

May 2018

THE TAKEDOWN

LOWDOWN

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The Cool Down

Takedown Announces Rock Steady Boxing

Did you know 20,000 Minnesotans have been diagnosed with Parkinson's Disease?

Just coming off of the month of April and National Parkinson's Awareness Month, Takedown Gym has some exciting news. Beginning May 1st, Takedown will offer a twice-weekly Rock Steady Boxing program specifically for individuals with Parkinson's.

Several studies on exercise and Parkinson's have concluded that forced, intense exercise can slow the progression of the disease. The Rock Steady Boxing method was developed in Indianapolis over the course of seven years. Rock Steady Boxing is a fitness program that engages participants diagnosed with Parkinson's Disease in non-contact boxing as well as a variety of other activities to improve balance, agility, hand-eye coordination, speed of movement, muscle power, mental focus and rhythm.

Today, there are 545 Rock Steady Boxing affiliates around the world (517 in the US and 28 internationally, including Japan, Italy, Canada, Sweden, Netherlands, Norway and Australia), initiated by certified Rock Steady Boxing coaches. All coaches have completed the requirements of Rock Steady Boxing and have been officially certified at the Rock Steady Boxing headquarters and training



center in Indianapolis. Takedown Gym will have three certified Rock Steady coaches, as well as a number of volunteers, assisting participants at each session.

We are incredibly honored and excited to offer this groundbreaking and life-changing opportunity to the Brainerd Lakes Area and we would love your support in sharing this information with others.

If you would like to learn more about this program being implemented at Takedown Gym in Brainerd or if you're interested in becoming a volunteer, please email either Joe or Jenny and we will get you connected with the resources you need. We'd also like to share this with service groups throughout our community. If you're affiliated with one and can get us in front of your organization, please let us know!

Please help us and others fight back against Parkinson's Disease!

What's Up at Takedown Wrestling Club?

Takedown Wrestling Club Outreach

The Takedown Wrestling Club's outreach program has been providing a great opportunity for wrestlers in central and northern Minnesota by offering practices in St Cloud on Mondays and Sauk Centre on Thursdays.

With these extra training options our Takedown wrestling members have the opportunity to get on the mat five days a week! For more information, contact Director of Wrestling Jake Clark: jake@takedowngym.com

Think Summer!

Our Summer Camp & Event schedule is coming soon!

We have so many great things ahead for the Takedown Wrestling Club... Make sure to follow us on Facebook and Instagram for details and updates.



Know a college student who will be in the Brainerd area for the summer break? Takedown has the perfect gym membership option to keep their fitness routine going!

For just \$99, students can take advantage of our three-month College Summer Membership. For only \$33 a month, students receive unlimited open gym access.

If you know a college student looking to get, or stay, in shape over the summer, tell them to come in and get "Takedown Trained!"

Push Up Break Down

By Mike Holtan

Fitness and Recreation Advisor

The push up is one of the most basic, and essential, upper body exercises there is; but it's also one workout that is done wrong most of the time.

Some common mistakes that people make include: elbows flared out to the sides, hands positioned too far forward (not underneath the body), hands pointed inward, and not getting a full range of motion.

The push up can have different variations to target different muscles, but the basic rules of a proper push up are that the elbows should be roughly at a 45 degree angle when compared to the torso, hands pointed forward, the body in a straight line (plank position) and completing full range of motion (touching the chest to the ground and then fully extending the elbows at the top of the push up).

To watch a video demonstration, check out the Takedown Gym Facebook page!

THE FIT KITCHEN

SPICE UP YOUR LIFE WITH THESE Chicken Taco Lettuce Wraps



Makes 4 Servings | Prep time: 15 minutes | Cook time: 15 minutes
Nutritional Info | Cals: 430 | P: 35 g | C: 28 g | F: 24 g

INGREDIENTS

| | |
|--|---------------------------------|
| 2 Tbsp coconut oil | 1/4 cup corn |
| 1 lb chicken breast, cut into 1" cubes | 1/4 cup cilantro, finely minced |
| 3 Tbsp reduced sodium taco seasoning | 1/2 cup black beans |
| 1 head butter lettuce | 1-2 avocados |
| 1 medium tomato, diced | 1/2 cup salsa (no added sugar) |
| 1/2 onion | 1 lime |

