

# Nuance in the New Year

IMPROVE YOUR OVERALL HEALTH AND WELLNESS BY STARTING 2025 WITH A FITNESS CHALLENGE AT NEWPORT BEACH COUNTRY CLUB.

BY ASHLEY RYAN



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Every time the holiday season rolls around and it's time to start setting resolutions for the New Year, we look at the sheer amount of delicious food we ate throughout fall and are quick to add a number of fitness-related goals. But once the year has started, it's hard to keep consistent with what we hoped to accomplish versus what is truly possible.

Get help from a reliable source this season instead. Bianca Gillett, director of recreation and fitness at Newport Beach Country Club,

will launch the New Year, Improved You program for the third year in a row. However, this year's iteration will be a little different, allowing members to tailor the experience to what works best for them—a sure way to find success.

### SETTING YOUR GOALS

The eight-week program is designed to be both strategic and realistic while helping members build healthy habits to improve their overall well-being.

"I'm trying to get the people that don't normally come into the gym," Gillett explains. "... And it's a slow build to where, by the end of the program, you're feeling solid with a better fitness foundation and can start doing things on your own."

The first step upon signing up is to meet one-on-one with Gillett to discuss their goals and limitations. Using a pre-made Excel spreadsheet, she creates a plan for their time in the program, with eight habits that they want to work on—one for each week,



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with the first being the most important to the participant. But the program builds on each previous habit, ensuring that there are changes being developed throughout the eight-week sessions.

Some of the experiences that can be incorporated into goals include group classes at The Cove, personal training, cold plunge, sauna, steam room, air compression therapy, Theraguns, blood testing and even IV therapy in addition to more traditional fitness and nutrition aspects.

"So week one, they're focusing on that habit for all eight weeks. And then week two, we add that second habit," she explains. "So it's realistic building so that it's not overwhelming."

But this year, there is a big focus on those who already do workout to assist members in reaching achievable goals no matter what

level they're already at. "Whether you're new or someone who's been working out for years and wants something different, ... [it's open] to all, because we have ... so many facets of fitness that we can use for habit-building. You could have been working out for 10 years and, if you come to me, I guarantee there's going to be new things that we can add for you to improve on."

### MOTIVATION TO TAKE THE LEAP

While many workout programs are geared toward those who are looking to get started in fitness, Gillett says she has realized that anyone can improve no matter the starting point. "I want to make this enjoyable for my clients," she explains. "I want you to make improvements however you see fit."

While it can be tough to keep going and stay consistent, Gillett says having her by your

side to hold your hand through the process makes it easier to focus on the task at hand. The support is imperative to finding success, skill or fitness level aside. "Plus, they say it takes about 90 days to really build a habit, but eight weeks will be plenty," she adds.

She also plans to create pamphlets to provide extended education on everything from nutrition and what to eat to stay healthy and lose weight to the effects of cold plunge therapy and how it can be used to reduce inflammation.

Those who have already participated in the program over the last couple of years have shown great results. For Kate Shoemaker, she says that her time working with Gillett—both during the program and ever since—has been nothing short of transformational. "Her dedication has elevated everything," she explains. "... Now at the tail end of my second year, I've built powerful, life-changing habits that keep me healthy and at my best. There's no better place to embrace a New Year, New You mindset and push yourself to new heights."

Another member, Shirin Forootan, says the program was thoughtfully focused on long-term wellness. "[She] truly cares about the members and their well-being, often providing practical and useful lifestyle tips that can realistically be implemented," Forootan notes. "I am proud to report that I have not only stuck with the lifestyle changes I discussed with [her], ... but also added more positive changes to my weekly routine since then. With support from NBCC, I feel encouraged to keep up the hard work."

Gillett continues to work with participants during the eight weeks, but the best part is that she is still around after the sessions have ended for the season. During an exit interview, she helps prepare them for the months to come so that they can keep progressing on their own and invites them to schedule a check-in every few months to do a measurement scan or talk about other ways she might be able to assist or inspire.

"I love bringing in new people because I'm so obsessed with this lifestyle and I know how great you can feel," Gillett says. "I want more people to feel that way."