

June Photo Box

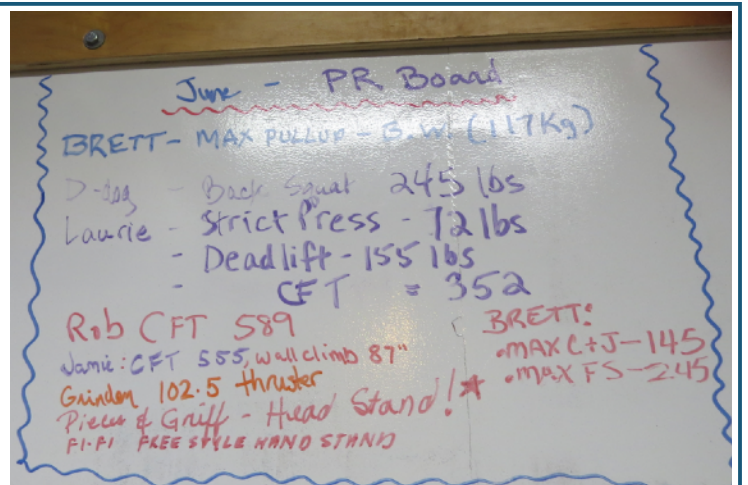
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PR Board - June

Congratulations to 9 Chrysalis athletes for setting new PRs:

- Brett - Pull Ups, Clean & Jerk and Front Squat
- Danielle - Back Squat
- Laurie - Strict Press and Dead Lift
- Rob P., Jamie and Laurie - CFT
- Hélène - Thruster
- Lise and Griff - Head Stand
- Louise - Hand Stand



July Photo Box

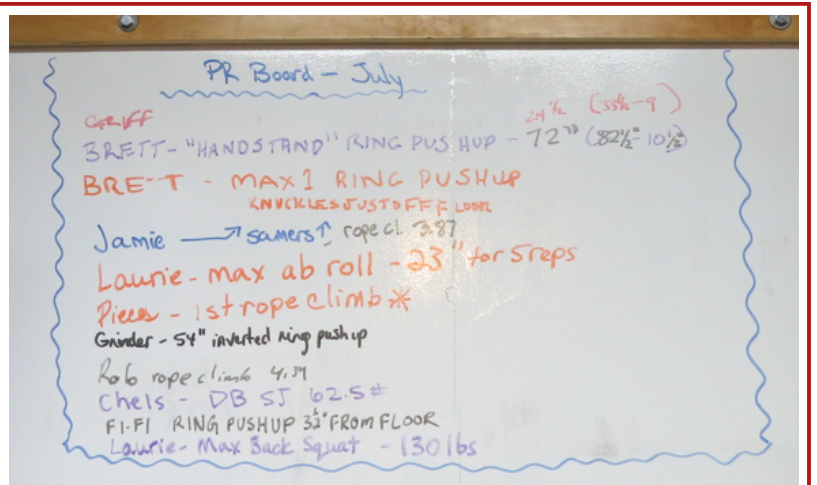
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PR Board - July

Congratulations to 9 Chrysalis athletes for setting new PRs:

- Griff, Brett, Jamie, Hélène and Louise - Ring Push Up
- Jamie, Lise and Rob P. - Rope Climb
- Laurie - Back Squat & Ab Roll
- Chelsea - 1-arm Dumbbell Split Jerk



Our Fall “Clean Up”

We're bringing nutrition back into focus:

“Eat meat and vegetables, nuts and seeds, some fruit, little starch, no sugar.”

Greg Glassman



Ready to take on a 30-day challenge? All you need to do is sign up at Chrysalis before the start date and check off your progress on the whiteboard. Those left standing at the end of the challenge will have...bragging rights!

The challenge will run for 30 days, between the two long weekends, from Tuesday, September 5th to Wednesday, October 4th inclusive. 3-2-1 Paleo!

What's In:

- ALL veggies, herbs & spices
- Meats: if it swims, runs or flies, it's in! (eggs too)
- Berries of any type
- Nuts and seeds
- All fats and oils other than seed oils (no canola and soybean oil)
- No-sugar-added condiments (check labels!)
- Non-dairy fermented foods
- Yams, squash, other tubers



What's Out:

- Grains & legumes
- Sugar of any kind (granulated, honey, agave nectar, cane, other types of processing)
- Dairy (exceptions: butter and 18+% products)

Occasionally:

- Dark chocolate (over 70%)
- Other fruit (avoid high sugar fruit like mangoes, bananas and pineapple)
- 5 oz dry wine, 1 oz clean non-grain spirits
- Non-grain flour (almond, coconut)