

THRIVE FITNESS TIMES

The latest news from Thrive Fitness

IN THIS ISSUE

NUTRITION & FITNESS

WHAT IS TF3?

MEET AN INSTRUCTOR

NOVEMBER PROMO

The Importance of Nutrition on Fitness

It is no question that consistently putting in a hard workout will help you lead a healthier lifestyle. But often times, gym-goers reach a plateau that they cannot get past to achieve their desired results. No matter how much time they put in the gym, they feel limited. What is the limiting factor? **Nutrition.**



Nutrition is key for fitness, essential for breaking through plateaus, it is also vital for moving well and feeling better. Proper nutrition is an important factor for someone going through a bulk, cut, or maintenance. Two people of the same size and stature can also have very different nutrition requirements based off of their goals and metabolism.

Proper nutrition is also imperative to maximize athletic performance. Without enough carbohydrates, proteins, and fats, athletes may feel sluggish and fatigued during a workout or ravenously hungry. Athletes may also need to focus on specific vitamins and minerals for fitness performance, such as iron, vitamin D, and zinc.

"Often times, people in the gym can put in amazing work in the gym but aren't giving themselves proper nutrition so they won't see the results they should be getting," states Head CPT, Sadie Green. "Nutrition can be made simple by pre-planning and talking with our on-staff nutritionists about the nutritional offers we have that will get you to your goal!"

Each week, we share nutritional recipes selected by our Head Trainers and Nutritionists on our social media!

[Check out the following recipe and more on our Instagram!](#)



TOFU SPINACH STIR-FRY

Ingredients	Nutrition			
	Amount per serving			
1 1/2 cups Jasmine Rice	Calories	447	Cholesterol	0mg
14 1/8 ozs Tofu (extra-firm, pressed and cubed)	Fat	16g	Sodium	796mg
3 tbsps Extra Virgin Olive Oil	Carbs	64g	Vitamin A	6083IU
3 tbsps Tamari (divided)	Fiber	5g	Vitamin C	89mg
2 Red Bell Pepper (medium, chopped)	Sugar	4g	Calcium	334mg
6 cups Baby Spinach	Protein	18g	Iron	4mg
Sea Salt & Black Pepper (to taste)				

Directions

1. Cook the rice according to package directions and set aside.
2. Heat a large nonstick skillet over medium heat and add the oil. Once hot, add the tofu and cook for four minutes per side, until crispy and browned. Add in half the tamari and stir to combine.
3. Remove the tofu and set aside. Leave the leftover oil in the skillet.
4. Add the bell pepper to the skillet and cook until lightly browned, about five minutes. Lower the heat and add the spinach. Cook until wilted.
5. Add the tofu back to the skillet. Add the remaining tamari and stir to combine. Season with salt and pepper to taste.
6. Divide the rice onto plates and top with the tofu mixture. Enjoy!

Class Highlight: TF3



We offer a variety of classes at Thrive Fitness, one being TF3!

TF3 is a unique class because it is divided into three parts. This keeps the class moving at a fast pace as well as challenge you through complex movements. 20 minutes is spent on a spin bike, 20 minutes is dedicated to strength training, and the final 10-15 minutes is used as a cool-down, including stretching and relaxing yoga poses to slow the heart rate down and get a good post-workout recovery stretch.

THRIVE NUTRITION PACKAGES

EMAIL SADIEGREEN@THRIVEFITNESS-SD.COM TO GET STARTED

This month, we are excited to roll out our Thrive Nutrition Program that will start November 7th. Our Nutritionists will work with clients to create a plan that works best for them, their lifestyle and their goals.



STANDARD PLAN (3-MONTH COMMITMENT) \$60/MONTH

1. 30-MINUTE FIRST CONSULTATION
2. MACRO BREAKDOWN
3. INBODY SCAN (MONTHLY)
4. 10 BASICS OF WEIGHT LOSS PACKET
5. GOAL SETTING
6. OPTION TO TRACK ALL YOUR MEALS AND SEND TO NUTRITION COACH AT END OF WEEK FOR EVALUATION
7. 15 MINUTE 1:1 CONSULTATION MONTHLY



BASIC PLAN (3-MONTH COMMITMENT) \$140/MONTH

STANDARD PLAN +

1. 3-DAY PERSONALIZED MEAL PLAN (BASED ON LIKES & DISLIKES)
2. 30 MINUTE 1:1 CONSULTATION MONTHLY + RECALCULATION OF PLAN
3. SUPPLEMENT SUGGESTION
4. 5% OFF PERSONAL TRAINING OR THE PERSONALIZED WORKOUT TEMPLATE



