

Wing Beats

Monthly Supplement for the Chrysalis CrossFit Community

Issue No. 32 Apr/May 2015

Chrysalis CrossFit now at Siloam Mission

CCF is proud to be offering a half-day a week of training to the patrons of Siloam Mission, bringing fitness resources & support to those who would go without. Special thanks to Rory for helping us out with this initiative. Interested in helping out too? Please let us know!



Upcoming Events & Reminders

June 27th & 29th - CCF CLOSED (coaches training in Minneapolis - CFL2)

July 1st - CCF CLOSED for Canada Day

July 5th - 29th - Burpee Challenge (see p. 1)

July 29th - CCF Games BBQ (see p. 5)

Aug. 3rd - CCF CLOSED for Long Weekend

Sept. 7th - CCF CLOSED for Labour Day

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)



Burpee Challenge! Starts July 5th

Time for a new challenge? You've asked and we're delivering.

Starting July 5th, we're going forward with a 25-day burpee challenge. Here's how it works:

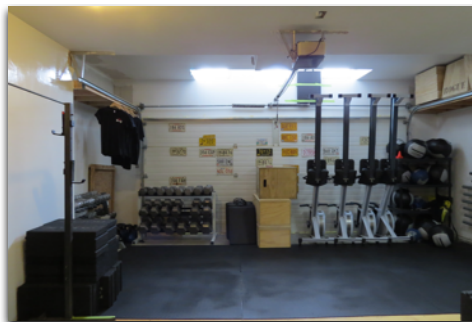
- **What's involved:** 25 days of burpees, starting with 4 on the first day and adding 4 reps each day: 4, 8, 12, 16, 20...
- **Who can participate:** Anyone!
- **How to join:** Let us know you're in, either in person, by text or by email at info@chrysalisphysiques.com.
- **Tracking:** We'll have a grid on the CCF whiteboard to track how everyone's doing. You can update your score before/after your WOD.

The last day will be the day of the BBQ and all of us can do our last 100 burpees together on that day before settling into our seats to eat and watch The CrossFit Games highlights (see poster p. 5).

Calling Me A What?!



*Oh, you mean the new weights...** We stumbled upon the opportunity to add to our collection of dumbbells. The great find brought in an additional 1,600lbs of dumbbells and an additional rack, adding weights from 5lbs to 110lbs to our current collection. We now have more multiples of heavily-used weights and we even did a little revamp that opened up more floor space as a result. Special thanks to Heather, Nishad and James for helping us bring them in *after* their WOD!



*FYI: Larry has nicknamed the 110lb dumbbells "LucBells". We're not sure what he means by that...

Meet Breeze*, Our Newest Foster

(*aka Beezie)

Most of you have met our new four-legged "coach" and *greyt* greeter, but we figure she should still make it into the newsletter.

Breeze, who joined us in early May, is doing a fine job of helping out where she can and it's hard not to smile when she's around. Even Isabelle's given her the thumbs up.

Breeze is our latest foster from **Hi Speed Hounds**, the local greyhound rescue organization. We're lucky to have her.



Spring Chicken

Book Summary

If you want to discover the secret to living a good, long life, Bill Gifford's book, *Spring Chicken: Stay Young Forever (Or Die Trying)*, might be just the book for you.

Gifford's inspiration for researching and writing the book was two-fold:

1. He has reached middle age and is getting more concerned about his health.
2. He witnessed the marked differences between how his father (vibrant) and his uncle (decrepit) aged and wanted to better understand what part of aging is within our control, concluding that successful aging isn't hereditary.

The author doesn't disappoint, offering compelling information on how we age and what we can do to not only live longer but, more importantly, better.

What are the findings and ultimately the actions we can take to add years to our life and life to our years? Here's the most compelling information he has to offer, in no particular order: food, activity, stress, community, a positive outlook.

