

February 2019

THE TAKEDOWN LOWDOWN

Oh, What a Night!

Takedown members gather for The Big Reveal

'Wow' was certainly the word of the night when Takedown Gym hosted its Big Reveal on January 24th.

This members-only event included tours of the new facility, including the field house, spin studio, wrestling room, hydro massage chairs, new reception and lounge areas, Select Therapy clinic space, and more. Drawings for prizes were held throughout the night, and participants were treated to tables upon tables of appetizers and desserts as well as a great variety of beverages catered by Grand View Lodge.

Jami Nelson, Takedown member and owner of Just Juice, was on hand to demo the juice making process and give samples. Takedown trainer Al Smith shared great information about the My Zone heart rate monitors.

"As our members know, this day has been a long time in the making," said Takedown Manager Joe Ciardelli. "So it's really exciting when we're able to open the doors, take down the barrier wall and let everyone see what's now available to them."

Ciardelli said, while work still continues in areas of the new addition, renovations will now begin in the existing space including removal of the wrestling mats to make increased space for strength training and weights, expanding the upper level



mezzanine for new and existing cardio equipment, framing in a new group exercise room where the Cybex equipment currently resides, expanding the locker rooms and adding steam rooms to each, and more.

While the timeframe for the renovations isn't exact, Ciardelli said to expect a few minor inconveniences in the coming months as work begins to grow and improve the older portions of Takedown Gym.

"I can't say enough how much we've appreciated the support and patience of our members over the last year-plus," Ciardelli added. "So we ask that they hang in there a few more months as we complete this expansion and remodeling phase to make Takedown the premiere fitness facility in the Brainerd Lakes Area."

To see video and photos from The Big Reveal, check out the Takedown Gym Facebook page.

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MARK YOUR CALENDAR...

Soccer Skills Training - Ages 12 and up

When? February 24 – April 1 | 3:45-4:45 pm/Sundays and 6-7 pm/Mondays

Where? Takedown Gym Field House

Cost? \$100 for members and \$150 for non-members

To become the best, you have to train to be the best. The best soccer players in the world have amazing technical ball skills. During this six-week clinic, players can expect:

- 1,000-plus touches on the ball every session.
- Improving your speed and agility on the ball.
- Ball control with speed.
- New soccer moves.
- Technique.
- Mastering both feet.

Pre-registration is required and can be done at the gym or by visiting takedowngym.com.

Lacrosse Skills Training - Ages 12 and up

When? February 27 – April 3 | 5:15-6:15 pm/Tuesdays and Thursdays

Where? Takedown Gym Field House

Cost? \$100 for members and \$150 for non-members

Looking to work off the rust and dust from a long off-season? Grab your gear and join us for the start of an eight-week lacrosse training clinic. Twice a week for eight weeks, we will host a lacrosse training camp in our brand new field house to help improve your stick handling, passing, shooting, speed, strength and much more. We will work you hard but we will also make you a better all-around player. Player equipment will not be provided, so participants are asked to bring a helmet, gloves and stick. Shoulder and elbow pads are recommended but not necessary. Pre-registration is required and can be done at the gym or by visiting takedowngym.com.

NYWA and Jaycee State Wrestling Tune Up - Grades K-8

When? February 13 – April 3/Wednesdays and/or Sundays

Beginners: 5-6:15 pm/Wednesdays and 2-3:15 pm/Sundays

Advanced: 6:15-7:45 pm/Wednesdays and 3:15-4:45 pm/Sundays

Where? Takedown Gym Wrestling Room

Cost? \$125 for 14 sessions, \$80 for 8 sessions/Wednesdays, \$60 for six sessions/Sundays, or \$15 walk-in fee

Takedown Wrestling Club is offering a program this season designed to give youth wrestlers extra practice options in addition to their local school programs and help prepare for the NYWA season and/or the Jaycee state competition. Takedown will offer both beginner and advanced options to give wrestlers the best practice possible for their age and experience. Takedown members may use sessions for practices. First 10 to register in each division receive a 10 percent discount. Register early to hold your spot. Register at the gym or by visiting takedowngym.com.

WHAT'S HAPPENING AT TAKEDOWN?

What You Need To Know...

Rockstars Wanted!

Takedown Gym is looking to add a few new faces to its already stellar lineup of staff.

If you, or someone you know, is looking to work in an exciting and growing industry, stop in and ask Joe Ciardelli for details.

Sweetheart Personal Training

Ready to take your fitness goals to the next level? Do you have a 'sweetheart' or even a friend in your life who might want to join you? Sign up for buddy training during the month of February and receive up to \$60 off.

Schedule your health and fitness assessment with Al, Haley, or Jess at the front desk today. It'll be SWEET!

February is American Heart Month

February is designated as American Heart Month to bring attention and awareness to the prevalence and severity of heart disease in the United States.