DIRECTIONS

Heat oil over a medium skillet. Place cubed chicken into a bowl and add taco seasoning, mixing so chicken is evenly coated. Add chicken to the skillet and cook until thoroughly cooked, about 7-8 minutes, flipping throughout to ensure even heat. Put chicken aside. Peel the leaves of the butter lettuce from the core and stack them on a plate. In a bowl, mix tomato, onion, corn, cilantro, black beans, salsa and lime. Based on your preference, you can mix in the avocado here, or keep it as a separate topping. Select two leaves of lettuce (for stability) and place chicken topped with salsa mix and avocado on top. Enjoy!

MARK YOUR CALENDAR...

Pedal With a Purpose: Brainerd Lakes Area Junior Achievement

When? Saturday, May 19th at 8:30 am
Where? Takedown Gym
Cost? \$20 for members and non-members

Mark your calendar and join us for the May 19th Pedal With a Purpose when we raise money for Junior Achievement! JA serves over 6,500 students in the Brainerd, Crosby-Ironton, Pequot Lakes, Pillager, and Staples-Motley school districts - empowering young people to own their economic success. This is done by providing volunteer-delivered curriculum to kids in grades K-12 focused on financial literacy, college and career readiness, and entrepreneurship.

For your \$20 donation, you will participate in a fun 45-minute indoor cycling class set to music. In turn, 100 percent of registrations collected will be returned to Junior Achievement. Pre-registration is required.

Monthly Healthy Eating Seminars:

Navigating the Grocery Store

When? Tuesday, May 29th at 6:30 pm
Where? Cub Foods in Baxter
Cost? \$25 per member or \$40 per couple

Changing your eating means changing your grocery shopping. If you are trying to eat healthier, but get overwhelmed by the limitless options at the super market, then this is a solution for you. Take a stroll with Al through Cub Foods in Baxter as you learn proven shopping techniques to save time and money, discover how to avoid trans-fats and sugar that can sabotage your health, and how to easily compare brands to select the best products for you and your family.

Class will meet in the coffee lounge (near the entry) of Cub Foods at 6:30 pm in Baxter. The tour will last between 60-90 minutes.

Protein Bar or Snickers Bar?

How to choose a protein bar that's not JUNK

When? Tuesday, May 29th at 9:30 am or Wednesday, May 30th at 6 pm
Where? Upper level of Gym in Childcare Area
Cost? Free for members

Whether you're running to the gym or to work, there's almost nothing easier than grabbing a protein bar. Protein bars promise all the nutrients you need to steer off hunger and build muscles, while still having a satisfying taste. But is YOUR favorite protein bar more like a candy bar? A majority of the protein bars in stores today are packed with empty calories, added sugars, and contain odd protein sources and strange ingredients. Join Al as she helps you navigate the "protein bar conundrum" based on taste, calories, and nutrition. Al's nutrition seminars are complimentary to Takedown Gym members.

WHO'S WHO IN THE TAKEDOWN CREW



Haley Cunningham
Registered Dietitian/Personal Trainer

“I was born in St. Paul, MN and grew up in Mendota Heights. I am the youngest of two sisters who are both significantly shorter than me. Growing up, I was always trying to find my perfect sport: something I was just really good at. So I tried out a lot of sports including track (I threw shot put), competitive cheerleading, hip-hop dance... My main sports were basketball, softball, volleyball (I played JO and on the high school team). During my senior year of high school, I ventured out and joined the cross-country team and Nordic ski team, until spring when I played softball.

I was always healthy in high school, but I didn't know how to actually fuel my body for the active lifestyle I was living until I met with a trainer who encouraged me to fuel my body more. After practices, I worked with a personal trainer at a local gym (which is what inspired me down the path I am in now). Once I saw how great I felt fueling my body better and seeing my body fat drop fast from eating more, I knew I wanted to learn more. I had no idea I could go to college and learn all about food and eventually get paid for working with people on their diets.

