

NEWSLETTER

October

Happy Birthday

TIM KELLER	OCT 2ND
THERESE NEUREWTHNER	OCT 3RD
SCOTT LAUSTEN	OCT 8TH
BRIANNE HANSEN	OCT 9TH
DAVE GOODNO	OCT 11TH
KRISTI FIEDLER	OCT 13TH
CAROLINE COINER	OCT 16TH
BOB JOHNSON	OCT 20TH
MATT GRASSO	OCT 21ST
CANDY BROCKWAY	OCT 26TH



SPOOKY SAVINGS

October Supplement Sale

Buy ANY flavor Pre workout and Creatine get 50% off Pumpkin Spice Protein Powder





I initially joined the gym because I wanted to live a little healthier. Since then Ive made friends gained muscle and built confidence in myself. Best choice ive made in a while.

SCARY FITNESS MYTHS

Myth- Carbs make you fat

Truth- Carbs are your bodies favorite way to get energy.

Carbs bring water to the muscles- which makes them full and strong. Water is NOT fat!

Myth- Fasting melts fat faster

Truth- Fasting is just another way to reduce total calorie intake. Eating all your calories in a short time frame does help some eat less! Some people will give themselves an excuse to eat ALL the food during this window. Many also have a hard time hitting their protein goal this way.

Myth- Late night eating is stored as fat

Truth- Your body doesn't care what time it is. It runs on how many calories you have. If you are in a calorie deficit you will lose weight no matter what time you eat them

Myth- Cardio is key to fat loss

Truth- Eating fewer calories is the true key. Cardio burns some calories in the moment, but muscles burn calories just by being there. Eat less and strength train!

Pumpkin Power Chili

Ingredients- 8 serving

- 2 lbs lean ground turkey (or chicken)
- 1 15 oz can black beans
- 1 15 oz can kidney beans
- 1 15 oz can fire roasted diced tomatoes
- 1 15 oz can pumpkin puree
- 1 8 oz can tomato sauce
- 1 cup chicken broth
- 1 16 oz jar salsa
- 2-3 Tbsp chili powder
- salt& pepper to taste



Directions

- 1-Brown the meat, drain if needed.
- 2-Combine meat and all other ingredients to slow cooker. Stir well.
- 3-Cook on low 6-8 hours, high 3-4 hours

Macros- per serving using 93/7 turkey

Calories 315

Protein 28g

Carbs 33g

Fat 7g

Fiber 9 g



OCTOBER 31ST 5-7:00 PM

HALLOWEEN
PARTY



PRIZES FOR COSTUMES
STEP CHALLENGE WINNER ANNOUNCED
GAMES, FOOD, FUN



Did you know AI has a
clothing shop?

[gear here](#)



Show you love us as much as we love you!

