

Body Resolution Newsletter

Fall 2026

Welcome Fall, Welcome All

Hello everyone!

As autumn arrives, we are excited to share a few fun and informative updates with you. With everyone heading back to Tucson after their summer travels, please let us know when you expect to return if you haven't done so yet. Thanks to El Niño and recent unusual weather patterns—bringing wind, rain, and lightning—temperatures are finally beginning to drop! It has been a while since our last newsletter, so while we have plenty to catch up on, we will keep things quick and light. Let's dive right in!

To kick off the season, here are a couple of fall jokes:

- Why did the apple go to the gym? To work on its core!
- Why was the skeleton so winded? Because he didn't have any lungs!

TOP STORY

Big news!—Debbi's daughter, Bayley, is tying the knot! Just a couple of weeks back, Debbi had the joy of helping her select her wedding dress. The couple will be saying "I do" this coming February during an intimate ceremony in Hawaii. Following the nuptials, the newlyweds are heading off to Japan for their honeymoon. Debbi, Jim, and Shaun will be tagging along for the adventure (in their own separate rooms, naturally!) Haha!

Be sure to share your warmest congratulations with Debbi so she can pass them along to the happy couple!



NEW FACE

Many of you have already met Leah Holmgren, who joined our team about four months ago! Originally from Washington State, Leah graduated from the University of Idaho with a B.S. in both Exercise Science and Psychology while competing in Division 1 Track and Cross Country. She currently leads all our classes and works with clients one-on-one. She has loved meeting everyone so far and looks forward to connecting with those returning soon. Outside the gym, Leah enjoys spending time with her dog Jynx and boyfriend, Zach, staying active outdoors, and experimenting with new recipes. Feel free to say hello or reach out to her at leah@body-resolution.com.



STRETCHING/FASCIA RELEASE CLASS

We are excited to launch a trial class focused on proper stretching techniques and practical tips for releasing fascia and muscle tightness at home! Learning to stretch correctly is key to preventing injuries and avoiding aggravating existing issues. Join us every Wednesday morning in November at 8:00 AM, where each session will cover new material. The fee is \$20 per person per class. If there is enough interest, we will make it a permanent addition to our schedule!

Additionally, we are in the works of hosting another foot and ankle class in the new year, as well as a core and pelvic floor session. Let us know if you would be interested in either of these.



THE TWO BIG V's

That's right—it's time for Voting and Vaccines! However you decide to exercise these rights, we advocate doing so for your own well-being and for the health of your loved ones. Please reach out if you need assistance locating resources for either!

SOCIAL MEDIA

We're expanding our reach on social media to give everyone a closer look at Body Resolution. If you have a personal story or testimonial you'd like featured on our website or social channels, please email leah@body-resolution.com—we would love to highlight your journey!

PSYCHOLOGY OF CONSISTENCY

Kudos to every one of you for remaining committed to your effort, whether you are training at home on your own, joining us live over Zoom, Whatsapp, FaceTime or Google Meet, or putting in the work inside the gym! Stepping through the doors and taking that first step is frequently the hardest part of any routine. Behavioral psychologists refer to this momentum barrier as **activation energy**—the initial effort needed to shift out of rest and get moving. Once you push

past that starting barrier, momentum takes the lead and momentum makes the work feel much lighter. Making movement a consistent part of your routine makes crossing that starting line easier every single time. By turning workouts into a scheduled, non-negotiable habit, you eliminate the mental debate before it starts. Consistency is where real progress happens! Shift your mindset away from asking "Should I workout today?" and focus instead on asking "How will I fit my class/walk/PT into my schedule this week?"

GOLF AND GOBLINS

The cooler golf weather has finally arrived in Arizona, just in time for spooky season! Check out these fun, Halloween-inspired ways to sharpen your game and enjoy the autumn vibe:

Trick or Treat Putting: Flip a coin with your playing group to determine your attempt! A "Trick" shot challenges you to putt with your eyes closed or strike the ball using the heel of your club. A "Treat" shot lets you take a mulligan or automatically counts any putt that stops within one club's length of the cup. Feel free to tweak the rules for your group!

Pumpkin Chipping: Carve a few target openings into a pumpkin, then set up prizes or candy at various angles and distances surrounding it. Practice chipping from each designated spot—sink a shot into the pumpkin, and you win the corresponding prize!



Costumes to Class -

We invite everyone to come to class in costume on Thursday the 29th and Friday the 30th! While dressing up is totally optional, anyone who wears a costume will get a special treat! We'd love to see your creative ideas.

HOLIDAY PREPARATIONS

While we try not to be like those retail stores putting up holiday decorations months ahead of time, we do have a few important seasonal updates to share! First, our food drive is returning this year. As you shop for your seasonal essentials, please consider grabbing extra non-perishable food items to donate. Keep an eye out for more details coming soon!

A reminder that we do gift certificates! As you start to think about that perfect gift for a loved one, friend or secret santa, don't forget about us! A gift of progress towards pain free movement is one of the best out there!

Pick up a few brochures during your next visit to hand out to friends and family! We are always excited to welcome new members to our community, so feel free to pass them along to anyone who might like to join us.

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