

Wing Beats

Monthly Supplement for the Chrysalis CrossFit Community

Issue No. 11 March 2013

The CrossFit Open

We're doing the WODs and loving it. Our community is more motivated than ever to give it all we have and then some. To everyone who has completed 13.1, 13.2 and 13.3, way to go!



Next Burn Ins

We will have "Foxtrot" starting Monday April 8, 7-9pm. If you know anyone interested, send them our way.

New Hours in April!

We are changing our hours. See p. 2 for more information.



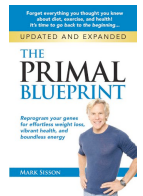
HELP!!!

We need your help to spread the word and improve our presence online on [Facebook](#) and at [chrysaliscrossfit.com](#). p.2.



Go Primal!

We review The Primal Blueprint p.2.



CrossFit Open

The 2013 CrossFit Games are upon us. And, along with the games comes the chance to participate with hundreds of thousands of crossfitters across the globe. We have done 13.1, 13.2 and 13.3 and SURVIVED to tell the tale. No box jumps, burpees, deadlift or other challenges will stand in our way...well, OK, maybe double unders.

Almost everyone is participating in the CrossFit Open WODs and it is amazing to see what feats of strength and endurance are coming out of CCF.

We want to express our gratitude to all members who showed enthusiasm in supporting our working The Open WODs into our overall programming and giving everyone the chance to get a taste of The CrossFit Games.

The 2013 CrossFit Games are scheduled to take place July 22 to 28. We guarantee you that we will organize some events around these great events as we get a change to watch in awe as the fittest on earth vie for the opportunity to be called the "fittest on earth".

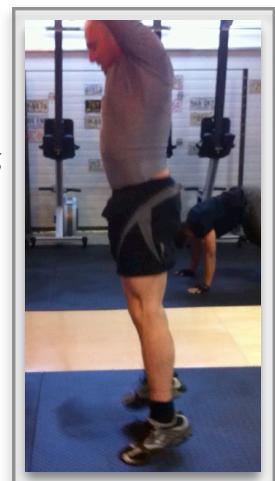
In the meantime...

tell us: who's your favourite contender and why. Is it Annie, Froning, Spealer, Foucher, Parker, Clever, Wagner, Khalipa, Holmberg? We'd love to know who you are rooting for.



Burpees!

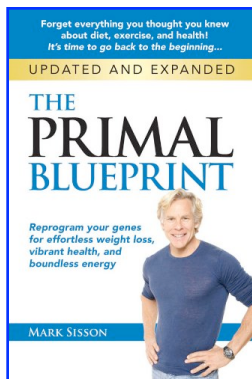
We have passed the halfway mark on our 100 burpee challenge. Amazingly, our entire box signed up and is still going strong. We couldn't be happier with the results so far, with some dedicated folks even reporting their dedication to the task while on vacation! Let's keep going folks, as the final day of burpees will be May 11, the date for our 1-year anniversary celebration.



Book Review: The Primal Blueprint

by author Mark Sisson

We were so impressed with Sisson's recently released book, The Primal Connection (TPC), that we thought we would offer some thoughts on one of his previous works: The Primal Blueprint (TPB). TPB is a straightforward, easy read that covers similar themes, but in a more basic fashion. The book offers some simple tenets (laws as he calls them...commandments was already taken:



1. Eat plants and animals
2. Avoid poisonous things (items on the ingredient list you can't pronounce + sugar/grains)
3. Move frequently at a slow pace (stay active!)
4. Lift heavy things (keep it brief and intense - sound familiar?)
5. Sprint once in a while (your body will thank you and, best of all, it has anti-aging benefits)
6. Get adequate sleep (that is what restores you and it is as essential as the air we breathe)
7. Play - yes, play! (there are many social and physiological benefits associated with play)
8. Get adequate sunlight (Vitamin D and other benefits)
9. Avoid stupid things (don't drink and drive, etc)
10. Use your brain (constantly challenge yourself, be curious)

We think his approachable style is helpful in enabling us to easily incorporate some of the suggestions, along with the comfort of knowing that much of what he suggests seems to come from the application of common sense. The read was refreshing and entertaining.

New Hours - 5pm Now Available

You asked and we answered. CCF now offers 5pm classes every week day, effective April 1. No, it's not an April Fool's joke, we're really doing it! We will be changing our class calendar and meeting much pent up demand to help you fit classes into what we know are already busy schedules. Have other scheduling requests? Don't hesitate to ask. Just because it's not on the schedule does not automatically mean we can't make some adjustments.

We Need Your Help in Accomplishing 2 Goals!



Goal #1: Can we get 100 "likes" by May 11? Update: Thanks to efforts in the month of March, we have already reached 59 likes and are getting closer to our goal. Thank you and let's keep spreading the word and getting the support of our friends and family. They love to see us succeed!

Goal #2: Web revamp coming soon! We will be making significant changes to our online presence over the next months to serve you better. Any suggestions regarding content, tools, navigation, community? We're listening!



Photo Box

Featured photos from our box this month



Karlene had fun climbing that wall!



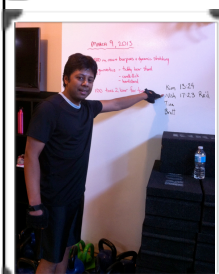
Tina's doing everyone's favorite, the toe to bar!



Lise and Heather doing the Turkish Getup.



Kim, Krista and Karlene are ready for "Karen"!



Look a that! 17:23 Rx'd! 2 PRs this month Nish, way to go!

Save the Date - May 11, 2013

It's Chrysalis CrossFit's 1-year anniversary and we would love for you, your friends and family to join us for some good times, good (paleo) food...and good WODs! More information will be available in the April newsletter. Stay tuned.

