

Wing Beats

Monthly Supplement for the Chrysalis Community

Issue No. 46 Dec 2017 - Feb 2018

Welcome Donna!

After checking out the free workout, Donna signed up for and completed her Fundamentals training and is now our newest member.



What's the Free Intro Workout?

It's a chance for anyone to familiarize themselves with the Chrysalis approach by spending one hour with us to get moving and to see whether or not we're a fit. Know someone who might want to give it a try? Let us know (see contact info, right).

Upcoming Events & Reminders

- March 7th - Korstrom Baby Shower (p. 6)
- March 17th to April 4th - Coaches away (p.2)
- May 10th - Chrysalis turns six! (p. 7)
- May 21st - Victoria Day - CP Closed
- July 2nd - Canada Day - CP Closed
- August 6 - August Long - CP Closed

Wing Beats is produced by:

chrysalisphysiques.com
46 Georges Forest Place
(204) 233-1000

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Empathy WOD...or WOES? 🙄

Jamie was a trooper. When he found out we had a special treat for him, he didn't back down. And, for good measure, Luc jumped in as well.

The special treat?

Putting on a front-heavy 32.5 lb weight vest to give them both a taste of what it might feel like to WWP (Workout While Pregnant).

Jamie handled it like a champ, despite wondering what he was getting himself into during the warm up. Way to go Jamie! And he was a *very good sport* about it, especially given we sprang it on him when he walked in for his WOD.

And no, Chelsea did *NOT* put us up to it. We can be evil all on our own...

Buahaha!



Holiday Recovery

Thank you to everyone who joined us for our Holiday Recovery potluck on January 17th.

From salads to meats of various types to soup and yummy good-for-you desserts, we were able to indulge while getting ourselves back on track with clean eats post-Holidays.

The food was delicious and the company, even better!

Here's to another great year of personal bests!

3-2-1...GO!



Exercise & Cancer Treatment

...A Winning Combination for Survivors

For some of us, our loved ones and/or acquaintances, day-to-day life includes living with cancer and cancer treatment. And, as is the case for most other acute or chronic conditions, exercise used to be contraindicated, unless otherwise specified.

Not the case anymore. According to the CSEP Exercise Oncology Modules presented by Dr. Daniel Santa Mina,* in most cases,** physical activity prescription and adherence before diagnosis, and before, during and after treatment (surgery, radiation, chemotherapy) has been shown to improve the prognosis and long-term survival rates in *all types* of cancer survivors.

These findings are exceedingly important for two reasons:

1. Given increased longevity and greater exposure to cancer-causing agents, more people than ever before will be diagnosed with cancer in their lifetime.
2. Cancer treatments can greatly affect the quality of day-to-day life for those living with cancer and exercise can help offset this negative effect by improving one's physical strength and resilience.

Once again, research is showing that exercise benefits are universal.

We can all benefit from keeping our bodies strong and resilient, no matter what life throws our way. Indeed, why not stack the deck in our favour?

Yet another reason for us to stay active. But, I know I don't have to convince the Chrysalis Physiques community of this fact. If anything, you serve as inspiration to others to explore various forms of physical activity, if for no other reason than for the pure enjoyment of it. And, despite all other reasons available, that one is hands down the best one.

* Presentation developed references a number of academic research publications.

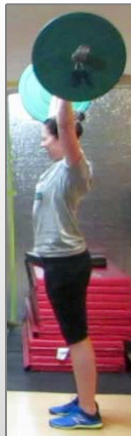
** Please seek professional assistance in determining suitable options.

Karo Was Back at Chrysalis

Blast from the past! During the month of November, Karo (aka Karrie) and her significant other "G" spent some time at Chrysalis.

Karo (re)joined Chrysalis as a member for the month. For those who are not familiar, Karo was a CF-L1 Coach at Chrysalis five years ago and our first ever staff member (not to mention the creator of this very newsletter). Without Karrie, Chrysalis would not be what it is today.

What fun that was! It felt like old times and new times all at once! Thanks for the extended visit Karo. Hope to see you again soon! XOXO



Coaches "Trippin'" (Again)

Luc & H el ene are at it again. Realizing how beneficial the trip to Costa Rica had been for them in 2017, they're planning another getaway. This time, it will be in the second half of March (Saturday, March 17th to Wednesday, April 4th inclusive).

They will be heading to Belize and Guatemala.



Actual dock they'll be hanging around on in Guatemala.

Workout Plan for March

As was the case last year, the coaches might be away, but it doesn't mean you can't come and play.

