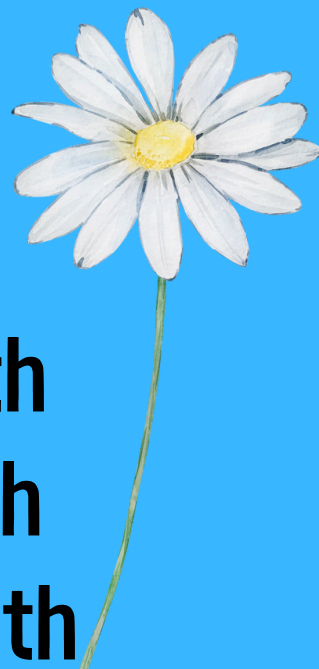


# NEWSLETTER



# APRIL

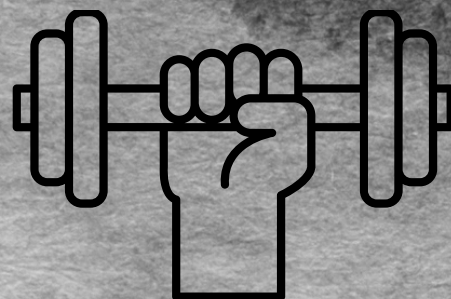


## APRIL BIRTHDAYS

Rachel Minshall	April 14th
Beth Rose	April 14th
Judy Steffes	April 17th
Mikalah Hess	April 19th
Michelle Mitchell	April 19th
Alex Herther	April 20th
Justice Madl	April 25th
Dawn Stevens	April 26th
Jean Thiel	April 30th



Keep working towards this!  
We will have another  
chance to attempt  
in May!



AROUND THE  
BEND

Saturday April 12th 9-2  
@ West Bend High School

Vendors, entertainment, raffles,  
kids playzone, tastings

A free community event  
showcasing local businesses



YOGA



Sunday April 6th 10am

Sign up on clip board- a head count is  
needed





## **Congrats Rachel Minshall!**

**Hello! My name is Rachel. I'm shocked to be picked for member of the month. I'm very early in this new me. This month is a big deal, this April I turn 50 years old! And that's what got me started coming to A1 Fitness six months ago. What is the next 50 going to look like? Not being able to tie my shoes without being out of breath, huffing and puffing up one flight of stairs? Starting in October, I was coming to classes 2 to 3 days a week at 5am. I needed to focus on just doing that. I've been obese for over 30 years now. I became comfortable in my discomfort. 30 years of saying I'll start tomorrow, laying in bed at night regretting what I ate that day. Chasing quick fixes, because I wanted to change my body more than I wanted to change my life. But this time I prioritize gaining health over losing weight. Shifting my focus from looking different to feeling different. This time it's not about chasing a smaller body it's about living a bigger life. After three months, the workouts were my new normal.**

Starting in January, I started focusing on my food. The weight started dropping. I've lost a total of 25 pounds so far. And gained muscle! We wait for stuff to get easier, it will never get easier, I've learned to handle hard better. Speaking of hard things, I'm a single mom with a teenager :) I have an amazing 15 year old daughter, even though she told me I'm going to be a half a century old. LOL I will continue to be the best version of me to be a good role model to her. I have to stay in good shape to continue do all the fun things we love to do like 4 wheeling , snowmobiling , fishing, ice fishing and traveling . I show up at 5 AM with a big cheesy smile and enjoy every minute of it. The days I work out are the days that I am the happiest. Happy that I chose me. Happy that I get to work out with such great people surrounding me and great trainers pushing us to be our best versions . Thank you and see you at 5 AM!

# MARCH MADNESS WINNERS.....

The PARTY for the winning team will  
be an  
On April 13th



# Sweaty Selfies!

They are BACK!  
Post a sweaty Selfie of  
yourself  
to social media and  
have a chance to win \$30!

April 7th- April 12th-  
post a gym selfie to  
your social media  
page and tag A1 and  
Alex or Tammy

**CASH WILL BE GIVEN OUT DAILY!!**

## RUN CLUB

The weather is finally getting warmer- its time to get outside and  
RUN! Starting on April 20th



If you are planning a race or just want more movement, a group of  
us will be running every Sunday at 9:00 am

Let us know if you are interested and we will put you in the group  
thread!



Join us for CHAOS  
class!!

Sunday April 27th 12:00pm

Is it the end of the day and you need more protein but not a lot of calories? Want a sweet treat?

## 3 Ingredient Protein Mug Cake

1 scoop protein powder

1/4 tsp baking powder

3-4 TBSP liquid (water, milk, egg whites (even more protein))



Mix all ingredients in microwave safe bowl or mug until smooth.

Microwave for 30-60 seconds (start at 30 to avoid overcooking)

Let cool a few seconds and enjoy!

- optional add ins- sugar free cool whip, berries, greek yogurt, cocoa powder, choc chips.....







# DRESS UP DAYS



Monday April 14th

Marvel Monday

Tuesday April 15th

Triple Play Tuesday  
(baseball theme)

Wednesday April 16th Western Wednesday

Thursday April 17th

Band Tshirt Thursday

Friday April 18th

Fiesta Friday

Saturday April 19th

Camo Saturday

Bi- weekly weigh ins!

WHY??

A good majority of you are  
here for weight loss-  
This is a great way to  
stay accountable.



# WHY do we need SO much protein?

Sometimes getting enough protein in seems like a part time job- but if you want to build muscle, recover faster, and stay satiated it is important. Heres why:

1. Muscle growth and repair- we create tiny tears in those muscles when we work hard in class! Protein repairs muscle and they come back stronger!
2. Fat loss and metabolism- your body actually burns more calories digesting protein than carbs and fats. And when we are in a deficit, protein helps us keep the muscle we already have. So we lose fat not muscle
3. Satiety and appetite control- eating protien helps keep you full longer, this reduces those cravings for junk!

