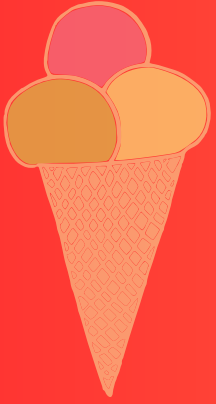


NEWSLETTER



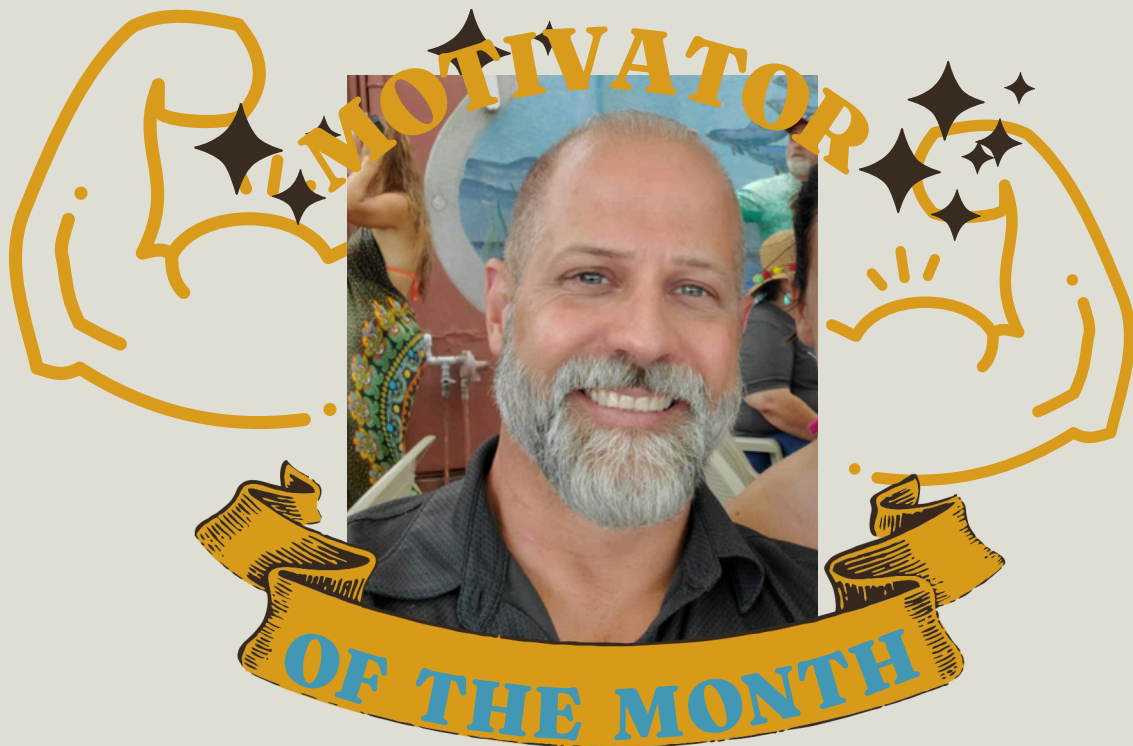
AUGUST

Happy Birthday



Morgan Zerwinski	Aug 4th
Josh Heft	Aug 5th
Jayne Butz	Aug 7th
Toby Netko	Aug 17th
Sheryl Keller	Aug 19th
Melissa Sikora	Aug 20th
Mark Meyer	Aug 21st
Dan Fischer	Aug 25th
Liz Straub	Aug 26th





Congrats Craig Biesik!

My name is Craig Biesik, 50 years old and fighting aging any way I can! I have to say I had my "ah ha" moment when I was 47 years old. On a hunting trip, I found myself sitting on the edge of a field sucking wind and believing I was about to have my first of many heart attacks if I did not get my butt in shape. Knowing I was much too young to be struggling and feeling like my heart was about to exit my chest, I made the decision to look into local gyms when I got home. That is how I landed at A1's door. Newly married to my beautiful wife Sarah, I felt I had even more reasons to improve my quality of life, I had someone to share it with. Sarah was already an accomplished runner and proving the benefits of exercise. Her energy levels soared above mine. It wasn't fair for me to sit back and be complacent to not be engaged in the activities she wanted us both to attend, simply because I physically felt I couldn't complete them. I took it upon myself to schedule a challenging mountain hunt that would require me to be in great physical shape. I had one year to hit my goal and a reason to do so.

I joined A1 in November of 2022 and quickly realized my ENTIRE body was more out of shape than I realized. The macho attitude of a guy that "used to lift", quickly left and I was humbled by my abilities. For weeks the next day wobbly legs were unbelievable, my body hurt, and I moaned in my sleep about how sore I was. This was the first time I had pushed my body to its limits in years.

