

Gold's Gym Newsletter

LAKE RIDGE & LORTON, VA

MID SUMMER 2025



A Stronger Community, One Workout at a Time

The Power of Consistency

We know that starting a fitness journey is a significant step, but staying consistent is even more challenging. That's where the real transformation takes root. And while summer schedules can sometimes disrupt our usual routines, we've been reflecting on something meaningful we wanted to share with you. Like many in our industry, we experienced a significant shift following the COVID-19 pandemic. In 2019, we had 4,478 members at Lake Ridge and 4,308 at Lorton. Today, those numbers are 3,702 and 3,463, respectively. But here's what's truly remarkable: while total membership numbers have declined, member usage has gone up. In 2019, we averaged 17,200 visits per month. This past month, that number reached 20,200. That means you, our incredible members, are showing up more consistently and making your health a priority.

Even more inspiring is that although only 18% of the U.S. population works out regularly, you've chosen to be in that small yet powerful group.

You should feel proud of your consistent effort to take control of your health and fitness, so cheers to you. Yes, we haven't bounced back fully in terms of numbers, and that's okay. What we do see is the incredible energy, dedication, and commitment from those of you who are here. We feel it every day, and we are truly honored to have you as part of our Gold's Gym family. Thank you for continuing to show up for yourself and for this community. As owners of Gold's Gym Lake Ridge and Lorton for over three decades,

we've seen firsthand what separates short-term efforts from long-term results.

It's not perfection. It's not willpower. It's consistency, the small, daily choices that add up to significant change. Even if it's just a drop in for 20 minutes, jumping on a few machines and working just one muscle group, this makes all the difference in the world, and if you stay consistent, the results will be there. Avoid saying no to going to the gym because you don't have time. Just carve out a few minutes.

Reconnect to Your Why

Ask yourself: Why does this matter to me? Whether it's feeling stronger, improving your health, or showing up for your family, keep that "why" front and center. It's your fuel on tough days. For us, Lori and Jeremy, when it comes to fitness, our why is:

- Be in the best possible fitness shape of our lives. This means lean, strong, and healthy. Do everything we can at 65 to promote longevity.
- This means achieving optimal hormone levels, utilizing peptide therapy, engaging in strength training and cardio (we prefer biking), practicing yoga, meditation, and mindful nutrition.
- It means life balance and avoiding alcohol because it's poison, and we love our brain too much.
- This means maintaining a consistent fitness regimen and, above all, engaging in fitness activities that we genuinely enjoy. We don't engage in any fitness activity that doesn't bring us joy, because we will then avoid and skip the workout, and it will set us back. We only do the exercises and workouts that we love.

Consistency is about sustainable effort, not all-or-nothing intensity. 20-minute workouts, 3-4x a week strength session, daily walks, they count. The key is showing up regularly.

1. Schedule It And Protect That Time -

Book your workouts in your calendar just like any important meeting. Your well-being is worth prioritizing. For Lori and Jeremy, when we are not traveling, we split our cardio from our strength. Our cardio and yoga sessions usually take place midday, and when 5-6 pm hits, we shut down and head to the gym. This is our ritual. It's essential to cultivate your rituals. It could look like this: Wake up, meditate (15 minutes or sometimes even 30-45 minutes), clean up your space, make your bed, etc., followed by Nutrition and then start your day. Make your rituals work for you, but they are essential.

2. **Surround Yourself with Support** - You're not doing this alone. Our Gold's Gym community is here for you. Join a class, bring a friend, talk to a coach. We're stronger together, and accountability helps you stay committed.

3. **Progress, Not Perfection** - Don't let a missed day or a cheat meal throw you off. Progress happens in the comeback. Every rep, every breath, every step forward matters. Perfection is the enemy of progress.

4. **Find What Moves You** - Fitness should be something you enjoy. Whether it's lifting, cycling, Zumba, yoga, or training with a coach, joy creates consistency, and consistency produces results.

5. **Track Your Wins Big and Small** - Celebrate every milestone. Better sleep? More energy? A new personal best?

Your transformation is happening in more ways than you can see.

Onward.....



Macros 101: Fueling with Purpose

Do you know the difference between Fats, Carbohydrates, and Protein?

Over the past three months, we have asked this question to 30 people, and to be honest, not one person was able to give us a clear answer. Seems silly, right, as we all know the difference, but can you truly identify it?

