

Wing Beats

Monthly Supplement for the Chrysalis CrossFit Community

Issue No. 29 Oct/Nov 2014

Burn In News

CCF welcomes our newest member! Rob started his Burn In this November, having received it as a Father's Day gift.

We hope he enjoys the experience as much as the rest of us have.



Welcome to CCF Rob!

Upcoming Events & Reminders

Dec 13 - "Rep Your Box" Oly Competition. See below.

Dec 24 & 31 - CCF Class at 1pm

Dec 25 & Jan 1 - CCF CLOSED

January 28 - Fresh Start Potluck
(detail in next WB issue)

February 16 - CCF CLOSED

Recipes! More Recipes!

We've heard you loud and clear. Not only have we added more recipes to the Chrysalis CrossFit website, but we've even created a new tab to make them easier to find and reference. See page 2 for more details.



Wing Beats is produced by:

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



Visit our community:
facebook.com/ChrysalisCF

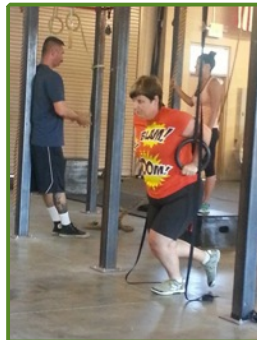


Follow us on Twitter:
[@ChrysalisCF](https://twitter.com/ChrysalisCF)



Visiting Leiftime !

KDog and Ruthless visited Leiftime Fitness while on vacation in Mesa, AZ this October. We promised you pictures, so here they are! Special thanks to Heather for providing them and to KDog for continuing to be a Chrysalis CrossFit ambassador "abroad", she even brought them a Chrysalis CrossFit shirt!



Rep Your Box



Four CCF athletes are excited to be representing our box on December 13th!

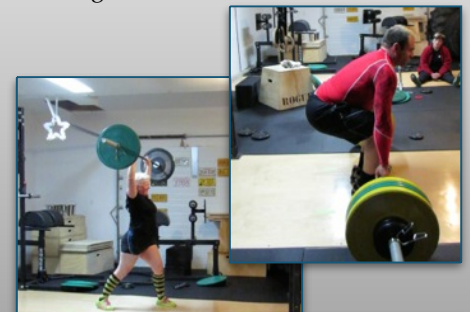
In late October, we found out about the Rep Your Box (RYB) Olympic Lifting event and the enthusiasm at Chrysalis CrossFit was definitely there.

As a result, four of us (KDog, Pieces, Luc and Hélène) will be competing in the event on Saturday, December 13th.

In the women's competition, KDog will be in the first heat, Pieces in the second, Hélène in the third. Luc will be in the first heat for men. Nothing like a little extra

pressure by being "first up".

What we do know is that 2-3 practices a week, focusing on technique, asking lots of questions, watching videos, and a focus on safe lifting is paying off. We're more confident about our lifting and we also know we're likely to have a good time because we've played out what we think the day will be like. So we say: "bring it on!"



Happy Holidays

We would like to take the opportunity to wish everyone in the CCF family a safe and happy Holiday Season, 2014 edition.

May you create lasting memories with those you hold most dear.

Ann & Helene

More Recipes Please!

That's what we've heard from you. So, we've obliged.

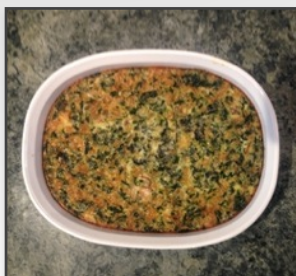
You'll find a new "Recipes" tab under the "Resources" heading on our website.

Specific areas of interest included easy prep meals for folks to have on-the-go and slow cooker recipes to keep us warm as winter is now upon us.

We've steadily been adding recipes since late fall and will continue to add to the list of available recipes well into the New Year.

By the time you receive this latest issue of Wing Beats, eight new recipes will have been added and many more are still to come over the coming weeks.

