

# Wing Beats



Monthly Supplement for the Chrysalis CrossFit Community

Issue No. 36 Dec/Jan 2016

## Burn In - Jan & Feb 2016

Welcome to Anna, Daniela, Danielle and Heba who expect to finish their Burn In by the end of February. See below, right for more on these athletes. Want to come cheer them on? Save your spot with the online **appointment schedule slot** that coincides with their Monday evening Burn In classes (7:30-8:30pm).

## Coach Certifications - CrossFit Open!!!

CCF is pleased to announce that its coaches will be certified to judge 2016 CrossFit Open workouts again this year.



Want to participate in the Open? See below, for details.

## Upcoming Events & Reminders

- Feb 15th, Louis-Riel Day - CCF Closed
- Feb 25th to Mar 28th - *The CF Open*
- Mar 25th, Good Friday - CCF Closed
- Mar 28th, Easter Monday - Regular Hours
- Spring Event TBD
- May 23rd, Victoria Day - CCF Closed

## Wing Beats is produced by:

[chrysaliscrossfit.com](http://chrysaliscrossfit.com)  
[chrysalisphysiques.com](http://chrysalisphysiques.com)  
 46 Georges Forest Place  
 (204) 233-1000

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## CrossFit Open

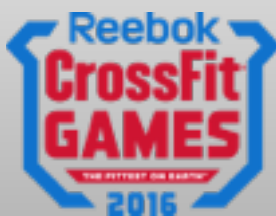
### Are you Game?

The CrossFit Games Open includes a scaled option again this year, which makes completing the five Open workouts accessible to more CrossFitters.

Given the scaled version, CCF coaches want to help you participate.

All you need to do is:

- Register online [here](#) (don't forget to let CF HQ know you're with Chrysalis CrossFit!
- Let us know you're up for it by sending us an [email](#).
- Do the WODs at Chrysalis CrossFit.
- Report your score online in a timely manner for us to validate.



The Open starts Thursday, February 25th with workout 16.1.

For previous years' Open WODs, check out this [link](#).

## How do the workouts work?

You can find some great information at [games.crossfit.com](http://games.crossfit.com), but here are the basics:

- WODs are released at 5pm PT Thursdays, with the first one being released February 25th.
- Your score is due no later than 5pm PT the following Monday.
- There will be one WOD per week as specified above from February 25th to March 28th.
- Cost to register is \$20 USD payable to CFHQ online. There will be no cost to WOD at CCF.

## When can I do the WODs at Chrysalis CrossFit?

We'll offer members who report their score online weekly the opportunity to use our Box equipment to do Open WODs:

- 5 - 7pm Friday evenings and/or
- 11 am - 12 pm Saturday mornings

*(Times offered on these days will depend on demand and coach availability. If times offered make it impossible to participate, please speak with us ASAP to discuss possible alternatives, such as solo WODs.)*

## Meet Our Latest Burn

### Crew (Clockwise from top left)

**Anna** was the first Burn In participant to sign up and invited her cousin Daniela to join her. Already an avid walker, Anna was looking to increase her level of activity, flexibility and strength in order to improve her overall fitness.



**Daniela** is Anna's cousin. We consider her brave to join up with this program sight unseen.

**Danielle** has previous experience with Olympic lifting and wanted to join CCF to help her progress with a fitness program early in 2016.

**Heba** (the guns) comes to us as an active fitness enthusiast who was curious about CrossFit and looked forward to having a scheduled time to work out, along with the extra dose of motivation group WODs can offer.

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

# Book Summary - Happier

Author and Professor Tal Ben-Shahar created the most popular course in Harvard's history and it's no wonder. The course explores how we can all live a happier, more fulfilling life. His book titled *Happier* is largely based on the same material.

We can all use some reminders about what truly matters from time to time and it's always nice to reinforce what's already going our way, as well as discovering how we could improve to ensure our lives stay on a satisfying track.

