

Wing Beats



Monthly Supplement for the Chrysalis Community

Issue No. 42 Dec-Jan 2017

New Member - Please Welcome Griff!

It's official. Griff, Louise's husband, joined Chrysalis in January and we're pleased to have him among our ranks.

Do you have anyone you want to invite to Chrysalis for a *free* workout? You can book any Saturday at noon for your friend(s)/family member(s) and you can workout right along with them. Just let us know and we'll do our best to accommodate.



Upcoming Events & Reminders

February 15 - 24th - Coaches away (see p. 2)

February 16, 18, 21 and 23th - OPEN GYM Hours (see p. 2) — Tu & Th 4pm to 7pm, Sat 10am-12pm

February 20th - Louis-Riel Day

February 23 to March 27 - The CrossFit Games Open (see below)

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Holiday Recovery

Thank you to everyone who was able to attend our Holiday Recovery get together in January.

We appreciated the opportunity to express our thanks to you, our community, for a great 2016. And special thanks to Katrine for the Paleo cake. It was yummy!



CrossFit Open

Are you Game?

All you need to do is:

- Register online [here](#). (The cost is \$20 USD.)
- Let us know you're up for it by sending us an [email](#).
- Do the workouts at Chrysalis using your own or our video equipment.
- Report your score online.



The Open starts Thursday, February 23 with workout.

How do the workouts work?

You can find some great information at games.crossfit.com, but here are the basics:

- WODs are released at 5pm PT Thursdays, with the first one being released February 23rd (17.1)

- Your score is due by 5pm PT the following Monday.
- There will be one workout per week as specified above from February 23rd to March 23rd, with the event wrapping up with final score entries March 27th.

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

What are the workout times at Chrysalis?

We'll offer members who report their score online weekly the opportunity to use

our equipment (gym and video equipment) to do Open WODs on Friday evenings and/or Saturday mornings (*times offered on these days will depend on demand and space availability*). If a different time is requested, we will accommodate if possible.

Please note that, as Chrysalis is no longer a CF Affiliate, there will be no judging from Chrysalis coaches. You will be responsible for recording your workouts and submitting them to CF (if requested).

3-2-1...Go!

The Power of Full Engagement

Book Summary

We haven't been this excited about a book in a while. "**The Power of Full Engagement**" by Jim Loehr and Tony Schwartz sheds light on how we can be more productive and more present in all areas of our lives: in our personal and professional endeavours and in our relationships—both with ourselves and with others.

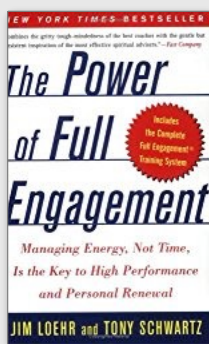
The key message in this book is as follows: *If we don't take care to manage our energy—both how we spend it and how we renew it—we can't hope to accomplish what we want most in life, including how to live it.*

The authors also introduce what might seem like a paradox: In order to improve our ability to renew our energy levels, we should spend more of our energy, but in the right way.

According to their thesis, there are four types of energy: physical, mental, emotional and spiritual.

- **Physical** energy is the energy we expend with our bodies;
- **Mental** energy is the energy we expend with our minds (it's our ability to focus & problem solve);
- **Emotional** energy is the energy we expend in developing our emotional intelligence, which enables us to have a more positive outlook about ourselves and others; and finally
- **Spiritual** energy is the energy we give away to others—both to people and to the universe.

Each of these energy types both use and renew our personal energy levels. Building capacity in each of these types pays dividends in the others and one can serve to renew another as well. Further, gains in each of these is best achieved by pushing the boundaries of personal ability as needed.



Just as we exercise our muscles and our cardiovascular system to increase our available physical energy and capacity over time, we need to build capacity in each of these areas, as we identify gaps.

In order to understand which type(s) of energy need(s) attention, we can do the following:

1. Identifying Our Purpose

The authors make it clear that, first and foremost, we need to know what we want in life. We need to know what our "why" is. What gets us up in the morning, what makes us feel alive? In one word, we need to be clear about our *purpose*, what makes life meaningful to us.

2. Facing the Truth

Once we are clear about our "why", we need to reflect on what we say we care about most—our values—and determine where we fall short by asking "*If living this way is important to me, are my actions in line with what I say matters?*" By identifying gaps between what we say is important to us and how we behave, we know what we need to work on.

