



Things heard at FitSpirit:

"Ain't no joke."
 "Only one more."
 "That's good!"
 "Almost done!"
 "Only two more."
 "Easy stuff."



FITSPIRIT FITNESS JULY NEWSLETTER

A message from Coach Lawrence: **Don't let the fog distract you from your destination**

Have you ever been driving early in the morning, and a heavy fog rolls in? The road that was once clear becomes difficult to navigate. You can't see far ahead—but you keep driving. Why? Because you know where you're going.

Life is the same way. Sometimes, we wake up into seasons where things aren't as clear as they used to be. We feel uncertain, unmotivated, or even a little lost. That's the fog. And if you're not careful, that fog can distract you, delay you—or worse—cause you to detour off your path completely.

But I want you to hear this today from your coach:

The fog is temporary. Your purpose is not.

Fog isn't a sign to quit. It's a sign to trust—trust your preparation, your faith, and your internal compass. When vision gets blurry, discipline must take over. When emotions rise, let your habits guide you.

You don't need to see the entire road to take the next step. And your breakthrough might be just beyond the fog. Don't turn around now.

CONTACT US NOW:



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THE FITSPIRIT WAY TO HEALTHY RUNNING

At Fitspirit, we believe that running should be a gift to the body, not a punishment to the joints. As Coach Lawrence, my approach to healthy running is rooted in function, form, and faith — honoring the body God gave you while moving with wisdom and purpose.

The Fitspirit Way to Healthy Running:

1. **Run with Purpose, Not Pressure:** Healthy running starts with intention. It's not about speed or distance — it's about listening to your body, respecting its limits, and progressing wisely. Whether you're running for health, clarity, or spiritual connection, every step should align with your purpose.
2. **Prioritize Joint Safety:** Running can place up to 4x your body weight on your knees and hips. If you're carrying extra pounds, that load increases dramatically. That's why Fitspirit runners choose surfaces like turf, trails, or rubber tracks over concrete sidewalks to reduce impact and preserve longevity.
3. **Strength Before Stride:** Healthy running begins in the gym. Core stability, glute activation, and hamstring flexibility are non-negotiables. We train strength and mobility before we train speed. A well-prepped body runs farther, longer, and pain-free.
4. **Warm Up Your Faith & Muscles:** Before every run, spend 5 minutes warming up physically. Breathe. Center your spirit. Activate. Connect. Your body is your temple, and run with gratitude and awareness.
5. **Walk-Run Intervals for Longevity:** If you're 40+, overweight, or returning from injury, interval running is your best friend. Alternate between walking and running to build cardiovascular endurance while minimizing wear and tear. There's no shame in walking — there's wisdom in it.
6. **Recovery Is Part of the Run**

At Fitspirit, we honor rest, hydration, and stretching as part of the training. Foam roll, stretch your hip flexors, strengthen your calves, and drink water like it's your job. That's how runners stay strong over time — not just for a season.

JOIN FITSPIRIT AT THE MILES FOR MELANOMA 5K!



We are so excited to announce our involvement with this incredible event and organization! FitSpirit Fitness will be leading the warm-up for all runners participating in the 5k and has a group running. If you are interested, anyone is welcome to join our team and/ or donate to this event.

Link to donate and/or join our team:

https://donate.melanoma.org/site/TR/5kRunWalk/MilesforMelanoma?team_id=11239&pg=team&fr_id=2062

PRE AND POST WORKOUT SNACK RECIPE!

Pre-workout snack

284 Calories | 33g Carbs | 6g Fat | 27g

Protein

1 medium banana

105 Calories | 27g Carbs | 0g Fat | 1g

Protein

15 pistachio nuts

59 Calories | 3g Carbs | 5g Fat | 2g

Protein

1 scoop (30g) whey protein powder

120 Calories | 3g Carbs | 1g Fat | 24g

Protein

Post-workout snack

242 Calories | 21.5g Carbs | 8.5g Fat |

24g Protein

15 raspberries

15 Calories | 3g Carbs | 0g Fat | 0g

Protein

2/3 cup full fat Greek yogurt

155 Calories | 6.5g Carbs | 8g Fat | 15g

Protein

8 almonds

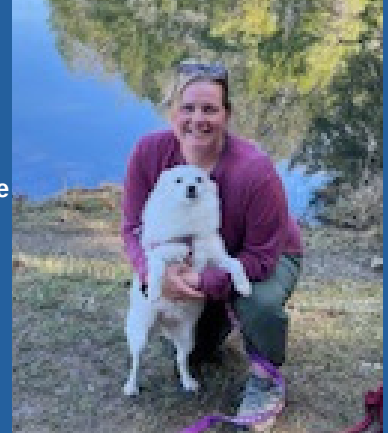
56 Calories | 2g Carbs | 5g Fat | 2g

Protein



CLIENT TESTIMONY OF THE MONTH!

My name is Colette Diddle (Pattison) and I have been with Fitspirit for almost three years. I was introduced to Lawrence as I attended a Wednesday night class and I was hooked. I always enjoyed group classes and I enjoyed how everyone was friendly and the atmosphere was so inviting. I then signed up for one on one training sessions with Lawrence and I look forward to them everyday. I also attend classes during the week when I can squeeze in between my work schedule, but the best is the 9am class on Saturday-the Jam class. It depends on what mood Lawrence is in as to what kind of dancing we do, sometimes old school hip-hop, old country Trinidad songs, or it may be a Jackson 5 morning. I love to sing along as I sweat for an hour on Saturday morning which energizes me to get a lot of work done over the weekend.



My main goal is to be healthy and to lose weight and my journey is continuing down that path. I had a setback a few months ago where I had surgery on a torn miniscus, so I need to baby it awhile so it will heal properly. Coach Lawrence knows everything going on health wise with you and adjusted my workouts pre surgery and now post surgery as he knows exactly how to handle his clients ailments and listens very well as to what your body can do that day. I cannot say enough great things about FitSpirit and Coach Lawrence (and all the other coaches too), it is like a family, a community of people helping people to achieve their goals.

ANNOUNCEMENTS!

FIT 4 U
Fit Spirit 

Saturday, September 27th 2025 | FitSpirit Fitness | 8 AM to 1 PM

Enjoy free classes, expert-led sessions, breakfast, lunch, giveaways, and more!

Join us for our first ever event! More information and event details are posted on our website. We cannot wait to see you all there! Tickets available soon!



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