

Can you believe it has been FIVE full years since we opened our doors? We are in awe of the amazing breakthroughs we have seen from our members. We are overjoyed to see the friendships and bonds that have been made through fist bumps, high fives, after workout coffee dates, and connecting on Facebook.

Fitness has a way, like nothing else, of connecting people. Some of the dearest friendships in my life today, originated through fitness. I couldn't be more proud of all of our members, and our team. You guys make me smile every single day.

Throughout the year, we have featured members who were brave enough to share their stories with all of us; the good, the bad, and the not so good sides of a fitness and health journey. While every story has incredible value, there are some that might just tug a little harder on the heart strings for you, personally. There are stories about overcoming obesity related health issues, depression, and just going from feeling not so great about oneself, to feeling the best they have ever felt. This is why we do what we do, and why The Warehouse makes such an amazing fitness family!

SO, it is time for YOU to revisit the Hall of Fame, and reread the amazing stories of the people you fist bump and high five in classes. We cannot wait to hear which story moves you the most. Voting for someone doesn't mean any one story is better than another, as we can all agree they are all valuable, amazing, and heartfelt. Just like we have in the past, we simply want to know which story gives you goosebumps?

Which one do you relate most to?

Which one makes the hair on your neck stand up on end?

Reread, and VOTE.

[Hall of Fame Stories](#)

~ Nickie

MOST INSPIRING MEMBER

Vote for the 2017-18 Most Inspiring Member

[Hall of Fame List](#)

[Hall of Fame Stories](#)

Please vote by June 30, 2018

POWER OF 50

Keep working towards the Power of
50!

THE WAREHOUSE
NICKIE CARRIGAN FITNESS

COMMIT TO FITNESS
SUMMER 2018

Power of 50

Progress Check...who is close to completing the Power of 50?

Tie for 1) Kelly Mertz-Gag & Holly Mischel-Moe

2) Truitt Johnson

3) Shelia Thompson

LAPS FOR LARS

Laps for Lars 2018

Thank you to those who attended Laps for Lars!

We collected 316 Pounds of Food for 360 Communities
We walk/ran 1,727 Laps---that is equivalent to 157 Miles
We raised \$4,600



Thank you to Gina Rippentrop for the great photo!

WAREHOUSE BLOG



[Physical Fitness Test](#)

" My inside voice also kept saying, "You will not quit. You are not old. Your lungs are not screaming. Your knee does not hurt. You can do this." Mind over matter. "

[Tales From the Warehouse Trenches](#)

HALL OF FAME

Hall of Fame

Our June Hall of Fame Story is from **Allen Moe.**

Check out his story of how he found The Warehouse and has made amazing strides in his health in 5 months.

Then...



Now!



[Allen Moe](#)

Would you like to be featured in our Hall of Fame?

[Click here to complete our form.](#)

CELEBRATIONS

Birthday Board

Happy Birthday! Look for an email with our gift to you...a Golden Ticket.



- Amy Roudebush
- Shelby Veliz
- Rhonda Peare
- Rob Urness
- Kim Ihle

- Kelly Mertz-Gag
- Stacey Kaufhold
- Michelle Fick
- Deb Larsen
- Ann Rognerud
- Carrie Forester
- Deb Cysiewski

New Member Welcome

Help us welcome our new members!



- Emily Ostlund
- Kristin Bye
- Hallie Pitts
- Melissa Merseth

THE WAREHOUSE
POWER OF
10
Club

Want to be our next Power of 10 Winner? Check-in 10+ times a month to be entered into the drawing to win \$10 off your next monthly dues.

Congratulations to our winner: Renee Parla

THE WAREHOUSE
POWER of 20
WAREHOUSE

monthly dues.

Want to be our next Power of 20 Winner? Check-in 20+ times a month to be entered into the drawing to win \$20 off your next

Congratulations to our winner for April: Joe Roudebush

RECIPES



Shakeology Recipe of the Month

Muddy Nutty Buddy

- 1 serving Café Latte Shakeology
- 1/2 cup unsweetened almond milk
- 1/2 cup water
- 2 tsp. all-natural peanut butter
- 1/4 large banana, cut into chunks
- Ice (to taste)

For the best taste experience, use a blender and add

ice. The more ice, the thicker it gets.

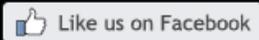


**Sheet Pan Roasted Garlic Shrimp With Zucchini
Recipe**



Questions?
email Jessica at
contact.ncfitness@gmail.com

See what's happening on our social sites



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