

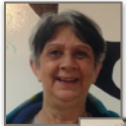
# Wing Beats

*Monthly Supplement for the Chrysalis CrossFit Community*

Issue No. 21 January 2014

### Burn In News

Welcome Carole and Susan, Burn In Juliet!



### Upcoming Events

Feb 1 - March 31 DL set up for individual sets

Feb 8 - Ice Donkey (p.5)

Feb 12 - Valentine's Day Massacre (p. 4)

Feb 17 - Louis-Riel Day, gym closed

April 17 - Easter Potluck

### Happy Valentine's Day!

Join us for our very own Valentine's Day Massacre. Event poster on p. 4.



### MindBody Update

We have ramped up Chrysalis CrossFit Online. There's more to discover.

See below for feature highlights.



### Wing Beats is produced by:

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## Ice Donkey Anyone?

This year's Ice Donkey will take place at 2pm February 8 at U of M. A few of us are signed up, are you? See poster on page 5.



## Dead Lift Challenge

We have set up three dead lift stations for the month of February and March (maybe for longer, we'll see). You will have the opportunity to lift before and/or after class every time you come to the gym.

Here's how it works: The three stations start at 95 lbs, 135 lbs and 225 lbs. Select a weight you know you can lift repeatedly and safely "cold". Ensure someone is watching your back and then, after lifting, write the weight and the number of repetitions you were able to complete in a single set (no breaks please). Once everyone at a given weight moves up enough, the bar weight will increase. Let's see where we can collectively get to!

## 2014 CrossFit Open

It's that time of year again! Important dates for participation are as follows:



Registration opens January 15, First Open WOD February 27 and Canada Regionals May 9 - 18.

Visit [games.crossfit.com](http://games.crossfit.com) for rules.

Even if you are not taking the plunge, Chrysalis CrossFit will be including more games-style WODs this winter/spring. 3-2-1 GO!

## "Bring a Friend" WOD!

As many members are aware, we have a Free WOD at 12pm on most Saturdays for anyone who wants to try CrossFit. Want to add a class to your week? Sign up a friend for the free class and you can come along and get an extra WOD in. Better than a coffee date and your guest can discover CrossFit. That's a win/win in our books!

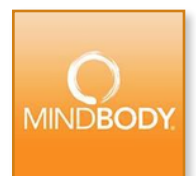
## CCFOnline Update

Over 80% of Chrysalis CrossFit members are using CCFOnline. Are you?

If you haven't yet registered, go to [www.chrysaliscrossfit.com/members](http://www.chrysaliscrossfit.com/members) and sign up. If you already have an account, here are some of the things you can do with your access:

1. Update your profile.
2. Review your schedule and visit history.
3. See the current class schedule and the number of available spots left.
4. Register for a class, add yourself to a waiting list or cancel a class reservation up to 45 days in advance\*.
5. View your account and purchase history.

\*If you have a steady schedule, don't worry. We are booking your recurring classes for you, with the exception of Holidays.



## CCF Members Speak On Staying Active & Healthy

*Given many of us are moving forward in our own way with new goals and aspirations in the New Year, we asked members how they stay focused on, and motivate to, stay active and make healthy choices (both at the gym and in other aspects of their healthy lifestyle). Here's what they had to share.*

### On focus and motivation:

Success seems tied to taking things one day at a time, seeing time in the gym and good nutrition as an investment in yourself, a gift only you can give to yourself.

When friends & family know your lifestyle choices, you stay accountable.

It's the thought of being there for your family, for a long long time, able to enjoy life's daily activities with a partner, children, grand children.

Having a scheduled "can't miss" time doesn't hurt!

### On what drives positive daily decisions:

Personal faith, understanding every action is for a greater purpose drives some.

Knowing other people (friends, members, coaches) would be disappointed if you were absent.

Time with good friends is important and sharing physical activity with friends makes the decision to participate easier on a day-to-day basis.

Having a scheduled class also helps stay on course, both with exercise and nutrition outside the gym. Diet and exercise are like a marriage - together you get amazing results. One without the other is still a healthy choice...but you don't get quite the same results.

For any difficult or undesirable task that needs to get done - inside or outside the gym-, you can tell yourself that "it can only suck for X amount of time." So, just chip away at it until it's done, especially if the "suck factor" ends up being a whole day!

The feeling after a WOD is also somewhat addictive!

### On getting back on track after a slip up:

Start again, start a new day...just start! And, ask for help when you need it.

Do a "gut check" - *literally*, and think about the impact of "slip ups" on your mind, joints and other physical concerns and ask yourself if it was really worth it.

Don't beat yourself up. What's done is done. Move on and try not to repeat it.

### Life hacks to share:

Routine, routine, routine and make a point of scheduling time with friends & family well in advance.

Use FB for recipes and YouTube for motivational videos.



Stay focused on the most important things and don't let life get too cluttered with what doesn't matter.

## New Equipment

We have just received a Manta. No, not the fish. A manta allows someone who has shoulder issues to back squat pain free.



Thanks for the request Belinda!

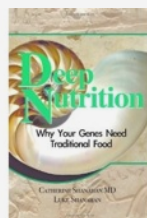
We also have a new camera (stills/video) that we will be using in the gym, along with the trusty iPhones.



