

August 2009

CROSSFIT MONCTON

Monthly
Newsletter



ATLANTIC HOPPER EVENT

Random workout leaves athletes with sore legs

With the potential for lightning and rain, it was looking like the Hopper Event wasn't going to happen. But the morning of July 18th was perfect with overcast skies and warm weather.

Athletes from all over the Maritimes started trickling in at CrossFit Moncton around 9am. Participants knew they were in for a great workout as they passed the eight stations setup beside the registration table.

As 10am rolled around, anticipation was growing. People were anxious to find out what the workout was going to be. Kevin Wood, owner of CrossFit Moncton, welcomed the large crowd to the first annual event, went over some

housekeeping items, and announced the format of the event.

A running event, followed by bodyweight, weighted, bodyweight, weighted and finished with another run.

The exercises randomly selected from a small plastic bin created the following workout:

- Run 400m
- 35 Reverse Lunges
- 21 Thrusters (95/65#)
- 25 Double Unders
- 30 Kettlebell Swings (35#)
- Run 200m

With a lot of lower body, people were wondering if their legs were going to hold up.

At 10:15am, the first heat of women stood on the start line. 3-2-1-GO! The event was underway and went for another eight heats.

The finish was very similar for most people, as they collapsed from exhaustion.

In the end, there were 33 men and 24 women who competed for top spot. The fastest time for men was Anthony Bainbridge (5:26). The woman with the best time was Tannaya Hantelman (5:35).

Even though it was a leg and lung burner workout, spirits were high.

Tony V, from CrossFit Fredericton, said, “A competition that intense, yet fun. How many other sports can say that?”

Trish C, from Halifax, summed up the mood of the event by saying, “It is events like this that make me so proud to be a part of the CrossFit community”.

One of the best parts of the event wasn't the event itself, but having a chance to meet with other CrossFitters, putting names to faces that you read about online. No matter where you came from, everybody there was supporting and encouraging you to do your best.

Heather W, CrossFit Moncton, elated, “Thank you to everyone there for cheering me on. I felt the great support and it was amazing.”

Thank you to everyone who made this event possible! Expect next year to be even bigger and better!

-Kevin Wood



Tentative Date For Next Year

July 24, 2010

Location

Somewhere in Moncton

Prizes

Bigger and Better!



Macro vs Micro Nutrients

How much zinc are you getting? Are you sure you're getting enough lycopene? And what the heck is selenium? I guess I need that too!

In an effort to eat more healthy, people are turning to supplements, mainly in pill form, to ensure they are receiving enough of what they need. They are worried about their micronutrients.

In reality, they should be more concerned about the macronutrients, such as carbs, proteins and fats.

For example, if your car has transmission problems, you should fix that before worrying about a chip in the paint.

If you're not balancing your meals (see last issue regarding the Zone Diet), then you're wasting your time (and money!) on trying to get adequate micronutrients. Let's fix the big picture before the small one.

Once you have your diet dialed in, chances are you're getting enough nutrients, both micro and macro. As long as you're eating natural, whole foods, grown organically and locally, you should not have to

worry about nutrient deficiencies.

Want to know if you're missing some key ingredients to a healthy diet? Check out the following website - <http://www.fitday.com/>

It's free to register. All you have to do is fill in what you ate over the course of a day, and it will give you a list of nutrients that you may be lacking (or getting too much of).

The results will also tell you if you're balancing your meals in the Zone by letting you know if you're eating too many carbs.

You can also contact a local, registered dietician that will analyze your food intake and inform you of any areas of concern.

Next issue - Hidden Sugars

Does your meal come in pill form?

NUTRITION



SATISFYING ZONE

LUNCH

Ingredients:

- 4 cups shredded cabbage [1C]
- 3/4 cup snow peas cut in thirds [1/2 C]
- 1/2 cup red bell pepper chopped [1/2 C]
- 3 oz white meat chicken cut in small pieces [3P]
- 3 tsp slivered almonds [2F]
- 1/2 tsp sesame oil [1F]
- 3 tbsp fat free ginger soy dressing [1C]

Directions:

- Sauté chicken in oil until cooked through. Add vegetables and sauté a few minutes until tender (the cabbage cooks quickly so watch it).
- Add almonds and dressing, mix well and serve.

This makes a 3 block meal. You could also skip the oil and use a dressing with oil in it

<http://www.the-zone-diet-recipes.com/>



Don't let her tiny frame fool you...

MC is not to be messed with...especially when it comes to situps! Imagine doing one situp. While you did that one, she probably did FOUR!

MC started with CrossFit Moncton back when we were in the park at Queen Elizabeth School. After a few months off to focus on school, she came back with a vengeance.

One of her biggest accomplishments was nailing a pullup with no assistance. She began by doing jumping pullups and moving on to rubber bands to help her. Within a few

months, the patience and hardwork paid off when she got her chin over the bar, all on her own.

Her records don't stop there. Just weeks ago, MC was working on her back squat and secured a 15# personal record, putting her at 155#.

MC is great to have around the gym, because when she's finished her workout, she transforms into a motivating cheerleader, helping people to push through their exercises.

Keep up the great work!

Next issue – David
Alexander



The Situp Queen!

MC MCLAUGHLIN



Stats

- CrossFitting since Aug/08
- Deadlift: 165#
- Press: 70#
- Back Squat: 155#
- 500m Row: 2:06.6
- FGB: 208
- Cindy: 16.5 rds

CROSSFIT

HOW HAS IT AFFECTED YOUR LIFE

OUTSIDE OF THE GYM?

Elissa K - I feel positive and ready to start each day with a smile.