Did you know that nearly a quarter of deaths in the United States are caused by heart disease? While that statistic is staggering, the good news is that heart disease is often preventable.

We can all take simple steps to reduce our risk like making physical activity part of our daily routine, and choosing spices to flavor our foods over salt. Healthy choices coupled with regular check ups to manage existing conditions can significantly reduce, if not eliminate, your risk of heart disease.

Change is GOOD

As we acclimate to our new space, class times are subject to change. Be sure to check the class schedule on our Takedown Gym app to stay on top of any and all changes. We're working to fine tune to make classes accessible and timely for all members.

Keep it Clean

Please remember to bring an extra pair of shoes when you come to work out either on the new side or in the

gym. We can't allow wet, street shoes on our workout surfaces, including the gym, field house, wrestling room and spin studio.

Thanks for helping us keep everything in great shape!

Tell Your Friends

Now through February 15, new members can sign up with NO ENROLLMENT FEE!

That's right! We want to help kick start the new year with new habits. So tell your friends! And remember, Takedown also offers a great incentive program. Ask at the front desk for details!

Expanded Child Care Hours

We are so proud of our new, dedicated child care space and hope our members are too! Nicole and Suzette are excited to spend time with your precious little ones in a safe and secure environment while you work out.

Hours have been expanded to accommodate varied schedules during the winter months and are as follows:

Monday	8 am-1 pm and 4-7 pm
Tuesday	8 am-1 pm and 4-7 pm
Wednesday	8 am- 1 pm
Thursday	8 am-1 pm and 4-7 pm
Friday	8 am-1 pm
Saturday	7:30 am-12 pm



THE FIT KITCHEN

Strawberry Shortcake Protein Pancakes

Makes 2 Servings | Prep time: 5 minutes
Cook time: 10 min

A quick, delicious breakfast (or dinner) packed with protein and fiber. Top with nut butter, yogurt or fruit for a delicious, clean meal.

INGREDIENTS

- 6 egg whites
- 1 cup strawberries (fresh or frozen, chopped)
- 1/4 cup oat bran (or sub oat flour)
- 1/4 cup raw buckwheat flour
- 1/8 teaspoon baking soda
- 1/8 teaspoon sea salt
- 1 teaspoon honey (only necessary if strawberries aren't sweet)
- 4-6 strawberries (sliced, topping)
- Nut butter or coconut whipped cream (topping)



DIRECTIONS

1. Add egg whites, chopped strawberries, oat bran, buckwheat flour, baking soda and salt to a blender. Pulse 5-6 times, until ingredients are just combined.
2. Spray a frying pan with coconut oil or other cooking spray. The pancakes will spread out, so using a smaller pan works well. Cook on low, covered, for 5-7 minutes, until bubbles appear on top of pancake. Flip over, and cook for another 1-2 minutes. Top with berries, nut butter, or coconut whipped cream.

NOTES

Makes six small or two large pancakes. They look pretty in stacks, but I personally prefer making one large pancake for myself. Since these pancakes are made mostly of egg whites, they need to be cooked slowly to not dry out. I find slightly undercooked pancakes taste the best!

THE COOL DOWN...

Shake of the Month: **Chocolate Covered Strawberry**

Nothing says love like chocolate covered strawberries. And nothing says satisfying nutrition like a protein shake at Takedown Gym! Have you been to our new nutrition bar? We have new blenders ready and waiting to whip up your next shake!

Our February Shake of the Month, Chocolate Covered Strawberry, is high in protein and low in fat; and, at 220 calories, it's the perfect recovery treat! Order yours at the front desk before or after your workout!



Takedown Gym's **MYTH OF THE MONTH**

MYTH:

Foods Labeled 'Natural' are Healthier.

REALITY:

The FDA makes no serious effort to control the use of the word 'natural' on nutrition labels. Case in point: 7UP boasts that it's made with '100% Natural Flavors' when, in fact, the soda is sweetened with a decidedly unnatural dose of high fructose corn syrup.

Corn is natural, but high fructose corn syrup is produced using a centrifuge and a series of chemical reactions. Other 'natural' abusers include Natural Cheetos, which are made with maltodextrin and disodium phosphate; and 'natural advantage' Post Raisin Bran, which bathes its raisins in both sugar and corn syrup. The worst part is, you're likely paying a premium price for common junk food.

If you have questions about reading labels and what to believe when looking for items with natural ingredients, visit with one of our fitness professionals today and they'll be happy to help you navigate the often-confusing world of nutrition.



Challenge Check-In

Jess is eating her greens. Are you?

Calling all 'Lean in 19' fitness challenge participants! How's it going? You only have a little while left to meet, or beat, your goals!

Don't forget, as if getting healthier wasn't motivation enough, there's \$500 on the line!