Here are a few notables to help whet your appetite (from top to bottom: tacoless salad, veggio soup, Chrysalis CrossFit chilli, and crustless quiche **Yum!**)



Helping Others Stay Warm This Winter



Based on how hectic everyone's life seems to be this year, we've chosen not to have any Holiday Season activities, other than the Rep Your Box event highlighted on page 1.

Despite not having an official get together, you may wish to participate in a Holiday-inspired activity nonetheless.

This year, we'll be helping Siloam Mission replace some of the warm clothing they lost during the flooding of their basement some months ago.

If you have any warm winter clothing that you can donate, Luc and H el ene will be happy to collect them from December 15th to January 15th and will deliver them shortly thereafter.

Thank you all in advance for helping those less fortunate stay warm this winter.



The Truth About Statins

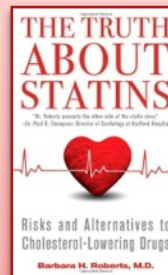


Book Summary

In October of this year, one year after we posted a review of the book "The Great Cholesterol Con" (see WB issue #18), the CBC's **The Nature of Things** with David Suzuki presented an episode called "The Cholesterol Question". We would recommend watching the special and thought we would take the opportunity to also summarize one of the sources used in the piece, a book called "The Truth About Statins" by Dr. Barbara H. Roberts. *This book is particularly important for active women, given that some of the side effects can, to a lesser or greater extent, affect your ability to work out with intensity.*

Here are some of Dr. Roberts' findings, based on her review of research from 1995 to 2011 inclusive:

- The likelihood of experiencing a side effect from statin use is about 20 to 25%, which means that the risk far outweighs the benefit in most cases.
- Among the well-known side effects of statins are muscle pain, inflammation, and damage to many other organs (liver, tendons, joints, nerves and the brain).
- The most common side effect, myopathy, causes symptoms from



mild muscle pain, cramps, tenderness, and weakness to the rare, but serious condition called rhabdomyolysis. (The usual CPK test is not sufficient to detect muscle damage.)

- Tendon damage and rupture is also more common in statin users, as is osteoarthritis of the hip.
- Also known to cause nerve damage, (tingling, numbness or nerve pain).
- Associated with impaired mental function, affecting memory and reasoning (described as "brain fog").
- Increases your risk of developing diabetes by 9% (which is a contributing factor to CVD).
- If you're a woman, there's no evidence that taking a statin will lower your risk of having a heart attack or dying of heart disease.
- New lower "optimal level" guidelines for LDL and total cholesterol are being applied to a greater percentage of the healthy population, despite lack of proof of their effectiveness.
- Olive oil and oily fish & nuts have been proven to be just as effective in lowering cholesterol with none of the side effects (Mediterranean diet).

In summary, I hope you'll agree that this book is an important read, especially for women, as they have the least to gain from the use of statins and are more prone to experience their associated side effects. "The Truth About Statins" is available at all major booksellers and it's also available at your local library. We highly recommend it. To view the CBC special, please click [here](#).

October Photo Box

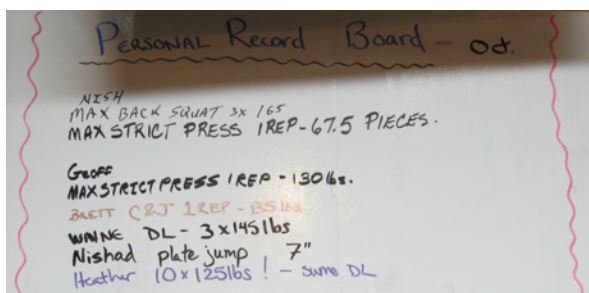
Want more?
Go to **WOD Pics**.



PR Board - October

Congratulations to six CCF athletes for setting new personal records:

- Nishad - back squat & plate jump
- Pieces & Geoff - strict press
- Brett - C & Jerk
- Wayne & Ruthless - dead lift



November Photo Box

Want more? Go to [WOD Pics](#).



PR Board - November

Congratulations to seven CCF athletes for their PRs in November:

- Ruthless - back squat
- Larry & Nishad - strict press
- Geoff & KDog - front squat
- Wayne - dead lift
- Luc - C & Jerk

