

NEWSLETTER

MAY

MAY BIRTHDAYS

Kendra Ortlieb

Jeanne Karls

Anne Blaedow

David Albiero

Ron Ingersoll

Hiedi Lofy

Amber Woody

May 3

May 18

May 19

May 20

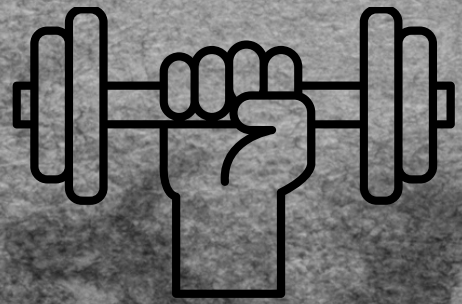
May 21

May 25

May 27



May 10 and May 17
8:30 am!!



Deadlift, Squat, and
Bench total!

#400, #600, #750, and
#1000



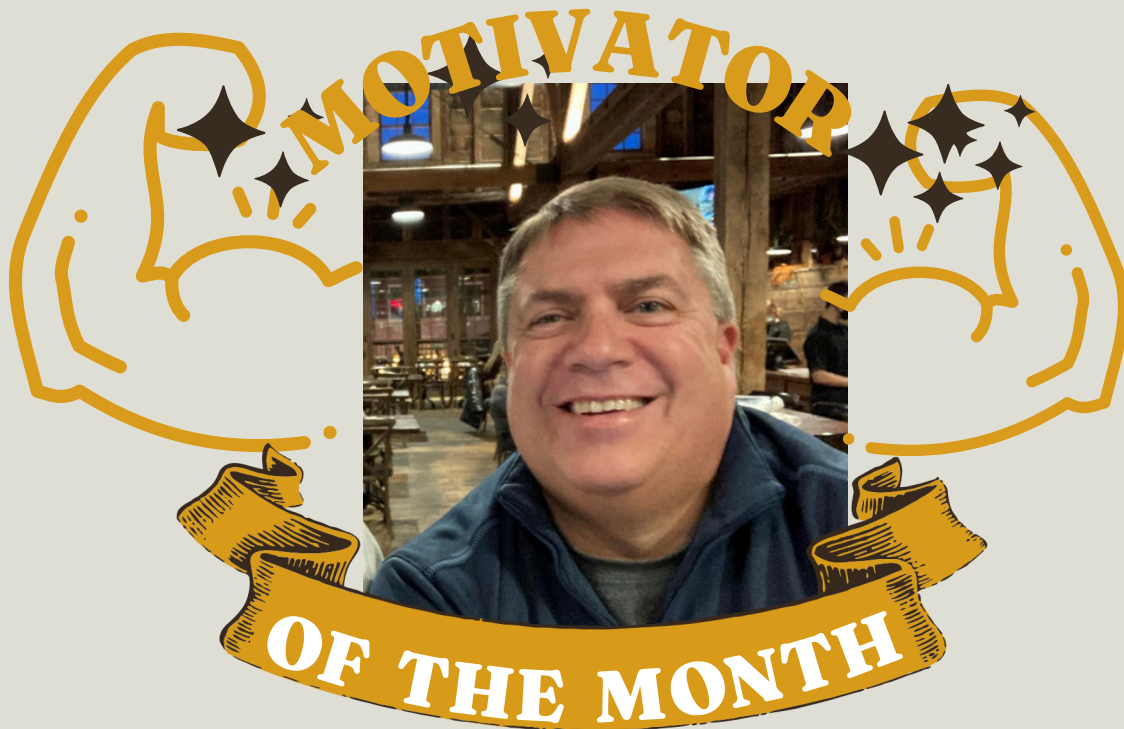
WHO IS UP FOR A
JUNE STEP CHALLENGE
?

Did you know you can have healthy meals at your
doorstep?

Freshchemke.com

Use code A1fit for 10% off





Congrats Mike Giroux!

