only remains a 'biological priority' with **consistent** training (minimum 2x week). Use it or lose it. Science tells us that **REPEATED** stress (being physically and or psychologically uncomfortable over and over) in **proper doses**, causes positive physiological and psychological adaptations. NO stress (adaptation stimulus) equals NO results.

In short, your training should **consistently** (daily?) make you a little (or a lot) uncomfortable. That uncomfortable feeling is your body struggling to maintain the effort. That's when and where EVERYTHING starts happening. If your training doesn't **consistently** take you to that 'uncomfortable struggle place' most likely you will see very little improvement. You're trying to force your mind (focus & grit), body (fitness & vitality) and performance (strength & skills) to adapt to harder and more challenging efforts (get better). Frequency of training can be a deep dive, but suffice it to say there are very few human beings that can over train from 60 minutes of vigorous exercise a day. In short, some is better than none and more is better than some.

5. Is it always going to be hard?

“No challenge, no change...” Anonymous

In a word, YES. Our bodies thrive on stress (**hard**). Learning to manage stress is what coaching and training is all about. Stress is what makes muscles and minds get stronger. Stress makes you smarter, stress strengthens your immune system, stress strengthens your bones, stress is what stimulates our bodies to adapt (change). Stress, hard things, struggle and difficulty are part of life. In my thinking, instead of avoiding **hard things**, a person needs to practice managing them and learn how to overcome or cope with the difficulty, frustration and struggle.

Stress is defined as: 1. A stimulus (fear, pain, worry, exercise, etc.) that disturbs or interferes with the normal physiological equilibrium of an organism. 2. A physical, mental and or emotional strain. 3. An uncomfortable or unfamiliar physiological or psychological stimulus that results in biological change...

If you always avoid stress, anxiety, pressure, oppression, effort, exertion, struggle, strain, adversity, you're avoiding the very thing (opportunity?) that makes you better. The more you embrace 'easy' living and training, the smaller your biological adaptations will be. The more you avoid difficulty and challenge the faster your body will age and lose function and life force. Your mind, heart, lungs, muscles, brain, immune system and bones all need stress to remain vital.

Finally, the elite Olympic athlete's training is ALL about trying to force their bodies and minds to adapt to higher and higher levels of stress. They are pushing the human performance envelope in training and performance. They are not looking for 'easy' in any shape or form, 'easy' will not do a thing for them or you. Learn from the best athletes in the world. When a person understands the importance of **properly applied stress** and learns to **consistently** embrace the '**HARD** reps' and the '**HARD** sets' and the '**HARD** intervals' they will transform themselves and those around them... J

I N T E N S I T Y

Your effort is EVERYTHING and is what makes *ReNA* work or not work. You must learn to be comfortable with uncomfortable. Science has clearly demonstrated that intensity (uncomfortable) is the key factor in improving performance and health.

You have 3 primary goals at *ReNA*:

1. get yourself out of breath
2. hold your best form
3. hold your effort as long as possible

That uncomfortable place (oxygen debt) is where the magic happens and where mental toughness, courage, will and determination are advanced.

“IF YOU DON'T MAKE TIME FOR YOUR WELLNESS, YOU WILL BE FORCED TO MAKE TIME FOR YOUR ILLNESS..”