

February 2018

# THE TAKEDOWN LOWDOWN

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The Cool Down

## Expansion Project Slated for Early Summer 2018 Completion

By Joe Ciardelli  
Takedown GM

It's been a long time in the works and it's such a great sight driving in each morning to see the progress that has been made up through today.

Back in October, we officially announced the plans for our new addition and held a fantastic groundbreaking ceremony.

Since then, we have come a long way. You can physically see the size of this massive structure and start to envision what will be housed inside. Our footings have been laid and the siding is, currently, being installed. By the end of the month, the building should be completely enclosed.

There continues to be construction workers and trucks driving in and out each day, so please be careful when you are arriving and leaving our parking lot.

Initially, we had anticipated to be in to the new structure by the end of March; however, due to a few changes in the drawings and the addition of more features, this date has been pushed out. But, like they say, good things come to those who wait!

We are still hoping for an early summer completion of both the expansion and renovations to the existing structure. We're looking forward to the addition of more

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space and more equipment (see Page 2 for details).

Next time you're in the gym, check out the looping video in the lobby of our architectural renderings; as well as the drawings and schematics to give you a better visual of what's to come.

Thank you to our members for your continued patience as we work to make Takedown the premiere athletic club in the Brainerd Lakes Area and beyond.

If you have any questions about the expansion, renovations, or anything else for that matter, please don't hesitate to ask one of our knowledgeable staff!

## Past, Present, Future!

As you've likely seen just by stopping into the gym each day, progress continues to steadily be made!

According to the contractor and crew, we're looking at an early summer completion date.

So, you may be wondering what exactly does this expansion and renovation mean for you...

Here's what's included in the project:

- State-of-the-art Spin Studio
- Yoga Studio
- Group Fitness Room
- Wrestling/MMA Space
- Expanded Cardio Mezzanine with more treadmills, ellipticals and stair climbers, among other equipment
- Saunas and steam rooms in men's and women's locker room, as well as more lockers
- Indoor field house (12,500 square feet) designed with removable turf for soccer, basketball, pickle ball, flag football, lacrosse, gymnastics, volleyball and much more
- Recreational leagues for all ages
- Expanded and enhanced childcare area with increased security
- Addition of Select Therapy physical therapy services (including massage and rehab)
- New entrance located on south side of current facility with additional parking
- Expansion of class selection and availability to accommodate our members' busy schedules



# DID YOU KNOW...

## Valentines aren't the only hearts you should pay attention to this month!

Heart disease is the leading cause of death for both men and women in the United States. The good news? It is also one of the most preventable.

Making heart-healthy choices, knowing your family health history and the risk factors for heart disease, having regular check-ups and working with your physician to manage your health are all integral aspects of saving lives from this often silent killer. **FEBRUARY IS HEART HEALTH MONTH.** Make a difference in your community by spreading the word about strategies for preventing heart disease and encouraging those around you to have their hearts check and commit to heart-healthy lives.

## How can YOU make a difference during Heart Health Month

- ✓ Wear red on National Wear Red Day on Friday, February 2nd to increase awareness of heart disease. Then share a photo of you and your friends in your best red gear on social media with the hashtag #theheartfoundation.
- ✓ Like The Heart Foundation on Facebook and follow us on Twitter and SHARE the postings with your friends and read our blog at: <https://www.theheartfoundation.org/blog/>
- ✓ Register for our upcoming Pedal With a Purpose indoor cycle fundraising event (see Page 5 for details).
- ✓ Educate yourself.
- ✓ Donate to The Heart Foundation and help support heart research.



# THE FIT KITCHEN

*Valentine's Day calls for...*

## Strawberry Ice Cream with Almond Crumble



Makes 15 Servings | Prep time: 10 minutes | Cook time: 10 minutes  
Nutritional Info | Calories: 292 | Protein: 23g | Carbohydrate: 17g | Fat: 10g

### INGREDIENTS

- 1 can coconut milk
- 2 Tbsp. vanilla
- 1 cup strawberries, cut into fourths
- 1/3 cup almond flour
- 3 Tbsp. sunflower or almond butter
- 1 tsp. vanilla
- Salt, to taste

### DIRECTIONS

- 1 Place coconut milk, vanilla, and 1 cup strawberries in a blender and mix until well combined.
- 2 Place mixture in the freezer for 2 hours.
- 3 Combine almond flour, nut butter and vanilla until it becomes a “crumble” consistency. Place in the refrigerator until ice cream is ready,
- 4 Once the ice cream is the right consistency, top with crumble and enjoy!

