

# Wing Beats

Monthly Supplement for the Chrysalis CrossFit Community

Issue No. 18 October 2013

### Burn In News

Our last Burn In of 2013 starts mid-November.

If you know of anyone who is interested, please let them know ASAP! We will confirm dates and times based on availability.

### Upcoming Events

November 1 - 30 Move-ember is back!

November 11 - Potluck

November 28 - December 24 - Holiday Challenge

December 5 - "Slay" Bells

*Holiday Hours are on page 2.*



### So Much Going ON!!!

See pages 5-8 for a number of events that will take us to the end of the year. Of note, Luc and Hélène invite you to join them for our CCF Holiday WOD on December 5th. Mark your calendars! We're going out with a bang!

### About Heart Disease

We have "must read" resources along with our book review this month. This information is well worth the time and effort and most of it is available right here at CCF. Quick summary? Live, love, laugh...and eat bacon!

See page 3 for details.

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## Fall Potluck

We will be holding our fall potluck (our last paleo potluck of the year) on Monday, November 11, right after our 5pm WOD.

Activities: You mean apart from eating and catching up? We will be announcing the results of our September CleanUp and Concept2 Fall Team Challenges and we'll also offer information about another individual challenge that will be available before year end: the Concept2 Holiday Challenge. It will also give us all a chance to find out how everyone is doing with the Move-ember challenge. See p. 3 for more on those two challenges.

Can't wait to see everyone there! The event poster is on page 6.



## Strongman Cert

Hélène attended a Strongman CF Cert in Austin, TX, on October 19th. It was intense, but a "ton" of fun. The course delivered overviews of many useful exercises, such as a revised technique for tire flips and intros to various 1-stage and 2-stage lifts for log, keg and atlas stones (aka awkward heavy objects). How does it apply to what we do at CCF? We can work on lifting awkward objects safely, in preparation for events such as the next request to help a friend move, renovate or change a tire. Hey, any excuse to lift heavy sh\*t works for us. Hélène can't wait to share some of this info with everyone. Should be F-U-N!



# Christmas DID Come Early...

*Our New Equipment Has Arrived!*

Hélène brought in some goodies back from Austin, TX. We have 4 new sets of bands (micro orange, red and blue), 2 sets of fractional plates (0.25, 0.5, 0.75 and 1lb), a vinyl sled that is safe for indoor use when doing pulling exercises for legs and arms and 4 more ballistic blocks because we use them for ...*EVERYTHING!* It's so much fun to have more toys to play with! Check out the new gear when you get the chance. They will appear in a WOD near you soon, if they haven't already!



## Holiday Rowing Challenge

If you were disappointed to have missed out on the last rowing challenge, or you just can't get enough of this stuff, you're in luck!

The Concept2 is offering another challenge that will run from November 28th to December 24th. This is an individual challenge and it's for charity!



Concept2 will donate \$0.02 for each km rowed for each participant completing at least 100,000 m and, for every km above 100,000 m, Concept2 will donate \$0.04 per km. A specially-designed certificate of participation will be available via download at the end of the event.

We will make CCF rowers available to you as often as possible (evenings and weekends). Your rowing visits can be before, during or after class. When not in use during class, a rower will be available downstairs in the member lounge and you are welcome to use it for as long as you like. For those diehard 20K rower types, we will again have the TV and sound system available to enhance the "nautical" experience!

In order to participate, you will need to register as a participant with Concept2 and enter your meters rowed online as you go along. Please visit the following Concept2 web page for more details:

<http://log.concept2.com/challenge/events/holiday.asp>

Please let us know if we can expect you for "extra credit" rowing during the challenge; at [info@chrysalisphysiques.com](mailto:info@chrysalisphysiques.com) or 204-233-1000.

We've also included the Concept2 Challenge posted on page 8 of this newsletter for your reference.

