

March 2018

# THE TAKEDOWN LOWDOWN

## Q&A With Takedown Member Tammy Muesing

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The Cool Down

#### Why did you join Takedown?

“I was first able to experience Takedown Gym after my kids did some of the high school workouts as they were preparing for their college sports. When my daughter would come home on school breaks, we would do some of the group exercise classes together and I decided to join to get myself in better shape before I hit the big “50”!

#### Why did you decide to hire a trainer and nutrition coach?

“I needed somebody to push me and hold me accountable. I love the personalized workouts and I enjoy how every workout is completely different than the last one. It pushes me as a person to do things I didn't think I would be able to do in my late 40's.”

#### How much have you lost so far?

“I've lost approximately 15 pounds since mid-January. With Takedown's comprehensive Tanita analysis, I've specifically lost about 14 pounds of body fat and gained 3 pounds of muscle. My visceral (organ fat) has decreased by 2 points and my overall percent body fat has decreased by 6.5% in a month and a half. Exercising consistently



and eating healthier has drastically improved my work in orthopedic surgery and I now have the strength and stamina to 'keep up' in long strenuous surgeries.

It's been a wonderful journey so far and it's not stopping now! It feels too good to be fit to NOT keep it up.”

**To learn more about how one of our Personal Trainers can help you reach your goals, contact Al or Haley at Takedown.**

# What's Up at Takedown Wrestling Club?

## It has been a busy few months for the Takedown Wrestling Club!

We had three entries in the State High School Tournament:

- Trevor Janssen (Blackduck-Cass Lake-Bena)
- Owen Bjerga (Staples-Motley)
- CJ Orsburn (Brainerd)

Now that our high school wrestling season is over, we will transition into the two Olympic styles of wrestling: Freestyle & Greco-Roman. As proven at the recent State High School Tournament, summer wrestlers make Winter Champions! The next season begins NOW!

### 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.

### Hook & Throw Was a Fun Day

Thanks to everyone for making our first ever Hook & Throw event possible! We hosted several wrestlers on the mat for our clinic with veterans from the Marine Corps Wrestling Team, followed by many families on the ice trying to win prizes of all kinds! Stay tuned for information on our summer Hook & Throw event!



Congratulations to the BCLB Bears' wrestling team on their 6th place finish at the State High School Tournament. The team made a stop at Takedown Gym on their way to state competition for a quick workout.



## Didya' Hear?!?

We've got BIG news! Takedown has added a 5:15 pm spin class each Friday!

Jenny and Cassie arm wrestled over who would get the chance to teach; and, after six tie matches, we've decided to split them.

Remember... sign up in advance to guarantee your spot. And come kick off the weekend with us!

Speaking of spinning, congratulations to Takedown trainer Al Smith and members Molly Kurtzman, Libby Kurtzman and Danielle Shaw for recently becoming BeatBoss™ certified. Takedown now has SIX spin instructors! Wow!



# THE FIT KITCHEN

## TAKEDOWN YOUR MORNING HUNGER WITH Banana Protein Muffins



Makes 15 Serving | Prep time: 5 minutes | Cook time: 15 minutes  
Nutritional Info | Cals: 106 | P: 8 g | C: 11 g | F: 3 g

### INGREDIENTS

3 medium-large bananas	1 zucchini, chopped
4 scoops vanilla protein	2 Tbsp. chia seeds
1 cup gluten-free oats	½ cup chopped pecans
1 Tbsp. vanilla extract	1 Tbsp. cinnamon
1 cup unsweetened vanilla almond or coconut milk	
Toppings optional – raisins, strawberries, blueberries, chocolate chips, etc.	

### DIRECTIONS

Preheat oven to 375°. In a blender, combine bananas, milk, chia seeds, whey, vanilla, cinnamon and zucchini. Once blended, the mixture should be the consistency of cake batter. Hand-mix the pecans and oats into the batter (do not blend). Line muffin tin with muffin liners. Muffins come out very moist, so this step is important! Pour batter into muffin tins until about 80% full. Sprinkle optional toppings over the top. Bake for 12-15 minutes, until golden brown and enjoy! Can be stored in a zip-lock bag in the refrigerator for 3-4 days.

# MARK YOUR CALENDAR...

## **Pedal With a Purpose: The Arthritis Foundation of Minnesota**

**When?** Saturday, April 21st at 8:30 am

**Where?** Takedown Gym

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

There are more than 50 million Americans with Arthritis - 819,000 of them live in Minnesota. The Arthritis Foundation is the Champion of Yes. Focused on finding a cure and championing the fight against arthritis through vital information, advocacy, science and community; the Arthritis Foundation of Minnesota's goal is to chart a winning course, guiding families in developing personalized plans for saying yes – day after day. Help us to help the Arthritis Foundation of Minnesota continue to live out its mission and advocate for our friends, family and neighbors living with arthritis. For more information about this worthy organization, visit [arthritis.org/minnesota](http://arthritis.org/minnesota)

## **Monthly Healthy Eating Seminar: How to Lose Weight Without Starving Yourself**

**When?** Tuesday, March 20th at 9:30 am and Wednesday, March 21st at 6 pm

**Where?** Upstairs (childcare area) at Takedown

**Cost?** Complimentary with membership

Join nutritionist and personal trainer Al as she digs into the truth about how to shed those extra pounds WITHOUT the deprivation of food. How many calories can you eat without ruining your metabolism? What is a safe amount to eat per day for a healthy weight loss? Al will answer all these questions plus much more.