So, let's break it down:

Carbohydrates - Your Body's Main Energy Source

Think of carbs as quick fuel. They're like the gasoline your car runs on. Your body breaks down carbs into glucose (sugar), which provides you with fast energy.

- Found in: bread, rice, pasta, fruit, veggies, sugar
- Great for: short bursts of energy, brain function, workouts

Proteins - The Body's Building Blocks

Proteins are like the building blocks of your body. They help build and repair muscles, skin, hair, and organs. Your body breaks down protein into amino acids, which it uses to grow and repair itself.

- Found in: meat, fish, eggs, beans, nuts, dairy
- Great for: muscle repair, immune health, hormone production

Fats - Long-Lasting Fuel and Support System

Fats are like your backup battery and insulation system. They provide your body with slow, steady energy and help absorb specific vitamins (A, D, E, and K).

- Found in: oils, butter, avocados, nuts, fatty fish
- Great for: brain health, hormone balance, cell protection

In summary:

- Carbs = quick energy
- Protein = structure and repair
- Fat = long-term energy and support

Each one plays an important role, and your body needs all three in balance to function at its best. However, many diets claim otherwise, so it depends on what you are looking to achieve. Each category — Carbs, Protein, and Fat — has the right choice and the wrong choice for optimal nutrition.

Here are some good examples:

Carbohydrates (Quick Energy + Fiber)

Choose complex carbs for sustained energy and blood sugar balance:

- Quinoa – high in fiber and protein
- Sweet potatoes – rich in fiber and vitamin A
- Oats – heart-healthy and great for digestion
- Brown rice – slow-digesting and filling
- Berries – packed with antioxidants
- Lentils and beans also provide plant-based protein
- Whole grain bread or pasta – more nutrients than white/refined versions

Proteins (Tissue Repair + Muscle Support)

Go for lean or high-quality proteins to support strength and recovery:

- Grilled chicken or turkey breast – lean and versatile
- Wild-caught salmon – high in omega-3 fatty acids
- Greek yogurt – rich in probiotics and protein
- Eggs – a complete protein with healthy fats
- Tempeh or tofu – plant-based options with all essential amino acids
- Chickpeas, black beans, and lentils – protein + fiber
- Protein shakes (with clean ingredients) – great for post-workout recovery

Fats (Hormone Health + Energy Reserve)

Focus on healthy fats that nourish the brain and stabilize energy:

- Avocados – full of heart-healthy monounsaturated fats
- Olive oil – anti-inflammatory and good for cooking or salads
- Nuts (almonds, walnuts, cashews) – nutrient-dense snacks
- Seeds (chia, flax, pumpkin) – rich in omega-3s and fiber
- Fatty fish (like mackerel or sardines) – great for brain health
- Nut butters (like almond or peanut) – good in moderation
- Dark chocolate (70%+ cacao) – a tasty source of healthy fat and antioxidants

Here are some not-so-good choices:

Carbohydrates – Poor Choices

Often refined, processed, or sugary, leading to energy crashes and weight gain:

- White bread, or regular pasta, stripped of fiber and nutrients
- Sugary cereals – high in added sugars and artificial flavors
- Pastries, donuts, muffins – loaded with refined flour and sugar

- Soda, sweetened iced tea, energy drinks – pure sugar with no nutrition
- Candy and fruit snacks – high fructose corn syrup, artificial dyes
- Chips and crackers (made with white flour) – low in nutrients, high in salt

Proteins – Poor Choices

Typically heavily processed or fried, often containing harmful additives:

- Processed meats (like hot dogs, deli meats, sausages) – high in nitrates and sodium
- Fried chicken or fish – loaded with unhealthy trans fats
- Breaded frozen meats – processed and often high in additives
- Fast-food burgers – high in saturated fat and low-quality meat
- Protein bars with lots of sugar/alcohols – more candy than health food

Fats – Poor Choices

Usually trans fats or highly processed oils that increase inflammation and the risk of disease:

- Margarine or shortening – artificial trans fats
- Deep-fried foods (fries, onion rings, fried chicken) – absorb unhealthy oils
- Vegetable oils (like soybean, corn, or canola) in large quantities – often oxidized
- Packaged baked goods (store-bought cookies, cakes) – full of hydrogenated oils
- Flavored coffee creamers – contain trans fats, sugar, and artificial ingredients
- Cheese in excess – high in saturated fats and often over-consumed

The Fructose Fast: Unlocking FGF-21

Fibroblast Growth Factor 21

Okay, to shift completely here, the latest and greatest in the fitness industry regarding diet and training is turning the industry upside down and going against everything we know. It's called the Sugar Diet, but it's the Fructose Diet.