## MOVE-ember

### Move-ember is BACK!

We are bringing back the Move-ember challenge for 2013. The challenge, if you choose to accept it, is to MOVE every day for the month of November. What do we mean by move? Do ANYTHING that gets a sweat on. That can mean taking a brisk walk with the dog, shoveling snow, cleaning out the garage, coming to the gym for your regular WOD, walking or biking to the store instead of driving, playing outside with the kids/grandkids/borrowed kids... Use your imagination on this one. Finding new ways to get off the couch is great as we transition from summer to winter. See page 5 for your personal Move-ember calendar.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## Holiday Hours



The Holiday Season is upon us and we want to ensure you can plan your schedule with as little trouble as possible. So, nice and early, we want to share with you our December Holiday Schedule. CCF will keep its regular schedule for the entire month except for the following 4 days: Tuesday, December 24th - *Closed at 1pm* (will have a noon class if there is demand), Wednesday, December 25th - *Closed*, Tuesday, December 31st - *Closed at 1pm* (will have a noon class if there is demand) and Wednesday, January 1st - *Closed*. *Tuesday and Wednesday CrossFitters, please let us know what changes you would like to make to your regular classes.*



# The Truth About Heart Disease

The quality and sheer volume of information in mass media on the causes and prevention of heart disease has been incredible this October!

We were delighted to hear that a number of cardiologists are starting to speak out against conventional wisdom, in favour of mounting evidence that high cholesterol and the consumption of saturated fat do NOT cause heart disease.

For ease of reference, along with the book review to the right, we offer you a short list of sources of recent news on the topic if you are inclined to read up on, or in some cases listen or watch. Big pharma and food producing giants are not going to be happy about this!

Sources worth checking out:

- Latest in Paleo podcast, episode 88 [“Is Fat Good?”](#)
- Dr. Oz Show: [“Do Carbs Cause Alzheimer’s”](#)
- CBS Story: [“Memory Protected by Keeping Blood Sugar Low”](#)
- The Guardian Story: [“Butter Better than Margarine”](#)
- Health Impact News: [“Sweden Rejects Low-fat Dogma”](#)
- ABC TV Australia Story: [“The Heart of the Matter”](#)
- Business Insider Story: [“13 Nutrition Lies That Made the World Sick and Fat”](#)



In addition to the list above, our CCF library offers a number of sources of information on related topics, including books such as Good Calories, Bad Calories by Gary Taubes, Going Against the Grain by Melissa Diane Smity, Grain Brain by David Perlmutter, M.D., Lights Out: Sleep, Sugar and Survival by T. S. Wiley, Over-diagnosed by Dr. H Gilbert Welch, The Paleo Diet by Loren Cordain, The Paleo Solution by Robb Wolf, Pure, White and Deadly by John Yudkin, Protein Power by Michael R. Eades and Wheat Belly by William Davis, M.D.

...and the movie [“Statin Nation”](#) which features Dr. Malcolm Kendrick. We have purchased a copy and you can arrange a viewing if you would like to see it for free.



## Book Review: The Great Cholesterol Con

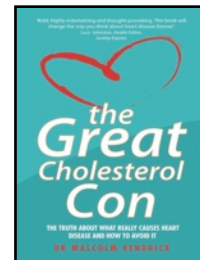
by Dr. Malcolm Kendrick

We have promised this book review to a number of CCF members. It is an amazing read, and as usual, we have the book in the CCF library with all the “aha moments” highlighted for ease of reference. We invite you to take a look, as there is SO MUCH information in this book that, though we will do our best to offer the most salient points below, it is difficult to do it justice in less than a half-page summary.

The main points Dr. Kendrick, a Scottish cardiologist, offers in this book are as follows:

- The cholesterol hypothesis has morphed over time, adapting to each new piece of evidence bringing into question the belief that cholesterol causes heart disease. It has changed so much that it is hardly recognizable.
- High cholesterol levels don’t cause heart disease and protect against stroke and cancer.
- Plaque buildup in the body, though causing a narrowing of the arteries, does not cause heart attacks. Blood clots resulting from injury to the arterial wall do. In fact, virtually every drug that reduces the risk of dying from a heart attack is an anti-coagulant (such as Aspirin).
- A high-fat diet - saturated or otherwise - does not affect blood cholesterol levels. The average person only consumes 20% of the total cholesterol the body needs to produce to function normally.
- The protection provided by statins is so small as to not be worth bothering with them for men who have not suffered a heart attack and all women. The use of statins does NOT reduce overall mortality rates!
- Statins have many more side effects than has been admitted and their advocates have significant ties to the drugs’ manufacturers. Serious side effects afflict a large number of users: muscle pain and muscle damage, including rhabdomyolysis - the most lethal of side effects; cognitive impairments such as amnesia, memory loss, confusion and disorientation; depression due to reduced levels of serotonin in the brain; polyneuropathy, which can lead to severe and irreversible paralysis; liver damage; cancer and heart failure. The author offers support for each of these, including the mechanism of injury in some cases.
- Doctors do not often ask about side effects and patients often associate these with aging and do not associate the side effects with their use of statins. Unfortunately, unless asked for specifically, it is estimated that 95% of side effects are left unreported.
- So what does cause heart disease then? STRESS! Stress, along with smoking and a high sugar diet, is among the top risk factors for heart disease. Why? Stress, in various forms (physical, psychological, environmental, social) increases the baseline levels of the hormone cortisol in the body, which affects the sympathetic nervous system. The stress response speeds up the heart rate, constricts blood vessels, increases blood sugar levels, and triggers the release of blood clotting factors into the blood stream. Long term effects of continued stressors include heart disease, diabetes, increased visceral fat levels (abdominal fat), reduced muscle bulk, increased chronic high blood pressure and increased levels of plaque build up in the arteries. Cortisol levels in the body are also increased by the use of corticosteroids in treating various autoimmune diseases, such as eczema, asthma and rheumatoid arthritis. Other factors include smoking; depression; and spinal-cord injuries.
- How do you prevent heart disease? Don’t smoke, exercise, maintain a strong social network (family, friends). Seek the highest job satisfaction you can find and assert yourself. Drink some alcohol but not to excess (yes, you read right - it’s because alcohol is a blood thinner), practice gratitude, help your fellow man and look forward to something, always.

The bottom line is that we cannot take at face value what the medical establishment and the Canadian government, via the Canadian Food Guide, will have us believe. We need to do our own research, separate fact from fiction, and decide how we can best manage our health and wellness. Our quality of life overall is a far greater predictor of heart health and longevity than our cholesterol levels. Live, love, laugh (and eat bacon)...that pretty much sums it up! Cheers.





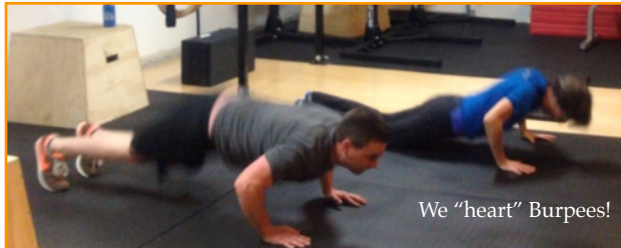
# Photo Box



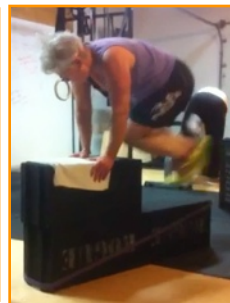
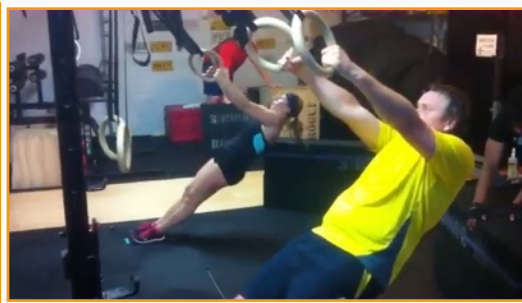
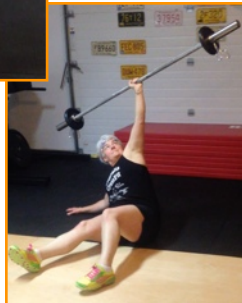
Tina, Lise, Luc and Nishad PR'd on their TGUs this month.



Loving max situps...



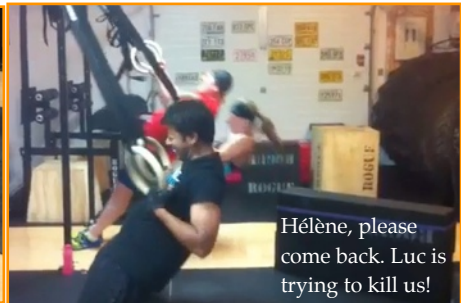
We "heart" Burpees!



The "Fly ladies" were up to no good...again.