Let's take a look at each one of these themes:

- **What you eat:** Sugar is a major cause of inflammation in the body. High blood sugar even causes us to look much older to others. We can literally *see it!* Also of note, chronic inflammation brought about by diet is exacerbated by inactivity and over weight.
- **What you do:** Sleep and exercise are crucial to keeping the body healthy.
 - Sleep helps the body replenish itself, both physically and mentally. It promotes greater production of

human growth hormone. It also helps stave off cognitive decline, as does exercise and continuous learning.

- When it comes to preventing and/or managing chronic conditions associated with aging, exercise is more effective than most medical intervention. Muscle acts as part of the endocrine (hormones) system, stimulating other parts of the body to improve metabolism and general health. It can even change the way our fat affects us.

- The greatest determinants of continued independence and health are walking speed and grip strength.
- The higher the intensity we can achieve, the better the results we derive from exercise.

• **What type of stress you experience:** There is a significant difference between chronic and acute stress. The former is the killer and the latter is beneficial because it encourages our body to adapt. Peaks of effort and experience, such as HIIT, feeling cold, intermittent fasting and short-duration mental stress are particularly beneficial.

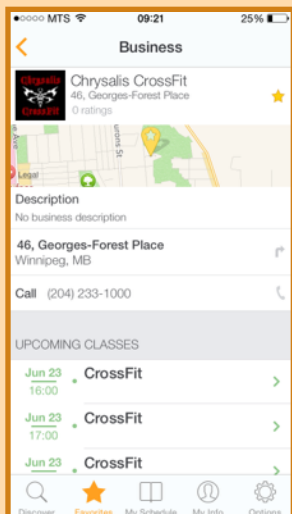
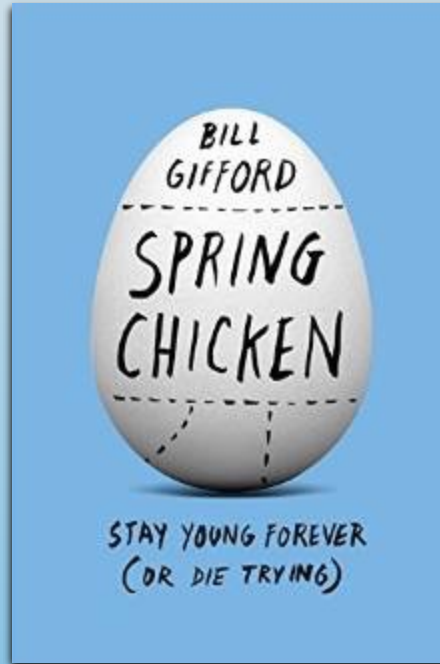
• **Who you have around you:** Social connection is crucial to health and wellness. Loneliness is one of the most intense forms of psychological stress. Hugs even help us build muscle!

• **Your outlook:** A positive attitude towards aging can help us add years to our life by enabling us keep cognitive and physical decline at bay.

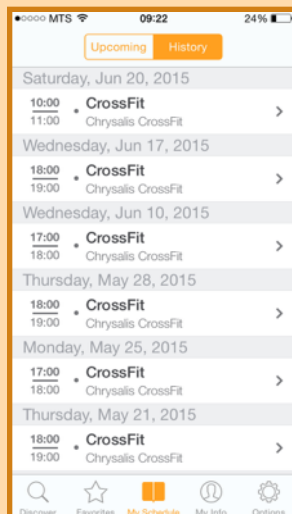
Bottom line: move, love, nosh on quality stuff, get uncomfortable once in a while—but not too stressed—and get some ZZZZZs.

If you want more information beyond the main points we offered above, this book is definitely a worthwhile read.

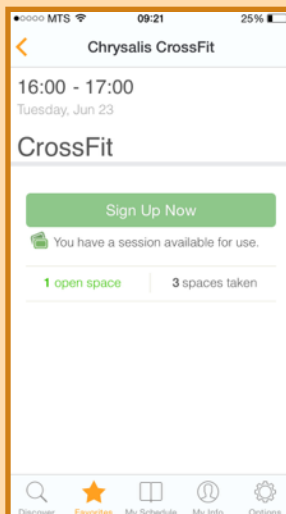
You can find *Spring Chicken* at any book retailer and it's also available at your local library.