Heads up: We are just the messengers, but we do know that we have tried this diet, and the results are nothing short of amazing. If you need to lose 5 lbs quickly, this is a great option. Let's start with what will happen when you do a diet like this, so here goes: It's all about **FGF21, or Fibroblast Growth Factor 21**, which is a hormone primarily produced in the liver in response to nutritional and metabolic cues. Unlike other metabolic hormones that only regulate energy balance (such as insulin or leptin), FGF21 plays a dual role in fat metabolism, glucose regulation, and muscle preservation. Key Functions of FGF21:

- Enhances Glucose Uptake in Muscle – Making it possible to consume high-carb diets without unnecessary fat gain.
- Increases Metabolic Rate – Boosting energy expenditure even at rest.
- Prevents Unnecessary Fat Storage – Instead of storing carbs as fat, FGF21 optimizes glucose oxidation for energy.
- Supports Mitochondrial Efficiency – Improving energy production at the cellular level.
- Activates Brown Fat (Thermogenesis) – Enhancing fat-burning potential beyond just calorie restriction.
- The exciting part? Unlike ketogenic diets (which induce FGF21 as a starvation response), FGF21 can also be stimulated through specific dietary choices, allowing for muscle growth without compromising metabolic function.

The infamous Jay Campbell <https://www.jaycampbell.com> provides a dead-simple, idiot proof protocol to use the fructose diet (more specifically sugar fasting) to get as diced as possible (and do it in record time). We followed it, and it was unbelievable. Look, at the end of the day, the vast majority of the fat loss benefits of this plan come from the production of the hormone FGF-21 and



the metabolic enhancements that it brings. And no, this is not just speculation; there's complex data on FGF-21 that has been accumulating for years now. Given that this is the secret sauce we should be optimizing to enhance fat loss, it makes sense that we should do everything possible to maximize its production.

Here's your game plan

- Consume nothing but fructose for 48-60 hours (Monday through Tuesday). This means a ton of fruit and fruit juice for around two days. No, I'm not kidding, eat nothing else. We know that this is hard to imagine in the world of 1 gram of protein per pound of body weight that we live in. If you want to max out FGF-21, fructose is your friend, and you should stick to it as much as humanly possible.
- Perform 20-40 minutes of cardio twice a day (morning and evening) and preferably one session of Steady State Zone 2 and one session of Intervals.
- After 48-60 hours, schedule a training session (Wednesday, Noon or Mid-Day). Trust me - after two days of nothing but fructose, you will feel amazing in the gym. Enjoy it.
- Perform 12-15 reps to your full capacity and rest for 40-50 seconds between sets. Oh no - that means you can't sit on the piece of equipment for 20 minutes in between sets and scroll on your phone - TRAGIC. Better to leave your phone in your pocket during this time.
- 15 minutes of post-workout Interval Training to ramp up glycolytic enzymes.
- Break your fructose fast with lean protein, vegetables, and a starch.
- For your starch, opt for something clean, such as white rice, salt, and sweet potatoes.
- For your protein, opt for something extremely lean, such as white fish, shrimp, or scallops.
- Metformin, Dihydroberberine, and Jardiance can all be used to help improve insulin sensitivity and control blood glucose levels, but are not strictly necessary, as this diet is short-term.
- **WARNING:** Do NOT break your fast with chicken, turkey, or a protein shake, because the sky-high isoleucine content will mess everything up for you and undo a lot of the progress you've made in the last two days.

- Eat 3-4 meals or feedings of the same thing all day, and stop eating around 8 PM.
- Now repeat the same Fruit and Fruit Juice cycle on Thursday and Friday, with training on mid-Saturday, and break with white rice, salt, shrimp, White Fish, or Scallops, eating until 8 PM.
- Sunday: Access your condition from the previous day and eat a Normal Omnivore Meal at 7 PM. If you feel weak, eat mostly Protein 3-4 times a day.

That's basically it.

If you have a significant amount of fat to lose, you can likely repeat this cycle 3-4 times consecutively, and your fat loss should be noticeable. For leaner Men and Women, I would use this *Fruit Fasting Protocol* as a one- to two-week tool to get into competition, photo shoot-ready condition, or prepare for a wedding, an event, or some other milestone you have coming up. It's fun to eat fruit all day. What an insane shift in what we all usually do.

