

Q T'OWN CROSSFIT NEW SLETTER

QUINCY ILLINOIS

Date: December 13, 2018



Please join us on December 20, 2018 from 5:30-6:30pm for a Christmas cookie decorating party! This will take place in our back room. Cookies with white icing will be provided. The whole family is invited to participate and we just ask that you bring a decorating supply such as: colorful icing, chocolate chips, candies, and/or sprinkles.

If you are interested please sign up at the front desk so we have an idea of how many cookies we need.

Special thank you to Coach Tieraney for organizing this event and for Sierra Peters for helping! You both rock!

Hope to see everyone there!

Elimination Challenge Complete!

Our Elimination Challenge officially ended at midnight, Tuesday the 11th, 2018

Thank you to everyone who participated and gave it a shot! We sincerely hope you learned something from the experience.

We would like to congratulate the winner of the free month of membership:

Taylor Scarbrough!!!

Many people reported feeling much better, losing some pounds, having more energy, and better feeling/looking skin

Some takeaways I personally had from this experience:

- 14 Days is a very doable time frame but it still had it's challenges
- It was easier for me to avoid temptation/craving when the items I would potentially want were not easily visible or in my home.
- My skin was less dry and seemed clearer overall
- It was challenging to get enough carbohydrates in and I think there is a place for more options such as rice and GF grains for me
- It gave me confidence that I do have the ability to go without

RECIPE OF THE MONTH



Shepherds Pie!

(Whole 30
Compliant)

Recipe and Photo Courtesy of
www.paleorunningmama.com

[Link Here to Recipe](#)

This is such a great meal - a little investment in time and prep but it makes plenty! Clean up is fairly easy as well with just one pot, pan, and cutting board needed.

Personally I just used extra carrots and did not use the nutritional yeast or brussel sprouts. I think mushrooms would be a really good idea as well if your family is on-board with such things.

Enjoy and if you have a recipe you would like to share with the community let us know at coach@qtowncrossfit.com

Important Dates!

- December 20, 2018 -
 - Cookie Extravaganza
- December 24, 25 - Gym Closed
- December 31 - 9:00am Buddy WOD Only

New Year New Focus

What a year it has been! This time of year forces me, in a sense, to accept that another year is done, and a new one begins. It seems like each year there is an ever increasing pull to more and more. Have you experienced this? I am now a parent this year, and what a game changer that is. It is an amazing blessing, but it has come with its own share of changes to my life.

Suddenly, there are things I've never even considered before but now come to my mind. What kind of man will I be seen as when my kid gets older? What kind of life am I providing for? How have my priorities changed? When will the poop stop smelling so bad? Okay you get the picture. But seriously, all of these things make me reflective, of course, but more concerning is this focus on the future. Having him has made me ask more "What ifs?" than I ever have in my life. You may do the same for yourself. What if I change my diet? What if I commit to sleeping more regularly? What if I commit to exercising more? What if I try, but fail?

Ah, it's getting real. Throughout this process I learned something so key. I happen to read a book (well listen to a book) by James Clear called Atomic Habits. We all know good habits are important but in this time of reflection and resolutions, habits are in the back seat to our goals. Typical goal setting focuses us so much on what we can achieve in the future that we miss the opportunity to focus on the now, where real change occurs.

Habits are daily activities that make up your routine. Over time these habits are either shaping you in to the person you want to be or the person you don't. After reading this book I realized my focus was wrong. Good intentions? Probably, but poor focus for sure. I've decided to do a few things differently that may help you.

1. **Stop asking and start doing-** instead of asking "what if" I've decided to start intentionally planning what my day looks like in advance
2. **Organize what is most important** - I have created a few habits to reinforce these things
3. **Focus on the now** - while it is so easy for me to get wrapped on what could be, I have seen drastic change by focusing on what I can change right now, today.

I challenge you to define what your habits are instead of just your goals this season! - Happy Habit Hunting

Coach Baker

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!!

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|--------------------|----|
| Martinette Douglas | 22 |
| Tad Luebbehusen | 22 |
| Adam Peters | 20 |
| Jordan Beaber | 20 |
| Rob Gengenbacher | 20 |
| Lizzy McCrudden | 18 |
| Chris Helsabeck | 17 |
| Tieraney Craig | 17 |
| Aaron Taft | 16 |
| Amanda Gabel | 16 |
| Chad Cook | 16 |
| Vitor Pastorini | 16 |
| Abby Rose | 15 |
| Joshua Craig | 15 |
| Laura Cook | 15 |
| Thomas Vertrees | 15 |