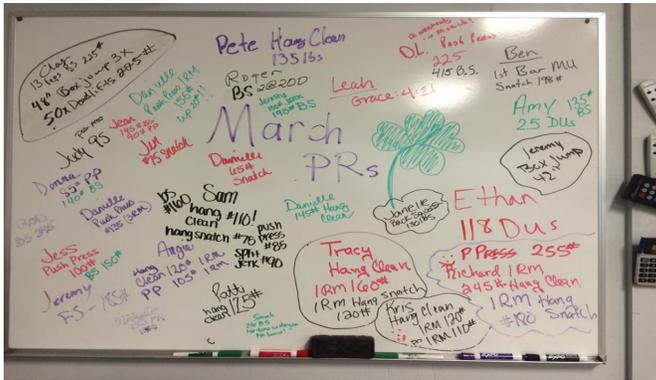


April Newsletter

IMPORTANT ANNOUNCEMENTS

New Members

Please welcome our newest members! Joni Ramsay completed fundamentals last month. Megan Arndt, Fey Martin and Jazzlin Tessmer are currently completing fundamentals. Welcome to the Coop, ladies!



Health Insurance Fitness Membership Incentives and Reimbursements

Unity Health Insurance - Get paid to exercise with Fitness First! Unity rewards members age 18 and older up to \$200 each year. As a Unity member, you must register with Unity Health Insurance for their Fitness First program, attend a Unity approved health club (PCC is approved!) and be sure that your coach has checked you into class (PCC submits monthly class attendance to Unity). Provided you have met

Unity's class attendance requirement, you will receive a reimbursement every 3 months.

Physicians Plus - Earn up to \$200 per year per family! To receive a gym reimbursement through Physician's Plus for maintaining your membership to Portage CrossFit Cooperative, simply collect receipts for membership enrollment/renewal (Zen Planner always emails these to you upon payment for your membership) until they total at least your maximum allowance. Attach a copy/copies of your receipt(s), complete the Physicians Plus [Reimbursement Request Form](#) and mail it to the address listed on that form.

Dean Health Insurance – Earn up to 1500 points per year, which equals \$150 per person per year with Dean's Living Healthy incentive. All you need to do is sign up to be a "Living Healthy" member and enter in your "trackers" (daily exercise, water consumption, dental visits...) to earn your points.





Member of the Month February 2016 Megan Wilcox

Tell us about yourself!

Born and raised in Portage, I just recently moved back to Portage this past October when I took a job in HR at TriEnda. I enjoy gardening, boating, bird hunting and of course CrossFit.

When did you start doing CrossFit?

July 2014 in Viroqua

What is your favorite movement and/or benchmark workout?

My favorite movement seems to change from time to time.

What has been your biggest struggle?

Double unders & pull-ups

What has been your biggest improvement?

Finally getting more than 1 or 2 double unders, but I still have a long way to go.

What goals are you currently chasing?

To be able to do a pull-up without a band.

If you could design a workout, what would it be?

Anything that doesn't involve the agility ladder.

What is your favorite outfit to WOD in?

Probably my installing muscles shirt.

How often do you talk about CrossFit?

Daily

Burpees: Love 'em or hate 'em?

Love 'em!

Do you have a favorite moment or story about the Coop?

Not necessarily a favorite moment, but I love starting out my morning with positivity, encouragement and laughs.



The 2016 Open Is in the Books!

Thank you to everyone who participated in the 2016 Open Coop Style!! We hope that our members got a taste for competition, performing in front of an audience, meeting some fellow Coopers,

and sporting some awesome threads! This is what it's all about, guys. Our community is what makes our gym the gem that it is, so hat's off to YOU for being a part of something so special! As promised, swag will be coming soon to those who competed in three or more of our Saturday morning Open WODs.

Keep forging!



Criss Shaben - April 10

Leah Smith - April 14

Megan Arndt - April 18

Richard Garcia - April 25

Jazzlin Tessmer - April 25

Ben Brindley - April 26

Janelle Krueger - April 27

Recipe of the Month: One Pan Balsamic Chicken and Veggies

Prep Time: 10 minutes

Cook Time: 13 minutes

Yield: About 3 - 4 servings

Ingredients

1/4 cup + 2 Tbsp Italian salad dressing

3 Tbsp balsamic vinegar

1 1/2 Tbsp honey

1/8 tsp crushed red pepper flakes

1 1/4 lbs chicken breast tenderloins

2 Tbsp olive oil

Salt and freshly ground black pepper

1 lb fresh asparagus, trimmed of tough ends, chopped into 2-inch pieces (look for thinner stalks. Green beans are another good option)

1 1/2 cups matchstick carrots

1 cup grape tomatoes, halved

Directions

In a mixing bowl whisk together salad dressing, balsamic vinegar, honey and red pepper flakes, set aside. Heat olive oil in a 12-inch skillet over medium-high heat. Season chicken with salt and pepper to taste, then place chicken evenly in skillet. Cook about 6 - 7 minutes, rotating once halfway through cooking, until chicken has cooked through (meanwhile, chop asparagus and tomatoes). Add half the dressing mixture to skillet and rotate chicken to evenly coat. Transfer chicken to a large plate or a serving platter while leaving sauce in skillet. Add asparagus and carrots to skillet, season with salt and pepper to taste and cook, stirring frequently, until crisp tender, about 4 minutes. Transfer veggies to plate or platter with chicken. Add remaining dressing mixture to skillet and cook, stirring constantly, until thickened, about 1 minute. Add tomatoes to chicken and veggies and drizzle dressing mixture in pan over top (or return chicken and veggies to pan and toss to coat).

Recipe source: cookinclassy.com, adapted from [BHG](#)