Hi! My name is Mike and I've been with A1 for a couple of years and typically I'm in the 5:30 classes. Before I joined A1, my health was not very good. I was way overweight, had been diagnosed with high blood pressure, pre-diabetes and sleep apnea. I had poor conditioning. Just walking my dog caused my heart rate to go up and I couldn't climb a flight of stairs without being out of breath. Finally, after some strong coaxing from a friend, I decided to do something about it and joined A1. My first week was very tough. In just my second workout, I couldn't even deadlift 30lbs without pain! Did I mention that I have a bad back and my chiropractor told me that I cannot deadlift?!

The coaches here at A1 all have the same goal, to make us all fitter and in better health. Kind motivational words such as "How's that weight for you? Do you think you can use something heavier?" all help! Listen to them! They aren't doing it for their health, it's for YOURS! One thing that I wasn't doing was tracking my food. This was quite difficult for me (and still is!). Fast forward a couple of years and I finally gave in and started tracking. What a difference! I increased my protein intake and in less than 2 months added almost 4lbs of muscle. My medical numbers have all moved in the right direction and earlier this year, Dr's quote "due to your significant weight loss", I no longer have sleep apnea! Earlier this year, I took part in the 1000lb club and hit 750, including a 300lb deadlift!

There have been many times I didn't want to go to class but still did. However, there has NEVER been a time I wish I hadn't gone to class!

Thank You to all the coaches and members!



Meet Coach Kinsley

Hello everyone, my name is Kinsley Homuth and I wanted to take a little time to share my story with you. I might look like I'm super fit, but it wasn't always that way. I was once overweight and very unhappy with myself. At my heaviest I was between 210 and 220 pounds. I am now around 145 so I have lost roughly 70 pounds.

The weight gain started while I was in high school. I was a very good softball player and was very athletic. At that point in my life I was definitely focused on my strength. I wanted to be as strong as I could be. This continued into college, and not only was I playing softball but I was INCREDIBLY strong! The only downside is that I hated how I looked. My face was round, and I didn't enjoy taking pictures. My arms felt big, and my belly stuck out. I wasn't comfortable wearing cute outfits because I wasn't happy with how I looked in them. I felt bloated and basically just yucky. Anytime there was a picture being taken, I was turning sideways or hiding in the back. I actually don't have many pictures when I was at my heaviest because I avoided them. I was not happy with how I looked and honestly I was not very happy with how I felt too. I knew something needed to change.

I was playing softball all the time and lifting constantly so that clearly wasn't helping me. I started to focus on what I ate and how I felt, I also knew that I needed protein so I started focusing on clean food that was high in protein. It might have taken me awhile but I eventually started losing weight and I almost immediately started feeling better. Also, as I was feeling better and losing weight I was feeling way more motivated to keep up the process. What's better than seeing the scale go down... seeing the scale go down more.

Not only was I feeling better but I was also looking a lot better. I had always wanted to be able to do a pullup and as I lost weight my pullups became easier to do. Lot's of things became easier to do as well including pushups, and running. My confidence was growing and I was feeling much better about myself. I was now more than happy to take pictures because it almost felt like I had a new outfit. Things I wore looked better and I was happy to wear this body that I had worked for. I also knew that I wanted to help others experience what I myself had experienced. I discontinued my college path and decided I wanted to get into the health and fitness field. I was able to find A1 Health and Fitness where I knew I would be able to help others get to the point that I had gotten to myself.



Do you need some help getting your diet cleaned
up before summer?

Now's the time-

schedule a check in with Tammy or Alex!



Memorial Day

MURPH

1 mile run

100 pull ups

200 push ups

300 squats

1 mile run

***this is scalable to ALL levels!**

**Lets get everyone here-
this is a free/extra class!**

Join us May 26- 8:30am with a cookout
after- bring your own drinks. Sign up
sheet for food to bring!

**Best way to honor those who have
sacrificed for our country**



Mommy and Me Mothers Day work out!