Here's his well-researched take on living your best life:

## 1. Maintaining a routine helps us be who we want to be by making time for what matters.

Having a regular routine (Ben-Shahar calls them rituals) helps us do what's good for us on a regular basis. It helps us make time for what matters most by turning the behaviours into habits. This could include sleep, exercise, family time, time with friends, healthy eating, time in the great outdoors, reading, learning, spiritual pursuits, etc. In his view, if we don't ritualize activities, we just don't get to them because we allow the demands and expectations of others to guide our use of time and energy.

## 2. Living concurrently for the present and for the future is a recipe for fulfillment.

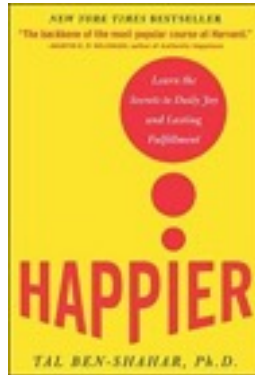
Living for the future means we never get there because we keep thinking it's the next goal or milestone that will make us happy. Living in the past leaves us with no hope because we feel the best has already happened. Living for the present offers no sense of purpose or meaning and the pleasure in it is fleeting. But, focusing on present activities that hold a bigger long-term meaning or purpose offer both current fulfillment and direction. It enables us to feel the joy of living, even in times of hardship. That's happiness.

## 3. Focusing on what matters to you, not others.

We're sold on the notion of carrots and sticks quite early in life. We're told we need to listen to what others want, performing our roles in accordance to what society wants from us and that, if we do

as we're told, we'll live *the good life*. In reality, those who pursue a purpose they were free to choose for themselves are more likely to feel they're leading a rich and meaningful life. The main reason is that the belief we're self-directed helps us find meaning in our day-to-day activities, which is much less likely when we're driven by external forces.

In order to focus on what matters to us however, we need to get better at listening to what *we* want. We can, and will, take wrong turns from time to time but, we can learn from them if we're in tune with what we want out of life. Leading an overly-busy life tends to drown out our own voice and leads us to react to our life instead of create it. We need to simplify our lives in order to feel fulfilled. *Simplicity isn't laziness, it's focus.*



## 4. Paying attention to emotional, not financial health is key.

Much of the long-term value we derive from our efforts isn't based on the type of currency we find in our bank accounts. Indeed, there's very little correlation between financial wealth and happiness.

What we cultivate in the form of relationships and good health far outweigh the material gains we make by ignoring these important aspects of life. Further, the benefits of the former can't easily be gained if they've been neglected for decades in the pursuit of the latter. Feeling disconnected from others and from a sense of purpose can lead us to feel emotionally bankrupt, which often exhibits itself in the form of depression, substance abuse, violence and religious fanaticism. We look outside ourselves for answers because we forget to look within—that's learned helplessness and the condition is spreading.

In short, happiness is about the balance between "want-tos" and "have-tos". When we pursue what we want to do—what matters most to us—we're energized, even when the work is hard or demanding. We're driven by an internal force that's more powerful than any external incentive or pressure. Conversely, feeling obligated is draining. We procrastinate, complain and avoid, all of which makes us feel poorly about ourselves and others.

We hope you've found the findings inciteful and—more importantly—useful. You can find *Happier*, and Ben-Shahar's new book, *The Pursuit of Perfect*, at your local [library](#) and booksellers.

## Oly Lifting

Well, it's official. KDog will be competing in Oly Lifting again this year. Here's her schedule:

1. February 21st, she'll be competing in the Hercules Challenge Competition.
2. April 3rd, she'll be representing CCF at the Manitoba Weightlifting Association competition.



Both events are being hosted at Prairie CrossFit.

We hope you'll join us to cheer her on as she participates in these 2016 lifting events.

Interested in doing more Olympic lifting to improve your hip power and coordination, or just want to see what all the fuss is about? Join us for 90 minutes on Tuesdays at 7pm or Saturdays at 8:30am. [Book](#) Oly as you would any CF class.