I went to the University of North Dakota and graduated with a degree in Nutrition and Dietetics. In college, I was very involved with my academics, fitness, and sorority life. I was a member, and now alum, of Alpha Phi.

During college, I studied Dietetics. I also trained for bodybuilding for two years, but never wanted to compete because I don't like the idea of the cut phase. I learned a lot about building muscle and eating a lot!

In addition to working, and working out, at Takedown, I like experimenting with baking and cooking. I always try to take recipes and make them healthier (usually when its baking, it doesn't turn out). I'm also working on my own cookbook.

And here's an interesting fact you might not know about me... I have fructose intolerance.”

WHO'S WHO IN THE TAKEDOWN CREW



Michael Pettit **Front Desk Representative**

“Hey Takedown members; Michael here! If we haven’t been officially introduced, I’m the bigger guy behind the front desk and the best shake maker in the building!

I was raised in the same home my entire life. I live a couple blocks from the Forestview Middle school on a little pond that I wouldn’t recommend diving into! Although I lived here in Baxter, I attended Pillager High School from Kindergarten to graduation. My mother was my kindergarten teacher and my father taught my high school math courses, so I was truly a teacher’s pet. My fondest memories from my childhood took place at my grandparent’s farm. I can’t remember a weekend that we wouldn’t drive down there and sleep over. Helping with the chores and hosting countless family gatherings were the highlights of my summers, along with the occasional boat ride on Gull!

The hobby that I faithfully follow every day usually brings me to my place of work! I never found working out to be an activity I would willingly participate in until I started playing more competitive sports, where I began to love the grind. Since then I have committed at least two hours every day to improving my overall fitness and health whether that be lifting, yoga, or meditation. The time that isn’t dedicated to training or working is usually spent reading a great book, visiting with my grandparents, or taking a short detour down to St. Bens to visit my amazing girlfriend!

One thing that the members of Takedown may not know about me is that I was once 300 pounds! Playing offensive line at Saint John’s caused me to pack on the weight, not much of it good, and afterwards I knew I needed to make a transformation. I took the necessary steps to improve my overall health and fitness goals through training and nutrition alterations. Since then I have successfully lost over 70 pounds and hope to lose another 15 to hit my final goal!

My most embarrassing gym moment occurred during my sophomore year of college. The entire lineman unit was in the gym working on power and the main lift was an overhead press. The weights were heavy, so you had to jump to get the weight overhead. Unfortunately for me, I misjudged the bar speed and slammed it into my chin. From there I dropped the weight, fell back about 10 feet and couldn’t feel my face for a good minute. I believe I was the only one not laughing at that point!”

FITNESS FODDER...

Pedal Raises \$420 for Arthritis

Thank you to everyone who helped us raise money for The Arthritis Foundation of Minnesota at our April 21st Pedal With a Purpose event!

And mark your calendar now for our next ride on Saturday, May 19th when we dedicate all proceeds to Junior Achievement.

If you know of a local nonprofit that would like to raise money from this event, check out our website for a downloadable application and additional information.



Don't Be Late!

Please remember... if you are more than five minutes late to a class, your spot is subject to be filled by someone on the wait list or stand-by.

Out With the Old, In With the New!

New apparel is in the works. In the meantime, we found a few bins of Takedown sweatshirts. Gray or black Under Armour in youth sizes M-XL for \$20 and adult sizes S-L for \$25. Check em out!

Select Therapy, Takedown Join Forces

We are excited to announce Select Therapy will soon join forces with Takedown Gym to provide enhanced services to members and clients, alike.

Gym Manager Joe Ciardelli said Select Therapy will have a physical location in the new gym expansion once complete and will be accessible to Takedown members.

More information will be shared in the near future.

two greats under one roof



She's Baaaaaack!!

By now, you've already likely heard the buzz. But, in case you haven't, we have a VIP in the house!

Takedown Gym welcomes back fitness instructor Michelle McMahon!

After taking a hiatus to the West Coast, our friend has returned to her Takedown home. Michelle is on the May schedule and will be teaching approximately 15 classes each week, including Muscle Bomb, Inferno, various forms of yoga, Jacked Up, Rock It Rope, Maximus and MUCH MORE!!

