New Year, New You

"It’s the first month of the new year and already there is a sense of accomplishment in the air. With some new students and old, SOCHi is putting it’s best foot forward. We want to take this time to think about how we can better ourselves in the new year.

Whether it is big or small it is important to make sure that you working towards the best version of yourselves. If you’re attending SOCHi, it’s safe to say that you already putting your right foot forward in doing just that. Let’s take it a step further? Is there something you can do better? Here is a list of ways you can be better.

- eat healthier
- set some time to study more
- go to bed earlier
- be more patient
- don’t be so hard on yourself
- be good with your money

These are just a few ideas that have been floating around SOCHi. What is your New Years resolution? Have you been working towards that goal now that we are one month into January? If not, this is the perfect wake up call to get too it! We asked Henrik H. what his new years resolution was, and all he had to say was, "Less Stress. More Gains". Guess some people just know what they want."
MLK JR DAY

On Monday, Jan 20th, SOCHi closed for one day to remember to dream on MLK Jr Day. Be sure to take the time to honor Mr. King in your spare time by leading with fearlessness like he did.

PFT FIELD TRIP

Our PFT students sure know how to have fun. Recently, two of our PFT morning classes banded together to take a trip to a local park. There, they worked on circuit training and learned about new outdoor exercises to engage clients. It’s always nice to get a good workout while having fun.

In one exercise, the student squats in the middle of a square created by four cones designated as cones 1 through 4. Outside of the square another student or instructor shouts a number and the student in the center has to quickly run to specific cone. The interesting part in, the numbers shouted are not in order so the student in the center never knows what is coming next. This way, the student not only gets in some good cardio, but it works on their reflexes.

This is just one of many exercises in which trainers can switch things up with clients and have fun while breaking a sweat. If you’re ever interested in fun ways to work out you can always stop a personal trainer in the halls or audit a class. The knowledge is boundless in a fitness course at SOCHi.

DID YOU KNOW?

- SOCHI HAS THREE CAMPUSES?
- SOCHI HAS A MASSAGE CLINIC THAT GIVES THE PUBLIC AFFORDABLE MASSAGES
- WE HAVE AN ON CAMPUS GYM WHERE OUR TRAINERS GET HANDS-ON PRACTICE