## New Equipment Alert!

Brace yourselves CCFers...we have *new stuff* coming!

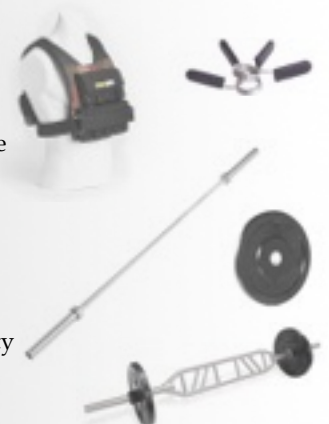
Here's a preview:

Sick of waiting for your turn with the weight vest? We have two more coming.

Ladies, want a bar made just for you to keep PR'ing your Oly lifts? Your wish is granted.

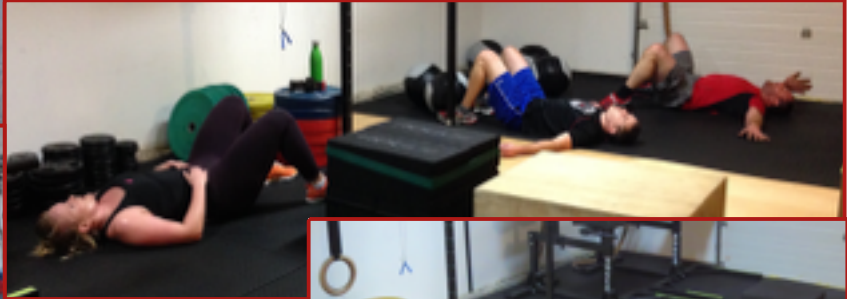
Overhead lifting impeded by mobility issues? We've got you covered...

...and much, much more.



# December Photo Box

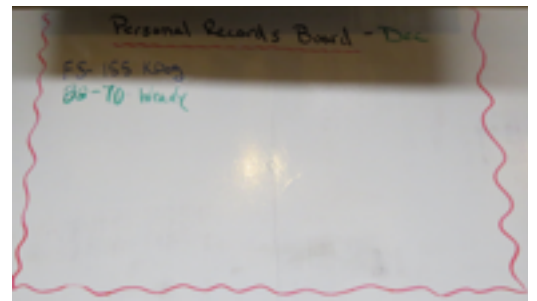
Want more?  
Go to [WOD Pics](#).



## PR Board - December

A lot of folks were taking a breather this Holiday Season, but we still got some PRs. Congratulations to two CCF athletes for setting new personal records:

- KDog - Front Squat
- Wendy - Back Squat

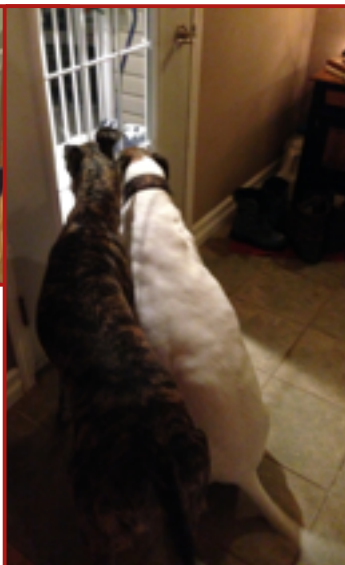


# January Photo Box

Want more?

Go to **WOD Pics**.

*Special thanks to everyone who was able to join us for our "Slay Bells" Holiday event. It was a privilege for us to host our CCA family & friends "just because"...and Isabelle and Beegie were especially pleased to have had extended door greeter duties (who doesn't appreciate extra ear scratching). Here's to more great times in 2016.*



## PR Board - January

Lots of PRs this month! Congratulations to five CCF athletes for their personal records:

- KDog - Overhead Squats, Snatch (2) and Dead Lift
- Chelsea - Back Squat & Dead Lift
- Larry - Back Squat (2)
- Grinder - Overhead Squat
- Pieces - Split Jerk

