

November 2018

THE TAKEDOWN LOWDOWN

TAKEDOWN GYM

WOBBLE B4 U

GOBBLE



22
NOVEMBER

TAKEDOWN TURKEY CHALLENGE
A FAMILY FRIENDLY WORKOUT

Join us for a 60-minute workout challenge for all ages and abilities! Start your day off with some family-friendly competition. All teachers receive a commemorative prize. Pre-registration is required.

\$5/MEMBERS OR \$10 AFTER NOVEMBER 18 | \$20/NON-MEMBERS | (218) 454-1770

WHAT'S HAPPENING AT TAKEDOWN?

What You Need To Know...

Camp Confidence Raises \$340

Takedown would like to thank everyone who donated their time, money, and sweat to make the October Pedal With a Purpose event such a success!

Pedal With a Purpose happens once a month to help support local nonprofits making a BIG impact in our communities.

Money raised from the October Pedal event went directly to the Confidence Learning Center and the 'Wacky Walters Healthy Confidence Challenge.'

Confidence Learning Center is an outdoor education and recreation facility for people of all ages with special needs. The 'Healthy Confidence Challenge,' partnered with Gary Walters, is designed to help promote a healthy lifestyle while raising funds for Confidence Learning Center, the Brainerd Public Schools Foundation, and Kids Against Hunger - Brainerd Lakes Area.

Pedal With a Purpose is a 45-minute indoor cycling ride. Participants pay \$25 to participate in the session and 100 percent of proceeds go back to the respective nonprofit selected for that month.

Because of the holidays, Takedown will not host a Pedal event until January 19th. Stay tuned for our benefactor and additional details.

If you know a deserving nonprofit who would like to be considered, visit the Pedal With a Purpose tab at takedowngym.com.



60 Day Challenge Weigh-Out

Can you believe it's been eight weeks since the start of our Fall into Fitness Challenge???

If you've registered for the 60 Day Challenge, don't forget your final weigh out on Friday, November 9th from 8 am to 5 pm; Saturday, November 10th from 8 am to noon; or Sunday, November 11th from 8 am to noon.

Trainers Haley and Al will be at Takedown to weigh you out and take your final measurements. The date and time of our award celebration to announce the winners of the 60 Day Challenge will be released later this month. Stay tuned!

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!



Pedal With a Purpose instructor Cassie Brodin (foreground) presented Gary Walters with a \$340 check after the October 13th Pedal With a Purpose event at Takedown Gym.

THE FIT KITCHEN

Buffalo Chicken Meatballs



Makes 4 Servings | Prep time: 10 minutes | Cook time: 15 min
Nutritional Info | Calories: 185 | Protein: 26 | Fat: 8 | Carbs: 3

INGREDIENTS

Meatballs:

1-pound ground chicken or turkey
1/2 cup almond flour
1/4 cup hot sauce
1 egg
2 Tbsp. ranch seasoning
Pinch of salt

Ranch Seasoning:

2 Tbsp. dried parsley
2 tsp. dried dill
1 tsp. garlic powder
1 tsp. onion powder
1/2 tsp. black pepper
1/2 tsp. dried chives

DIRECTIONS

1. Place chicken stock, chicken, carrots, salsa, onion, and garlic powder in a large slow cooker and stir to combine. Cook on low for 6-8 hours, or high for 3-4 hours.
2. About 30 minutes before removing from the slow cooker, add both cans of beans. Remove chicken from mixture, shred with two forks, and then return to slow cooker. Allow to cook for 30 minutes, then season with additional salt and pepper as needed.
3. Serve up in bowls and ENJOY!

THE COOL DOWN...

New at Takedown...

Protein Power Bowls

Hungry for more than just one of our protein shakes?

Try our new protein power bowls as a full meal replacement after your workout! With just the right combination of crunchy granola, protein, fresh fruit, a few chocolate chips and drizzled peanut butter, this meal is sure to replace those depleted carbohydrate stores right after a workout.

Make any of our protein shakes into a power bowl. Haley and Al's favorite is the chocolate peanut butter banana bowl.

Order one at the front desk before or after your workout.



Takedown Gym's MYTH OF THE MONTH

MYTH:

Most people gain five pounds during the holiday season.

REALITY:

No doubt you've heard this one.

The reality is that holiday weight gain is slight. According to a study reported in the New England Journal of Medicine, the average adult gains only one pound during the winter holiday season. The bad news – this extra weight tends to accumulate year after year and can contribute to the so-called middle age spread.

Holiday eating is a small snapshot in the big picture. It's what you do from January through November that really determines your weight.

Even though holiday weight gain is less than often reported, you still need to make careful choices – and exercise portion control – to minimize the damage.



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!

