

NEWSLETTER

JUNE

JUNE BIRTHDAYS

Emma Schmidt	June 4th
Crissi Merkel	June 7th
Amber Kwiecien	June 13th
Laurie Rate	June 13th
BJ Sauer	June 14th



Sweaty Selfies!!!!

June 2-7th

Post a gym selfie post to Social Media!
Winners will be chosen DAILY for **FIFTY\$\$**



SELFIE



DRESS UP WEEK!

June 9th-14th



Monday- Musical Monday

Tuesday- Tye- Dye Tuesday

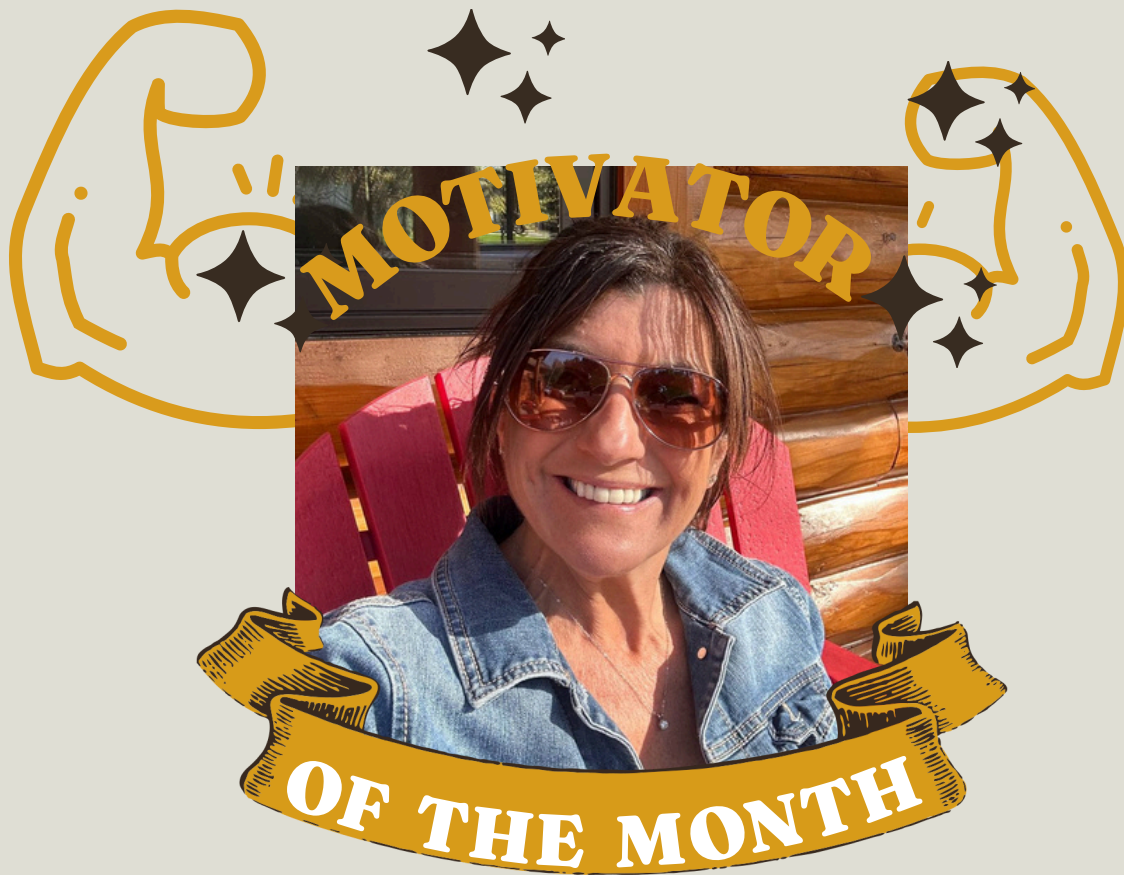
Wednesday- Wacky Wednesday

Thursday- Throw Back Thursday

Friday- PINK!

Saturday- Sparkle Saturday





Congrats Becky Vanassche!

Honored to be Member of the Month! I'm incredibly grateful to be recognized as Member of the Month at my gym. After nine years of showing up—through the highs, the lows, and everything in between—this place has become more than just a gym to me. It's been a space of growth, challenge, and community. There were times I felt strong and times I had to dig deep just to keep going. But every rep, every setback, and every small victory added up. Being acknowledged like this means more than I can say. Huge thanks to the coaches and everyone who's ever cheered me on or shared a workout alongside me. I'm truly blessed. Here's to staying consistent, staying humble, and always showing up. #MemberOfTheMonth #Grateful #9YearsStrong #KeepShowingUp

Meet Coach Morgan

My name is Morgan and I am a new coach and personal trainer here at A1 Health and Fitness. I recently graduated with my Bachelors in Sports Medicine. In August I will be going back to get my Masters in Athletic Training. I have also worked for 2.5 years in the Physical Therapy world. A fun fact about me is that I race cars at Slinger Speedway. Please don't hesitate to reach out if you have any questions. I am here and happy to help.