## New Book

Now available in the library: Deep Nutrition by C. & L Shanahan

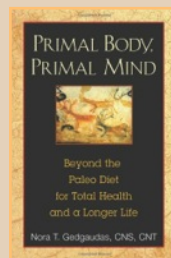
How food affect genes and ultimately our health.



## Book Summary

Primal Body, Primal Mind by Nora T. Gedgaudas

This book is a good, approachable reference. Each chapter covers a different aspect of health and how food can help.



Highlights include:

- A diet rich in good, natural, unprocessed fats of all types is necessary to proper health - brain, heart, liver and kidneys.
- Fat does not make you fat, carbohydrates do. Low fat diets are harmful, affecting digestion, metabolism and hormones.
- Grains and legumes contain phytic acid and/or gluten. They are not food for our bodies and do cause serious health problems for many.
- Unfermented soy is poison for the body in more ways than one: it affects the body's normal hormonal

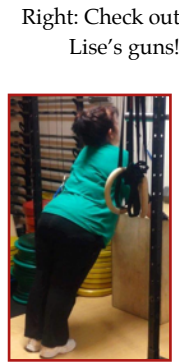
balance and its ability to absorb important minerals (calcium, iron).

- Supplementing with Vitamin D or managing sufficient sun exposure (preferred) is important for most of us and should be taken with Vitamin A, due to a symbiotic relationship.
- Supplementing with Omega 3s is essential to our wellbeing, due to our consumption of seed oil and corn/grain-fed meats high in Omega 6s, leading to an unhealthy ratio.
- Cholesterol is essential to almost every body system. Low cholesterol, not high cholesterol is associated with premature death. You must have cholesterol in your diet to ensure proper brain, cellular, hormonal and liver function.
- Triglyceride levels are an important indicator and should be no more than 1/2 of total cholesterol. Unlike fat consumption, which is circulated via the lymphatic system, triglycerides are produced by the liver after carbohydrate consumption and are transported via our arteries to be stored indefinitely (triggered by insulin).

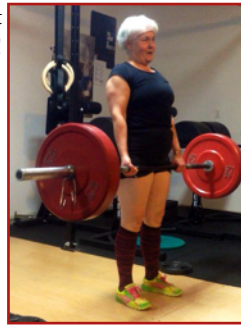
# January Photo Box



Top: Rory and Heather planking away. Ruthless made it to the 3min max!



Right: Belinda working the pushup.



Top: Wendy and Lise rolling

Right: Luc rolling...Karlene!



Top & Right: Brett and Heather working the FSquat.

Great depth Ruthless!



Above: Luc and KDog doing Cindy XXX.

Right: Heather's awesome seated box jump and Lise's new PR (KDog PR'd too!).

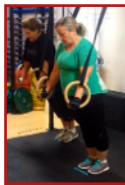
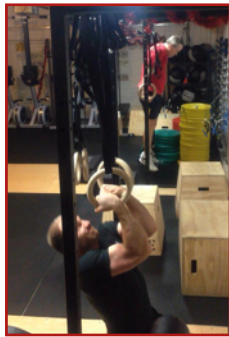
Below: what gets measured gets done. We're happy to see everyone recording!



Above: Max dips with Brett, Larry, Luc and Tina (not in picture).

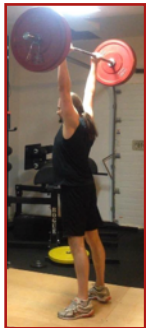
Right: Lots of ring work this past month.

Below: Ah, sweet recovery...

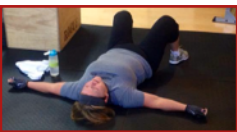


Right: Heather, Nishad and Jeremy doing burpees after ring rows.

Far Right: KDog and James working the push press.



Below: Jeremy, Heather, James...Annie, Are You OK?



Above: Hélène playing with OHS.



Above: Welcome back James. It's nice to have you back!

# VALENTINE'S DAY **M**ASSACRE



**Chrysalis CrossFit** invites you to share a “lovely” evening with us.

**CAUTION:** some torture and torment may be on the menu [*insert evil laugh here*].

**Who:** Chrysalis CrossFit members, family and friends

**What:** A special workout, treats and catching up

**Where:** Chrysalis CrossFit gym, 46, Georges-Forest Place

**What time:** event 6 - 9pm, WOD times from 6:30 - 7:30pm

**When:** Wednesday, Feb 12, 2014, from 6 - 9pm

**Why:** Because!

**What to bring:** You\*, ready to 3-2-1 GO!

\*For safety reasons, WOD is open to members only.



Join in the fun and adventure of a truly memorable winter experience!

# The Ice Donkey



Winter Adventure  
5km Obstacle Challenge

February 8, 2014 @ U of M

Participate **Solo or as a Team**  
of Any Size for  
**"Ultimate Abominable Domination!"**

Get outside and get moving with a **5km Winter Obstacle Challenge!**

- **ALL NEW ICE** Donkey with a new twist!
- Get ready for a **Frosty Fun** good time!
- Can you get any more **Canadian** than that?

Winter inspired **Obstacles** or whatever Mother Nature may throw at us!

- Run, walk, slide, climb, and crawl to the finish!
- This will be **More** than just a run in the park!
- **Celebrate** Winter, don't Hibernate Winnipeg!



Visit [www.SwampdonkeyAR.com](http://www.SwampdonkeyAR.com) to register  
or call (204) 228-1138 for more info.