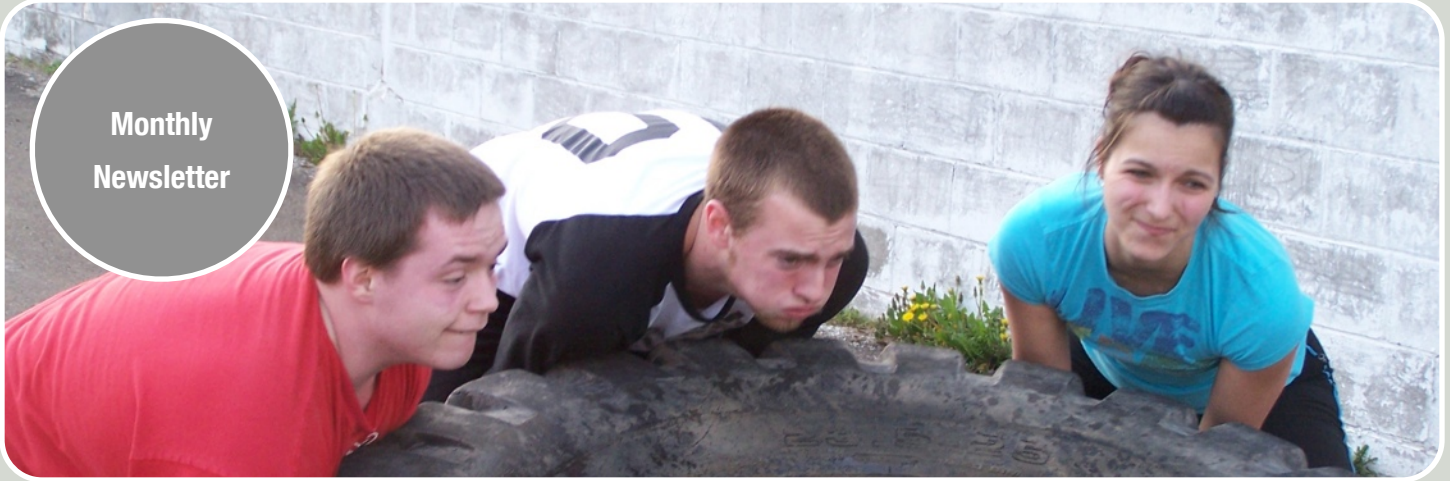


June 2009

CROSSFIT MONCTON

Monthly
Newsletter



WELCOME TO THE FIRST EDITION...

CrossFit Moncton's very own newsletter

The purpose of this newsletter is to share new and exciting information about CrossFit Moncton. It will also serve as a resource and information guide on various topics, such as nutrition and exercise. As well, each edition will include an athlete profile of a fellow CrossFitter.

This will be a very organic and evolving newsletter, as it

will continually develop over time.

If you have any information that you would like posted or links to be shared, please send them in.

I will welcome any feedback you have, so please send it to crossfitmoncton@hotmail.com

Thank you and enjoy!



Kevin Wood
Owner and head trainer of
CrossFit Moncton.

NUTRITION



Nutrition in 14 words...

Eat meat and vegetables, nuts and seeds, some fruit, little starch and no sugar

So how important is food??

Coach Greg Glassman, co-founder of CrossFit is quoted as saying “If you want top-fuel-type performance, you need top fuel; you can't just piss into the gas tank.”

Would you expect your lawn mower to run if you filled the tank with sugar? Of course not! So what makes you think your body is any different?

The human body is one of the most intricate, complicated machines, yet we fill it with garbage and expect great results.

In order to see the benefits of training, the main staple of your diet should be meat and vegetables. I'm not talking

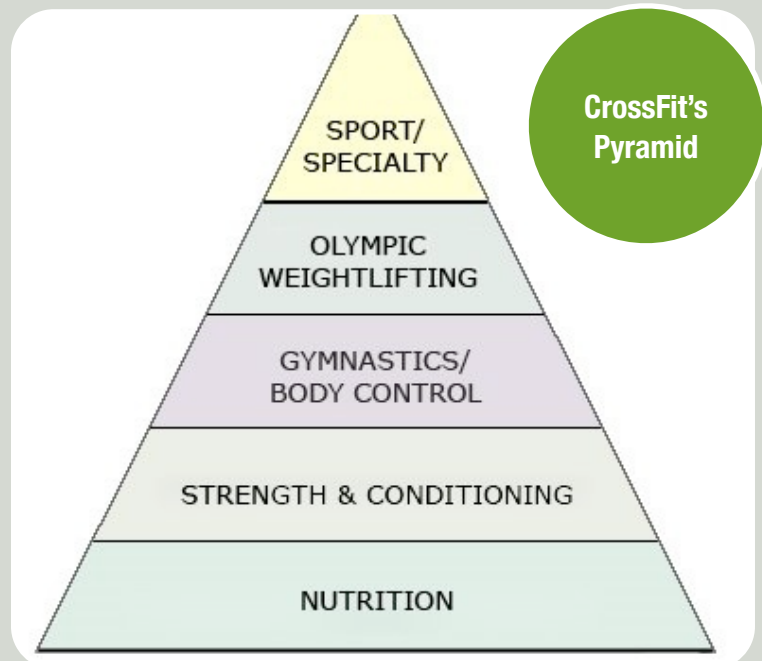
about the Hungry Man's Microwave Dinner. I mean REAL food; the stuff you buy at the farmer's market or the produce section.

