

# M3 NEWSLETTER



## SUMMER IS HERE!

We hope you're enjoying your summer! As we grow, we are working to integrate your wellness experience. Remember that membership is NOT required to join any of our programs at the Trussville Civic Center.

## EVENTS

The M3 team collaborated with the City of Birmingham for their Men's Health Day on June 30th at Linn Park!



## OUR SPACE



We are incorporating new pieces of technology, these include our reaction wall, digital movement assessment and new force plates to assess power and other performance tests.



We have started a Wednesday/Saturday Pilates for our football players. Talk about a fun time! We focus on improving flexibility, strength, body control and performance... these guys will never be the same!

# NEWSLETTER



## PAYMENTS

To decrease the impact of inflation and the rising cost of postage, we have made some improvements to help our clients manage the communication and payment process. We now are able to send you a text to pay link after your treatment sessions. As always, we can process payments while you are in the clinic or scan our QR code in the lobby.

## PARTNERSHIPS

We have partnered with the Trussville YMCA to deliver a seven week series to help members navigate health challenges like diabetes, heart disease and arthritis. This program will begin in June and our first topic will focus on quality of life. Join the next class on Wednesday July 12th at 11:00.



M3 and First Baptist Church Trussville are providing a mat Pilates experience! Classes are held Wednesdays at 8:15am. Come have fun, learn what your body is capable of and build your confidence through movement.

## M3 COMMUNITY



- High Intensity Interval Training (HIIT)
  - Tues/Thurs at Trussville Civic Center 8:15am
- Golden Movement Series
  - Wed/Fri at 1:30pm at Trussville Senior Center.

# NEWSLETTER



## RESOURCES

Visit and subscribe to our YouTube channel (M3Endeavors, LLC); whether you are looking for inspiration, a good workout routine or more information about living a better life...tune in to one of these playlists:

- [Wake Up and Move](#)
- [Big Six](#)
- [Movement Matters \(Video Blog\)](#)
- [Thoughts on Leadership](#)
- [Frequently Asked Questions](#)
- [Blog](#)

## CONGRATS

Kiersten Riggins and Gavin Isbell have been playing great golf; both have advanced in qualifying for the Notah Begay Junior National Golf Championship! Gavin also committed to play at Samford University.



## M3 PROGRAMS



Our long term athletic development (LTAD) program has continued to grow as we work with athletes from 9 years old to the professional level. Merritt Daniels, one of our LTAD clients recently finished 2nd in the State Golf Championship (13 and under) and won her age group.



Our new wellness program includes the "[M3 Core to Floor](#)" program integrating the EMsella and EMsculpt Neo. Learn more about each device by talking to a member of our team or checking out our website.

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# NEWSLETTER

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## *Time Crunch*



Stop me if you've heard this one before... "I don't have any time, or my schedule is so full; I don't think I can do that." Time can be seen as a tradeoff, or it can be viewed as an investment. When we look at time as a tradeoff, we get stuck in more of a scarcity mindset perhaps. We look at demands on our time versus opportunities to invest our time where the return on that investment is significant.

We all have 168 hours each week that we decide how to use. I recently read a book titled: 168 Hours by Laura Vanderkam in which she goes through her journey of interviewing different people who have been successful navigating this idea of a time crunch. What led me to read the book was an experience I had with a client years ago. He worked as an economist, and he took me through the process of calculating how much "family" time I had to invest. It was a whopping 7 hours a week! Probably not a big surprise to the readers who know me.

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# NEWSLETTER

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## *Time Crunch Continued...*

In the book, one of the things that she suggests is doing a time audit, which I did. My audit started on a Sunday morning and finished the following Sunday evening. Saying that I learned a lot would be an understatement. Although I did not find a lot of wasted time after my audit, I was able to gain more clarity of how I was investing my time daily. The experience helped me refine how I decided exactly what I would say yes to. My awareness of how I utilize my time also helped me to see if I was actually investing time doing the things that I say are important.

I gained clarity in the ability to say yes to things that matter the most First. This has helped me embrace the view of time more as an investment than a tradeoff. There is a frame from Franklin Covey that a lot of people use in decision making. It is tied to the idea of asking: Is this urgent or is it important. Urgent and important tasks are the ones which should be taken care of first. Things that are important but not urgent, may be shifted down the to-do list.

Overall, this reflection process has given me a ton of clarity as it relates to how I plan my week, how I plan my day, and how I use my hours. So, my response is no longer; I don't have any time for that... I instead choose to say that I am telling you no now and doing the things that will allow me to tell you yes later. We can all make a shift to time as an invest by doing the urgent and important, allowing us to be more present. Since we all have 168 hours, I think it'll be a great idea to complete a time audit, whether it's for a day, two to three days, a week or even a month doesn't really matter.

By completing this process, you'll gain clarity on tackling the main things first. You will also increase your awareness of how you're currently investing your time and will better be able to identify the things that are urgent and important and do those things first. Having a better framework for your investment of time can allow you to move well, live well and do amazing things.