

# KAYLA'S WELLNESS



WAVERLEY OAKS  
ATHLETIC CLUB

## JOURNEY

## WEEK EIGHT

### MONDAY, 7/18 6:15AM WORKOUT

Another Monday has come, and another snooze button was hit. I am not sure what has been happening to me the last two weeks, but I think it is my back-to-back wedding weekends. My body has been so exhausted come Monday morning! Clearly this is something that I have to work on.

### THURSDAY, 7/21 6:15AM MX4 + CORE

Once again, it was a struggle to get to the Club. I still made it and got in a good workout thanks to Instructor Cara! To be honest, it definitely was not my best workout.

### 5PM PERSONAL TRAINING WITH CHRIS

I completed an 8-week InBody Assessment. I wasn't sure what the results would look like, but "progress" can be measured very differently. For example, progressing in my strength is equally as important to me as progress in my weight (I just hope that progress happens as well - haha). I know the weight will come off if I stick to this plan and with the support of this amazing team holding me accountable which includes all the sweet members who I see cheering me on! I am really proud and happy about the fact that I am sticking with my plan and seeing some great results!

I really pushed myself during today's training because I felt like I was lagging a little bit this week. I increased my weight in both deadlifts and bench press thanks to Chris' encouragement.

We also discussed how I am feeling mentally, and Chris' advice was that we have to listen to our body. It's not always going to be an easy decision, but sometimes we have to do what's best for ourselves and not what we think others want to see.

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### TUESDAY, 7/19 6:15AM WORKOUT

I had an early morning at work, so I didn't have time to get a full workout in. I did my main lifts (bench press) and a couple of circuits involving other exercises so that I was getting the maximum amount of calorie burn for a short amount of time.

### WEDNESDAY, 7/20 6:15AM WORKOUT

It has been such a challenge mentally for me to get to the gym this week. I wouldn't say I'm "burnt out", but just struggling to stay focused and motivated because of the hectic last couple of weeks. It happens and I am happy that I got in a great workout (squats today)!

### FRIDAY, 7/22 MENTAL HEALTH DAY

I took the day off at work and the gym to recharge myself. I woke up feeling so much better because I didn't put pressure on myself to make it to Cycle even though I always feel great after class. It is SO HOT outside so I'm sure I sweat just as much packing my car for New Hampshire as I would in Cycle - haha! I can't wait to start fresh on Monday.