Nishad sets the standard for "a\*\* to grass"

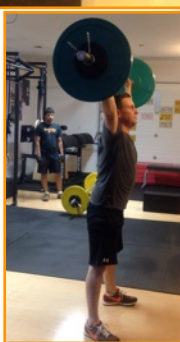
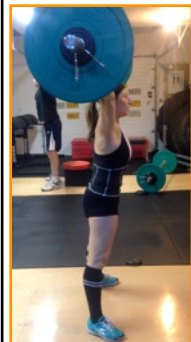


Hélène, please come back. Luc is trying to kill us!

Karlene pushes through on box jumps. That WOD was amazing. So proud of you K-Dog!



Overhead squats anyone? Heather was THE most determined of the bunch!



## HALLOWE'EN 2013 AT CCF...

## BOO!



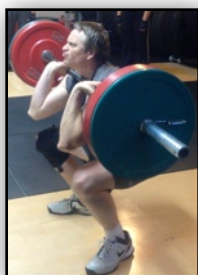
Got a picture of Belinda with her Trick or Treat beer, but not of the dark chocolate-covered bacon though...maybe next year.

## October Member Highlights

#1: Larry's squats were outstanding during the max front squat WOD. That led to a personal best 20lbs above his last attempt. WOW!!!



#2: Lise (left) was in The Metro on Sept. 9th. Can



you see her? Her team had their big race the following weekend!

#3: K-Dog loves to visit other CF boxes when she is away on vacation. This latest 3-week vacation was no exception. During her stay in Florida, she was kind enough to send us a picture of one of her "WODs abroad. Here she is executing a great front squat at [CrossFit Suncoast](#).



# MOVE-ember

What will "MOVE" you this November?



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The challenge, if you choose to accept it, is to MOVE every day during the month of November.

What do we mean by move? Do ANYTHING that gets a sweat on (totals of 30 mins a day gets a checkmark).

"Moving" can include taking a brisk walk with the dog, shoveling snow, coming to the gym for your regular WOD, taking the stairs instead of the elevator, walking or biking to the store instead of driving, playing outside with the kids/grandkids/borrowed kids...

Use your imagination on this one. Finding new ways to get off the couch is great as we transition from summer to winter.

Get your checkmark on the calendar every day and help keep winter blues away!



# FALL PALEO POTLUCK



Join us for our last potluck of the year. It's our chance to catch up, hear the latest news and discover new favourite recipes.

Where: Chrysalis CrossFit, 46 Georges Forest Place

Price of admission: a paleo dish & a non-perishable food item for a CCF Christmas Hamper

## NOVEMBER 11TH @ 6PM

**MEMBERS, FRIENDS AND FAMILY ARE WELCOME!**



Chrysalis CrossFit presents...



# SLAY BELLS

Luc and H el ene invite you to join us for a Holiday WOD followed by some good eats and fun times.

Come prepared to get your sweat on with us as we celebrate the Holiday Season, CrossFit style.

When: Thursday, December 5th

Time: 6pm to 9pm...or whenever

Who: CCFers

What to bring: YOU, in workout gear and ready for anything...literally!



date

**12/5/2013**

Event

**SLAY BELLS**

time

**6PM - 9PM**

CCF is not responsible for adverse effects of having had too much fun at this event. Excess laughter and good times may be hazardous to a lack of health and well being. If in doubt, consult your health care provider.





**November 28** (American Thanksgiving) **THROUGH** **December 24** (Christmas Eve)

## THE CHALLENGE

Choose one of the following goals for your total meters rowed or skied:

- 100,000 meters
- 200,000 meters
- 50,000 meters for kids 16 and under
- Adaptive athletes may choose 50K, 100K or 200K

## IT'S EASY TO PARTICIPATE

All you have to do is row or ski and enter your meters in your Concept2 Online Logbook. Meters accumulated on the Concept2 SkiErg may be counted either separately or in combination with rowing meters toward either challenge goal.

Visit [concept2.com/challenges](http://concept2.com/challenges) for instructions.

FREE prizes for everyone who completes any of the challenge goals.

**SkiErg**

**concept 2**  
INDOOR ROWER

Visit [concept2.com/challenges](http://concept2.com/challenges) or call 800.245.5676 for complete details.

For every person who completes at least 100k (kids and adaptive athletes at least 50k) during the Holiday Challenge, Concept2 will donate \$.02 for every kilometer (1000 meters) to your choice of the following organizations:

- Challenged Athletes Foundation (CAF)
- International Rescue Committee (IRC)
- Right to Play
- Dirt Divas (a program of Vermont Works for Women)