2 High Protein Breakfasts That Are Easy To Prep

Protein Overnight Oats

1 serving:

- 1/2c (40g) rolled oats
- 1 scoop Presitige Labs Protein powder
- 3/4c (180ml) almond milk or water
- optional- chia seeds, berries, cinnamon
- to add an additional 20g of protein add 1c (170g) Greek yogurt

Mix all in a jar or container, refrigerate overnight. Grab and go in morning!



Calories 280 (370 with yogurt)/ Protein 25-45/ Carbs 30/ Fats 7
+45-140 calories for berries and chia seeds added in.

Meal Prep Breakfast Burritos

1 burrito:

- 1/2c (120g) Liquid egg whites
- 1 whole egg
- 2-3 oz (70g) lean turkey sausage or ground turkey
- 1/4c (40g) chopped peppers
- 2Tbsp(20g) diced onion
- 1 high fiber/low carb tortilla
- optional- any veggies, salsa, low fat cheese

Cook turkey and veggies until brown, add eggs, cook together. Fill tortilla, wrap burrito style

Calories 290/ Protein 28/ Carbs 18/ Fat 10



Would you like to **SKIP** your next A1
payment???



Its **EASY**- Refer a friend and if they join
your next payment is on us

SAMPLE PROTEIN PACKS

- wanna try a new flavor?
- easy to travel with
- forgot yours at home?



We will now have samples in
vending machine!



A Comeback for Carbs!



Why do so many think carbs are the enemy?

- When you stop eating carbs you lose water NOT fat. The scale moving down isn't fat loss
- People confuse carbs with cookies 😊 Whole food carbs (fruit, oats...) are not the same as chips and soda

What are the benefits of carbs?

- #1 energy source- if you want strength, stamina, and better recovery you need carbs
- Happy hormones- carbs help regulate cortisol and support serotonin. Less hangry, more happy
- Carbs are what shuttles protein to the muscles. That's how we get strong



Carbs aren't the problem. It's processed food and overload! Stick with mostly Whole Foods and you can have ALL the energy for life!

CHECK INS AND PERSONAL TRAINING SESSIONS

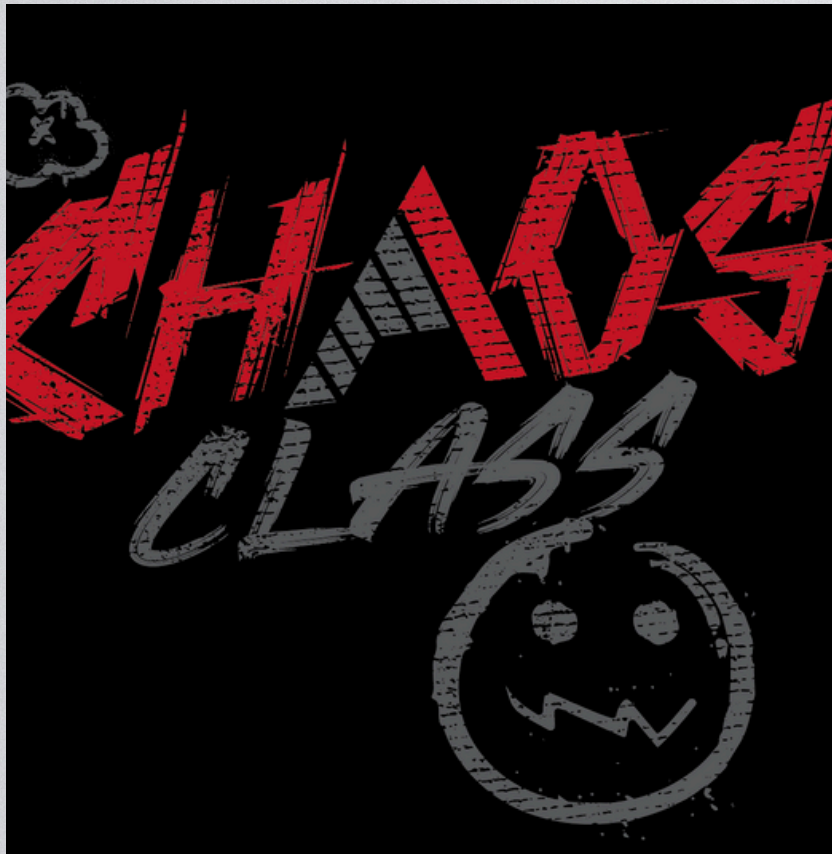
There has been WAY too many no shows or last minute cancellations. Us coaches plan our days around these and we want to maximize our time!

Check ins are for YOU. We do these to keep you on track, to make new goals, to get you to be YOUR best!

Time is SO valuable! We ask you to be respectful of our time and other members time.

We are changing our cancellation policy, we now will require a 24 hour notice or you will be charged full price for a PT and \$30 fee for check ins.

Thank you for your understanding and consideration!



June Chaos!
June 14th 8:30am

[Sign Up Here](#)

JUNE SUPPLEMENT SALE

Essentials Pack: Protein, Recovery, and Pre-workout

Normal Price \$275
June only \$163

20% OFF

