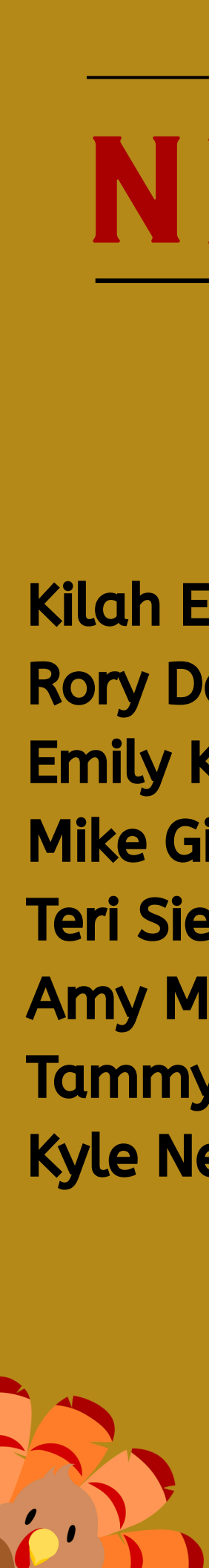
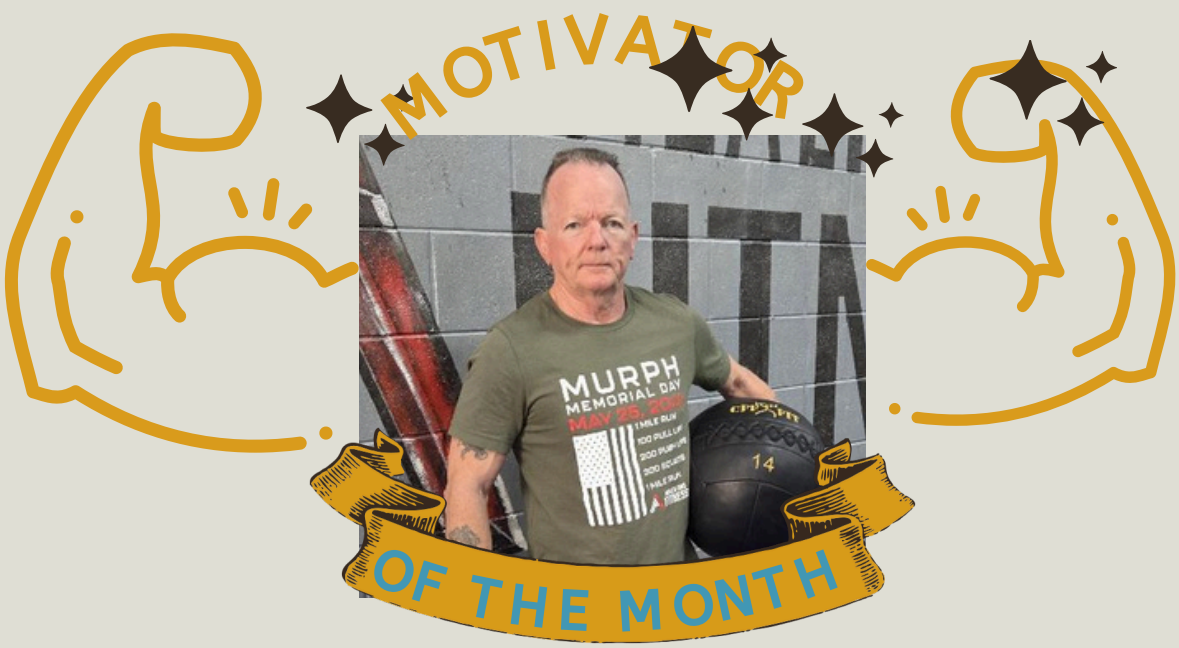
# NEWSLETTER

## NOVEMBER

| | |
|---|---|
| Kilah Engelke | Nov 2nd |
| Rory Demmer | Nov 2nd |
| Emily Krueger | Nov 9th |
| Mike Giroux | Nov 20th |
| Teri Sieglaff | Nov 22nd |
| Amy Monday | Nov 23rd |
| Tammy Michaels | Nov 25th |
| Kyle Newman | Nov 28th |



HEALTH AND FITNESS




# Congratulations Toby Netko

After I turned 68 years old I needed back surgery. Yuck! The surgery went well. After I healed I realized I was gaining weight and losing muscle. With the encouragement of my wife I sought out A1 Health and Fitness. Tammy and the rest of the staff/instructors couldn't have been more helpful in leading me on my fitness journey. They tailored my exercises at the beginning in order to get me back in shape. Now under their guidance I deadlift, back squat, box jump, climb ropes and more. The reason I LOVE A1 is that there is a different structured workout every day that is designed around functional movements. (You need these when you get older.)

A1 has also given me a whole new way of looking at food. I thought I knew how to eat but I was wrong. Their nutrition guidance has me eating healthier . And get this, I still get to have the bad things I like every once in a while! My A1 adventure has given me coaches who push me to be better. A1 has also given me a whole slate of new friends. The support I get from my A1 family makes my fitness journey fun and exciting.

A1 has had a positive effect on me to the point that I have lost weight and gotten myself down to 15% body fat. Not bad for the old guy at the gym.



# Healthy Habits Hour

November 14th 9 am

Learn simple steps to eat smarter, lose fat, and look and feel amazing! Thanksgiving is right around the corner, learn how to prepare and crush it!

NEW NEW NEW NEW

Tell your friends!

