

# NEWSLETTER

# SEPTEMBER

*Happy Birthday*

Kevin Potter

Sep 3rd

Kurt Maciejczak

Sep 6th

Jim Birkeland

Sep 11th

Jacob Merkel

Sept 18th

Joe Butz

Sep 22nd

Krista Mays

Sep 22nd

Becky Vanassche

Sep 27th

Angela Mueller

Sep 28th

Libby Minshall

Sep 30th





**Congrats Jared Walters!**

**Hello! For those who do not know me, my name is Jared Walters. I joined A1 Fitness back at the end of March, and have loved it ever since. For a long time, I felt like I would be looked down on when joining a gym because I was so out of shape. I always thought that if I could find the right gym, I would start. Then, after being annoyed at constantly being out of breath all the time, and my inability to fit into just about any car-sized vehicle, lol. I decided to look up gyms in my area. I came across A1-Fitness almost instantly. I knew**

**nothing about the place, but decided to stop in after work. When I walked in I was greeted by a confused looking Alex who asked me if I had an appointment. Even though I didn't, he still took the time to sit down with me and dig into what I was looking for. That beginning kindness and listening made me decide that AI was the place for me. I have not once regretted that decision! All the members and coaches are motivating, kind, and helpful. It feels like everyone is looking out for each other and genuinely wants the best for each other. This mentality has helped keep me focused on my goal! For that I would like to thank everyone for all the kind words- they mean more than you think! I can not wait to continue working out with you all in the future!**



# TANKSGIVING

Strength Class Starting Sept 24th

8 weeks

Wednesdays 5:30 and Saturdays 9:00am

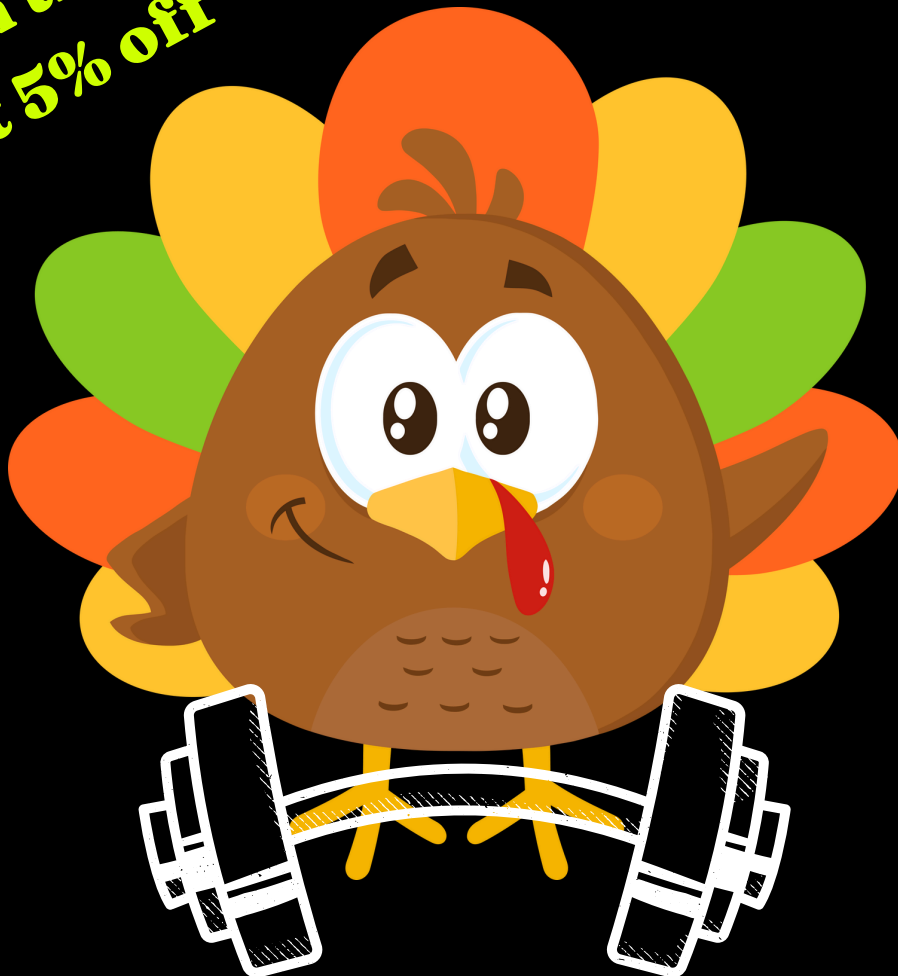
Focus on Squat Deadlift Bench Press and  
Overhead Press

\*must have 6 members to make this happen

\*\*Class will end with #400 club\*\*

**[CLICK HERE TO SIGN UP!](#)**

**Mention this  
and get 5% off**



# MONDAY SEPTEMBER 15<sup>th</sup>

## 4:30-7:00



Lots of fun things happening!

- samples from Creative Crusts pizza - pizzas will be available for purchase at a discount!!!
  - supplement samples
  - bring a friend/family member
  - friend/family can do class if they want
  - 1 friend/family member will win a 6 week challenge!
  - Members have the option to get a year membership at 50<sup>^</sup>off !
- \*must be present to win\*



These pizzas are less than 500 calories and around 50 grams of protein for HALF a pizza

# How to be less hungry when trying to lose fat

- 1- Prioritize protein at every meal- protein slows digestion.
- 2- High volume foods- almost all vegetables, berries, fruits, air popped popcorn, cauliflower rice, and yogurt with fruit. These all take up a lot of space in your tummy while being very low calorie.
- 3- Take a walk- or a kind of exercise! This takes your mind off eating. It also lowers the hunger hormone grehlin.
- 4- Sleep- I tell all my clients that sleep is a snack! Go to bed and forget about it. Getting enough sleep plays an important role in fat loss!
- 5- Use Prestige Labs "CRUSH". This reduces hunger with natural ingredients like rhodiola and ginseng. BONUS- its on sale this month!

**HUNGRY!**



# Greek Smash Burger Tacos



## Ingredients

- 1 lb 93/7 ground beef
- 8 small tortilla shells
- ½ c feta crumbles
- 1 c grape tomatoes
- 1 c diced cucumbers
- 1 c romaine lettuce
- ½ c diced red onion
- ¼ c pitted kalamata olives halved
- ½ c tzatzik sauce

## Directions

1. Heat a pan or flat top grill to medium-high heat.
2. Divide the beef into 8 equal sized balls. Place the meat on the hot surface then using a heavy pan or burger press, smash the flour tortilla down on top of the burger until it's as flat as you can make it.
3. Cook for 2-3 minutes until the meat is crispy and cooked through. Flip over and cook for an additional 2-3 minutes then serve with desired toppings.

Nutrition- 2 tacos

522 calories

26g fat

39 g carbs

33 g protien

# SEPTEMBER SUPPLEMENT SPECIAL



Buy Intra/recovery then  
Heat or Crush is 20% off  
and get Sleep FREE!

This is a savings of \$66!!



# Sober September

A group of us will be cutting back on the drinking in September!

Here are 3 great things that happen when you stop drinking alcohol-

- Your sleep and fitness skyrocket et-  
better sleep= better recovery=  
stronger workouts
- Your mind is clearer- less anxiety and  
more motivation
- Your body starts to repair itself- liver  
heals, inflammation is down, blood  
pressure improves

**\* if you want to join, tell a coach  
and jump on the inbody**

