

NEWSLETTER

October

Tim Keller	Oct 2nd
Brianne Hansen	Oct 9th
Dave Goodno	Oct 11th
Kristi Fiedler	Oct 13th
Karen Langlois	Oct 14th
Caroline Coiner	Oct 16th
Erin Maris	Oct 18th
Todd Mathies	Oct 18th
Bob Johnson	Oct 20th
Matt Grasso	Oct 21st
Vivki Kreis	Oct 24th
Michael Thiel	Oct 30th

Happy
Birthday



BACK TO SCHOOL

Please get your final check in done
by Oct. 10th!

Last week of the challenge, all
supplement purchases will be double
points!!



October 17th 3:00-5:00pm

Titletown Brewery

Everyone is invited!!

Everyone attending gets a FREE DRINK!

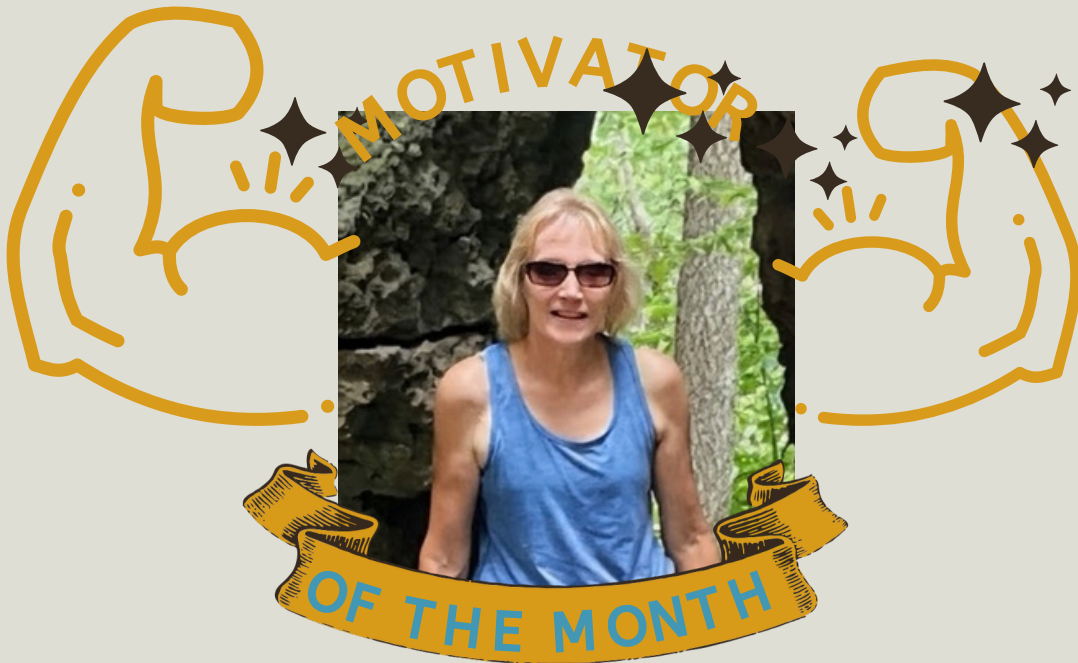
PRIZES:

2 free months best before after pics M/F

2 free months most fat lost M/F

1 free month for runner up M/F

4 Milwaukee Bucks tickets to member with
most points



Congratulations Tori Nonhof

After breaking my shoulder, physical therapy had taken me as far as it could. With a plate and a screw in my arm, I wasn't sure I would ever regain much more strength and mobility. That's when I decided to give A1 a try- and I am SO glad I did!

I've also struggled with hereditary high cholesterol for years. After just 6 months, my doctor was amazed that my cholesterol had dropped by 50 points!

What I love most about A1 is the people. The 5 am class is my tribe! The laughs and camaraderie are like a morning shot of caffeine. The perfect way to start the day!

A1 has given me more than just exercise. It has given me hope, progress, and a community that keeps me coming back. I am so thankful I decided to take that first step. BTW- I deadlifted 55 pounds over my bodyweight today!!



Please check the 1st cubby for items
left here!!

We have a great collection



Where?
are you?



Healthy Habits Hour

October 17th 9am

Confused about calories, macros, or tracking? You can learn simple steps to eat smarter, lose fat, and look and feel amazing!

