

# NEWSLETTER

# NOVEMBER

*Happy Birthday*

Kilah Engelke	Nov 2nd
Rory Demmer	Nov 3rd
Evan Klumb	Nov 9th
Stefanie Schmutzler	Nov 15th
Mike Giroux	Nov 20th
Teri Sieglaff	Nov 22nd
Robert Morrison	Nov 23rd
Tammy Michaels	Nov 25th
Kyle Newman	Nov 28th

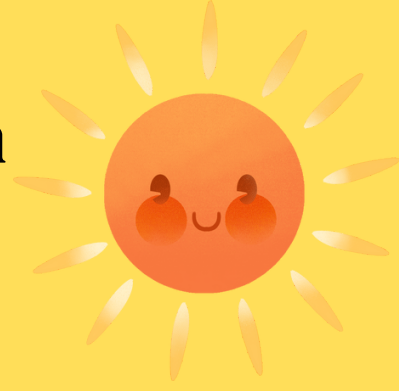




## Congrats Kilah Engelke!

It's been about a year and a half for me being a member here at A1...my experience has been nothing short of life changing. I responded to join as a six week challenger - I remember coming in to be assessed by Tammy my first time and being overwhelmed and terrified. There was a class going on and all the people in class were beasts and they were working hard and sweating, and the music was loud...the vibes were intense. I was out of shape, out of my comfort zone, feeling old, and what they call an advanced maternal aged mom who knew how far I had to go. I'm a concrete finisher by trade, I love to snowboard and play volleyball and my whole life leading up to becoming a mom, I was in really good shape and never had any issues feeling weak and old. Luckily, everyone at the gym was so cool! I was inspired (and continue to be) by all the passionate, hardworking, talented and **STRONG** people here and I feel so lucky to have been able to work towards being more confident, comfortable, and stronger myself alongside all these other amazing people. It's no longer overwhelming - it's a part of the routine. It is fun to be able to work on movements and try to build up weights I can lift or reps I can do instead of feeling like I have so far to go. I needed the accountability that this community provides, and I truly enjoy watching the veterans continue to PR and get stronger just as much I enjoy getting to know new members and hearing about their goals and being around to see them make their progress and I continue to be inspired by them too. And as most of you know, a big part of being at the gym for me is setting an example of what it means to be a strong Momma to my little girl especially...and this gym has been super accommodating and I'm thankful to be able to share this part of my life with her - and to be able to share all of my gym buddies that are also so **STRONG** with her too. Thanks for this Honor, A1!

# Every Day Breakfast Sandwich



## Ingredients (6 sandwiches)

- 6 whole eggs
- 1 cup liquid egg whites
- 6 slices turkey bacon or Canadian bacon
- 6 slices light cheese (ultra thins or laughing cow wedges)
- 6 100 calorie English muffins

## Instructions

- Preheat to 375
- Line jelly roll pan with parchment paper or use cooking spray
- Whisk eggs and egg whites- use all the spices you like!
- Pour into pan, bake 15-20 minutes until set and golden.
- Let cool, cut into 6 squares.
- Toast muffins
- Assemble then wrap individually. Refrigerate or freeze
- Microwave from fridge 45-60 seconds



## Macros (approximate)

Calories- 270

Protein- 25 g

Carbs- 25 g

Fat- 9 g

# November Supplement Sale

Protein and Creatine  
20% off add  
Intra/Recovery or Pre  
Workout for 10% off



# Holiday Hustle

When is it?

-Nov 10th- Dec 6th

What is it?

-Team challenge! EVERYONE is on a team. The team you are on will be the class time you attend most

-Individual challenge! There will be a weight loss challenge also.

How do I win?

-Teams will get points for attending class+1

finishers +1

weekly pop-ups +1 (attempt)--+2 (complete)

supplement purchase +1/\$10 spent

refer a friend +10 (\*Bring a friend to class for FREE the week of Nov 3rd- if they like it they can sign up for the Holiday Hustle for only \$199)

How much is it?