# WHO'S WHO IN THE TAKEDOWN CREW



**Bennett Smed**  
**Front Desk Representative**

"My name is Bennett Smed. I'm from Chaska (MN) and graduated from Bethel University in December of 2015 where I got a journalism and media communications degree. I was also the captain of the men's golf team at Bethel. I moved to the Brainerd Lakes Area in March of 2017.

Other than being at Takedown, I am an Assistant Golf Professional at The Pines at Grand View Lodge. This season will be my second year at The Pines, growing my career as a golf professional. Other than being at the golf course, I love any outdoor activity like kayaking, boating, fishing, and relaxing in the sun.

One thing Takedown members wouldn't know about me is that after graduating from college, and before I got into the golf industry, I worked for the Minnesota Timberwolves. I ran their social media and got to interact with lots of great people and players. It was a ton of fun running social media accounts with one million combined followers! I also really don't like flying, even though I do it a lot."



**Suzette Jevning**  
**Director of Childcare**

"I grew up a North Dakota farm girl. I showed horses, cattle, cared for and fed feedlots of cattle, and did LOTS of farm work.

My greatest love is my family. My hubby and I own Cozy Bay Resort. Our foster son is 31 and works at Fun N Friends. Our daughter works at Ulta Beauty. Our son is a University of Jamestown Business student and plays football. They are my WORLD! We have also had over 200 foster kids in our 25 years.

The greatest trip I have ever taken was a couple of mission trips to Honduras. Definitely the best feeling one could have."

**Have questions for Bennett or Suzette?**

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

# FITNESS FODDER...

## Pedal Raises \$360 for 'Brighter Days'

Thank you to everyone who helped us raise money for The Brighter Days Foundation at our February 17th Pedal With a Purpose event!

Because of Spring Break, we won't host a March Pedal. However, don't forget to sign up for our April 21st ride to benefit The Arthritis Foundation of Minnesota!

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.

## Now Hiring!

Want to join a fun team in a growing and active atmosphere?

Takedown is looking for a few friendly faces to join our front desk staff. We provide flexible hours, great perks, and have lots of fun in the process.

If this sounds like something for you, stop in or call Joe Ciardelli today!

## March Membership Promo

Sign up before March 15th and get one month free PLUS one free 45-minute Kickstart session.

Remember, we also reward our members for referrals, so make sure they mention you when they sign up!

## Childcare Hours Added

Takedown now offers Saturday morning childcare from 7:30 to 10:30 AM. This service is free to our members, but pre-registration is required.

## 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.

## Taking the Takedown Out on the Road: Nisswa Elementary



Our Takedown guys, Joe and Mike, brought a little taste of the gym to students in kindergarten through fourth grade at Nisswa Elementary earlier this month.

Using Bosu Balls, Bulgarian Bags, Medicine Balls, Billy the Dummy, and more; these future athletes and champions had a fun day learning new skills and realizing the potential they all possess.

If your school would like to have our Takedown team join them for a day, contact Joe or Mike.

# THE COOL DOWN...

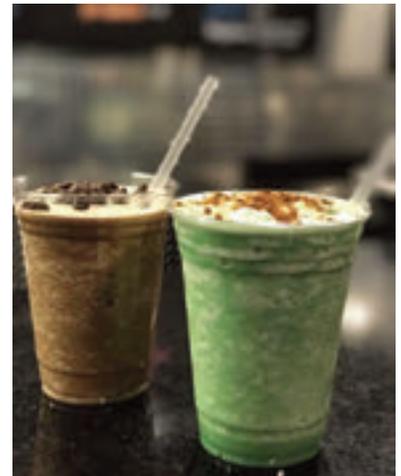
## Shake of the Month:

### Shamrock Shake

It isn't March without the famous Shamrock Shake from McDonald's! However... DID YOU KNOW a large Shamrock Shake from McDonald's is a whopping 820 calories? That 22-ounce Shamrock Shake is equivalent to eating 1.5 Big Macs, 2 ½ hot fudge sundaes, 1 ½ large fries, or 3 whole egg McMuffins.

Treat yourself with Takedown's Shamrock Protein Shake, just shy of 200 calories. It's sure to satisfy your "St. Patrick's" craving while keeping you on track toward your goals. Ask the front desk to make you one today!

Available in chocolate or vanilla.



## Takedown Gym's MYTH OF THE MONTH

### MYTH:

Sea salt is healthier for you than table salt

### REALITY:

"It's important to understand that sea salt and table salt differ because they are derived from different sources," says Takedown nutritionist and trainer Al Smith. "Sea salt comes from evaporated sea water whereas table salt comes from salt mines. It's true that since sea salt is minimally processed, it may contain small amounts of trace minerals, unlike table salt. However, generally speaking, those amounts of minerals found in sea salt are very small and can be otherwise consumed through other food intake throughout the day.

The sodium content in sea salt and table salt is equally identical, which makes neither one better for you than the other. Whichever salt you enjoy, do so in moderation. Better yet, experiment with herbs and spices to add flavor to your food and keep the salt shaker off the table.

The Recommended Daily Allowance (RDA) for sodium is less than 2,300 mg per day for a healthy individual or less than 1,500 mg per day for those with high blood pressure.



### Enter to Win!

Perhaps the luck of the Irish will be yours! Throughout the month of March, Takedown will give away daily prizes including free shakes, apparel, gift cards, classes, personal training sessions and more!

All you have to do is enter your name in the drawing each time you work out (open gym and/or classes). Check out the calendar of prizes hanging at the front desk and get ready to get lucky!!



### 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!