

# QTOWN CROSSFIT

## NEWSLETTER

QUINCY ILLINOIS

Date: December 22, 2017

### BOOTCAMP

We will be running our 3rd Bootcamp since its inception and we believe it will be the best one yet! Let your family and friends know about this awesome opportunity to make a big change in their life. It's a great way to get them into the QTown Community where we know real results happen!

**QTOWN FITNESS BOOTCAMP**

Make Your Resolution a Reality

|               |               |               |                  |
|---------------|---------------|---------------|------------------|
| MON<br>6:00AM | WED<br>6:00AM | FRI<br>6:00AM | 6 WEEKS<br>\$250 |
|---------------|---------------|---------------|------------------|

Jan 8th-Feb 16th

At QTown Crossfit 2306 North 12th St  
Quincy Ill 62305  
To Book Email Andrew@qtowncrossfit.com  
OR Call 910-568-8463

### WHOLE30

change your life

As a gym we will all be participating in a 30 day health and wellness challenge. We believe this is an absolute game changer to discover what it is to feel great, have an idea of what you can tolerate, and jump start your 2018 health and fitness goals. More info will be released soon, but we will have tons of guidance, prizes, and more! Trust us in this and we guarantee you will not regret it.

### THE OPEN

It's that time of year again where we get to come together as a gym, have fun, and see where we sit in our fitness! Whether its your first time or fifth time, come together with the gym community for 5 workouts over 5 weeks. First day we hit it as a gym is February 23, 2018!!

Nervousness = Completely Normal  
Avoidance = Unacceptable (it's you versus you!)



### KEY DATES

January 8, 2018 - Bootcamp Starts

February 22, 2018 - CrossFit Open Begins

January 15, 2018 - Whole 30 Begins

# RECIPE OF THE MONTH

## "SPICY" PULLED PORK

### Ingredients

- 1 pork shoulder or butt roast, about 5-6 lbs;
- 3 tbsp smoked paprika;
- 1 tbsp garlic powder;
- 1 tbsp dry mustard;
- 3 tsp sea salt;

### Spicy sauce ingredients

- 1 1/2 cups apple cider vinegar;
- 1/2 cup [homemade ketchup](#);
- 1 cup Dijon or [homemade mustard](#);
- 2 garlic cloves, minced;
- 1 tsp cayenne pepper;
- 1 tsp sea salt;
- 1/2 tsp freshly ground black pepper;

### Preparation

1. Prepare the dry rub by combining the paprika, garlic powder, dry mustard and sea salt in a bowl.
2. Rub the pork roast all over with the spice rub and place in the refrigerator for the flavors to penetrate the meat for a minimum of 1 hour, but up to overnight. If marinating only for 1 or 2 hours, leave the roast at room temperature to marinate.
3. Preheat your oven to 300 F.
4. Place the marinated pork shoulder or butt in the oven in a baking pan for about 6 hours, until the meat is almost falling apart and is very fork tender.
5. While the pork is cooking, prepare the sauce by combining together the apple cider vinegar, ketchup, mustard, garlic, cayenne pepper, salt and pepper in a small pot or saucepan.
6. Gently bring to a simmer, stirring occasionally, and simmer for about 10 minutes.
7. When the pork roast is ready, remove it from the oven and let it rest for 10 minutes.
8. Pull the meat apart from the roast with two forks and place the meat shreds in a bowl.
9. Combine the spicy sauce with the pulled pork and serve the delicious and tender meat with your favorite side of salad.

- Courtesy of paleoleap.com



## STAYING HEALTHY AND CONSISTENT

There is no denying it. There is **challenge** during the winter season here in the Midwest. Seemingly everyone is sick and tired. Then everyone is just sick and tired of being sick and tired! There are challenges with the holidays such as all the stress involved, balancing of family and travel, lack of sunlight, and lack of fresh food. That being said, we know that this does NOT have to be a given.

There is a way out. We have to believe that we are not destined to just be sick and tired; or that is exactly how our lives will play out.

It starts with sticking to the basics that you know we love to talk about. Sleep consistently, drink plenty of water, and keep a healthy mental attitude. It is easy with the busyness we all seem to constantly be in to let the little things slide - like consistent attendance to the gym.

Blood flow is essential in life. In fact if it stops you will die. And despite what a lot of our members think after a tough workout, we do not actually want to kill you. Blood flow helps move waste out of the body and bring new nutrients into the muscles. The lymphatic system operates with movement and muscle activity. It is similar to the circulatory in that it moves waste out of the body and helps fight infection. Exercise accomplishes both.

The underlying fact here is that exercise is crucial for health, not just body composition or energy, but staying healthy as well. Make the gym routine non-negotiable. If you skip it and get sick, what use are you during that time? Is it still possible to get sick if you come consistently and eat right? Sure - but I will bet the house on your chances being drastically better with a good routine and diet.

Let us know if you need help and lets partner together to stay healthy and active over the more difficult season!!

## ANNOUNCEMENTS

### Black board

Don't forget to check out our community board by the front desk!!

You'll find:

- New members with names to learn!
- Nutritional and Lifestyle recommendations!
- Current Member Spotlight

### Apparel

Pre-ordered zip-ups will be here first week in January!

We have also recently stocked an impressive maroon t-shirt with the QTown "own it" logo. Check it out!