

# Wing Beats

Monthly Supplement for the Chrysalis CrossFit Community

Issue No. 34 Aug/Sep 2015

**Burn In**

Lisa, Rob's significant other, joined our ranks in early October. Please help us welcome her to Chrysalis CrossFit!

Want to join Lisa for one of her WODs? If so, save your spot by making using the **appointment schedule slot** that coincides with Burn In classes (7:30-8:30pm), Mondays, Oct 26th to Nov 23rd.

**Upcoming Events & Reminders**

- Nov 11th - CCF OPEN regular hours
- Dec 5th - Slay Bells (see right)**
- Dec 24th - CCF class at 1:00pm
- Dec 25th - CCF Closed - Christmas
- Dec 31st - CCF class at 1:00pm
- Jan 1st - CCF Closed - New Year's Day
- Regular schedule resumes Jan 2nd

**SLAY BELLS IS BACK BABY!**

Want to get together for a group WOD before the Holidays? Well, you're in luck! Join us on the afternoon of Nov 28th for a WOD and some good times. See poster p. 5 for more details.



**Wing Beats is produced by:**

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## September "Clean Up" Challenge

We held our fall 30-day "clean up" food challenge this past September. The challenge?

To clean up our eating for the month to get us back on track after the more relaxed summer months.

The results? We've heard from the majority of participants that some new good habits have been established and that a few inches were shed in the process. Woot woot!

Best of all, ten of us wrapped up the 30 days with a Paleo Potluck on the last day of the challenge. Yum!



September Clean Up Challenge

Name	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
Romy	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Reese	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Romy's	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Reese's	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Lucie	←	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Julie	←	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

## SANTA'S COMING!

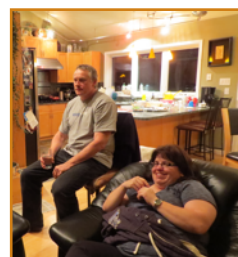
You may have noticed that there's been some construction underway at our box.



We're very excited with these new developments. Why? Santa's bringing us some new toys for the coming year. What kind of toys? You'll have to wait and see but feel free to venture a few guesses and we'll see who was on the right track.

If we're lucky, he may deliver them in time for our Slay Bells event.

Wouldn't it be fun to play with the new toys BEFORE Christmas day?



## That Sugar Film *and* That Sugar Book

On August 26th and 27th, Chrysalis CrossFit was pleased to host Chrysalis CrossFit members and friends for a viewing of **That Sugar Film**. It was a fun take on a serious matter and helped set the stage for our September Clean Up challenge that ran from September 1st to the 30th. See p. 1 for more about the Challenge.

Here is the gist of the movie: Australian documentary filmmaker Damon Gameau embarks on an experiment. He will document the effects of a high-sugar diet on a healthy body.

The catch? He has to consume only foods that are commonly perceived as “healthy” (no pop, confectionary or ice cream allowed). The effects on his body after just 2 weeks are astonishing. And after 2 months, it’s downright scary!

It’s a must-see documentary (and/or a must-read book) for anyone who still doesn’t buy the deleterious effects of any type of added sugar in our diets.

Though many of us are already converts, some of the information he presents still offers some unexpected surprises. That’s why we not only offered members and friends the chance to watch the movie but, thanks to Karlene, we now also have a copy of **That Sugar Book** in the Chrysalis CrossFit library for anyone to borrow.

Short on time to read the book? No worries. Here’s a summary of the book’s key findings:

- Worldwide sugar consumption has increased 46% over the past 30 years.
- Sugar not only makes us fat but it also destroys our teeth, our gut lining, our liver, our pancreas, our kidneys and our heart.
- Fructose (50% of what makes up table sugar and high-fructose corn syrup) affects the liver’s ability to process the glucose that we ingest, leading to a reduced ability to cope with and store the sugar we ingest.
- Fructose used to be very rare in our diet but it’s now everywhere and it is the single biggest contributor to chronic metabolic diseases we know of (blood pressure, weight gain—visceral fat, fatty liver, triglycerides, elevated “bad” cholesterol, diabetes, gout, slowed metabolism/lethargy). It is also associated with Alzheimer’s disease, kidney failure, cancer and candida.
- The glycemic index only measures glucose, not fructose or other types of sugar. Therefore, it is not a reliable indicator of a food’s true sugar content.
- The documentarian’s higher sugar “standard American diet” lead to a “fatty liver” in only two-weeks time!
- After only two months of eating the same number of calories but having substituted healthy fats for carbohydrates, he managed to gain an astonishing 4 inches (10 cm) on his midsection and a total of 19 pounds (8.5 kg).
- The more sugar we consume, the more our body craves it. In effect, sugar is an addictive substance. Case in point: In lab

experiments, rats worked harder for sugar than they did for cocaine.

