



The Weigh-In - The Boxing Loft Newsletter

Premiere Issue

Fall 2009

In This Issue

[Upcoming Event](#)

[Featured Member](#)

[Return of the King](#)

Coach-E's

play list:

What is Emile grooving to at the moment while he trains? Wyclef Jean's "Mixtape" (Hip-Hop/Patwa-swagga/Reggae) and various deep-house/soulful house podcast mixes by: Soul Oasis, Applejac and Bangin' House.

Fruity Whey Protein Smoothie Recipe

1 banana cut into chunks
1 or 2 scoops of soy or whey protein, depending on your goals (whey helps build bulk while soy helps reduce the risk of heart disease/cancer)
3 large strawberries
1/4 cup blueberries
1/2 of skim milk
1/2 cup ice
1/2 cup of yogurt
* (from smoothie-recipes.com)

Directions: Toss the banana in the blender with the milk, ice, protein and yogurt until a slushy texture is formed. Add the strawberries and blueberries and blend till slushy. Adding the fruit last will keep their flavor fresh. This whey protein smoothie is full of protein and antioxidants. Other fruits can be added or replace the ones above as well.

"Use fruits that act as antioxidants," says coach Emile Awe Reed, founder of The Boxing Loft. Antioxidant-rich fruit such as berries, pears, kiwi and prunes

Dear Rita,

The Boxing Loft is proud to share with you with the premiere issue of *The Weigh-In*.

The *Weigh-In* is a quarterly newsletter that enables boxing enthusiasts and clients of The Boxing Loft to stay in the loop when it comes to health and fitness tips, upcoming TBL events and news from the thrilling world of professional boxing! Read and find out more about the beautiful people who make up The Boxing Loft family, or to rip-off some tunes to groove and workout to from Coach-E's iPod. We hope that you enjoy reading it !

TBL Featured Member - Sean Kondra

It wasn't that long ago that Sean Kondra spent hours at work as a stock broker with his head in his hands trying to make it through the day without breaking down.

Just over a year ago Sean's marriage was failing, and his unfulfilling work had become increasingly stressful as the economy spiraled out of control. Overweight and unhappy, for a long time things looked as though they wouldn't change for Sean until one day-a seemingly serendipitous event changed his life.

"I saw Emile walking past me in the hall where I lived carrying a heavy bag on each shoulder," says Sean, 38. "I was intrigued. I went down the hall and knocked on the door to ask him what was going on. He said he was opening a boxing gym and that I should come back in a couple days for a complimentary workout."

Sean was so excited to start training with Emile that first day in July of 2008 that he almost broke his nose after throwing himself onto the ground with such force doing his first burpee for Emile.

"At the time, even though the last thing I wanted to do was go workout, I knew as soon as I started skipping I'd feel better," says Sean. "I'd wrap up my hands and feel better. Then I'd hit the heavy bag and feel better, and by the time I was done and showered I felt right as rain."

Despite having worked out regularly, Sean says he was out of shape. And what started off as a fun way to lose some weight became a challenge for him to develop his technique, de-stress and explore his own potential.

"It's part of who I am now. If I don't go I feel off," says Sean, who is responsible for spreading the word on The Boxing Loft, bringing in a handful of people as clients. "It's not just about losing weight and learning to throw a punch. Emile teaches you to deal with situations and life. He doles this knowledge out when you are ready to receive it," says Sean, adding, "that man saved my life."

Boxing News: Return of the King:

When Floyd "Money" Mayweather Jr. met Juan "Dinamita" Manuel Marquez in Las Vegas on September 19th of this year-Mayweather declared he was "back" to get what was his nearly two years after

help reduce the risk of cancer, strengthens memory, builds proteins and helps with digestion among other health benefits. Emile recommends modifying this recipe to only use half a banana since there is enough potassium in that serving. From a nutritional standpoint, he also suggests skipping the banana altogether in the evening unless having the shake within an hour following your workout (this is because carbohydrates can actually impair rather than repair muscles if eaten even an hour after a workout).

Upcoming Events: *Its a She Thang*

If you can't take a punch, you should play table tennis, and if you can't play nice, you should box. Anyone who witnessed last-year's all-female open sparring match at The Boxing Loft knows how sensational watching women battle can be. It's a She Thang will commence on November 26th, so come watch as ladies from TBL, the Toronto Newsgirls and other gyms display their talent and skill during five arresting bouts-or come by just to socialize as ladies night gets ugly.

For more information contact:
rita@theboxingloft.com
or 416-875-7422

walking away from the sport he had given his life to.

The fight marked the anticipated return of Mayweather (who had previously won six world titles at five different divisions) to the ring since he defeated Manchester's Ricky Hatton 21 months ago-and Mayweather made sure to let everyone know of his future intentions.

"I've got to show everybody that what I do is better than what everybody else does," said Mayweather. "I should be around for a while."

Born in Grand Rapids, Michigan, Mayweather will likely be remembered as one of the greatest boxers of all time. He was born into a boxing family with his uncle, Roger Mayweather, a former world champion. Floyd Mayweather Sr.-a welterweight fighter in the mid 80's-had been estranged from his son for years after Jr. fired him as manager and trainer and gave him 24 hours before evicting him from his house and repossessing his car. The origin of the strife, amongst other things, was said to be over money Jr. claimed he was owed by his father. And what happened next played out as though it were scripted for a movie. Shortly before the highly anticipated fight, the Mayweather's reconciled, and Mayweather Sr. was in the ring helping his son train for the upcoming fight.

Mayweather Jr's life outside of the ring has been scrutinized nearly as much as his time in it. And so when the undefeated, six-time world champion announced his return after retiring to fight Marquez (who is recognized as one of the top pound for pound fighters in the world and had moved up two weight classes to challenge Mayweather)-boxing insiders everywhere were delighted. The first round saw Marquez aim but mostly fail to land numerous left jabs and hooks, but Marquez did connect with a neat combination in the second (but only to find himself on the floor within seconds after a forceful left hook).

The Mexican fighter recovered his composure but had to compete with an elusive opponent in Mayweather, who continually kept him on the move during the welterweight match. By the fourth round, Marquez had a cut above his right eye and mostly missed every time he went for the big shots. Mayweather's footwork and agility outclassed Marquez, and by a unanimous decision, Floyd Mayweather Jr. was declared winner and proved that this was still his house.

About The Writer:

Susan Mohammad is a Toronto-based public relations consultant and freelance writer. She has written for such publications as *Maclean's*, *The Ottawa Citizen* newspaper, *CBC-Online* and *Canadian Business*. Susan has been a happy, sweaty client at The Boxing Loft (although an absent one lately) since fall 2009 and is the writer/editor of *The Weigh-In*.

[Join Our Mailing List!](#)