

QTOWN CROSSFIT

Date: February 15,

NEWSLETTER



The Open is coming! Our First of two Friday Night Lights events will kick off at 5:00pm on the 22nd. The first heat of the workout will run at 5:30pm. Come and sign up for your heat after 5:00pm! Please remember that we will be providing pulled pork and we just ask each member, if possible, to bring in a side. Food will be in the conference room.

This is a great opportunity to invite friends and family to see what it is we actually do here at the gym! It is also a great time to encourage one another to do the best they can on each and every workout! This is one of the most exciting times of the year for us and we hope it is special for you!

Successful Diet Strategy

Often times in my life my struggles revolve around two major themes. One is the fact that I can't do it all at once. I want to do it perfectly and this prevents me from starting. The second is trading the long term success for immediate gratification. To the first, realizing that there isn't a perfect strategy for health has really changed the game for me. During that process, I learned that you can enjoy the food you eat and still keep it fun with healthy options.

To the latter, I discovered personally this one thing has been the key to any success I have had. This has been absolutely essential to helping me avoid the temptation of making my diet attempts look like a train wreck. This tip is to simply not buy food that is not good for you. What is food that is not good for you? Food that doesn't help you accomplish your goals. This could be sugary, processed junk food. This could just be too much of something that could be good in smaller amounts. Or it could be that thing you drink that you know you just shouldn't, but cannot say no in the moment.

There is something about being human that tends to make us reach for the immediate. When something is easily available then it's that much easier to say yes to it. Creating a barrier to crashing your diet can be critical to your success (are you really going to go all the way to the store just to buy that thing you shouldn't?)

Enjoy the foods you can eat and do not buy the things you shouldn't. You might accomplish something you've been meaning to for a long time.

RECIPE OF THE MONTH

Chili Dog!

Serves: 8

Ingredients

- 1 pound ground beef
- 1 medium onion, diced
- 1 clove garlic, minced
- 1 can (6 oz) tomato paste
- 2 cups water
- 2 tablespoons chili powder
- 1 tablespoon cumin
- 1 teaspoon paprika
- 1 tablespoon prepared mustard
- 1 1/2 teaspoons kosher or sea salt
- 3/4 teaspoon freshly ground black pepper



8 Applegate Farms Uncured Grass Fed Beef Hot Dogs

Instructions

1. Brown the ground meat in a 12" skillet over medium-high heat, breaking it up as much as possible. Once the beef has begun to render out some of the fat, add the onion and continue cooking until the onion is soft and the meat is cooked through. Add the garlic and cook for one minute more.
2. Reduce the heat to low and stir in the tomato paste, prepared mustard and water, then stir in the chili powder, paprika, cumin, salt and pepper. Taste and adjust seasonings as necessary. Simmer, uncovered, until the
3. mixture thickens, about 20 minutes, stirring occasionally.
4. Bring 1 quart of water to a boil in a large saucepan. Drop in the hot dogs and cook until they plump up and are heated through, 3 to 5 minutes.
5. Serve the hot dogs with the chili sauce and additional mustard and chopped onion, if desired.
6. Nutrition (per serving): 295 calories, 20.4g total fat, 72.5mg cholesterol, 946.6mg sodium, 451.6mg potassium, 7.3g carbohydrates, 2.1g fiber, 3.5g sugar, 18.7g protein

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 December who made the Committed Club! Please congratulate them when you see them at the gym. Highlighted names win a prize!

Tad Luebbehusen	23
Tim Smith	23
Jordan Beaber	22
Katie Skaggs	22
Max Shimp	22
Angie Woods	21
Justin Brock	21
Kaylee Jones	21
Lizzy McCrudden	21
Thomas Vertrees	21
Matthew Raleigh	20
Rob Gengenbacher	20
Adam Peters	19
Brandon Isaacks	19
Brice Renshaw	19
Martinette Douglas	19
Tieraney Craig	19
Chris Helsabeck	18
Danielle Ary	18
Jonathan Fuqua	18
Lukas Hinton	18
Abby Rose	17
Cheryl Riney	17
Sue Lockhart	17
Cole Miller	16
Dave Lockhart	16
Dominic Scott	16
Greg Havermale	16
Isidoros Vardaros	16
Nicole Huber	16
Tony Metz	16
Abby Johnson	15
Amanda Gabel	15
Angie Metz	15
Ashley Shriver	15
Joshua Craig	15
Phillip Hunt	15
Shawn Woods	15