

HAPPY HOUR NEWS

All the latest RHINO-tastic happenings!

Issue 10: August 2020



COMMUNITY GAINZZ IS BACK! ...WITH KAIA!



Happy Hour Fitness always strives to make a positively powerful impact within our community.

One of our junior rhinos, Kaia, is collecting hygiene products and cash donations for the Chandler CARE Center.

Kathy "Dr. Scrappy" Krieg regularly volunteers at the center and has volunteered to assist Kaia. Gina LaFevers will also be collecting donations. Thank you, altruistic rhinos!

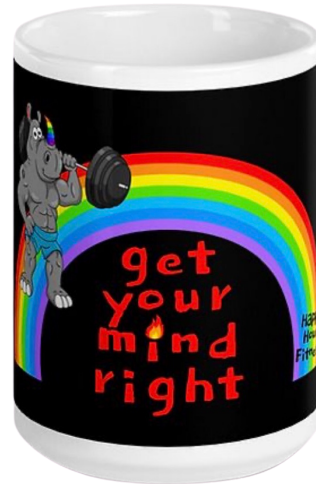
If you would like to donate hygiene products, please contact Kathy at Kkrieg@cox.net - products will be collected from your doorstep on Saturday September 5th.

If you would like to contribute to the group monetary donation, please Venmo @Rayn-Hookala by September 5th.

Thank you, team RHINO!



NEW MERCH ALERT



RaynFit.com

Click the shop tab

PAY IT FORWARD

Thank you to all those who have contributed to the Pay It Forward Scholarship fund. Because of you, we have been able to offer reduced monthly access fees to those in need. Your generosity also helps keep our small business alive during this difficult time.

If you would like to donate, please use the Pay It Forward selection on MindBody or RaynFit.com, click the pricing tab.

If you are in need, please reach out. We are here for you.

RHINO REWARDS!

If you love Happy Hour, please help us spread the word! We'll thank you for referring new Happy Hour friends (Rhino Remote), by adding 5 rhino love bucks to your account!

RHINO SPOTLIGHT

Name: Diana Williams

Happy Hour Nickname:

Close family and friends call me Dee, but some of my fun friends have also been known to call me "Dirty Diana"

Training with Rayn:

I have been training with Rayn since April of this year!

When do you Happy Hour?

During the summer months I trained live; Mon, Thurs, & Fri. Now that school has started I do Tues & Sat live, and whatever else I can fit in during the week.

Hometown: I was born in New York, but moved to Mesa Az when I was 13.... That is a very long time ago, so.... I call myself an Arizona native!

Kids and/or pets? I have four children: 3 girls Kelsey 26-married to Michael, my amazing son in law, Kiera-20, Kendall-18, and my baby Keegan(15 year old) is a boy . I have a foster dog named Milo (thanks to Gretchen Williams)

FAV Rayn-choreographed track? My very favorite fitness track, as Rayn knows, is *Sunday Best* - "Feelin Good Like I Should..."

I freestyle dance around the living room like nobody's fool!

Love to hate 'em: I absolutely love to hate burpees. But also, I am grateful for all the modifications Rayn offers so I don't feel like I am missing out.

FAV Rayn-ism: "I am, I Can, I will" & "Where's Your Neck At Girl?"

Final thoughts: I am so grateful to be a part of such an amazing group. The Rhino Team is always supportive, encouraging, fun, inspiring, and mind/body strengthening! I was introduced to the group by my very favorite daughter-in-law, Gretchen, and tell her every day how much I just love everyone!



**DIANA
& LUX!**

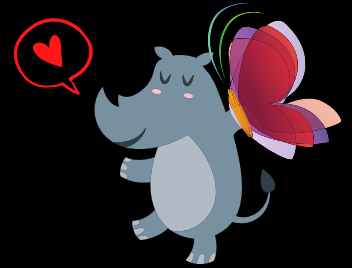
THANK YOU FOR SHARING AND ENGAGING!



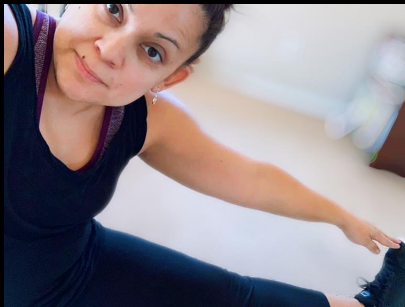
HAPPY HOUR FITNESS



@_HAPPYHOURFITNESS



Violeta



Kathie in NY!

Mozie



Dimples, Harper, & Hadley



Tara



RaynFit.com

Happy Hour Fitness



#Schoo

Whit & Fred



Lisa's Curtain Rod



Rayn's "Brunch" Monica's "Brunch"



WHY FEEL LIKE THIS?



WHEN YOU CAN FEEL LIKE THIS?



WITH THIS!



RHINO REMOTE

With
Rhino Remote,
it's always
Happy Hour
somewhere!



challenging supportive #SoGood #SoExtra

COACH'S CORNER

BY CRYSTAL & RAYN

DRINK IT UP, BUTTERCUP!

**It's HOT! And you work hard!
Don't let inadequate hydration diminish your gainzz.
Make sure you hit that hydration station, all day 'ery day.**

Hydration is required for optimal health. Proper fluid intake helps to transport nutrients, lubricate joints, cushion vital organs, regulate body temperature, maintain blood pressure, aid the digestive system, and bolster athletic performance.

According to AFAA, here are some recommended intake amounts. If you have unique health needs, be sure to consult your doctor for more detailed hydration and nutritional guidance.

- ★ Women 2.7 L (91oz) per day
- ★ Men 3.7 L (125oz) per day
- ★ 2 hours pre-exercise 14-20 oz
- ★ 15 minutes pre-exercise 16oz, if tolerated
- ★ During exercise 4-8 oz every 15 minutes or 16-20 oz every hour
- ★ Post-exercise 16 oz for every pound of weight lost.



We want to hear from you! What topics would you like to see in future editions of Coach's Corner?

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CARROLL'S GLUTEN-FREE CHOCOLATE SUNBUTTER COOKIES

Ingredients

1 ¼ cup unsalted sunflower seed butter (unsalted works best)

½ cup coconut sugar (or light brown sugar)

1 large egg (room temp), ½ cup unsweetened cocoa powder

1 tsp baking soda, ½ cup gluten-free dairy-free chocolate chips

Instructions

- 1. Preheat oven to 350F. Line a baking sheet with parchment.**
- 2. Mix sunflower butter, sugar, and egg in medium bowl.**
- 3. Add cocoa powder and banking soda. Mix until incorporated.**
(Depending on how thick your sunflower butter is, you may need to work it with your hands)
- 4. Work in the chocolate chips until evenly mixed.**
- 5. Form 18-24 small cookie dough balls and place 12 at a time on cookie sheet, approx. 2-inches apart.**
- 6. Press down lightly on each cookie to form a circle.**
- 7. Bake 8-10 minutes, or until set.**
- 8. Remove parchment paper from baking sheet but allow cookies to cool before removing from parchment.**

Yummy!



CARROLL DELGROSS

