

February 2010

CROSSFIT MONCTON



Monthly
Newsletter

WARMING UP FOR WORKING OUT

There is a saying in CrossFit, “Our warm-up is your workout”, and while it is tough, it’s necessary to prepare our body for the stress it’s about to endure.

Have you ever been late and needed to rush through the warm-up? Maybe you skipped it altogether.

Do you go fast through it? Or focus on each and every repetition?

The warm-up is essential, and for many reasons.

- Elevates body temperature
- Elevates cardiorespiratory rate
- Incorporates stretching
- Develops critical functions/movements
- Works whole body
- Prepares for rigorous athletic movements
- Decreases risk of injury

When you miss the warm-up, or cut it short, you’re missing out on many of the benefits. When you perform the movements with sloppy mechanics, you fail to reinforce the critical aspects of the skill so that you may better perform it under load.

For example, if you do 30 overhead squats for five days of the week in your warm-up (150 total), that is practice for the day when you’re asked to perform your 1 rep max. If you’re form is poor for 150 reps, what makes you think it will be great for a 1 rep max?

Please, take the necessary time to perform a full warm-up. Fifteen minutes is more than enough time to complete an adequate warm-up. Focus more on form and less on speed and what you did over the weekend.

[Click to see the warm-up at CrossFit Moncton.](#)

NUTRITION

What's wrong with peanut butter?



Article from [Whole 9 Life...](#)

Dr. Loren Cordain's Paleo Diet doesn't include beans (legumes) of any kind. Peanuts aren't a nut at all. They're a legume – edible seeds enclosed in pods. The confusion stems from the fact that, while their physical structure and nutritional benefits more closely resemble that of other legumes, their use in diets and cuisines more closely resembles that of nuts.

Our clients don't typically balk at the removal of the actual peanuts from their diets – there are plenty of other nuts they can consume for healthy fats. The trouble comes when we take away their peanut butter. Long promoted as full of "good" fat and high in protein, peanut butter has probably been a staple in your diet since you were a kid, and unfortunately, PB has few comparable substitutes (as those of you who have tried almond butter already know). So for you hold-outs practicing "Paleo + Peanut Butter"... we get it, but we still want you to ditch the PB. Need convincing? [Here's why we don't eat peanut butter – not even the organic, all-natural stuff.](#)

It's not the ingredients in the peanut butter we don't like, it's the peanuts themselves. When peanuts grow, they can harbor carcinogenic mold called an "[aflatoxin](#)". This goes for conventional and organic peanuts. The longer they sit (during shipping, for example), especially in warm temperatures and high humidity, the more mold grows. And as it's nearly impossible to buy peanuts "local", as they are only grown in a few Southern locations, more likely than not that even your organic peanuts are suspect.

The far bigger concern, however, is that peanuts contain lectins which are

believed to have [inflammatory](#) and [atherogenic](#) potential. Most plants contain lectins, some of which are toxic, inflammatory, or both. Many of these lectins are resistant to cooking and to digestive enzymes, and some have been scientifically shown to have significant GI toxicity in humans. [Lectins from grains \(especially wheat\) and legumes \(including peanuts and soybeans\) are most commonly associated with aggravation of inflammatory and digestive diseases in the body.](#) (As an aside, [dairy](#) from cows fed grain-based diets can also contain these grain-derived lectins.)

Recent research by Dr. Cordain has suggested that these lectins may effectively serve as a "Trojan horse" allowing foreign proteins to invade our natural gut defenses. Cordain reports, "An experiment conducted by Dr. Wang and colleagues and published in the prestigious medical journal *Lancet* revealed that PNA got into the bloodstream intact in as little as 1-4 hours after subjects ate a handful of roasted, salted peanuts." The lectins can cause damage well beyond the gut – commonly in joints, brain, and skin of affected individuals. Continued exposure of the gut by these toxins leads to a persistent stimulation of the body's defense mechanism in a dysfunctional manner, i.e. autoimmune disease. (Allergies fall into that category as well.)

So in summary... sorry, kids. [Since the potential downsides of peanuts dramatically outweigh our fond memories of childhood PB&J sandwiches, we recommend you ditch the peanuts altogether.](#)

Determined CrossFitter

Chantal started coming to CrossFit Moncton at the end of June, 2009, and what a long way she has come.

She was looking for something intense, short and showed results. Her co-worker Megan, with the help of Google, led her to CrossFit Moncton.

Her experience started by biking to the gym for a 10 minute introduction workout. After the intro session, she couldn't walk properly for three days. That bike ride was looking like a bad idea.

When asked about why she keeps coming back, Chantal says, "everyday is a different workout and regardless of your fitness level, there are always challenges, records and skills you want to improve upon or accomplish."

Chantal also enjoys the members of the gym. "Everyone is like a big family, cheering you on during each workout."

The social aspect, including gatherings, [FireFit](#) and Fight

Gone Bad, are some of her highlights of being a member as well.

Chantal mentioned, "I've seen a lot of positive changes in my life. I have more energy and more self-confidence. My body has transformed as well by losing body fat."

One of Chantal's proudest accomplishments was when she got [her first pullup](#). After that, she's been able to do workouts as prescribed.

Her next goal is to get a muscle-up by the end of 2010.

Chantal has been debating on whether to compete in the CrossFit Games Sectionals this year. A quick look at her stats shows that she would be a great competitor.

She's not afraid to tackle her weaknesses head-on, so that she doesn't have a chink in her armor. With that type of attitude, she's sure to be a top CrossFitter in the near future!

[Next Issue - Patrick Arseneau](#)

CHANTAL.THERIAULT



Stats

- CrossFitting for 7 months
- Deadlift: 200#
- Press: 80#
- Back Squat: 155#
- Real pullups: 10
- FGB: 322
- 500m Row: 1:44.0

STRETCHING

CAN YOU TOUCH YOUR TOES?

What do you do when you're done the workout of the day? Pack up your journal and rush out the door?

Most people never spend the time to stretch, and the best time to do it is immediately following a workout.

Post-exercise, your muscles are warm and more ready to be stretched. Think of a garden hose laying in the hot sun all day; it's very pliable. The same goes for your muscles.

Why bother stretching? It will help with your depth and range of motion when performing exercises like the pullup and overhead squat. You'll also be less prone to injury in future sessions.

Why don't we do a group stretch after the workout then?

Everyone is tight in different places. Some people need to spend the majority of their time working on their leg/hip flexibility.

Other's have extremely tight shoulders and would benefit from spending time stretching their rotators.

There is a book at the gym called "Stretching Anatomy". It has diagrams of different positions all categorized by different regions of the body.

I would also recommend yoga to those that are excessively tight. I have a DVD called "A.M. Yoga for



your week" with Rodney Yee. It has five different routines that take 20 minutes each. Since I've started doing yoga, I've seen some noticeable improvements in my range of motion.

You can purchase Rodney's DVD [here at Amazon.com](http://www.amazon.com).

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) 962-0710.

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94 Rideout Street
Moncton, NB