

Q T'OWN CROSSFIT

NEWSLETTER

QUINCY ILLINOIS

Date: November 15, 2018

2 Week Challenge!

CHALLENGE ACCEPTED!...

MAYBE... I THINK...

WAIT. I HAVE TO GIVE UP WHAT!?!?

There are few things more enjoyable during the Holiday season than great meals with friends and family. However, I have bad news for you, there is nothing more challenging than maintaining a healthy diet during that same season. At QTown we strongly believe in eating a healthy, whole foods, diet but our aim in this isn't simply just to eat perfectly. It's to eat in such a way that we support our goals and have the ability to live our lives. For a lot of us, that means building up the resiliency so we do not have to worry about the Holidays ruining everything we have been wanting to achieve. So we want everyone to enjoy the holidays but we also want to take steps to ensure we maintain our resiliency during this time. As a gym community we will be doing a 2 week Elimination challenge nestled in after Thanksgiving and before most Christmas parties get started. Here is the details with more of the "why" and protocol to be released soon.

Absolutely no:

Who? All of you who want to build resiliency and learn more about yourself

What? Grains, Dairy, Alcohol, and Added Sugars

Where? Everywhere

When? November 28 - December 12, 2018

How? ... Just do not consume the above...

Prize? If you are in - You will be entered in to when a month free membership and some goodies!



Join us for a 5k!

The Quincy YMCA is hosting their 39th Annual Run/Walk on Thanksgiving, November 22 at 8:00am.

Several of us will be running the 5k. Some are just doing it for fun and some are doing it to set a new personal record. This is a fund raising event the YMCA host to support financial scholarships for those who cannot afford a fitness membership for them. If you are interested in taking part in this with us - you can sign up online via quincymca.net/turkey-run.

We would like to get together a little before the race starts as a group. Please join us in the QHS Senior High School lower parking lot where we link up at 7:45. There is a good chance it'll be cold so please dress appropriately! Hope to see you there!

RECIPE OF THE MONTH



Photo credits to Nomnompaleo.

Head on over to her website to check out an awesome chili that can be cooked numerous different ways.

This is the perfect season to get back into soups and chili's! Link is below!

[Ground Beef Chili Recipe](#)

Upcoming Events

- November 22 - Turkey Run 5k
- Gym Closed November 22 and 23 (We will have Buddy WOD on November 24)

Conducting Self-Assessment

Technology is simply amazing. It never fails that this time of year, with the weather drastically getting colder, that I have to put some air in my tires. I have thinner tires in my car so it is hard to see small changes in the PSI. However, technology has provided an opportunity for my car to TELL me how it's doing. In fact, Hyundai sends me an e-mail about an assessment my car runs on itself monthly to let me know how it is doing. Pretty cool stuff. Now, my car is a machine and while it is complex, it is NOWHERE near as complex as the human body. My car may have numerous parts but it fails in comparison to the over 650 muscles you have, the 100 Trillion synapses in the brain, the other 100 million in the stomach, the 100 million rods that allow our eyes to see, and the 60,000 miles of blood vessels. Oh and there is so much more - what an incredible creation we are. If my car, that is lacking in complexity to me can do a self-assessment then I might want to consider a self assessment in my own life. What does a good self-assessment look like? It surely varies but the intent is to increase your own awareness of where you are at over a variety of categories. You can rate yourself 1-5 or come up with your own scale. I recommend a look into the following categories:

- How is my diet daily?
- How does working out feel?
- How consistent is my fitness?
- How is my happiness?
- How is my general mood?
- How is my ability to focus?
- How are my close relationships?
- How do I feel about my career?
- How is my spiritual growth?
- How is my personal growth?
- How does my body feel?
- How would I rate my sleep quality?

There are more but rate yourself on these and other categories you feel are most important to your values. You may find that there are things you want to align with what you really want out of life or what you feel your purpose is!



COMMITTED CLUB

QTown's Committed Club recognizes those members who attend the gym 15 or more times a month every month. Below are those members from the month of October who made the Committed Club! Please congratulate them when you see them at the gym! We also select three people each month from the list who win a prize. Highlighted names win this month! Please see a Coach to get your prize!!

Chad Cook	25
Rob Gengenbacher	23
Thomas Vertrees	23
Aaron Taft	22
Amanda Gabel	22
Angie Woods	22
Lizzy McCrudden	22
Abby Rose	21
Chris Helsabeck	21
Martinette Douglas	21
Vitor Pastorini	21
Adam Peters	19
Cheryl Riney	19
Jordan Beaber	19
Joshua Craig	19
Tim Hart	19
Isidoros Vardaros	18
Jennifer Hart	18
John Stevenson	18
Brice Renshaw	17
Jonathan Fuqua	17
Ashley Shriver	16
Tad Luebbehusen	16
Brendan McCrudden	15
Laura Cook	15
Lukas Hinton	15
Max Shimp	15
Megan Redshaw	15
Shawn Woods	15