Remember to perform cardio on your fruit fasting days (steady state twice a day should be no problem given how much energy you're going to have). I prefer one short-interval session (20 minutes) combined with 30-40 minutes of Steady State Zone 2 120-135 BPM HR for your second session. Stick to the plan, don't deviate or attempt to get creative, and voila - enjoy a nice 20% boost in your metabolic rate.

You can easily reduce your body fat by 5% in a few short weeks using this protocol. This is the exact plan we used to get peeled.

One thing to note is that if you frequently wake up to use the bathroom in the middle of the night, this diet can alleviate that for many, and you may even sleep through the night.



Strong Bones, Strong Future

NEXT UP BONE DENSITY – Women, Listen up....

During menopause, women can lose up to 20% of their bone density within the first 5 to 7 years following the onset of menopause. This rapid loss is primarily due to the sharp decline in estrogen, a hormone that plays a crucial role in maintaining a balance in bone remodeling. Don't go without Bio-identical hormone replacement. This is your first step. Get your bloodwork done. Here is a place to get your bloodwork ordered:

<https://privatendlabs.com/goldsgym>

On average, bone loss occurs at a rate of 1–2% per year after menopause, but it can be higher in the early postmenopausal years. This accelerated phase increases the risk for osteoporosis and fractures, especially in the spine, hips, and wrists. That's why menopause is considered a critical window for bone health, making it a powerful time to assess bone density, increase weight-bearing activity, and evaluate nutritional and medical support.

Here are the exercises to do for Bone density:

- Jump rope, jump up on a step, jump side to side, anything that gives you impact.
- HEAVY resistance training. Don't hold back. Lift Heavy. Go for it!
- Sprint Interval Training – doesn't have to be a big deal. You can get on the bike in the cycle room and do 1 minute of slow and chill, 1 minute of fast and intense, or something similar.

Get in front of it. Muscle is everything. Get on it now before it's too late.

Magnesium: The Magic Mineral

Magnesium is an essential mineral that plays a critical role in over 300 biochemical processes in the body, including muscle function, nerve signaling, energy production, and bone health. It supports the cardiovascular system by helping regulate heart rhythm and blood pressure, and it's vital for maintaining healthy blood sugar levels. Magnesium also plays a role in mood regulation, sleep quality, and stress response, making it a cornerstone of both physical and mental well-being. Despite its importance, magnesium is often under-consumed, and deficiencies are common due to modern diets, soil depletion, and stress-related depletion. It's a game changer in supporting healthy and regular bowel movements.

For adult women, the recommended daily intake of magnesium is approximately 310–320 mg, and for adult men, it's about 400–420 mg. These needs may increase during periods of physical stress, pregnancy, or high-intensity athletic activity. Magnesium-rich foods include leafy greens, nuts, seeds, whole grains, and legumes; however, supplementation may be necessary, especially for individuals with digestive issues or those taking medications that interfere with magnesium absorption. Magnesium glycinate and citrate are highly bioavailable forms often recommended for supplementation, depending on whether support is needed for relaxation, bowel health, or both.

Magnesium is also a key component of effective electrolyte formulas. Electrolytes, such as sodium, potassium, calcium, and magnesium, work together to maintain fluid balance, support nerve function, and optimize muscle contraction and recovery. Magnesium helps explicitly prevent cramping, supports cellular hydration, and can aid in post-exercise recovery. Including it in an electrolyte blend is essential for anyone engaged in regular physical activity, exposed to heat, or recovering from dehydration. Its presence ensures that the body can truly utilize fluids and maintain optimal performance, not just replenish lost water. Lori's and Jeremy's stack is the following to ensure they get enough:

Magnesium Glycinate Oral Supplementation

I do not go a day without it. Any brand is excellent as it's very mainstream. Dr. Berg's Electrolyte Powder: The lemonade version is excellent and offers a nice balance of sodium, magnesium, and potassium, without being overly salty.

<https://shop.drberg.com/collections/powders>

In closing, your health and fitness are among the most valuable assets you possess. Do your research, ask questions, don't just assume. Our environment is full of toxins, mold, and pollutants. Be mindful of what you put in your body and what you expose it to. Don't ignore the signs. Your body knows, so listen to it. If something feels off, something is off.

Your body is your symphony, and you are the conductor.

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