

HAPPY NEW YEAR!

THE TAKEDOWN

LOWDOWN

**BEGINS JANUARY 7&8th
REGISTER NOW!!**

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!

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Wellness Workshops

Each weekly session is intended to empower and educate Challenge participants. Sessions are \$12/each and must be prepaid upon registration.

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| <p>Week One: January 9th 6:30 am</p> | <p>It's Been So Long... Where Do I Start? You've probably noticed the gym is a little more full in January... and we're excited you're here with us at Takedown! Starting up a healthy eating and exercise lifestyle can be difficult - where do you even start? Join Al as she explores tips, tricks and habits - old and new - to kick off your January Challenge and sustain it YEAR ROUND.</p> |
| <p>Week Two: January 15th 5:30 pm</p> | <p>Education of Sleep You know the importance of shut-eye. So why is it so hard to make sure we get it? Jess will share not only what affects our sleep patterns, but also how to get better sleep. Learn how to sleep your way to better health, a better body and bigger successes!</p> |
| <p>Week Three: January 23rd 5:30 pm</p> | <p>January Meal Prep Join Haley and learn to meal prep your way to weight loss, as well as tips and tricks to stay on track and meal plan effectively.</p> |
| <p>Week Four: January 30th 5:30 pm</p> | <p>Exercise Planning 101 Confused by coming up with a regular exercise routine? What does an exercise routine look like that's geared toward your specific goals, age and body type? Join Al as she shares her secrets on developing your own proper exercise program that includes strength, cardio, flexibility and balance.</p> |
| <p>Week Five: February 5th 5:30 pm</p> | <p>Fitness Can Be Delicious! Let's get our hands dirty (sort of) and learn to make protein balls. Delicious and nutritious! Participants will also get a few to take home after making them. Bring a take-home container or baggies.</p> |
| <p>Week Six: February 14th 12 pm</p> | <p>Conquering the Cybex Equipment While they may look intimidating to some, our Cybex machines are accessible to everyone! Come learn more about each of these machines, the way to use them and the muscle groups they target.</p> |

WHAT'S HAPPENING AT TAKEDOWN?

What You Need To Know...

Tell Your Friends

Now through January 31st, 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!

Coming Soon to a Gym Near You!

Have you watched the latest teaser videos on our Facebook page? We're excited at the progress being made on our expansion project. In fact, the wrestling room has been used a few times for practices and clinics. And rumor has it, the new state-of-the-art spin studio may be rocking in a few short weeks. You're going to be blown away by what's to come. Stay tuned...

Wrestling Clinic with Mike Krause

Wrestlers in grades K-6 are invited to participate in a **FREE** wrestling clinic hosted by Mike Krause from 6-9 pm January 9th at Takedown Gym.

With high energy and a positive style of coaching, Mike was named Flowrestling's 'Youth Coach of the Century.'

Takedown Gym is Mike's **ONLY** Minnesota stop during his 50 State Adidas Wrestling Coach Tour and we're so excited he's joining us.

Again, this opportunity is **FREE**. However, pre-registration is required and can be done online at www.takedowngym.com. Simply click on the banner ad at the top of the home page and you'll be directed to registration.

Don't miss this world-class opportunity for your young wrestler!

Takedown Gym's MYTH OF THE MONTH

MYTH:

More sweat means you've burned more calories.

REALITY:

Your body is highly sophisticated when it comes to your overall metabolism. Sweating happens as a result of your core body temperature rising and heat does have an associative relationship to calorie burn—but to a certain point. Your body won't keep burning more and more calories to regulate your temperature. That would be inefficient. You will either fatigue and have to reduce your intensity due to what's known as thermal breakdown, or if you're highly conditioned, your body will level off temperature regulation breaking somewhat even with caloric burn.

Even taking all of this into consideration, the desired source of calorie burn would ideally be fat. But there are many factors at play that unless you have sophisticated equipment to measure you can't really be sure how much fat you're burning. We do know that you're burning some but how much is difficult to tell and more sweat is not a reliable metric.

THE FIT KITCHEN

No-Bake Cookie Dough Protein Bars



Makes 6 Servings | Prep time: 10 minutes | Cook time: 10 min
Nutritional Info | Calories: 170 | Protein: 16 | Fat: 6 | Carbs: 22

INGREDIENTS

- ½ cup oat flour
- 2 scoops vanilla whey protein
- ¼ cup maple syrup
- 1 Tbsp. butter, melted
- 1 tsp. vanilla extract
- Pinch of sea salt
- ¼ cup mini dark chocolate chips
- 1+ Tbsp. nut milk, as needed

DIRECTIONS

1. In a large mixing bowl, add all ingredients except the chocolate chips and nut milk, and mix until it forms a dough-like consistency. If your mixture is too dry, add 1 Tbsp. of nut milk at a time until a dough is formed.
2. Let the mix cool (the butter may still be warm). Once completely cool, fold in chocolate chips.
3. Place cookie dough on a wax paper lined baking sheet. Place in the freezer for 15 minutes.