Invite them to try class at 8am, and stay for the nutrition talk

Meet Vanessa! She is offering weekly meal prep for you. OR will come to your home and prepare dinner for your family!

# Saturday November 11th 9am

**~It's that time again~**
**Test your strength!!**
**Find your max in Bench Press, Deadlift, and Back Squat**
**Looking to total #400, #600, #750, or #1000 pounds**
**WEAR THAT NEW SHIRT WITH PRIDE!**



Here is the link to the web page!

This is where to sign up your team and sponsor the event!

https://a1healthnfitness.com/row-a-thon/

Here is link for donations

https://kindbee.com/fundraisers/pull-for-a-purpose




Let's make this year even better!!

chi4a cause LTD

# November

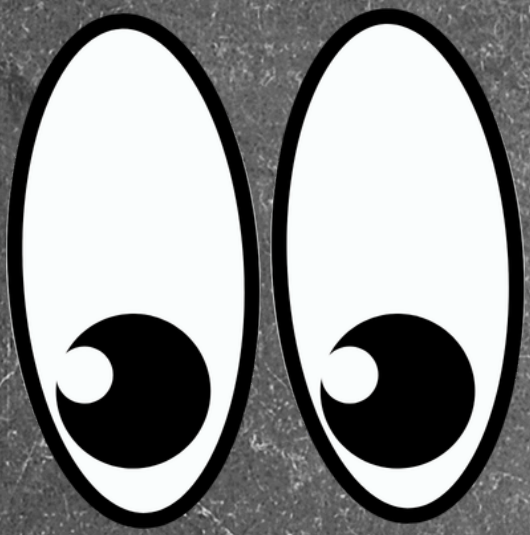
## Supplement Sale

Buy Pink Lemonade Pre Work out get FitAid Fuji Apple or Watermelon 60 serving bag for ½ off!

Thats twice the amount of creatine for less than the 30 serving container!



KEEP YOUR EYES AND EARS OPEN!!






CRAZY AMAZING DEALS WILL BE OFFERED FOR 3 DAYS ONLY!!!!

# Pumpkin Pie Protein Balls



- 1 cup oats
- ½ cup Prestige Labs Vanilla protein powder
- ⅓ cup natual peanut butter
- ¼ c pumpkin puree
- 1 Tbsp maple syrup
- 1 tsp pumpkin pie spice
- 1-2 chocolate chips (cinnamon or white chocolate are also great!) optonal
- 1-2 Tbsp milk as needed

1- Mix dry ingredients in a bowl.
2- Add peanut butter, pumpkin, and syrup
3- If mixture is dry add a little milk. If its wet add more oats
4- Fold in chip, if using
5- Roll into 12 ballls- refigerate at least 30 minutes

Approximate macros:
Calories 97 pro-5g
carbs 9g fat 5g



# Getting Thru the Holidays

Thanksgiving is coming, then the holiday parties, Christmas, and New Year's. This doesn't mean we lose progress. There is zero reason we can't at least maintain. Here are the best tips to stay on track:

1- Always get your protein in. Have it before and eat it first!

2- Don't skip meals to save calories for a party. Going in starving leads to over eating.

3- Keep getting your workouts in. We all have time for what's important. At least take a walk before or after- bring the family!

4- Enjoy the foods you love. Pick the important or most loved ones and have ONE serving. Enjoy Aunt Kathy's pie- not the store bought rolls

5- The next meal, get back on track!



As always, consistency is key. The holidays aren't an excuse to give up your progress!

Fall/Winter A1 Clothing!!!




We are getting the store ready with some hoodies and long sleeve Tshirts!

How about some joggers and leggings?!?

Sneak Peek

# NEW FRIDAY SMALL GROUP

**Starting November 6th at 4 pm**

**Add to your normal membership.**

**You do not have to commit to every week.**

**Whenver you want to add this just sign up in Wellness Living!**

**$49/session**

**LOTS of one on one focus**

**Class is limited to 4**

# A1 Health and Fitness 2027

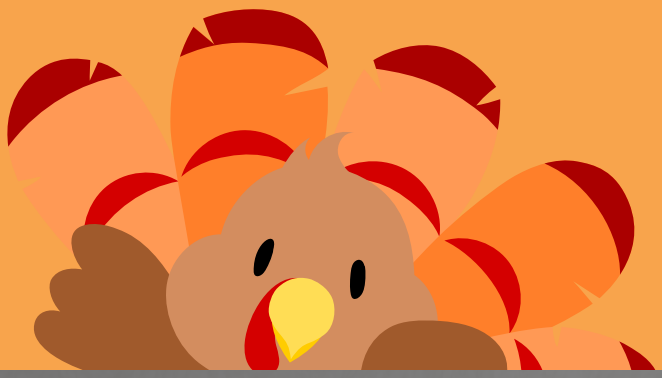
# Tropical Group Vacation to Roatan!

Join us for a 7 day Febuary get away at the breathtaking Infinity Beach Resort!

- Adventure, relaxing, snorkeling, beach days, and all the things to escape Wisconsin winter!
- Packages start at $2100 for a small villa-to $2800 for a beachfront view. Rates are cheaper if you don't want all-inclusive!
- Flights are not included
- info@a1 healthnfitness.com email for more info.

# Thanksgiving Week Hours

**Full class schedule Monday, Tuesday, and Wednesday**
**NO Classes Thursday and Friday**
**8am class Saturday the 28th**



## Rewards points!

Remember you all get points for coming to class-
Use them when you buy supplements!!!