We don't want you to have to interrupt your workout regimen during the coaches' absence. That's why we're again offering Open Gym hours with prepared workouts.

Here are the details:

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

- Most Tuesdays and Thursdays: 4:00pm to 7:00pm
- Specific Dates: March 20, 22, 27 & 29

Gym Access: Wayne can be reached via text at (204) 612-6611, and by email at whoard@mts.net (he's also next door :).

Workouts will be posted by date on the whiteboards (four WODs in total), along with instructions. These will mostly include body weight or light weight 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 2+ week stretch.

There will be no charge to your membership during our absence. We will credit any unused regular classes during these 2+ weeks.

As always, please let us know if you have any questions or concerns regarding this news.

Note: Please be advised that we take no responsibility for anyone choosing to use our facility unsupervised and/or choosing not follow the programming, as prescribed. Also, this offer of access to the facilities is for Chrysalis members only.

December Photo Box

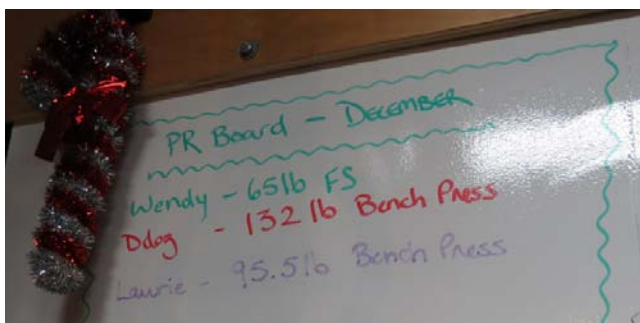
Want more?
Go to **WOD Pics**.



PR Board - December

Congratulations to three CP athletes for setting new personal records:

- Wendy - Front Squat
- Danielle - Bench Press
- Laurie - Bench Press



January Photo Box

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



PR Board - January

Congratulations to seven CP athletes for setting new personal records:

- Louise - Strict Press and Dead Lift
- Danielle - Strict Press and Bench Press
- Laurie and Rob P. - Bench Press and CFT
- Lise - Overhead Lunge
- Wendy - Strict Press
- Hélène - 1-arm Barbell Split Jerk

PR Board - JANUARY	
Camden - 1-arm DB SS @ 55lb R	
Ddog - Strict Press	102 lbs
FI-FI - STRICT PRESS	68 LBS
FI-FI - DEADLIFT	195 LBS
Wendy - Strict press	575
Rob-CFT	604
Laurie - CFT	357
Ddog - Bench	138 lbs
Laurie - Bench	99 lbs
Rob P - "	167 lbs
Pieces - OHLunge	40tt

February Photo Box

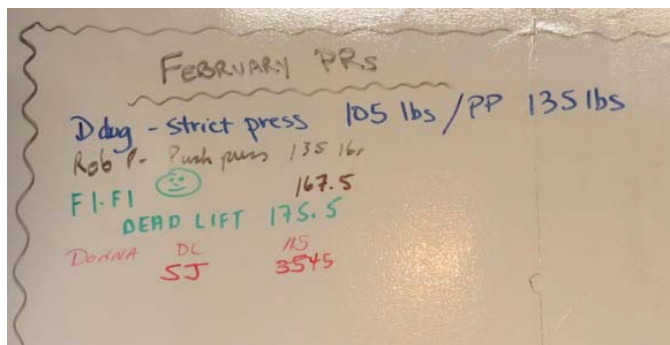
Want more?
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PR Board - February

Congratulations to four CP athletes for setting new personal records:

- Danielle - Strict Press & Push Press
- Rob P. - Push Press
- Louise & Donna - Dead Lift
- Donna - Split Jerk





Chelsea and Jamie are expecting
their first in mid-April!

Let's throw them a baby shower
before they become busy parents
to a bouncing baby boy.

When: 6 - 9pm on Wednesday, March 7th

What to bring: Something for the happy
couple :)

Other: We will be serving light
refreshments

PLEASE RSVP by March 1st to
info@chrysalisphysiques.com



Chrysalis Is Turning Six!



Yeah, we know. You'd expect us to have reached a certain level of maturity by now...but still, we've come a long way, baby!



Want to join the party?

When/Where: starts at 7pm on Thursday, May 10th at Chrysalis Physiques, 46 Georges-Forest Place

What to bring: A friend and/or significant other... and you! 😊

PLEASE RSVP by May 7th to: info@chrysalisphysiques.com

We look forward to celebrating with you!

