

Wing Beats

Monthly Supplement for the Chrysalis CrossFit Community

Issue No. 17 September 2013

Burn In News

Welcome to Colleen who started her Burn In in September. She came all the way from Texas!



Upcoming Events

Sept. 15 - Oct. 14 Concept2 Rowing Challenge

Sept. 15 - Oct. 14 CCF September Clean Up Nutrition Challenge

November 1 - 30 Movember is back!

November 11 - Year End CCF Potluck

November Paleo Potluck

Join us for a potluck on November 11. We're squeezing one more in before the start of Christmas activities.

More details regarding this event will pop up in the CCF gym over the coming weeks...and in the October newsletter of course.



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September "Clean Up" Challenge

We are over halfway through our 30-day challenge. Many of us have improved our eating habits, we are feeling better and we are helping some important charities at the same time. Charities listed include Agape Table, Lighthouse, Mary Jane Cooking School & Alzheimer's Society.

Pumpkins All Round



A big Thank You! to Suzanne, our local gardener for donating pumpkins galore to our CCF membership. If you don't have yours yet, let us know. Be quick though, only a few left!

Concept2 Fall Team Challenge

As is the case with our nutrition challenge, the fall rowing challenge is also halfway done. The beautiful September weather and some bouts of the flu did make it a challenge to hit the 50% mark on meters rowed, but the group of us are forging ahead and will complete our rowing commitment by October 14th. Rory is the one sitting pretty, having completed her 100k well in advance.

Happy rowing everyone. Only 10 days left. 3-2-1- GO!!!



Powerlifting Cert

We (Luc & Hélène) attended a Powerlifting Cert in Omaha on Sept. 7 & 8. We were thankful for the opportunity to attend this certification for three reasons:

1. The cert provided new perspectives on equipment, programming, tech (deadlift, squat & bench) and accessory exercises that we can now add to our toolbox.
2. We met some great people at Fit2Fight. Nick and Sarah were great hosts and our seminar leaders, Laura (below) and Shane Sweatt, were great teachers.
3. Omaha is BEAUTIFUL! We highly recommend a visit. We were even able to attend the Old Market Square Sunday Farmer's Market and grab some breakfast!



Did You Know About Our Library?

The CCF Library, located in the member lounge, contains a great number of materials available to our membership for reference on site or to sign out and take home to read. The ever-expanding library holds:

- All past CCF Wing Beats newsletters
- Videos of various exercises both produced in house and sourced from CFHQ - accessible on the TVs (member lounge and gym)
- The CrossFit Journal, which offers journal articles, video and CrossFit radio via our lounge computer
- A number of eBooks and PDFs via our lounge computer
- Over 40 books that cover topics such as nutrition, cooking, lifestyle, Paleo living, strength & conditioning, exercise physiology, exercise science, anatomy, biomechanics and even taping
- Hundreds of magazines to offer information and inspiration



If you would like to access these resources but are not sure how, please don't hesitate to ask us and we would be pleased to ensure you can get the most out of what we put at your disposal, whether it be before or after class or on your own time away from the gym.

Christmas Comes Early...

New Equipment Coming Soon!

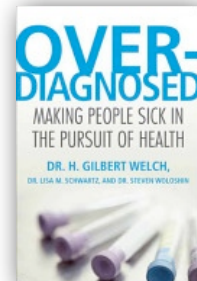
Hélène will be bringing back some goodies from an upcoming trip to Austin, TX. Watch for some new additions to our WODs to help us inch up on our PRs (gymnastics, power and strength WODs).

What might be in store? Bands, fractional plates and other goodies. They should be available during the month of October. Stay tuned.



