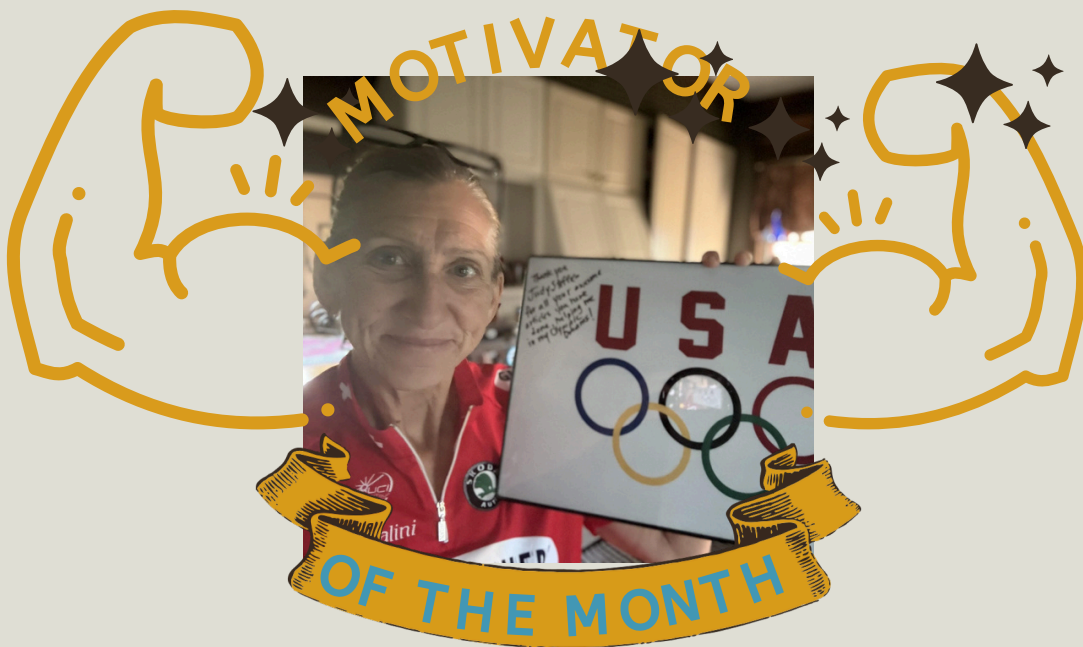


NEWSLETTER

February

Happy Birthday

Ashley Popple	Feb 1st
Kristin Swanson	Feb 2nd
Ryan Rytlewski	Feb 3rd
Barbara Austin	Feb 3rd
Angie Czarnecki	Feb 4th
Derek Kirkland	Feb 8th
Meghan Thompson	Feb 10th
Dylan Homuth	Feb 11th
Scott Everson	Feb 16th
Annalyse Heinrich	Feb 17th
Donna Strong	Feb 17th
Alvaro Cortes	Feb 18th
Kristi Presch	Feb 18th
Brittany Vogal	Feb 19th
Debra Weber	Feb 22nd
Courtney Spangler	Feb 23rd
Michelle Demmer	Feb 26th
Brianna Jones	Feb 27th



**Congrats
Judy
Steffes**

Finding My Way Back at A1 Health and Fitness

I joined A1 Health and Fitness in West Bend after stopping for a free day and doing a story on what the gym was all about. I expected one thing and found something entirely different.

Moms worked out with their kids. Dads folded their children into the rhythm of the class. It felt less like a gym and more like a community quietly modeling what healthy habits actually look like. What stood out most were the people. There was no judgment, no side-eye, no pressure. There was real encouragement, the kind I remembered from my early days in sports and marathon training.

I loved learning something new. How coaches set the bar high and classmates offered encouragement.

A1 gave me something to look forward to every morning, a reason to show up, move, and reconnect with the parts of myself I missed.

A1 Health and Fitness has given me guidance, structure, and a renewed sense of purpose.

Cook Once Eat Smart ALL Week

Sunday Shredded Chicken

BASE- Slow Cooker shredded chicken:
2-3lbs boneless skinless chicken breast
1 c broth or water
1 tsp salt, garlic powder, and onion powder
Cook on LOW 6-7 hours, shred with fork



MEAL ONE -TACO NIGHT-

BASE-1-2 TBSP taco seasoning and splash salsa into 4-6 oz chicken
Add ½ c rice or cauliflower rice, ½ c black beans (or not), and shredded romaine lettuce

Optional toppings: pico, 1-2 Tbsp shredded cheese, 2 Tbsp plain greek yogurt (swap for sour cream)

PROTEN 45-50g with 5 oz chicken, beans, and yogurt

MEAL TWO-BBQ CHICKEN STUFFED SWEET POTATOES

BASE-4-6 oz Shredded chicken mixed with low sugar BBQ sauce and baked sweet potato