Remarkably, I recovered, and in a few short weeks I was looking forward to the next day wobbles and I began to laugh at them. Knowing I was slowly getting stronger every day. I embraced the challenge every time I walked in the gym. The first year, I concentrated on getting stronger. Not paying much attention to what I was eating. My first mistake, my philosophy was "I work out so that I can eat what I want." Foolish thinking. Once I mixed proper eating practices in with proper training, I started to notice a serious change in my physique. The right fuel for the body to attack the right type of training for my goals, has changed my life. Simple meal prep on the weekends sets our family up for an easy week of hitting food intake goals with minimal work or thought during the week.

In 2024 I became a Grandpa and it has added new spark to my physical fitness goals. I will need to build a tree house in the next couple years, as my second grandson is on his way! I need to be around to play with and teach my boys the outdoor wilderness life. I also compete in a fun Lumber Jack fundraising competition every year. Since I started at A1, I have improved every year in the strength events (as I get older)!

My words of advice..... being consistent is more important than being perfect. None of us are perfect, but we can all be consistent. Show up every day you are scheduled, even if you don't feel like going in, you will be glad you did. Even if you do not have a good workout, you still had a workout, and in the long game, everyday counts. Show up for yourself, no other reason, you are doing this for you. Give it all you can, you won't regret it. But... be careful...IYKYK...LOL. The A1 Gang has been an awesome addition to my life, coaches, members and friends. I am glad I found them all, looking forward to many years of using all I have learned in this short time.

GETTING STRONGER EVERY DAY

SUMMER SLAM PARTY



Saturday Aug 30th 1:00-? pm
Awards at 2:45

***EVERYONE** that participated has chance to
win \$250- you just have to be there!!!

**Winning team gets to
throw pies in face of coach
of their choice!**



Personal Training Rates

There is a small increase in PT pricing starting in Aug!

Personal training gets faster results, individual support, and accountability- Give your body that level of attention!!!



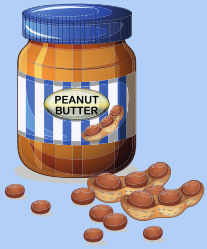
\$99 per 1 hour session
packages and recurring prices be adjusted
moving forward

Starting Now-

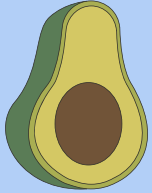
When finishing a workout before other members DO NOT start putting your weights away until everyone has finished!!

Cheer on your friends or do another round!!!

Foods many “think” are healthy but are causing weight platues



A small handful of nuts (or spoon of nutbutter) can be up to 200 calories and 18g of fat- Very easy to overeat.



250 calories and 22g of fat per avacado- great fat source but watch the fat grams add up!



Granola or granola bars are sold to you claiming to be healthy- most have added sugar and can be 2-300 calories with little to no protein or fiber.



Olive oil is a “heart healthy” fat BUT a quick drizzle can be 250+ calories! Many dont even think to track this.



I have seen smoothies add up to 700+ calories. Just because its fruit based doesnt mean there aren't hidden calories. Ciquid calories often dont even feel like they count.



Just because sourdough is great for digestion doesnt mean it's calorie free! Just like any other bread it counts and what you put on it can rack up the calories.



Yes- raw milk is unprocessed but 1 cup equals 160 calories and 8 grams of fat

“HEACTHY” doesn't mean calorie free! If your goal is fat loss, you have to know what you are eating!

AUGUST Supplement Sale

Buy a Peach Mango Pre
or Intra and get ½ off
Creatine and 3 hydrate
packs!

PEACH MANGO IS HERE!!!!!!!!!!!!

NEW



**Try it
Now**

AT HEALTH & FITNESS



Saturday

Aug 23rd Aug 30th

8:30am

Total of MAX Bench Press
Deadlift and Squat

GOAL- 400, 600, 750, or #1000

Hot Honey Beef Power Bowl



Ingredients for Bowl:

- 1 lb(454g) lean ground beef (or turkey) cooked
- 2-3 cups (300-400g) Roasted sweet potatoes (can sub rice)
- 1 (159g) sliced avocado
- ½ c (120g) low fat cottage cheese or plain greek yogurt
- 1-2 c (30-60g) fresh spinach or greens
- ½ tsp paprika

Ingredients for Hot Honey

- 1.5 Tbsp (22g) honey
- 1 tsp (5g) hot sauce
- optional red pepper flakes

****Makes 4 servings**

Assemble Bowl

- greens- potatoes- beef- avocado- cottage cheese

Drizzle wit hot honey

- mix honey ingredients- warm slightly- drizzle over top

Macros (approx) per bowl- using 93/7 beef, 2% cottage cheese

Cal 417

Pro 32g

Carbs 49g

Fat 10g

TANKSGIVING

Strength Class Starting Sept 24th

8 weeks

Wednesdays 5:30 and Saturdays 8:30am

Focus on Squat Deadlift Bench Press and
Overhead Press

*must have 6 members to make this happen

Class will end with #I000 club

[CLICK HERE TO SIGN UP!](#)