- Our taste buds get accustomed to sweetness. The more sugar we eat, the more we need to add to our food to maintain its palatability. It takes a few weeks of reduced sugar intake to reset our ability to enjoy food that does not contain added sweetness.
- Sugar affects a great deal of our behaviour. It is related to higher levels of irritability, brain fogginess, anxiety, and listlessness.
- The sugar industry has been lobbying hard to refocus us on energy balance, suggesting that a calorie is a calorie in order to maintain important and growing profits derived from heavily processed foods.
- Beware of the barcole. Over 80% of processed foods contain added sugar. Check food labels. The ingredients may surprise you. Anything with “ose” as a suffix is sugar.
- Sugar causes premature aging, as it damages the skin’s ability to produce collagen and elastin fibers.
- Sugar and stress cause hormonal imbalances in the body (greater secretion of insulin and cortisol), which leads to weight gain: the worst type of weight gain: visceral fat.
- Higher sugar consumption can also lead to adrenal fatigue, the result of which is commonly associated with insomnia, tiredness and weight gain.
- Cirrhosis of the liver isn’t reserved for alcohol abusers or hepatitis sufferers anymore. Thanks to higher sugar consumption, 20-30% of people have symptoms of a non-alcoholic fatty liver. Our sugar consumption is akin to the way farmers fatten duck livers to produce the delicacy known as “foie gras”. Scary thought!
- Author Gameau’s insulin levels doubled in the two months of a higher sugar diet, leading medical professionals to agree that if this trend continued, he would be prediabetic within six months.

- Juice is hardly better than pop. If you crave a fruit fix, go for the unprocessed type. Juicing removed the fiber content of fruit and dehydration removes the water that makes us feel fuller when consuming fruit. Going for the real deal the way nature intended is satisfying and healthier than any other alternative.
- Drugs to help address the side effects of high sugar consumption are hardly the answer. They merely serve to mask the symptoms. Cutting sugar is the only truly healthy way to address the issue.
- The book includes reader tips on how to reduce and/or eliminate sugar from the diet and offers a number of recipe ideas to help with the transition to a sugar-reduced or sugar-free life.

A copy of **That Sugar Book** is available in the Chrysalis Physiques library. We hope you’ll take the chance to take a look at it. It’s definitely as entertaining as the documentary. Edutainment in its finest form. Sweet!





# September Photo Box

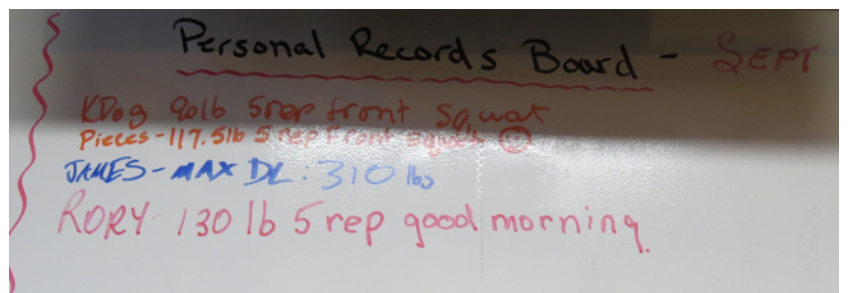
Want more?  
Go to **WOD Pics**.



## PR Board - September

Congratulations to four CCF athletes for their personal records:

- Karlene - front squat
- James - dead lift
- Lise - front squat
- Rory - good morning



Chrysalis CrossFit presents...



# SLAY BELLS

Luc and Hélène 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.

**Cost?** Something for the hamper

**When:** Saturday, December 5th

**Time:** 12 to 3:00pm...or whenever (WOD at 12:30)

**Who:** CCFers & friends

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



date

**12/05/2015**

Event

**SLAY BELLS**

time

**12PM - 3PM**

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.