

Wing Beats

Monthly Supplement for the Chrysalis CrossFit Community

Issue No. 35 Oct/Nov 2015

Burn In - Nov/Dec

Laurie and Theresa have been hard at work on their Burn In and expect to finish on December 22nd, just in time for the Holiday Season. Want to join the Burn In class for one of their WODs? Save your spot by using the online **appointment schedule slot** that coincides with Tuesdy Burn In classes (7:30-8:30pm). For more on Laurie, Theresa and other new members, please see p. 3.



Upcoming Events & Reminders

- Dec 24th - Class at 1:00pm
- Dec 25th - Closed - Christmas Day
- Dec 26th - 30th - Regular hours
- Dec 31st - Class at 1:00pm
- Jan 1st - Closed - New Year's Day
- Regular schedule resumes Jan 2nd
- Jan 19th - Slay Bells event at 7pm

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Happy Holidays

We'd like to take the opportunity to wish everyone in the CCF family a safe and happy Holiday Season.

2015 has been a tremendous year filled with much excitement, leaving us with great memories we can take with us into 2016 and beyond.

And the New Year will be off to a great start with more activities coming our way: challenges, competitions and more PRs! Let's get started. 3-2-1 GO!

Arc & Keline

Rowing Challenge

If anyone is interested in joining a rowing challenge, consider the Row'd Royalty challenge set to start on January 7th. The cost is \$20USD. You can check it out at www.rowdroyalty.com

It might help you get your competition muscles ready for The CrossFit Games Open, which we expect will be held in the late February/March timeframe.



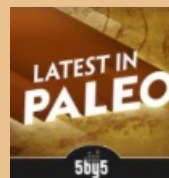
Blog Feature:



We've featured information on a podcast called **Latest in Paleo** in previously Wing Beats issues. We'd like to introduce you to a blog by the same author, Angelo Coppola: **Humans Are Not Broken**.

The blog, along with the podcast, is a great resource for all things pertaining to living a better life. Angelo covers food matters, how our environment at work and at play can affect our health, optimal training, and other areas of interest in living a better life.

Recent topics include the beneficial effects of spending time in nature, how our minds can fool us in believing lies we tell ourselves, how much pharmaceutical companies should be pushing their products (if at all) and even the benefits of cutting the cord to ditch all-you-can-eat TV. We highly encourage you to (re)discover this great resource.



EARLY SANTA PRESENTS!

All has been revealed! Santa DID come visit us early this year.

Thanks to the jolly fellow, we now have three new wall ball stations, two 15-foot ropes and a free-hanging set of olympic rings to practice our muscle ups.



Yup, all sorts of fun stuff to make us feel all warm and fuzzy inside... or is that all warm and sweaty outside?

We also have two new books in the members' lounge for your reading pleasure pre & post WOD.



Don't hesitate to try out the new equipment or check out the humorous coffee table books. 2016 will be even more F-U-N Fun!

STRESS - The Silent Killer

Stress, it seems, is an inevitable reality of modern life. Everything seems to be a trigger: work, school, family, money, urban living (including commuting, incessant noise and overcrowding), even our own dreams and desires can stress us out.

The stress I'm referring to is chronic stress versus the type of acute stress we feel when we do something that takes us momentarily out of our comfort zone, such as doing something physically demanding, asking someone out on a date, delivering a speech, sky diving, or having a near-miss collision while driving home.

The insidious nature of chronic stress is what is most troubling for three reasons:

- 1 We can't readily feel it.
- 2 It causes serious and even fatal diseases.
- 3 It's self-perpetuating.

All three of these points deserve some exploration, but point #3 is the one that, if addressed, can help reduce or eliminate the impact of #1 and #2 and help us lead a better life.

1. We can't readily feel it.

When we experience acute stress, we can feel it immediately. Our heart races, we sweat, our senses are heightened, and some of us even get nauseous. However, when we're under chronic stress, our body doesn't respond and adapt to a single shot of stress hormones, it responds to a constant bathing in these hormones, which dampens our ability to perceive and feel that we're under stress. Once we feel it or seek help for it, a lot of damage can already have taken place, especially if we believe the stress is negative and its source out of our control.

2. It causes serious, even fatal, health issues.

Chronic stress is the ultimate silent killer in both its persistence and its devastation of all body systems. It can be a major contributor to cardiovascular disease, high blood pressure, high blood sugar & diabetes, cancer, memory loss—even dementia and impaired cognitive function—affecting learning and decision-making, premature aging, immune system disorders, mental illness (such as depression, anxiety and withdrawal), bone and muscle tissue loss, and a number of gastrointestinal disorders.