Add- plain greek yogurt, chopped green onions

PROTIEN- 35-40g

MEAL THREE GREEK PROTEIN PITAS

BASE-4-6 oz shredded chicken on a pita or hi protein flat bread

Add- ½ c greek yogurt tzatziki, cucumbers, tomato, onions

PROTEIN- 45g

MEAL FOUR CHICKEN COTTAGE CHEESE ALFREDO BOWL

BASE-4-6 oz shredded chicken. “Alfredo sauce” 1 c low fat cottage cheese blended with desired amount of garlic and parmesean and splash of milk. Heat with shredded chicken and toss over protein pasta or zoodles

PROTEIN 50g

February

SUPER SHRED STACK

For Red Carpet Success

When you buy:

- HEAT or CRUSH
- PROTEIN POWDER
- CREATINE
- PRE WORK OUT

get 25% off ALL

**25%
OFF**

**Savings
over
\$60**



Fit For Kids

The Lakeshore Child advocacy center for our area is hosting a work out to support children affected by abuse and violence.



Many local gyms will all be doing the same work out this day! Mark your calendars for 2/7/26, this WILL be replacing the normal Saturday morning class so please plan accordingly.

Cost

\$40 Work out and
Crop top or T-shirt
\$25 just work out

ELLIOT

(this will have scalable options)

FOR TIME:

21 DB Front Squat

21 Pull-Ups

21 Burpee

21 Calorie Row

15 DB Front Squat

15 C2B Pull-Ups

15 Burpee Deadlift

15 Calorie Row



WHY SHOULD I TRACK MY FOOD??

Tracking isn't necessarily about weight loss- it's about awareness

- 1- You can't manage what isn't measured! It's hard to grow your bank account if you don't know how much money is in it!
- 2- We are sadly very inaccurate at estimating portions. Research has shown that we underestimate by up to 40%. That's an extra 800 calories on a 2000-calorie goal!
- 3- Protein, protein protein.... Almost everyone underconsumes protein. When we eat the appropriate amount, we quickly improve body composition, recover from workouts faster, and feel more satisfied after meals.
- 4- Builds freedom! By adjusting our intake, we can include things like alcohol and dinners out.



What's coming soon?



In March, we will focus on building **STRENGTH**
HOW??

In week one, we will each determine how much we can lift for one rep. If you can do two reps- that is **NOT** your one rep. Be ready to lift heavy:).

Over the next 7 weeks, we will work from percentages of this one rep number. That means we have to **REMEMBER** our one-rep max. We will record this in Zen Planner and keep a clipboard at the gym with this number.

How will this affect classes?

Monday will be day 1, Tuesday and Wednesday will be day 2, Thursday and Friday will be day 3. Day 1 will always be the same strength movement, aka Bench Press. Day 2 will be a different strength movement (Back Squat), and Day 3 will be a third movement. These 3 movements will be repeated on their specific days with different accessory lifts.

WHY??

When we first begin weight training, strength gains are rapid. After a while, it takes consistency and progression- which this program is all about!

Muscle is how we burn calories at rest and what gives us that lean, toned look!!



LETS GET STRONG!!!!

I'm doing the Red Carpet Challenge- how do I get points??

Come to class +1 (classes are unlimited)

Do pop up challenges +1-3

Walk 70K steps week +3/week

Before pictures +3

After pictures +5

Referral +10

Supplement purchase +1point per \$10

Post a picture of a completed meal plan +3



Everyone will get a sheet in a binder! You are responsible for filling in your points!!

Most points gets tickets for you and 5 friends to a BREWERS game 13 rows from the field!

Red Carpet Challenge PARTY



Saturday March 7th
5:00 pm



AWARDS given for
Most weight loss M/F \$350

Runner up gets \$150

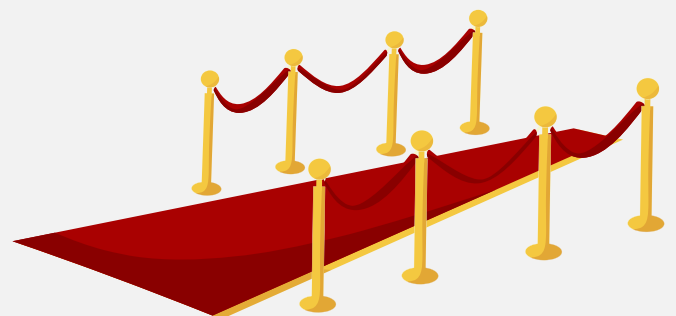
Best before and after pictures M/F \$350

Runner up gets \$150

Most points winner: 6 Brewers tickets

Dress in your fanciest Red carpet attire

Bring your favorite chili to share-
BEST chili wins a
Ninja creami and bag of protein



2026 CrossFit Open

The Open is a worldwide, multi-week event for all levels. It's a time to push yourself a little harder and have fun being part of the community!

When? Feb 26th - March 16th

Workouts will be posted on Thursday night, and we will do them during class on Saturday

CrossFit[®]
GAMES | 2026
