

NEWSLETTER



July Birthdays

MATT RETZLAFF	JUL 1
CHAD KARLS	JUL 4
SUSAN HEFTER	JUL 4
MANDY PULS	JUL 5
ANDREW KASIK	JUL 8
KEVIN PRETSCH	JUL 9
CHRIS PIERSON	JUL 11
EVAN NONDORF	JUL 12
TONY GRANDINETTI	JUL 19
TAMMIE EMERY	JUL 20
GREG LORENZ	JUL 27
CHAYCE VANASSCHE	JUL 27
ALEX KAIN	JUL 29
ELIZABETH DREHER	JUL 30



Summer Slam!!

Starting July 1st - July 27th

First week:

Monday

Tuesday

Wednesday

Friday

Saturday

Wear
Red

Wear
Blue

Wear
White

Wear
Americian Flag

Tickets and Teams:

4 Teams and the team with the most tickets wins

How to win tickets

- **Attending class gets 1 ticket, 3 classes = 3 tickets**
- **Weekly challenges & Pop-up challenges**
 - **Tickets won will vary based on difficulty of challenges.**
- **Submissions must be pictures or videos posted to social media and tag @alhealthnfitness**
- **Summer Slam Party July 28th**
 - **Individual and Team awards given out at the party.**

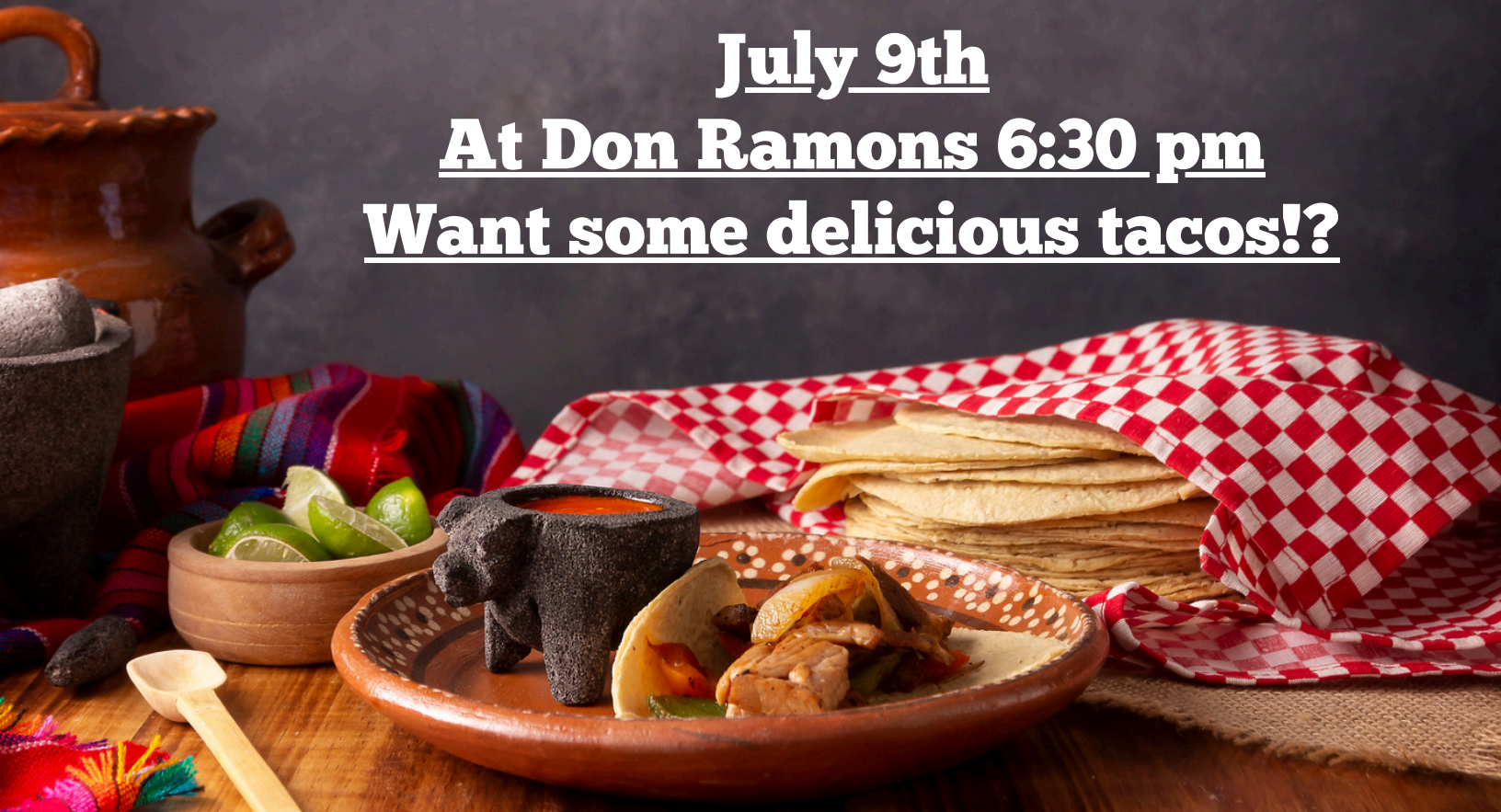


Tacos Tuesday

July 9th

At Don Ramons 6:30 pm

Want some delicious tacos!?



Prestige Discount

New Wholesale Partnership Setup

- Massive reduction on prices!
 - \$15 - \$20 reduced
- Purchase at A1 Health and Fitness



Congratulations

Amber Woody!

**Awesome work Amber
on completing your 6
week challenge!**



OVERNIGHT CANOE/KAYAK TRIP

Hey everyone! On August 10-11 is
the big Canone/Kayak Trip!
Sign up on facebook, no kayak/canoe
needed. Fun for eveyrone, not too
challenging.

Sign up Now!



Sweaty Selfie WITH A1 HEALTH AND FITNESS!



Post a picture with your coach or other members on social media while tagging the gym and Brent/Tammy for a chance to WIN \$50! Winners will be picked and announced every Friday!



Starts July 8th and First Prize comes out July 12th!

[Link Here](#)



Movement **SCREENING**

Starting at the beginning of July it is recommended everyone schedule with Coach Shane or Brent a movement screening!

Screening Purpose:

- **Find limitations**
- **Increase flexibility and range of motion**
- **Give Homework/solutions**

Can schedule through Zen Planner or talk with either of those coaches!



I'm honored to be selected as member of the month! I joined A1 Health and Fitness a little over 3 years. It has truly changed my life, for the better. My husband, Chris, recently joined the gym about 2 months ago. We usually attend the 5 am class. Hope to see you in class crushing your goals or meeting you at future community event!