3. It's Self-perpetuating.

Chronic stress begets more chronic stress. When we're under constant stress, our bodies can adapt in undesirable ways. Unfortunately, the result is a downward spiral that, if left unchecked, can make it difficult to recover because its effects can permeate all aspects of our lives.

Here's an example: Bob has a stressful job. His responsibilities lead him to think about work constantly. He's all-consumed during the day, during his commute, he's distracted by it when

he's at home and he even dreams about it when he's asleep. In order to try to alleviate the stress, he spends more time on work, hoping that that will make him feel better. In order to do that, he spends less time on leisure and on other aspects of his life that he finds rewarding: he reduces the number of hours he sleeps, he stops going to the gym, he stops making his own food—opting for on-the-go options instead, he outsources anything and everything that requires time and energy, he spends less time with his significant other and he spends less time on what he would call "fun" activities. Bob also starts self-medicating with TV, drugs (alcohol, illicit or prescription), junk food, Internet surfing, or with any other mindless behaviour that requires little to no concentration; and/or by spending money on toys & luxuries he rarely has time to enjoy but that help justify the crazy hours he's spending working.

Bob has effectively developed a bad case of tunnel vision. Short-sighted management of his chronic stress has become all-consuming and negatively affects every aspect of his life. He's so preoccupied that he fails to notice or appreciate the seriousness of the changes in his behaviour.

Bob's inability to think about and process all aspects of his life is slowly and predictably leading to greater sources of stress over the short and longer term.

Here are a few questions to consider when evaluating his situation:

- How can he think about the long-term impact of his decisions when he's in constant survival mode?
- How can he make good decisions today when he keeps living for tomorrow?
- How can he be in tune with how he's feeling and behaving when all he can think about is getting rid of this constant feeling of not doing enough?
- How can he make good decisions both at work and in his life when his ability to think rationally and problem solve is impaired?
- How can he manage the daily demands on his time and attention when his ability to remember and process everything he's supposed to do is affected?

Chronic stress has a multiplier effect.

The following are the predictable outcomes if any of us, like Bob, remain in a state of chronic stress over the longer term (more than a number of weeks).

We can:

- Damage our body and his mind, possibly permanently and/or fatally.
- Become dependent on bandaid pharmaceuticals.
- Jeopardize or end relationships with friends and loved ones.
- Burn through more resources—namely money—than we would have in a less stressful situation.
- Burn out and/or put our potential for success at risk.
- Neglect or abandon altogether interests and activities that made us who we are.

We can, in essence, lose our sense of self in all other areas of life that matter more than any career ever could.

Stress - The Silent Killer (continued)

The outcomes listed above can also happen when we experience long-term exposure to other sources of stress:

- Abusive relationships, bullying
- Caring for a chronically ill or disabled family member
- Relocating to an area that we have trouble adapting to
- Living in a state of constant uncertainty (fear of job loss, injury, food or shelter shortage)
- Feeling a constant lack of control over your well-being and your future (money scarcity, illness)
- Believing your social status is at risk (social position, financial status, fear of shame, popularity)

Chronic stress can create a vacuum that literally sucks the life out of us. It can turn us into sick automatons, especially if we view it as an undesirable part of life, something we have no control over. We essentially lose our spark, that quality that makes us who we are; that thing that makes life feel like an exploration of the world and of the self, not a race we're desperately trying to win.

A Socially-acceptable Destruction of Self

Isn't it interesting that, given its potential deleterious effects, there are no "stress interventions" similar to the type of help we offer for any other type of abuse of the mind and the body? It's the only form of socially-acceptable self-destruction. Heck, the behaviours associated with it can even be a source of a high praise when the conditions are right.

As long as we tolerate, and even embrace, the constant pressure to accept ever-increasing levels of chronic stress, we will only get sicker, feel emptier. As a society and as individuals, we need to reclaim our right to have a high quality of life and we can do that by reducing our dependence on status and stuff and increasing our dependence on what can't be bought: resourcefulness, connection, and a sense of purpose.

For additional reading on this important issue, please see the following CCF library books: **The Great Cholesterol Con, Lights Out and Primal Body, Primal Mind**. There is also a fascinating **Ted Talk** on how the way we think about stress affects our health. Finally, given the importance of this topic, watch for additional library reading materials coming soon.

New Members

Along with Laurie and Theresa, featured on page 1, Chrysalis CrossFit is pleased to welcome new members Lisa and Chelsea. Here's a little bit about all four of our new athletes from least to most recent:

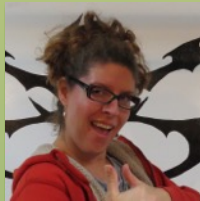
Lisa completed her Burn In on November 30th (yeah!) and expects to be joining us for classes in the New Year. Lisa's background includes track & field and she enjoys her regular runs. BTW: Lisa is Rob's other half.