PREMIUM PLAN (3-MONTH COMMITMENT) \$180/MONTH

STANDARD PLAN +

1. 5-DAY PERSONALIZED MEAL PLAN (BASED ON LIKES & DISLIKES)
2. 30 MINUTE 1:1 CONSULTATION MONTHLY + RECALCULATION OF PLAN
3. SUPPLEMENT SUGGESTION
4. 10% OFF PERSONAL TRAINING PACKAGES OR THE PERSONALIZED WORKOUT TEMPLATE



ELITE PLAN (3-MONTH COMMITMENT) \$250/MONTH

STANDARD PLAN +

1. 7-DAY PERSONALIZED MEAL PLAN (BASED ON LIKES & DISLIKES)
2. 30 MINUTE 1:1 CONSULTATION MONTHLY + RECALCULATION OF PLAN
3. SUPPLEMENT SUGGESTIONS (OPTION FOR A SUPPLEMENT BUNDLE)
4. 15% OFF PERSONAL TRAINING PACKAGES OR A PERSONALIZED WORKOUT TEMPLATE

Member Testimonials

Hear from our members why they love Thrive Fitness!

"Thrive fitness is a great place to work out! Beautiful equipment, great variety of classes. It is a very supportive community and will keep you coming back and reaching for your fitness goals. I love thrive fitness! Highly recommend!"

"The trainers are encouraging and interested in helping you reach your goals. I enjoy the team atmosphere. It was important to me to work with someone who understands that my knee pain requires a scaled workout so I wouldn't be in pain. Definitely the best place to go for a workout session with some of the best trainers in town."

"Classes have definitely pushed me more than I ever have when just working out by myself at the gym. There is a great mixture of classes. Coaches are great at modifying certain movements if you are having difficulty performing or showing improper form. Great community atmosphere that makes you not want to miss class."

Thrive and TAGG Team Up for a Good Cause!

Thrive has teamed up with TAGG Siouxland for a good cause! TAGG allows you to take a picture of your receipt, upload to the [TAGG website](#), and the business will donate to your chose charity, at no extra charge to you! This is donating made easier! We love having the ability to help local organizations and charities through our market.



EARN FUNDS + REWARDS!



Visit any participating business.



Upload receipt at TAGG.today.



The business will donate a % to your choice!

★ Plus, you earn points to be redeemed for rewards!

See businesses & get started at [TAGG.today](#)





Meet an Instructor

Amanda Vande Zande instructs our Power Yoga, TF3 and Freestyle Ride classes! She holds certifications in yoga, pilates, barre, senior group fitness, power group weight training, TRX, and spinning.

"I love Thrive because I love to cross train. Outside of the gym I enjoy biking, kayaking, cross country skiing, hiking, and my new favorite hobby is farming. In addition to teaching fitness classes I also teach music in a private studio setting and at the college level."



The Hideout

Looking for a pre-workout energy drink or post-workout protein shake? Stop by the Hideout Coffee & Smoothie Bar located on the south side of the CNOS Fieldhouse courts. We offer a wide range of drink options, from coffee (Stone Bru blend) to frappes to smoothies with lots of add-ins (flavor, protein and energy) to choose from.

If no one is there, text your order to (712) 899-2087 or [download the app](#) for fast delivery to you inside the CNOS Fieldhouse or in the parking lot!



Halloweek Fun!

The week of Halloween, we challenged members to workout in their Halloween costumes! We saw some great costumes and workouts from T-Rex KB Swings to Alien Crunches!



November Promos

Each month we offer a special promo to our current and new members!

[Check it out here!](#)

NEW MEMBERS

Sign a 52 week ALL-IN membership to be entered for a chance to win FREE AIRPODS!

CURRENT MEMBERS

10% off all personal training packages this month!

NUTRITION PACKAGE DEALS

Effective November 7th in conjunction with the launch of the Thrive Nutrition Program, we are offering 15% off the first 3 months and 10% off your next 3 consecutive re-enrollments!

BLACK FRIDAY DEALS

Keep your eyes on our website and social media as we will have BLACK FRIDAY DEALS happening at the end of the month for both new members and existing members!



Stay Connected



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