Welcome back, Michelle! We're so lucky to have you!



Takedown Represented at Expo

Takedown Gym had a booth at the Brainerd Lakes Chamber of Commerce's Everything Expo April 13 and 14 at the Essentia Health Sports Center in Brainerd.

Chad O'Shea and other members of the Takedown team visited with attendees and shared membership information.

Thanks to all who stopped by to say 'hi!'

IN THIS CORNER, HOPE. FIGHTING BACK AGAINST PARKINSON'S

Rock Steady Boxing is an exercise program designed to improve the mobility, balance and strength of people fighting Parkinson's.

The program consists of:

- No-Contact Boxing
- Stretching
- Balance and Mobility Training
- Strength Training
- ...and many other scientifically proven exercises to help patients with Parkinson's

The program is designed to provide neuro re-education through crossing the midline and challenging balance.

Each boxer will be placed in an appropriate group with others experiencing like symptoms.

Call TODAY to find out more about this critical program.

ROCK STEADY
at
BOXING
TAKEDOWN GYM



Jenny Holmes

Certified RSB Coach, Fitness Instructor

Haley Cunningham

*Registered Dietitian/Nutritionist,
Certified RSB Coach*

Dana Gutzmann

*Physical Therapy Assistant,
Certified RSB Coach*

Classes:

Tuesday and Thursday 2:30-3:30 pm

17192 Highway 371 • Brainerd, MN 56401
218.454.1770 • TakedownGym.RSBaffiliate.com

THE COOL DOWN...

Shake of the Month:

Peanut Butter Banana

Personal trainer and Registered Dietitian Haley Cunningham is the brainchild behind this month's delicious shake - Peanut Butter Banana.

Simple. Easy. Delicious. Those are just a few of the words that can be used about our May Shake of the Month. We take vanilla protein powder and almond milk combined with just the right amount of ice, powdered peanut butter and banana. Blended to perfection, we top it off with a couple chunks of banana and serve it up. Filled with protein, this is a great way to fuel up post-workout. Order one at the front desk today!



Takedown Gym's MYTH OF THE MONTH

MYTH:

Bananas are the best source of potassium.

REALITY:

Potassium is an electrolyte that helps maintain a normal water balance between cells and body fluids. It also aids in nerve conduction and muscle contraction, which is key for exercises.

Do you tend to get a lot of exercise induced muscle cramps? Take a look at your overall potassium intake. It is recommended that adults consume anywhere from 1600-2000 mg per day of potassium based on individual needs. One medium banana contains 422 mg and has 105 calories.

Here are more sources that contain the same amount of potassium, but with fewer calories:

- Potato, half a medium spud, 80 calories
- Apricots, 5 whole fruit, 80 calories
- Cantaloupe, 1 cup cubes, 55 calories
- Broccoli, 1 full stalk, 50 calories
- Sun-dried tomatoes, a quarter cup, 35 calories

TAKEDOWN REFERRAL PROGRAM
Bring a buddy, get rewarded!

Refer a friend to sign up on a 12-month Contract,
and receive one of three reward options:

- \$48 OFF YOUR NEXT MONTHLY PAYMENT
- 5 ADDITIONAL CLASSES
- PERSONAL TRAINING SESSION (\$70 VALUE)

*Reward valid on 12-month contract in active month
**Reward option subject to change

TAKEDOWN

A promotional graphic for the Takedown Referral Program. It features a large, stylized 'T' logo at the top. Below the logo, the text reads 'TAKEDOWN REFERRAL PROGRAM' in a bold, italicized font. Underneath, it says 'Bring a buddy, get rewarded!' and 'Refer a friend to sign up on a 12-month Contract, and receive one of three reward options:'. Three reward options are listed in a grey box: '\$48 OFF YOUR NEXT MONTHLY PAYMENT', '5 ADDITIONAL CLASSES', and 'PERSONAL TRAINING SESSION (\$70 VALUE)'. At the bottom, there are two lines of small text: '*Reward valid on 12-month contract in active month' and '**Reward option subject to change'. The word 'TAKEDOWN' is written in a large, bold, stylized font at the very bottom.

Take us 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!