# MARK YOUR CALENDAR...

## Pedal With a Purpose: The Brighter Days Foundation

**When?** Saturday, February 17th at 8:30 am

**Where?** Takedown Gym

**Cost?** \$20 for members and non-members

It's time to share the love! Our February Pedal With a Purpose recipient is all about loving on seriously ill and chronically ill children throughout the Brainerd Lakes Area. The Brighter Days Foundation helps brighten the day of children ages 0-18 by surprising them with meaningful gifts and/or opportunities. Your \$20 registration fee for our Saturday, February 17th Pedal will go directly to Brighter Days. Sign up today online, on the Takedown app or by calling/stopping in. Please help us help this wonderful organization to continue their work for deserving children throughout the Lakes Area. To learn more about Brighter Days, visit their website at [brighterdaysfoundation.com](http://brighterdaysfoundation.com).

## Takedown Wrestling Club's Hook and Throw Ice Fishing Tournament

**When?** Sunday, February 18th from 10 am - 5 pm

**Where?** Takedown Gym and Lake Hubert

**Cost?** Non Takedown Gym Members are \$40 for both events, friends or family (fishing only) are \$20 each  
Takedown Gym Members are \$30 for both events, friends or family (fishing only) are \$15 each

Join us for a two-hour wrestling clinic followed by an ice fishing tournament on Lake Hubert. The fishing tournament will be a great opportunity to enjoy time with family, fellow wrestlers, and to win some great prizes from sponsors. From 10 am-Noon we will have our wrestling clinic at Takedown Gym. During this time, we will have parents and other volunteers setting up the fishing area at Lake Hubert. We can carpool wrestlers over to the lake following the clinic. Noon-1:30 pm will be a time to grab lunch and get settled on the ice. We will grill food on the ice (for purchase). Fishing Tournament will go from 1:30-3:30 pm. Awards from 3:30-4 pm. Following the awards, we will set up other fun events and continue fishing for fun. Space is limited, so please contact Jake Clark to register at [jake@takedowngym.com](mailto:jake@takedowngym.com) or 612-868-7157.

## Monthly Healthy Eating Seminar: Pre and Post Exercise Nutrition

**When?** Tuesday, February 20th at 9:30 am

**Where?** Main Lobby at Takedown

**Cost?** Complimentary with membership

Join sports nutritionist Al as she explores the world of how fueling your body with the right foods can increase calorie burn and overall performance. Do you need to eat carbohydrates when exercising if you're trying to lose weight? Will increasing fat intake help you burn more fat? How soon should I eat before exercise? Al will help you answer all these 'confusing' questions with scientific facts, research, and a few delicious treats.

# WHO'S WHO IN THE TAKEDOWN CREW



**Mike Holtan**  
**Fitness and Recreation Advisor**

I grew up in Moorhead. I started snow skiing at the age of 2 and water skiing at the age of 5. My favorite hobbies include downhill skiing in Montana, playing hockey, riding dirt bike, water skiing, tubing, hunting, playing NHL with my buddies and, last but definitely not least, spending time with my wife and high school sweetheart Kayla and my nine-month-old son Tucker.

Some things members may not know is that I was born with bad eyes, and bad bunions on my feet and I've had surgery to fix both (LASIK and a double bunionectomy. If you're curious about either surgeries, I'd love to tell you about them).

My favorite kind of music is Christian and country; and growing up I played the piano, trombone, and sang in choir in church and high school.

I started working out sophomore year of high school and have loved it ever since. My most embarrassing and dangerous gym moment was freshman year of college. I was bench maxing with my football team and when I racked the weight, the bar bent and bounced off the rack and just grazed the top of my head before hitting the bench. I was so happy I got my max, I didn't think about the fact that my skull almost got caved in. Needless to say, my spotter didn't do too great of job and the older football guys let me hear it for dropping the weight and causing a commotion."



**Kristi Amelung**  
**Front Desk Representative**

I'm a Minnesota native, but escaped the cold and lived for 30 years in Kansas City before returning to my roots.

I love teaching! I've spent much of my life coaching gymnastics and am proud of my accomplishments working with athletes through USA Gymnastics. Now at Takedown, I've been given the opportunity to work with kids through the Future Champions program. I am also assisting Suzette in the childcare program each week and couldn't be more excited.

Takedown is a great place to work and meet new people! I love greeting members and getting to know people. I also love playing ring-around-the-rosie with our very youngest members, and dusting baseboards.

When I'm not at the gym, I love to swim and read. I also love tacos!

Being new to the gym, I have high hopes of meeting more people. I also have aspirations of making the best protein shake possible!

**Have questions for Mike or Kristi?**

**Visit our Facebook page and post them beneath their staff profiles and we'll get them answered!**

# FITNESS FODDER...

## Member Discount at The 612 Station

Show your Takedown membership card at The 612 Station in downtown Brainerd during the month of February and receive 15% off of your purchase (not valid with any other specials).

## Childcare Hours Added

Beginning February 3rd, Takedown will offer Saturday morning childcare from 7:30 to 10:30 AM. This service is free to our members, but pre-registration is required.

