

December 2018

THE TAKEDOWN LOWDOWN

IN THIS ISSUE

Page 2

What's Happening?

Page 3

#TakedownTrained

Page 4

The Fit Kitchen

Page 5

The Cool Down

LEAN in 19

Takedown Announces New Year Challenge Event

Make plans, not resolutions.

Join the movement and get Lean in '19!

Takedown Gym recently announced a challenge that is sure to help you gain the motivation and confidence to ring in the new year with a new perspective!

Lean in '19 is a six-week challenge led by the training staff at Takedown Gym. Beginning January 7th and running through February 18th, participants will have a chance at winning a \$500 grand prize, as well as prizes for winners in each of four categories: percent of weight loss, body fat loss, muscle gain, and inches lost.

Each week, participants will have the

opportunity to participate in wellness sessions - equipping you with the knowledge and tools necessary to succeed in not only MEETING your goals, but BEATING them!

Weigh in happens January 7th and 8th between 5 am and 9 pm by one of our personal training staff. Weigh 'out' sessions will be February 18th and 19th with a wrap up party and awards at 6 pm February 21st.

Cost for Takedown members to enter is \$45 for the challenge alone, \$100 for the challenge and six wellness sessions, and \$595 which includes the challenge, six wellness sessions, and six weeks of personal training.

Cost for nonmembers is \$60 for the challenge and \$130 for the challenge and classes. Participation in wellness sessions can also be purchased ala carte by members and nonmembers for \$12/session on top of the basic challenge fee.

A limited edition Lean in '19 tank top or unisex t-shirt is also available for participants to purchase. Cost is \$20 and must be paid upon registration along with a size request.

Lean in '19 fliers are available at the Takedown front desk. Encourage friends and family to join you in getting stronger, healthier, and (possibly) richer in the new year!

WHAT'S HAPPENING AT TAKEDOWN?

What You Need To Know...

Expansion News

Great strides toward completion continue to be made in our expansion project.

Check out videos, photos and updates all posted to our Facebook, Instagram and Twitter accounts.

New Takedown App

Make sure you've downloaded the new Takedown app from your App Store. If you are still referring to the old app, it won't show you a complete schedule and will show everything as full.

The new app features our lime green color scheme and looks quite a bit different, offering a variety of new features intended to make your experience a better one.

Please be sure to add a profile photo in your app to help us keep our internal system updated.

Don't forget to pre-register for classes to ensure your spot in areas where space is limited. And also be sure to swipe your key card or the QR code on your app each time

to enter the gym.

If you have issues with or questions about this new software, please don't hesitate to ask someone at the front desk!

Let's Get Social

Thanks to social media, you can take Takedown with you wherever you go!

Find us on Facebook, Twitter and Instagram to keep up with all things fitness and fun. Also.... don't forget to visit us online at takedowngym.com AND download the Takedown Gym app on your mobile device!



Mike's Move of the Month: The Cossack Squat

By Mike Holtan

Fitness and Recreation Advisor

The Cossack squat is a great mobility exercise that helps flexibility in the hips and groin.

To start out, simply stand with a wide stance with your feet roughly a foot and a half out from your shoulders.

Next, you will shift your weight to one side and lower your whole body over top of the heel of that leg.

At first you may not be able to get that low, but eventually you should be able to lower yourself to where your butt is almost touching the back of your shoe.

While descending down, and while at the bottom portion of the exercise, it is important to keep your heel of the leg that is bearing most of the weight touching the ground while keeping the other leg straight and other foot



pointing toward the ceiling.

Once you have lowered yourself down to one side, you will then push off with that leg back to the starting position and then do the same movement toward the other side.

For a demonstration on the proper form for a Cossack squat, check out the Takedown Facebook page or stop Mike at the gym and ask him to show you how!

#TAKEDOWNTRAINED

Fall Into Fitness Challenge Complete!

Congratulations to EVERYONE who participated in Takedown Gym's first Fall into Fitness 60-Day Challenge!

Participants competed and participated in weekly seminars, weigh ins, and were held accountable by our trainers and fitness instructors for eight weeks to help them reach their goals.

First place winners in each category include:

- Most percent body fat lost (male): Chris Raimann
- Most percent body fat lost (female): Connie Meyers
- Most pounds lost (male): Jason Freed
- Most pounds lost (female): Karissa Posterick
- Most inches lost (male): Mark Ronnei
- Most inches lost (female): Karen Phelps

We are extremely proud of all our members who participated in our 60-Day Challenge. We are excited to keep supporting everyone throughout their fitness journey!

Check out our next challenge on Page 1.



Great Turnout for Wobble B4 You Gobble Event



We had a FANTASTIC turnout at our Thanksgiving morning 'Wobble B4 You Gobble' family challenge!

Check out some of the fun photos taken of all who attended on our Facebook page.

And thank you to those who not only met the challenge but destroyed it!

Chocolate Mint Truffles



Makes 2 Servings | Prep time: 10 minutes | Cook time: 30 min
Nutritional Info | Calories: 150 | Protein: 14 | Fat: 7 | Carbs: 7

INGREDIENTS

- 2 servings chocolate protein
- 2 Tbsp. unsweetened coconut milk
- 1 tsp. vanilla extract
- 1 Tbsp. almond butter
- 2 Tbsp. water
- 1 Tbsp. cocoa powder
- 1 tsp. Mint extract
- Pinch Sea Salt

DIRECTIONS

In a mixing bowl, mix all dry ingredients. Then, mix in the remainder of the ingredients except the cocoa powder and mix until it forms a sticky dough.

Form the dough into small 1-2" balls.

Place cocoa powder on a plate and roll each truffle in the powder.

Refrigerate truffles for 30 minutes and enjoy!

THE COOL DOWN...

Shake of the Month: Dark Chocolate Peppermint

Ho ho holy deliciousness, Santa!

Nothing says 'Happy Holidays' like dark chocolate and peppermint. So we've taken both and made them into a healthy treat! Welcome in the dark chocolate peppermint protein shake!

With just the right amounts of peppermint, dark chocolate, and protein, this shake is sure to satisfy your sweet tooth, promote muscle synthesis and keep you far away from those 800 calorie peppermint mochas! Be sure to pick up our December Shake of the Month after your next workout.



Takedown Gym's MYTH OF THE MONTH

MYTH:

Cleansing - or drastically cutting calories - is the best way to counteract all of that holiday eating you did (or plan to do).

REALITY:

No, no, a thousand times no! Post-holiday cleansing is going to hit all of our newsfeeds soon, like an avalanche, so please be prepared and look away.

Just like exercising to get rid of the calories you took in, restricting food to "make up" for all of your holiday indulgence can eventually cause rebound overeating, which will totally do the opposite thing you intended a cleanse to do in the first place. And, again, we really can't say this enough: it feeds into a relationship with food that is hyper-focused on caloric intake - leaving enjoyment, satisfaction, fullness, and our emotional and cultural relationships with food totally out of the picture.

Enjoy the special and delicious foods and festive meals that are the hallmark of the holiday season. In our experience, clients who go into the holidays knowing they're going to eat more and richer food than usual and (look forward to that!) don't start the new year feeling like they need to undo any damage. They eat what they want and leave the rest. And then the holidays are over, they're back to their usual, less-than-festive foods.

You don't need that "kick-start" cleanse that does nothing but starve you. And remember, your body cleanses itself!