Find your Box and sign in.



See your upcoming classes.



Sign a up for a class.

Did You Know About the App?



Based on a few conversations, the MBO Connect app, first introduced July 2014 in WB issue 27, deserves to be highlighted again this year. You can use the MindBody Connect app to review the CCF online schedule right from your smartphone. Just find our Box by name, enter your name and the email you use to login to your CCF account and you can view your schedule, class availability and sign up for or cancel a class, much like what you can do online via computer. We'd say it's even simpler. The app is available for free on iTunes and Google Play.

April Photo Box

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



April 1 & 2, 2015 - Hero WOD "Whitt" - 50%
 WU - 500 m row + 3x standard - pull ups
 Tech - NA
 - wall squats
 - preups
 - GHD

50% of volume only {
 WOD for time : 15,000 m row
 400 squats
 300 sit ups
 200 push ups
 100 pull ups



PR Board - April

Congratulations to six CCF athletes for setting new personal records:

- Wayne - strict pull up and max dip
- Larry - dip
- Brett - clean
- KDog - reverse incline pushup
- Pieces - reverse incline pushup
- Diesel - good mornings & push up

PERSONAL RECORD BOARD - April

WAYNE - STRICT PULLUP
 LARRY - DIP - 135.1
 WAYNE - DIP - 823
 BRETT - CLEAN - 155
 RORY - PUSH UP - 6 INCH
 KDOG - Reverse Incline Pushup 8" ~
 PIECES - METOD! WOOT! WOOT!
 RORY - GM (BEFORE S) 110

May Photo Box

Want more?

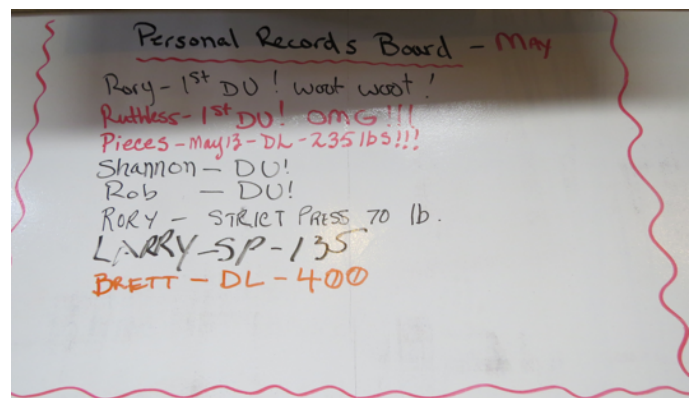
Go to **WOD Pics**.



PR Board - May

Congratulations to seven CCF athletes for their personal records:

- Diesel - double under and strict press
- Ruthless - double under
- Shannon - double under
- Rob - double under
- Pieces - dead lift
- Larry - strict press
- Brett - dead lift





CrossFit Games Summer BBQ

Be a part of our 4th Annual CrossFit Games Highlights event.

We're making it a BBQ again this year!

As some of us know from our participation in **The Open**, there's nothing like knowing first hand what the athletes might be going through to enhance the viewing experience.

That's why...

We'll be working through a scaled version of one of the 2015 CrossFit Game WODs the week of the BBQ.

3-2-1... GO!

The Details:

Who: CCF members, family and friends

What: BBQ dinner followed by Games highlights

When: Wednesday, July 29, 2015, from 6 to 9pm **OR**

Thursday, July 30, 2015 (rain date)

Where: CCF, 46 Georges-Forest Place

What to bring: BYOM (bring your own meat) and BYOB and we'll take care of the fixin's

What's planned: First we eat, then we watch the best of the best Games Highlights across age & gender categories on a big screen.

