



## August 2026

Welcome to the August edition of **The Pulse by Feel Fit**, where we keep you up to date with everything happening around the gym.

As summer begins to wind down, we're taking a moment to celebrate an incredible month while looking ahead to an exciting fall. From breaking ground on our second location to wrapping up another successful season of youth programming, August is all about carrying the momentum forward.

## Breaking Ground on the Future of Feel Fit

On **July 21**, we officially broke ground on our second Feel Fit location. What started as a vision has become a reality, and we couldn't be more excited for what's ahead.

This expansion represents so much more than a new building. It's a commitment to creating more opportunities for our members and our community to pursue healthier lives. Alongside Feel Fit, the new facility will also be home to **Elevate Comprehensive Health** and **LiveWell Physical Therapy**, bringing fitness, rehabilitation, recovery, and overall wellness together under one roof.

To everyone who attended the groundbreaking, shared your excitement, and has supported us throughout the years, **thank you**. Your encouragement reminds us why we do what we do.

We're incredibly excited for what's ahead and can't wait to share construction updates with you as the project continues to take shape.



# The Project Wraps Up Another Great Summer

As July comes to a close, so do this year's summer sessions of **Project CORE** and **Project GRIT**.

Over the past several weeks, we've had the opportunity to work with some incredible young athletes as they built strength, confidence, athleticism, and healthy habits that extend far beyond the gym. A huge thank you to all of the participants and families who made this summer such a success.

While these sessions may be ending, **The Project is far from over**. Keep an eye on our social media and member updates for exciting announcements about what's coming next.

## Back to School, Back to Your Routine

As summer vacations come to an end and school schedules begin to fill the calendar, it's easy for healthy habits to take a back seat.

Whether you're getting kids back into school, coaching fall sports, or simply adjusting to a new routine, remember that consistency doesn't require perfection. Even a few workouts each week can help you maintain the progress you've worked so hard to achieve.

And if this summer didn't go quite as planned, that's okay too. There's no better time to start than today. Every workout is a fresh opportunity to invest in your health.

# Trainer Tip of the Month

**Don't wait for Monday.**

The best time to start working toward your goals is today. Every workout, every healthy meal, and every positive choice moves you one step closer to where you want to be.

# Smoothie Of The Month

## Sunset Splash

A refreshing blend of strawberry mango purée, real strawberries, and vanilla whey protein.

Packed with bright fruit flavor and 20 grams of protein, **Sunset Splash** is the perfect way to cool off, refuel, and enjoy the final weeks of summer.

Stop by the smoothie bar and give it a try!

# The Final Rep

As we head into a new season, we're incredibly thankful for the amazing community that continues to make Feel Fit what it is.

Whether you've been with us for years or are just getting started, thank you for trusting us to be part of your health and fitness journey. We can't wait to continue growing alongside you and sharing exciting updates as our second location comes to life. Here's to finishing summer strong and making this fall your healthiest yet.