-Team challenge is free

-Fat loss challenge is free with supplement purchase (work out booster not included)

WATCH for the amazing November supplement special- it's a great price and will get you 5 extra points!

Are there prizes?

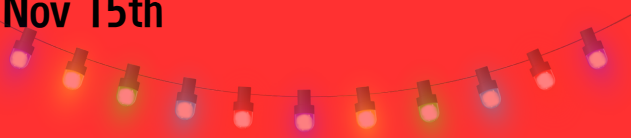
Heck yeah!

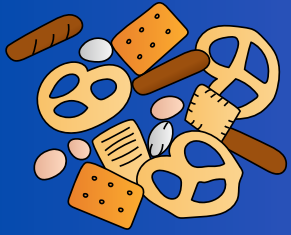
-The winning team will get 40% off A1 gear (we are working on some new things!)

-There will be a male and female winner for biggest percent body fat lost and a male and female winner for best before and after picture! Each winner gets \$250!!! Woot  
BONUS FUN- ROWATHON-

- The details aren't entirely hashed out yet- but we will work in teams of 3 for a certain amount of time to see how many meters we row! We will do this to raise money for a special cause! (what about the Humane Society?)

-The date of this will be Nov 15th





## Can you really eat TOO little?



The truth is - If you were in a controlled environment and eating fewer calories than you burn- you would lose weight. Every time.

What is usually happening:

- Small volume, big calories. Things like nut butter, salad dressing, or a snack mix- its not a lot of food but calories add up fast!

- Your body adapts. Our bodies adapt. They learn to function on fewer calories. But you can still get in a deficit.

- You are eating too little **SOMETIMES**, but not always. Skipping meals during the day or eating light all week almost always leads to too big of portions at night or the weekends.

- You don't track or pay attention to little things- like bites ,licks, tastes. You ignore things like condiments, drinks with calories, and walk by snacking (walk past the candy dish and grab a handful) These things matter!

Bottom line is we needs to aim for balance and consistency. This means eat actual meals that are also high in protein and enjoyable.

**November  
22nd**

[sign up here](#)



**Ladies  
NIGHT**

**Wine Walk! Downtown  
West Bend**

**\*sign up sheet at the gym**

Event details

<https://www.facebook.com/share/14KkDe2iE7w/>

**1000 Pound Club**

**750, 600, or 400# total**

Saturday Dec 6<sup>th</sup> and 13<sup>th</sup> 9:00 am



**Bench Press, Deadlift, and  
Squat total**

5:00 am only

\$30 to reserve your box

\*will be refunded if you show up!

Tuesday Nov 11th

**VETERANS DAY**

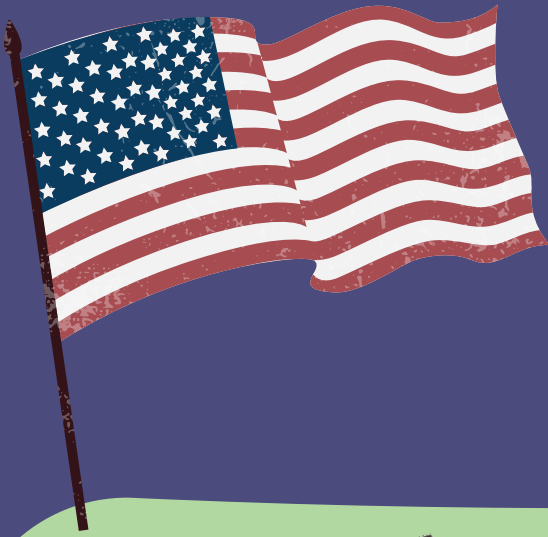
HONORING ALL WHO SERVED

"CHAD 1000"

1000 box step ups to 20 in box

20# ruck or vest -F

30#- M



sign up



**selfie!**

**SWEATY  
SELFIE!!!!**



POST a Sweaty Selfie to  
your social media

TAG Al Health and Fitness, Tammy  
and Kinsley

\$20 will be given out DAILY

WEEK OF NOV 3rd