For my overall health, with CrossFit I drink water and exercise regularly and everything is normal for once.

I feel like everyone at CrossFit knows the importance of being healthy and also feels the difference in their mood and energy levels.

I feel like I can do anything. Lifting weights, doing lunges and pull ups are not things I've ever done before. It's a very cool feeling to feel like I can do this for the rest of my life.

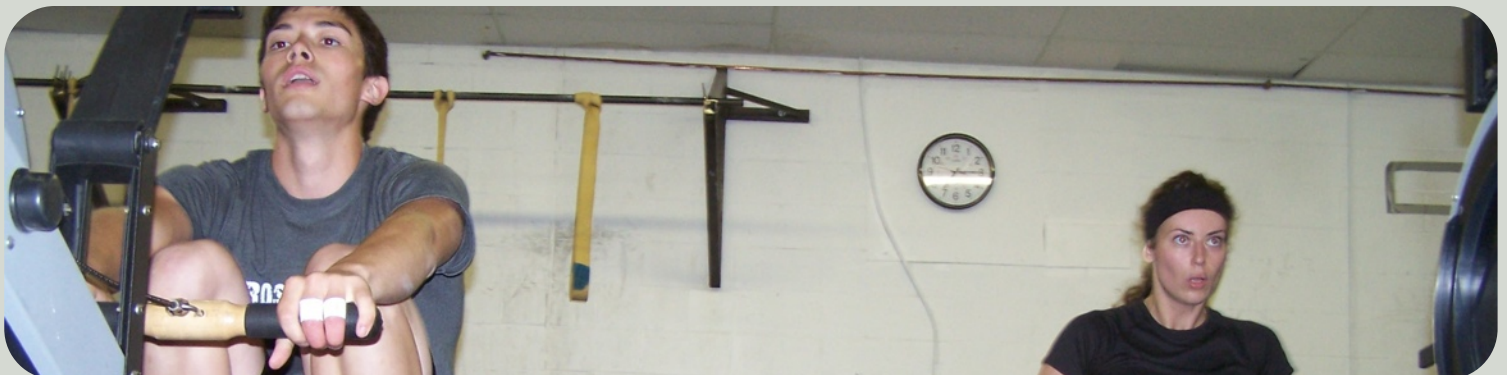
Ed K - The biggest thing is attitude. Nothing is impossible. Feats and activities that once were thought as unattainable aren't anymore. It's given me the confidence and the reassurance to tell myself yes, you can, in time, but you can. And this applies to everything, be it learning a new task for work, or learning how to longboard. Crossfit showed me

not to be afraid and just 3,2,1, go, and maybe you will surprise yourself. The only thing holding you back is **you**, SO QUIT IT and just do! I will be able to take this with me all throughout my life.

Kevin L - For me, the biggest change would have to be how I look at situations. It's no longer the "oh that would be really hard, maybe I shouldn't try it" and is now the "I bet I could do that." Hard situations physically have taken on a whole new meaning. Before CrossFit hard was doing 25 push ups, now it's 100 pull ups for time. This has also changed how I see things mentally too. I don't feel like there are any limits anymore; it's like the whole world just got a lot bigger. I may not "be able" to do something at the moment but that doesn't mean I'm not gonna work on it until I get it. Anything is possible now; it was



before but now I've just realized it. CrossFit has also made me believe that I can be better in every sense of the term. Every time I went to the gym I realized that the push ups were easier, I could do more pull ups, I didn't ache so much after a workout and I really wanted my "stats" or performance to improve. It took my a couple of months to realize that I started to think like that about everything. With school, work, friends, everything. I know I can be better I just have to work hard to get better and even that has gotten easier.



Heather W - CrossFit has changed my life in so many ways. I never exercised more than a 30 minute walk or a swim in the pool. I cannot believe the progression I have made in 9 months and how much energy it has given me. In my daily life I can do so much more. I can mow the lawns with no effort when before CrossFit I would mow, rest, mow, rest, etc. Now the rest comes after it is done. I got to buy all new clothes as the inches dropped, so that was a great bonus. The CrossFit community is so supportive that you want to keep going back.

Pierre B - I have trained for a few years in a Globo Gym with a lot of effort. I wasn't training 1-2 days a week but more like 4-5 days a week. With that much effort that I was putting in training, I was expecting some results. Yes, I saw little results, but in 1 year of Crossfit training, I have seen more results than 4-5 years of training in a Globo Gym.

When I say results, I am not only talking about physical results, because that's only a part of what Crossfit gives you.

It also gives you good nutrition advice, mental toughness, a sense of community and finally the greatest part (for me) is friendship. I met great people (some became really good friends) within a year and still meeting new people every week. And also, like MC said, we meet more Crossfitters.... do you get that in a Globo Gym?? Not really, you don't even know the name of the people you see every day.

Let's go back to August 2008. That day, I asked my girlfriend, MC, if she wanted to try Crossfit (by the way, it was my first time trying it too). For the past 2-3 years, she wasn't training at any Globo Gym, so her physical abilities weren't at the top. I wasn't sure how she would take it, but she got right into it. After each

WOD, when we were getting back in the car, we were always saying "That WOD was crazy hard, how did we manage to finish it??" Even if it was, and still is, really hard, we keep coming back for all the good reasons I just wrote.



Interested in joining?

Come try a **FREE** workout on Saturday morning at 9am. Leave your money at home. We don't want to sell you anything; we just want you to feel the difference CrossFit can make.

Contact Kevin Wood at crossfitmoncton@hotmail.com to confirm your **FREE** session, or call (506) 857-0567.

CROSSFIT MONCTON

94 Rideout Street
Moncton, NB