3. Taking Action

The gaps are where we can focus our attention. Maybe it's a need for physical activity, a need for sleep, a need for connection, a need for patience and understanding, or a need to take time out for reflection. Whatever the gaps are, once the root causes are addressed across the four types of energy, we become more balanced individuals, and that means we become happier and accomplish more of what we want in life.

The book includes some great individual case examples that make it clear that we need balance across the energy types and that active renewal (as opposed to passive—TV, alcohol, junk food, surfing the net) is the key to building capacity across the categories over time.

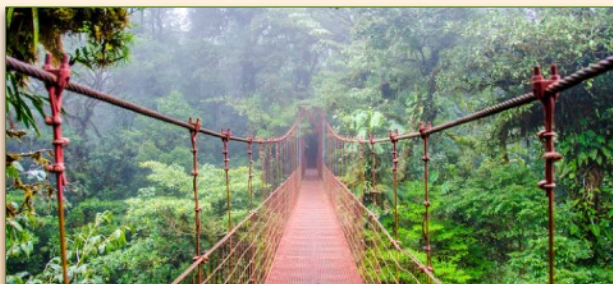
We've added this book to our library. It's also available at your local library and at local & online booksellers. We'd also suggest "**The Way We're Working Isn't Working**" by Tony Schwartz.

Open Gym from February 15th to the 24th

In the last few newsletters, we mentioned that Luc & H el ene will be going away to Costa Rica for a little R&R in February. (Wednesday, February 15th to Friday, February 24th inclusive).

We don't want you to have to interrupt your workout regimen during the coaches' absence. That's why the plan is to hold Open Gym hours with prepared workouts during this period.

Note: Please be advised that we take no responsibility if you choose to use our facility unsupervised and/or do not follow the programming.



Here are the details:

Wayne has graciously accepted to make the gym available during the following hours:

- Tuesday and Thursdays: 4:00pm to 7:00pm
- Saturday: 10:00am to 12:00pm

Wayne can be reached at (204) 233-7555, whoard@mts.net and is located next door.

Workouts will be posted on the whiteboards, along with instructions. They will mostly include body weight or lightweight exercises that can be done solo or in small groups. We've picked some fun stuff, so please don't feel you need to miss a beat during this ten-day stretch. Please sign up for these classes just as you would regularly sign up for class (select "Open Gym", register "unpaid" if needed).

Staying connected: The coaches will be doing the workouts down South and posting them on Twitter and Facebook and encourage you to do the same or comment on these posts.

Finally, there will be *no cost* to your membership during our absence. We will credit any unused regular classes during these ten days, regardless of how many of the Open Gym sessions you choose to use.

December Photo Box

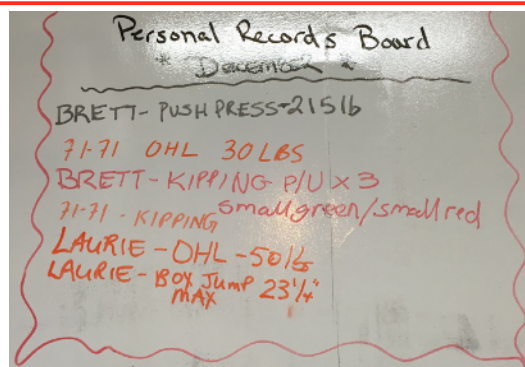
Want more?
Go to **WOD Pics**.



PR Board - December

Congratulations to three Chrysalis athletes for setting new PRs:

- Brett - Push Press & Kipping Pull Ups
- Louise - Overhead Lunges & Kipping Pull Ups
- Laurie - Overhead Lunges & Box Jump

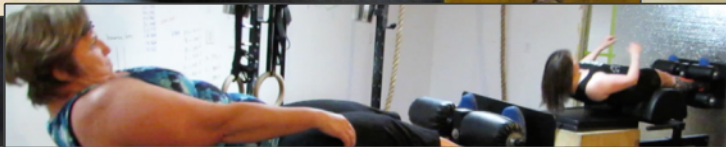


January Photo Box

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



Guess who's turning 60 in February! It's Wendy (pictured above). Please take a moment to wish this weightlifting runner extraordinaire a very special "Happy Birthday".



PR Board - January

Congratulations to Seven Chrysalis athletes for setting new PRs:

- Laurie, Chelsea & Hélène - Weighted Push Ups, Wall Climb
- Chelsea - Rope, Squat Snatch
- Chelsea & Hélène - Rope Climb
- Lise, Louise, Griff, Rob - Wall Climb

Note: This PR board picture is from January 24th.