Book Review:

Over-diagnosed



Dr. H. Gilbert Welch and his co-authors deliver some important insights on how we can manage our health and navigate the medical system. Dr. Welch cautions us repeatedly throughout his book that "better safe than sorry" does not always hold true when it comes to keeping you well. Here are some of the main messages and takeaways:

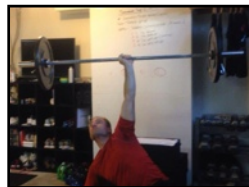
1. Doctors fear doing nothing for the patient. A doctor who appears to have explored every avenue is more likely to be exonerated. As long as this is the common view, there is little incentive for doctors to not "do something", regardless of the benefit or potential risk for the patient.
2. Treatment is not always better, as the side effects and potential complications associated with medical intervention (drugs and elective surgery) can affect quality of life.
3. Testing often uncovers benign abnormalities that cause stress and anxiety in the patient and likely never would have required treatment. Example - MRI of the lungs uncovers spot on the kidneys, leading to unnecessary kidney biopsy.
4. People are not numbers and the results of a test should factor in the patient's health and lifestyle. Otherwise, a short-term abnormality in blood work or vital signs can result in unnecessarily medicating a person for life.
5. The threshold for medicating individuals with chronic conditions has been steadily lowering, expanding the pool of individuals that will not benefit from the drugs. Pre-diabetic and pre-hypertensive diagnoses greatly expand the market.
6. Over-treatment statistics are clear: for every individual helped by preventative medicine, hundreds and even thousands suffer physically, mentally and financially because they are taking unnecessary medication.
7. Abnormalities are just that, abnormalities. These do not mean they are a health problem. The key question is what are the risks of doing something as opposed to doing nothing. Example - prostate cancer is very unlikely to be lethal in most cases and removal of the prostate has serious effects on a patient's quality of life, including incontinence and ED. It may be better to monitor a patient as opposed to opt for surgery.
8. Doctors must ask themselves first what impact is the condition having on the patient and if there is no impact, question the value of intervention. Intervention for intervention's sake is not the answer.
9. Lifestyle can provide the best medical insurance, ensuring that many conditions of the body never affect quality of life (including prostate & breast cancer).
- 10 Most importantly: we do not have to follow doctors orders. Our body is ours and ours alone and it is acceptable to believe that the patient, not necessarily the doctor, knows best.

September Photo Box

Kim confessed to one of the rounds of messing with Brett's shoe. She was too weak to argue.



Lise and Tina working through "Nancy".



Get up, get up, get busy.



Core chipper above and "Ryan" below. We love them both...right everyone?

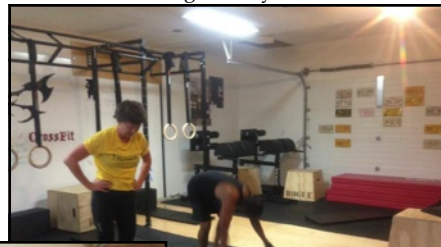


Brett's shoes got "mummified".



Karlene dropped by for a visit, just because.

Luc and Heather, thick as thieves...as usual. We are going to have to separate those two!



Larry working through "Ricky"

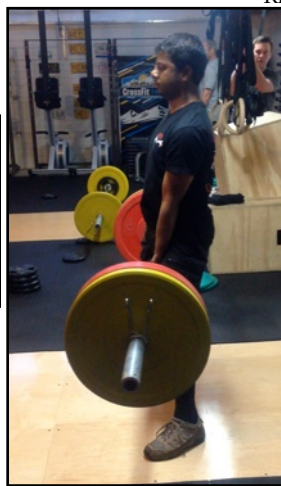


Hélène & Lise after "Jackie".

Everyone was playing with ...TIRE?!



Nishad working the sumo DL.



Luc and Brett like to prove they know "squat".



September Member Highlights

#1: CCF now has a number of "ladies in red" when it comes to back squats. Everyone really seems to like counting the red plates...



#2: Lise decided to cut her pushups down by 9", just like that!

#3: Rory has significantly increased her core strength over the last few months and it showed. She nailed the Turkish getup this month. Yes!