Working out is the easy part!
Dialing in your eating is the KEY!!

DISCOUNT

10%

OCTOBER SUPPLEMENT SALE

THE ULTIMATE STACK!!!!

**BUY PROTEIN, CREATINE,, PRE OR POST, AND
CRUSH, HEAT, OR SLEEP
GET 10% OFF AND RECEIVE UNLIMITED
CLASSES FOR THE NEXT 4 WEEKS!!!**



SMALL GROUP PERSONAL TRAINING STARTING AT A1!!

We're excited to announce something we've never offered before at A1 Health and Fitness...

Starting October 5th!

The group will meet:

Monday, Wednesday, and Friday

11:30 AM–12:30 PM

Here's what makes this different: enrollment is limited to only four people.

You'll receive the personal attention, coaching, and accountability you would expect from one-on-one personal training—while still enjoying the energy, support, and camaraderie of working out with a group.

If you join, this small group will replace your current large group classes.

The cost is \$449 every four weeks. With three sessions each week, that works out to less than \$40 per session. Individual personal training normally costs \$99 per session, so this is an incredible opportunity to receive more individualized coaching at a fraction of the price.

You can even grab three friends and form your own group!

We're giving the four available spots to the first four people!



REWARDS POINTS!!!!!!



Don't forget- you accumulate points every time
you go to class!

You can use them anytime for supplements or
membership!



**You know what happens when you refer a
friend to A1??**

**You will receive TWO
free months!!!**





HAPPY
HALLOWEEN

**BEST COSTUME WINS 4 MILWAUKEE
BUCKS TICKETS!!!!**

**DRESS UP DAYS WILL BE THURSDAY
OCT 29TH AND FRIDAY OCTOBER 30TH**





How can I be part of this?

Come join us at

9:00 am Nov 7th

**The total of your Bench Press,
Deadlift, and Squat can equal
#400, #600, #750, or #1000**

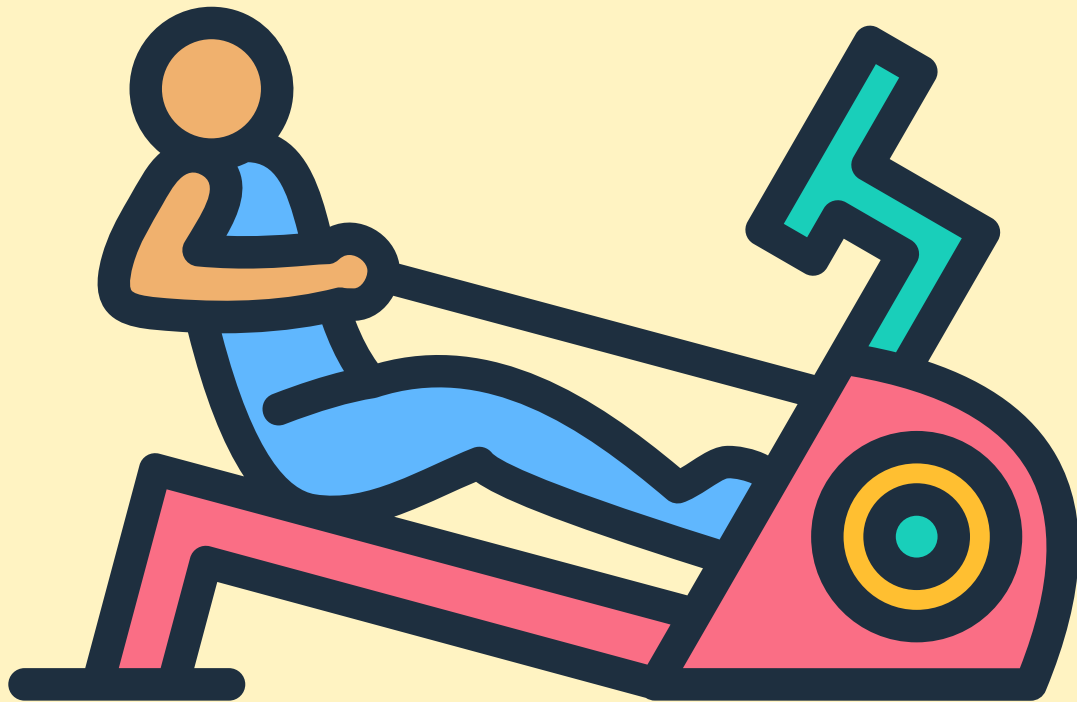
**All participants receive a T-shirt
representing their achievement!!**

COMING SOON

2nd

2ND ANNUAL A1 HOLIDAY ROW-A-THON

“PULL FOR A PURPOSE”



90 minutes of rowing

Teams of three

All proceeds will go to
“Chix for a Cause”



All participants will receive a tshirt.
Team raising the most money get a
supplement stack!

