

October 2009

# CROSSFIT MONCTON

Monthly  
Newsletter



## FIGHT GONE BAD

Objective: Raise money for Prostate Cancer Canada  
Opponents: A medicine ball, two barbells, a 19" box and a rower  
Special gear: A CrossFitters' heart

One crazy workout, one great community, one cause; That's all we need as CrossFitters to get together and raise money. Where in the world would you find people raising money to be able to participate in a painful workout called "Fight Gone Bad"?

The workout consists of doing the most reps you can in three rounds of the following exercises: Wall-ball, Sumo deadlift high pull, Box jumps, Push Press and Rowing (calories)....yes it is painful!

Fundraisers were held all throughout the Maritimes to raise money for the great cause of prostate cancer research. Here at Crossfit Moncton, we raised a total

of \$2011. We wouldn't have raised all that money without the help of all the CrossFitters at CF Moncton. They all did a great job raising money in different ways. Some participated at poker night, others at tire flippin-o-thon where the two trainers at the gym flipped a 250 lbs tire for 2 kilometers and some raised money by themselves.

Finally, the big day came where we had to do the workout. A group of 10 people from Moncton drove to Fredericton, to meet around 50 other CrossFitters from the Maritimes and share the pain of those men who are fighting for their lives against prostate cancer. In total, all of the Maritime affiliates raised \$10,734.36.

Thanks to everyone that supported us! Next year will be even bigger!

-Pierre Boivin

# NUTRITION

They have no calories...  
they must be good  
for you!



## Sugar Substitutes

“Could I have a diet Coke, I’m trying to watch my weight.”

Have you heard this before? Maybe you’ve said it yourself one or twice.

Let’s start exposing the myths, shall we...

Splenda is actually the result of insecticide research. You basically take hydrogen out of the sugar, and add chlorine, creating a chlorocarbon. (Note: Chlorine is a class 1 carcinogen). Now, just so you’re aware, examples of chlorocarbons include DDT, PCB and mustard gas. Mmmm, delicious!

Aspartame, another common artificial sweetener, was created by Monsanto (who also created the weed-control product, Round-Up).

But what about all the studies that prove aspartame to be safe for human consumption? A whopping 74 studies were actually sponsored by the aspartame industry. That’s like believing the tobacco companies that smoking is good for you!

What are some of the side effects of these artificial sweeteners? The list is not very comforting: Headaches,

memory loss, slurred speech and vision problems.

If you were desperate to lose weight, these side effect might be worth it. But there’s a ‘but’.

“Aspartame itself doesn’t have any calories, but basically, one of its ingredients, the amino acid phenylalanine, blocks production of serotonin, a nerve chemical that, among other activities, controls food cravings. A shortage of serotonin will make your brain and body scream for the foods that create more of this brain chemical— and those are the high-calorie, carbohydrate-rich snacks that can sabotage a dieter.” says Dr.

Ralph Walton, of Northeastern Ohio University.

So what can you use instead? Try Stevia. It’s a plant-based product that is 100% natural. It can be found at your local grocery store, usually in the health food section.

Information gathered from  
<http://www.westonaprice.org>  
<http://www.youtube.com/user/UndergroundWellness>



# FAST SNACK

## Ingredients:

2 cups frozen mixed fruit  
1/3 cup pure coconut milk  
crushed walnuts



## Directions:

- Microwave fruit for 45 seconds, pour in coconut milk, then add walnuts to taste...

*According to Tony5 from Fredericton, it's the best snack/dessert you will try that is healthy and Paleo friendly.*



## Real pushups are no problem for Elissa!

"I'm proud that I can do 20 men pushups in a row", says Elissa. She's been a member for 7 months, and has seen drastic changes!

When asked about the benefits she's seen, she said "My stomach is melting away... and I love it!"

When you come to the gym 4 days a week like her, it's easy to see the results.

Just recently, Elissa pumped out her first unassisted pullup! Very impressive!

She adds, "I'm meeting all kinds of new people that are

into being healthy and are all so positive and energetic!"

Some people are scared about what they see on the CrossFit Moncton website. Elissa offers these words of advice, "Kevin's mom is doing Crossfit and she's 60! They then usually say "Oh well, she was probably working out her whole life..." and then I explain that no, she was like them when she first started and that so was I...

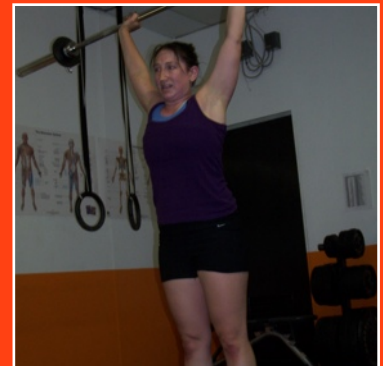
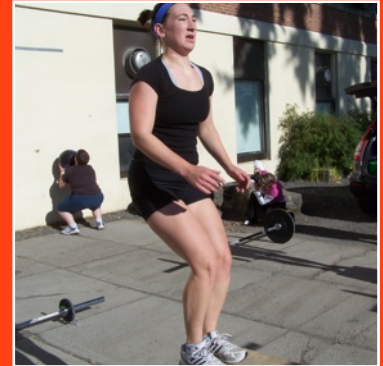
Just give it a try and you won't regret it! If you want to feel better and get results, all you have to do is start."

Next issue - Darren Craswell

She's a fire-breather in training



## ELISSA KING



## Stats

- CrossFitting for 7 months
- OHS: 100#
- Press: 85#
- Back Squat: 165#
- FGB: 222
- Real pushups: 22

# ACTIVE SHOULDERS?? OPEN CHEST??

## CROSSFIT TERMINOLOGY EXPLAINED

I'll be the first to admit, there's a lot of jargon when it comes to CrossFit. There are a lot of acronyms, movements and cues that are generally unheard of outside of CrossFit.

I'm here to explain what some of them mean.

**Active shoulders** - As shown in the photo, it is actively pushing your shoulders up, or shrugging, while a weight is overhead. This reduces the stress place on your shoulder girdle, in essence, locking everything in place.

**Lumbar curve** - This refers to your lower spine. Picture a cat stretching its back. That's a poor lumbar curve and would result in injury when lifting. Now, picture a person standing, with a nice gentle curve of the spine. That's the

position the spine should be in when lifting.

**Open chest** - For this, you'll want to pull your shoulder blades together. Rolling your shoulders forward will cause an arched back, something we want to avoid.

**AMRAP** - As many rounds as possible. This is used in workouts, such as Cindy.

**Rep** - Short for repetitions. The amount of times you lift a given weight. Example - I did 21 reps of front squats.

**Set** - A group of repetitions, also known as rounds. Example - I did 3 sets of deadlifts tonight, increasing my weight on each one.

**WOD** - Workout of the day



**Scaled** - When you are unable to perform a move, you may need it scaled or modified. This is nothing to be ashamed of. We all need to start somewhere. Example - pushups from knees vs pushups from toes.

**PR** - Personal record. This occurs when you lift heavier, get a faster time, or do more rounds on any lift or workout.

**RX'd** - When you do the workout exactly as posted, you did it as prescribed. This is something to be celebrated!

### 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](mailto:crossfitmoncton@hotmail.com) to confirm your FREE session, or call (506) 857-0567.

### CROSSFIT MONCTON

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