

October 2018

# THE TAKEDOWN LOWDOWN

## It's Beginning to Look A Lot Like...



Field House



Wrestling Room

## Takedown Athletic Club!

Whether you've been inside the gym or simply driven by, you will no doubt have noticed the incredible strides being made in completing the expansion project at Takedown Gym.

Takedown Gym Manager Joe Ciardelli said a lot has transpired in a very short amount of time to stay on track for a December completion of the new space. Once the new addition is complete, gym equipment will be moved to the new area - and the existing portion will undergo major renovations. The complete project is hoped to be finished around or shortly after the first of the year.

"It has been busy around here lately in terms of construction activity," Ciardelli said. "New layers of blacktop were installed and caused some minor inconveniences for our members. So we really want to thank you for your continued patience. I know I've said it before, but I'll say it again: this is all going to

be very much worth it when you first walk into your new and vastly improved Takedown Athletic Club."

Sean Kramer, owner of Takedown, worked with a marketing team to choose a new name for the facility once completed. Kramer said he wanted the name to reflect the fact that Takedown will increase its capacity and will now have a variety of services, resources, and activities for people of all ages.

"I truly believe our members, as well as the public, will be very impressed when they first step foot in the new Takedown Athletic Club," Kramer said. "This is going to be such a tremendous resource to our community, and we are excited to unveil that in a few months."

**To see a sneak peek video of the inside of the new space, visit our Facebook or Instagram page.**

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# WHAT'S HAPPENING AT TAKEDOWN?

## What You Need To Know...

### Pedal With a Purpose Kicks Off

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

The September ride raised \$300 for the Mid-Minnesota Women's Center. The MMWC operates two programs - the Women's Center and the Alex and Brandon Child Safety Center. The organization's vision is to see an end to domestic violence, and a mission to provide safety, advocacy, and empowerment for abuse victims and education about abuse for the community.

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

Sign up now for our next event - Saturday, October 13th at 8:30 am when we help raise money for 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 non-profit selected for that month.

Register online or by calling the gym at (218) 454-1770.



### Takedown Declares Wrestletober

Takedown has declared October as Wrestletober. Join us for added sessions and special rates all month long!

The drop in fee in October for all wrestling sessions will be just \$5. Or bring a partner and get two for \$8! AND... if you're a member in good standing, your wrestling sessions throughout the month are FREE!

We have also added an additional session on Thursday to give more options for preseason wrestling training, so grab a partner and come on in! See you on the mat!

October Schedule:

Sunday:	3 to 4:45 pm
Tuesday:	6 to 7:30 pm
Wednesday:	6 to 7:30 pm
Thursday:	6 to 7:30 pm

### Look Who's New to the Takedown Team

We have BIG news! Three awesome people have recently joined the Takedown Team! Please help us welcome Jess Longhurst, Chris Bunnis and Alex Lucken.

Jess will work as a fitness instructor and personal trainer; Chris will teach a Cardio Combat class on Saturdays in October; and Alex will hold down the front desk during the 5-8 am shift. Next time you're in and see them, please give them a warm welcome!

### Takedown Adds New Software

This month, Takedown Gym will officially switch software for a new and more intuitive platform.

EZ Facility will allow us to expand and manage recreation leagues such as pickle ball and basketball, in addition to a variety of other customer-first features to enhance your experience at Takedown Gym.

Members should not be affected with the changeover; however, anyone who currently has the Takedown Gym app downloaded on their smart device will need to delete that app upon notification by the gym and install the new one. Simply search for Takedown Gym in your App Store.

If you have any issues or questions, please don't hesitate to check in with one of our knowledgeable front desk staff.

## White Chicken Chili



Makes 10 Servings | Prep time: 15 minutes | Cook time: 6-8 hours  
Nutritional Info | Calories: 245 | Protein: 28 | Fat: 3 | Carbs: 24

### INGREDIENTS

4 cups chicken stock (no added salt)	16 oz. salsa verde
3 cups carrots, chopped	½ onion, diced
2 lbs. chicken breast	½ Tbsp. garlic powder
2 15 oz. cans Great Northern beans, drained	

### 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...

## Shake of the Month: Pumpkin Spice

Craving that large pumpkin spiced latte from your favorite local coffee shop? Stay on track with your goals this fall and try our brand new pumpkin spice protein shake!

Eating pumpkin is good for the heart. The fiber, potassium, and vitamin C content in pumpkin all support heart health. Studies suggest that consuming enough potassium may be almost as important as decreasing sodium intake for the treatment of hypertension, or high blood pressure.

Give the Pumpkin Spice Protein shake a try after your next workout!



### Takedown Gym's MYTH OF THE MONTH

#### MYTH:

You should avoid all sugar—even fruit.

#### REALITY:

Sugar-free diets are all the rage right now, but there's a difference between sugar found in whole foods such as fruit and vegetables and the refined sugar found in processed foods. Those whole foods naturally come with fiber to help slow down your body's absorption of their natural sugars.

"The 2015 Dietary Guidelines explicitly calls for limiting added sugars, the type of sweeteners found in cookies, cake, candy, and sweet beverages, to 10 percent of your daily calories or less," says Takedown Gym nutritionist and personal trainer Al Smith. "That recommendation doesn't include naturally sweet foods, which are sources of important vitamins, minerals, and phytonutrients."

The bottom line: if you want to cut back on sugar, it makes far more sense to limit added sugars instead of cutting nutrient-packed foods out of your diet. Clearly fruit, vegetables, and yogurt and kefir are in a different category than soda and baked goods. The latter are high in added sugars and calories and low in nutrients.



#### 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](http://takedowngym.com) AND download the Takedown Gym app on your mobile device!

**T**  
**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)

Valid only for 12-month contracts. \*Some restrictions apply.

**TAKEDOWN**