Laurie is a friend and co-worker of Karlene's and Heather's. After our free intro class, she decided to work with us through Burn In and get a bit more of a taste of CrossFit as she gets back into working out.



Theresa has some previous experience with Chrysalis. Theresa joined CCF to tap into the motivation a group atmosphere offers and looks forward to increasing her level of physical fitness.



Chelsea comes to us with over a year of CF experience at two other boxes. Favourite CF movements are wall balls and Oly lifting. We're happy to have a CrossFit veteran join our ranks and we look forward to learning more about different styles and standards for WODs and movement.



Please help us give all four of our new athletes a warm Chrysalis CrossFit welcome.

In the Community

CCF members and coaches have been busy out in the community this fall.

Karlene visited Synergy Fitness while on vacation in Sarasota. She took the opportunity to work in a little Oly lifting and was kind enough to leave her trainer, Jacob Coleman, a Chrysalis T-shirt as a souvenir to add to his growing collection. KDog has also been attending Oly Lifting classes put on by Hercules Weightlifting Club (currently training out of Prairie CrossFit) in preparation for La Coupe du Voyageur competition taking place in February. We love your dedication KDog!

Hélène has been volunteering at Siloam Mission's gym on Friday mornings since April 2015. Rory has also volunteered with her on numerous occasions. Hélène was pleased to discover she was featured in Siloam's winter newsletter (see right).

Hélène also presented health and fitness information to approximately fifty people at two of MB Hydro's locations. The talk's focus? How to Increase Your Fitness ROI. Thanks to Karlene for identifying the opportunity and to Heather for helping with logistics. The talk helped us spread the word on what we can all do to move toward incorporating healthier lifestyle and training options into our day to day.



Hélène has been volunteering in the gym/fitness area on the 4th floor since April. She supervises workouts and helps people in our community strengthen weak or injured muscles and avoid re-injuries. Hélène has her MBA and felt inspired to help people when she saw others getting ill, sitting and unable to do very much. She wanted them up and moving. She says it is amazing to see that in a manner of weeks how someone goes from being unsure about their physical capabilities to becoming healthier and happier people.



October Photo Box

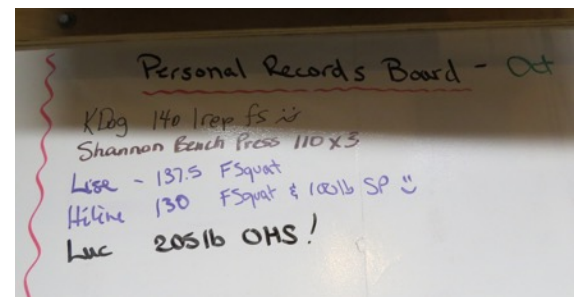
Want more?
Go to **WOD Pics**.



PR Board - October

Congratulations to five CCF athletes for setting new personal records:

- KDog: front squat
- Shannon: bench press
- Lise: front squat
- H el ene: front squat
- Luc: overhead squat



November Photo Box

Want more?
Go to **WOD Pics**.



PR Board - November (aka "PR popcorn" month)

Congratulations to **EIGHT!** CCF athletes for their personal records:

- KDog: front squat (twice!) and overhead squats
- Rob: dead lift
- Wayne: good mornings
- James: dead lift
- Shannon: split jerk, cleans, front squat, strict press and dead lift (WOW!)
- Larry: back squat
- Chelsea: dead lift and back squat
- Grinder: front squat and split jerk

FS 145 Kdog 150	SP 73.5 - Shannon
OHS 65 KDog	DL 175 - Shannon
DL 220 Rob	DL 215 - Chelsea
GM 135 Wayne	BS 190 - Chelsea
DL 325 JAMES	SJ 115 - Grinder
SJ 90 SHANNON	
CLEAN 65 SHANNON	
FS 135 HM	
FS 92.5 SHANNON	
BS - LARRY - 210	

Chrysalis CrossFit presents...

Please note the revised DATE and TIME!

Also, no WOD this year, just fun times with friends!



SLAY BELLS

Luc and Hélène invite you to join us for good eats and fun times.

Come prepared to celebrate the Holiday Season.

We won't have a WOD this year, as many of you will have worked out prior to our get together.

Cost? None

When: NEW DATE, January 19th

Time: 7pm to whenever

Who: CCFers & friends

What to bring: Your good cheer!



date

01/19/2016

Event

SLAY BELLS

time

7PM

CCF is not responsible for adverse effects of having had too much fun at this event. Excess laughter and good times may be hazardous to a lack of health and well being. If in doubt, consult your health care provider.