

# THE GRIND


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## BETTER THAN YESTERDAY


### Welcome To The Grind


We would like to welcome the Naturals, Legion and Bears organizations to team training here at The Grind. So far these boys have been working hard and we are excited to see the progress they make. Last year, we worked with over 45 teams, and this year it looks like we may top that! The craziest time of year has begun, and we are so ready for it!! It's not too late to sign your team up! Please call or email us for availability and pricing.


### Shout Outs

 Connor Range is having a great season at Bellarmine! He is goalie for the Knight's and his team is now ranked #17 in the nation! Keep it up!

 Macy Schelp broke Lutheran South's Cross Country time record at The Orchard Farms Invitational! The record was previously held by her older sister, Riley! Amazing!

 Cherrie Troll is down 30lbs, 3 dress sizes and her BMI has dropped 3 pts! Way to go!!

 Lexi Updike & her team brought home the State Cup last weekend! Abby Ready & her team won the Presidents Cup! Both teams are now qualified for the Regional Tournament in Indianapolis next summer. Great job ladies!

 Congratulations to Olivia & John Ryan on getting married! We hope you enjoyed your honeymoon in Antigua! We wish you guys a lifetime of happiness!

### The Discount Continues

Our small group discount has been continued for another month! Join for just \$50 for unlimited classes for the month! Try your first session for FREE today!

**Monday: 9:00am**

**Tuesday: 6:00pm**

**Wednesday: 9:00am and 5:00pm**

**Thursday: 9:00am and 6:00pm**

**Saturday: 9:00am**



### Announcement

Our Festus location will be opening Spring 2020! Please visit our website to learn more about our services and South County facility!



## Autumn Seasonal Health Tips

**1. Get Outside & Feel The Sun On Your Skin:** 10 to 15 minutes of sunlight per day is adequate for replenishing the body's vitamin D.

**2. Exercise Outdoors:** Fall offers the perfect climate for taking your workout—outside! The yet cool weather is ideal for some serious physical exertion without the threat of heat sunburn, and excessive perspiration, which can all prove quickly dehydrating.

**3. Eat The Seasonal Superfoods:** Squash, pumpkin, and apples! While seasonal squashes are rich in beta-carotene, a cancer-, hypertension, and heart-attack fighting compound, experts from the U.S. National Library of Medicine, also point to apples, as a juicy source of skin, hair, eye, and teeth-boosting vitamin A.



## 30 Minute Workout

10 Squat-Curl-Press	10 Renegade Row	20 Side to Side Hops
10 Walking Lunges	15 DB Deadlifts	20 High Knees w/Twist
10 Alternating Leg Raise	10 Straight Leg Bicycle Crunch	10 Plank w/Hip Drop
20 Plank Jacks	<b>Perform 3 sets of each exercise!</b>	

### Recipe of The Month: One Pan Chicken With Apples

Prep Time: 10 mins Cook Time: 25 mins Ready In: 35 mins

- 1 tablespoon olive oil
- 1 teaspoon salt divided
- 1/2 teaspoon black pepper
- 8 slices thick-cut bacon chopped
- 3 cups broccoli florets
- 1 medium white onion chopped
- 2 cloves of garlic minced
- 1 teaspoon ground cinnamon
- 1 pound chicken breast, diced boneless, skinless
- 1 cup chicken stock divided
- 1/2 teaspoon dried thyme
- 2 granny smith apples cored, and diced
- 1 medium sweet potato peeled and diced into 1/2 inch pieces



1. Heat the olive oil in a large, nonstick pan over medium high heat, until hot. Add the diced chicken, 1/2 teaspoon salt, and pepper. Cook until lightly brown. Transfer chicken to a plate.
2. Reduce the pan heat to medium low. Add chopped bacon and cook until crisp and brown. Transfer bacon to the plate that the chicken is on.
3. Increase the heat back to medium high. Add broccoli, sweet potato, onion and 1/2 teaspoon salt. Cook until the vegetables are crisp-tender and the onion is translucent, stirring occasionally.
4. Stir in the apples, garlic, thyme, and cinnamon. Cook 1 minute, then pour in 1/2 cup of the chicken stock. Bring to a boil and cook until the stock has evaporated. Add the chicken and remaining 1/2 cup chicken stock. Cooked until heated through. Add the bacon and serve warm.

## Birthdays

Bhea Jaime: 11/1

Aubrey Bryan: 11/8

Justin Budrovich: 11/3

Tate Ramey: 11/3

Patrick Kolieboi: 11/10

Zach Kolidys: 11/12

Lexi Updike: 11/15

Megan Siemers: 11/16

Brycen Kingsland: 11/19

Genie Swanston: 11/19

Zach Lynn: 11/20

Laney Credeur: 11/20

Will Kuehn: 11/25

Landon Smith: 11/27

Molly Declue: 11/30