Fruit is a great source of energy, especially after a tough workout. It will help restore your energy levels, and quickly.

Nuts and seeds are a great source of fat (and no, fat doesn't make you fat). Enjoy some after a meal or have them as a snack throughout the day.

Starch and sugar should be kept to a minimum. They don't have the vitamins and minerals that your body needs.

[Next issue - The Zone diet](#)



How old is too old to CrossFit?

When I tell you to picture a 60 year old woman, I'm sure the first image that comes to mind *isn't* a lady deadlifting or doing pullups.

Heather came to us in October of 2008. Her son, Kevin, had tried feverishly to get her to try CrossFit. The excuses went flying; I'm too old, I can't even do a situp, I'm not the athletic type.

So what changed her mind? After reading a CrossFit Journal article about a grandmother not being able to pick up her grandchildren, she was in! "I'm

hoping for grandbabies and when they come, I want to be able to pick them up" says Heather.

She goes on to say, "Everything I do in Crossfit amazes me. I never thought I would ever do a full situp, a pullup, run 800 m, do 143 squats a night, or 150 situps in one night."

Whether you're 7 or 70, CrossFit is for you. Quit making excuses for yourself and try it. I know when I'm 60, I want to be able to pick up my grandchildren.

Next issue – Rob Thurber



Super-Mom!

HEATHER WOOD



Stats

- Age: 60
- CrossFitting for 7 months
- Deadlift: 115#
- Press: 65#
- Back Squat: 80#
- 500m Row: 2:20.2


THE LOWLY SHOULDER PRESS



Advantages

The shoulder press may be one of the few moves in CrossFit that doesn't include the hips, but don't be fooled; it helps develop shoulder strength and is a pre-cursor to move advanced movements. Unable to do handstand pushups? Keep adding the weight to your press.



KEY POINTS	STANCE	RACK	PRESS	RETURN
	<ul style="list-style-type: none"> -Feet under your hips -Legs tight with knees pushed back -Tight core 	<ul style="list-style-type: none"> -Bar resting on shoulders -Elbows slightly in front of bar -Hands outside shoulders 	<ul style="list-style-type: none"> -Drive through heels -Head moves back to accommodate the bar -Bar travels straight overhead with active shoulders 	<ul style="list-style-type: none"> -Head retracts again as bar travels straight down -Return to rack position

Common Faults

- 1) Bending/dipping at the knees - focus on pushing knees back
- 2) Bar travels out around head - pull head back to ensure vertical travel of bar
- 3) Lazy shoulders - drive the bar to the ceiling, burying ears with shoulders

Now get out there and put some weight over your head

US VS THEM

How does a CrossFit Gym compare to your typical Globo-gym?

I was driving home from work one day and was wondering what it would be like if I were a member of a local non-CrossFit gym. How would I justify paying for a membership there, and not for a CrossFit gym? Are they even comparable? Here's a short 'them versus us' list that I came up with. I'll let you be the judge.

THEY have CNN or Kelly Clarkson playing in the background.

WE have other members cheering you on to finish your last rep.

THEY have cardio machines that tell you you're going too fast.

WE have trainers that are telling you you're not going fast enough.

THEY have mirrors.

WE have trainers that tell you how to correct your form.

THEY have biceps curls and cable crossover machines.

WE have squats and deadlifts that you'll actually be able to transfer into real life.

THEY sell you a membership and hope you only come for one month.

WE want you to come as often as possible to help change your life.

THEY have a 20 minute workout in 2 hours.

WE have a 2 hour workout in 20 minutes.

THEY have a machine at the front desk where you swipe your card.



Does your gym let you drop weights?

WE have knowledgeable trainers that are ready to give you all the fitness information that you ask for.

THEY train for looks.
WE train for life.

THEY have air-conditioning.
WE have...ok, they have us beat on that one.

Interested?

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

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