Dump-and-Go Creamy Chicken and Wild Rice

Put all ingredients in slow cooker

- 2 lb boneless skinless chicken breast
- 1 cup uncooked wild rice blend
- 3 cups low-sodium chicken broth
- 1.5 cups chopped carrots
- 1.5 cups chopped celery
- 1 small onion. chopped
- 1 cup sliced mushrooms
- 1 tsp garlic powder
- 1tsp dried thyme
- ½ tsp rosemary
- salt and pepper



Cook on low for 5-6 hours. Chicken should be cooked and rice should be tender

Pull out chicken, shred it, and put it back in.

Then add:

-3/4 cup plain greek yogurt (stir in after the slow cooker is off, so it doesn't curdle)

To make extra cozy, reduce broth to 2 ½ cups

For cheesy goodness, add ½ c shredded parmesan

Macros per serving- 5 servings (adding parmesan will add calories

Calories 480

Protien 62 g

Carbs 52 g

Fat 6 g

The Minnesota Starvation Experiment: What Happens When You Really Don't Eat Enough

Want to know what happens when you put people in a real calorie deficit?

We actually have a pretty fascinating answer.

In 1944–45, researchers at the University of Minnesota conducted what became known as the Minnesota Starvation Experiment. Thirty-six healthy young men volunteered to participate during World War II. The goal was to understand what starvation did to the body and how people could safely recover after being severely underfed.

For the first three months, the men ate enough to maintain their weight. Then, for six months, their food intake was drastically reduced while they continued to walk about 22 miles per week. And guess what happened?

They lost weight. A LOT of weight.

Their average weight dropped from about 153 pounds to 116 pounds—almost a quarter of their body weight.

“But what about starvation mode?”

This is where the study gets really interesting.

Their metabolism and physical activity changed. They became weaker, their heart rates dropped, and their bodies adapted to the reduced energy intake.

But they still lost weight.

Their bodies couldn't simply decide, “We aren't losing weight anymore because we're in starvation mode.”

Instead, their bodies became more efficient and their weight-loss rate slowed. But with prolonged severe energy restriction, their stored energy still had to be used.

That's an important distinction:

Metabolic adaptation is real. “Calories don't matter anymore” is not.

And here's the REALLY crazy part...

The men became absolutely obsessed with food.

They thought about food constantly. Some read cookbooks for entertainment. Some fantasized about meals. And two participants broke the rules completely—one stopped at shops for sundaes and malted milk, while another ate food scraps and even chewed enormous amounts of gum.

When the starvation period ended, some of the men were eating more than 5,000 calories per day, and one was reported to consume as much as 11,500 calories in a single day. Their intense hunger could persist for months.

So what can we take from this?

No, you don't have to starve yourself to lose weight.

And no, your metabolism doesn't “shut down” and make fat loss impossible.

Your body does adapt to a calorie deficit. You may burn fewer calories, move less without realizing it, become hungrier, and see your rate of weight loss slow down.

But a sustained energy deficit still results in loss of stored energy. The real challenge isn't whether your body knows how to lose weight.

It's creating a calorie deficit you can actually sustain without feeling like you're living in the Minnesota Starvation Experiment.

And thankfully, your fat-loss plan shouldn't look anything like that

A1 Health and Fitness 2027

Tropical Group Vacation to Roatan!

Join us for a 5 day March get away at the breathtaking Infinity Beach Resort!

- Adventure, relaxing, snorkeling, beach days, and all the things to escape Wisconsin winter!**
- Packages start at \$2000/room (Limited rooms)**
- Rooms are being booked! To get yours contact Alex**

Will be a trip to remember- ALL the information on the Facebook page!