Here's a little story about my fitness journey that I hope encourages others...

In 2019, I was the heaviest I've even been. I was depressed and not happy with myself. I joined Planet Fitness and started going there on a regular basis (3-4 days a week). I lost a little bit of weight but didn't really know what I was doing. I tried the "at-home" workouts and programs and joined a few online fitness groups but never found the motivation or saw results. Furthermore, I didn't know if I was doing the moves right. I was concerned I might hurt myself. In 2021, I started researching for a personal trainer. I thought, if I had someone help guide me, show me the workout moves correctly, and provide a little more structure, it would help. I mentally had to be ready and set my mind to a healthier lifestyle. You are the only person that will make a change. I was ready to change my routine and move towards a healthier lifestyle. When I first joined A1, I was super nervous and intimidated.



Continued...

When I started attending the group classes, I was worried what others would think of me - Am I going to be too slow? Too weak? This was my first time ever lifting weights and learning how to use a barbell. It was the complete opposite - gym members and coaches were welcoming, encouraging you to be there, gave praise and high fives. That is exactly the type of energy and atmosphere I want to bring to other members!

Fast forward to today, I couldn't be happier with the decision I made. Not only do I feel healthier and stronger but for the first time since living in West Bend (my husband and I moved here in Aug. 2016), I felt part of a community. I've made new friends and building relationships. I continue to push myself and embrace new challenges. I've adjusted my eating habits but still enjoy having adult beverages and dessert. The best part of it all, I'm happy and the lifestyle I've made.

I have learned so much! My biggest takeaways are

1.) Results do not happen overnight.

2.) Trust the process, consistency is key - keep showing up

3.) Nutrition is huge and need to be a priority. It took me 3 years to realize this. Make healthier choices, eat more protein, and indulge in "unhealthy" foods in moderation