9:00 am Sunday
Bring your child,
niece, nephew,
grandkids!
Ages 4+

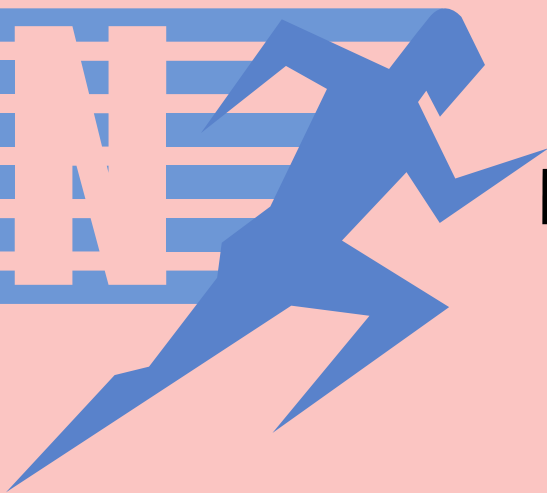
sign up

<https://a1crossfit.sites.zenplanner.com/event.cfm?eventId=368F4210-192A-436B-8F7B-DD9F467AB307>

Join us for Sunday run club!
9am at Badger school!

SINCE 1989

RUN
CLUB



All levels welcome!
Building endurance will
help with your strength
and your work outs!

Hi Protein Lasagna Bow- EASY!!

Ingredients- 4 servings

1 lb lean ground beef or turkey

1.5c low sugar marinara sauce (Rao's)

1c low fat cottage cheese

½ c low fat shredded cheese

optional- chopped onion & garlic, or sliced zucchini (I have added spinach too)



The easiest way to do this - combine meat (have it already prepped) with sauce, cottage cheese, and veggies. Sprinkle with shredded cheese. Microwave 3-4 minutes.

Macros

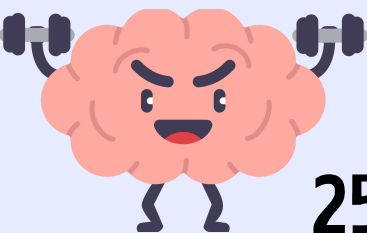
Cal 340

Pro 39g

Carbs 10g

Fat 14g

Its a perfect time to try a new Pre
work out or Intra flavor!!



25% off when you buy a combo of-
Creatine AND **Strawberry Kiwi** Pre or Intra
Creatine AND **Watermelon** Pre or Intra
Creatine AND **Pink Lemonade** Pre or Intra



ONLY IN
MAY!!



25% OFF



PRESTIGE LABS

BINGO

Everyone will have their own
bingo card in a binder at the
gym!

BINGO

NAME: _____

FOR THE MONTH OF MAY!

Share Positive Feedback to an A1 Coach	Consistency is key, complete 12 workouts and tag us.	Grab a spot for June CHAOS class	10,000+ Steps in a day post and tag us	3 Workouts this week and tag us!
Grab a Member & Do 30 Burpees	Share A Win from A1 with FB Post	Buy Intra or Pre-workout AND Protein Powder	Share a Fun and Nutritious Recipe in The Members FB Page	Bring a Friend
Share a Photo of you and an A1 Friend outside the gym.	Consistency is key, complete 6 workouts and tag us.		Attend a class on the weekend	Leave a Review for A1 (Google, Facebook, Yelp)
Busy Day? Attend a 5:30pm Class	Post a Picture Of Meal Prep In The Members FB Page	Grab a member and do 30 pushups together	Consistency is key, complete 9 workouts and tag us.	Tag @a1healthnfitness on a Social Media Post/Story
15,000+ Steps in a day post and tag us	Get Picture with a Friend from A1 and Share on Social Media	Post a photo of a home cooked meal in the members page	Share a workout Photo on Social Media and tag us	Rise and Shine! Attend a 5am or 6am class.

COMPLETE A ROW AND GET A TICKET

ATTEND CLASS AND GET A TICKET

COMPLETE THE FULL BINGO CARD AND GET 12 TICKETS

EVERY SATURDAY WE'LL PICK A WINNER FROM THE TICKETS TO RECEIVE A PRIZE (DON'T NEED TO BE PRESENT TO WIN)

2 GRAND PRIZES PICKED AT THE END ONLY FOR COMPLETED CARDS

• \$100

• NINJA CREAMI

FOR THE BRING A FRIEND SQUARES PLEASE TEXT (262) 899-8531

TO LET US KNOW IN ADVANCE WHEN YOU WOULD LIKE TO BRING A FRIEND