## Pedal Raises \$600 for Pets

Thanks to everyone who supported our January Pedal With a Purpose! We were able to raise and donate \$600 to the Heartland Animal Rescue Team in Baxter!

Don't forget to sign up for our February 17th ride to benefit The Brighter Days Foundation!

## 'Sweetheart' Personal Training

Ever had any interest in taking your fitness goals to the next level? Do you have a 'sweetheart' in your life who might want to join you? How about a friend?

Sign up for buddy training during the month of February and receive up to \$60 off.

Schedule your health and fitness assessment with Al or Haley at the front desk today.

## Half-Off Enrollment This Month

What could be better than buying someone you love the gift of wellness?

Now through February 28th, new members get 50% off their enrollment fee. And, what's even better is, when you get someone to sign up for a year-long membership, you'll receive referral rewards. It's a win-win!

## Attention Medica Subscribers

We are proud to announce, Takedown Gym now honors Medica as part of its fitness reimbursement program.

Enroll, participate and get up to \$240/annually in credit for meeting your monthly attendance requirement!

To learn more, stop by our front desk or grab an informational form at the gym.

## Takedown Wrestling Club

The Takedown Wrestling Club offers practice on Mondays, Tuesdays, Wednesdays and Sundays.

All abilities and levels of experience are welcome!

For more information, contact Jake Clark at [jake@takedowngym.com](mailto:jake@takedowngym.com).

## Takedown Childcare Team

Suzette and Kristi are "Team Takedown Childcare!" Here are a few important notes for our families who take advantage of this free service for members.

We continue to watch numbers closely, so it's always important to sign up early to ensure a spot for your child. Hours are: 8-10:45 am and 4-7 pm Monday, Tuesday and Thursday; 8-10:45 am Wednesday and Friday; and 7:15-10:30 am Saturday.

Our rules here are basic, but important:

- No food in the childcare area
- Water sippy cups only, labeled with child's name. The only exception are baby bottles with milk.
- No toys from home, please. They are hard to share and find when going home. The exceptions are blankies and stuffed animals for security.
- Please keep in mind our childcare area is a nut free zone. We have serious nut allergies and ask for everyone's cooperation in keeping this a safe environment for all children

Thank you for trusting us with your children and giving us the opportunity to play with them and learn from them while you're here. If you have questions or concerns, please don't hesitate to contact us.

# THE COOL DOWN...

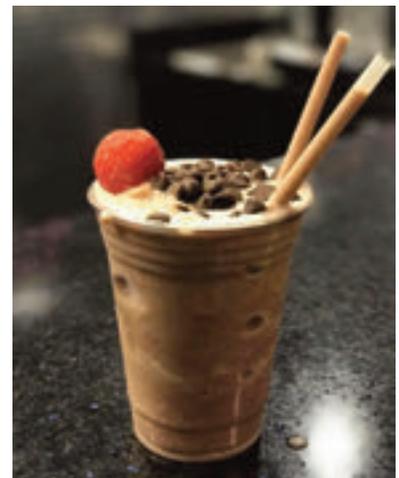
## Shake of the Month:

### Chocolate Covered Strawberry

Nothing says love like chocolate covered strawberries. And nothing says satisfying nutrition like a protein shake at Takedown.

Come in and try our February Shake of the Month - chocolate covered strawberry! This shake is high in protein and low in fat; and at 220 calories, it's the perfect recovery treat!

Order your's at the front desk before or after your workout!



## Takedown Gym's MYTH OF THE MONTH

### MYTH:

Eating after 8 pm will cause unwanted weight gain.

### REALITY:

"Eating after 8 p.m. does not cause fat accumulation," says Al Smith, Takedown Personal Trainer and Nutritionist. "There is no certain time of day when your body willingly wants to store more fat. However, if you're sitting in front of the TV mindlessly munching on a bag of potato chips at 10 pm, what you're eating could be sabotaging your weight loss efforts. Hungry before bed? By all means, EAT! Just make sure to balance your calories throughout the day and stay out of the junk food. If you're exercising in the evenings, it's even more crucial to eat and replace the nutrients you lost."

### BOTTOM LINE:

What you eat and how much you eat are more important than when you eat. Just make it a priority to spread your calories evenly throughout your day to sustain energy levels.

## Chili Cook-Off 2018

Takedown Gym proudly participated in the 2018 Chili Olympics January 17th at the Westgate Mall in Brainerd.

The annual Chili Cook-Off is a fundraiser for United Way of Crow Wing and Cass Counties and brings together organizations from throughout the area to cook and sample their best chili recipes.

Thanks to Takedown staff and master chef, Denise Sundquist, for helping us concoct our entry; as well as Mike Holtan, Chad O'Shea and Al Smith for representing the Gym!



## 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!