

April 2010

CROSSFIT MONCTON

Monthly
Newsletter



MONCTON'S GOING TO CALGARY

At the end of May, Cowtown is going to be swarmed with Maritime CrossFitters, and there will be a couple from Moncton bringing their very best.

Sonia Picard secured a 3rd place spot in the CrossFit Sectionals in Fredericton on March 21st, while Kevin Wood notched a 7th place position. Their performances in the Capital City were good enough to send them to the Regionals on May 29-30.

The workouts they faced were fierce, however, they were a fair test to see who were the fittest in the region.

CrossFit Moncton had one of the loudest cheering sections at the event, and both competitors believed that played a key role in their success.

Sonia said, "This group is amazing! I couldn't have done it without you. THANK YOU! Thank you for

believing in me, for supporting me, for cheering me on the whole way through."

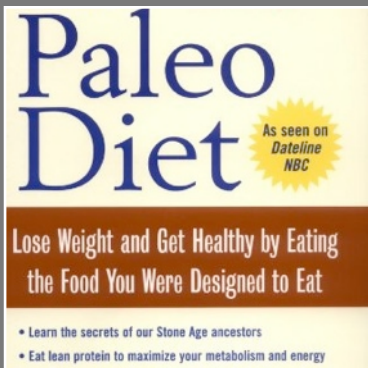
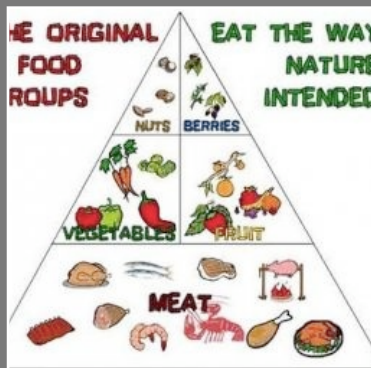
Kevin mentioned, "I want to personally thank everyone in the corner of the last event. I could hear every single one of you cheering me on. I was feeding off of your energy and it certainly made a huge difference! You are not like my family. You ARE my family. Thank you from the bottom of my heart."

And that is what CrossFit Moncton is all about. We are such a close-knit group who would do anything for each other.

Sonia and Kevin will be training hard for the next few weeks in preparation for the Regionals. They thank everyone for their support and will represent the gym as best they can!

NUTRITION

Are you up for the challenge?



Let's see how the challengers are doing

CrossFit Moncton started a Paleo Challenge on March 1, 2010. There are 12 members that signed up for the challenge of changing their diet.

We are just over half way through the challenge and many of them are starting to see the benefits of their lifestyle change.

However, it came with some bumps in the road as well. Many competitors felt a lack of energy and motivation when they first began. This is their body switching it's fuel sources for the food it's designed to use.

Let's take a look at some of the comments from the members.

Andy - "Its early on, but I'm actually excited when I look at all the food in the fridge. I was originally worried about limited choices."

Cathy - I thought that my energy has been pretty consistent but Peter (my husband) tells me I

have more energy than usual! I went for a run today after CF and for the first time in a very long time I was able to do a kilometer under 5 minutes so I was really happy with that.

Jamie - I can totally feel a difference in the way my body feels after a meal I am supposed to have compared to one that is not on the challenge.

Marc H - After today's workout, I find my energy level boosted sky high because damn that was hard. But man I feel way more energetic around the house.

So as you can see, members are seeing results. Just because the challenge will be over on April 17th, doesn't mean the diet ends. Many will continue with their new way of eating. And I hope that many of the members at the gym will take notice of the results and begin their own Paleo Challenge!

If you want to get started or have any questions, feel free to ask myself or any Paleo Challenger at the gym.

[Paleo Challenge Website](#)

Overview on Omega-3's

In the past few years, omega-3 fatty acids have been increasingly promoted for their beneficial dietary components for health and disease prevention. The food industry is starting a new trend, where omega-3's are supplemented in foods that are not traditional sources of omega-3 fatty acids, such as dairy, grains, eggs, and fruit juices.

Omega-3 fatty acids are a group of polyunsaturated acids found in fish and certain plants that provide important health benefits. In fact, omega-3 fatty acids are just as important to your health as vitamins, playing a crucial role in cardiovascular health and brain function. Because humans don't have the enzymatic machinery to synthesize omega-3 acid fatty acids, we must obtain them from the diet, making them an essential nutrient that is almost entirely missing from our Western society's diet. Fatty fish such as tuna, trout, and salmon are rich sources of these fatty acids. They can also be found in smaller quantities in meats like pork, beef, and chicken. The typical Western diet tends to provide too many omega-6 (another essential nutrient, found in grain, cereal, and vegetable oil) and not enough omega-3. This imbalance paves the way for chronic disease.

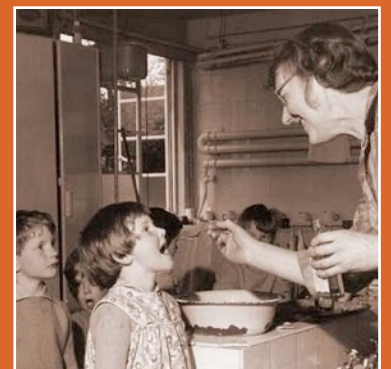
The principal fatty acids of the omega-3 group are alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA). Because they are already in a body-ready form, EPA and DHA (found in

fish) are considered more important to your health than ALA (found in flax and Canola oil). Because your body has difficulty converting ALA to the usable forms of EPA and DHA, you need to consume at least 2 serving of fatty fish per week, or take an omega-3 fish oil supplement or consume food fortified with omega-3, to ensure that you get enough of these essential fatty acids in your diet. The International Society for the Study of Fatty Acids and Lipids recommends an intake of at least 500 mg daily. When taking fish oil supplements or food fortified with omega-3 make sure its EPA and DHA because that is the form our body can metabolise.

When buying fish, consumers should be aware of the potential risk of the presence of heavy metals and pollutants like PCB's. A study done by Harvard's School of Public Health reported that the benefits of fish generally outweigh the potential risk. When buying fish oil, consumers should ensure that the company follows the International Fish Oils Standard (IFOS), otherwise there might be presence of dioxins and other toxins. In Canada, a company named Ocean Nutrition Canada (MEG-3) based in Nova Scotia meets these standards.

In summary, you need good fats like omega 3's. You should limit your intake of omega 6's whenever possible. Be an informed consumer so that you can make better food choices and live a healthier lifestyle.

~Chantal Thériault



All in the family

Lisa Wood, member since October of 2008, has seen tremendous gains since beginning her training at CrossFit Moncton.

Not only has her running and endurance improved, but she's also lifting weights she never thought was possible. She's also able to do a military-style pushup!

When asked why she keeps coming back month after month, she mentioned it was "for a lot of reasons. The workouts are different, and the trainers and members are helpful and encouraging".

Most people start the gym with the physical goals in mind, such as toning up and losing weight. Lisa told me of some other benefits that she's seen outside the gym. "It's given me more strength and energy. It helps me believe in myself and not wanting to give up on anything.

Lisa is one of the dozen competitors in the Paleo Challenge and has found it to be a great help in attaining her

goals. After the Challenge is complete on April 17, she plans to stick with the new diet.

Some of her other goals are to keep challenging herself, be at the gym consistently, do unassisted pullups, perform three plank pushups in a row, and to be able to do most of the workouts as prescribed.

If any of you have seen Lisa working out, you'll have no doubt that she'll easily attain those goals in the near future.

Lisa offers this advice to anyone who might be hesitant to try CrossFit. "I would ask if they want to be able to perform everyday activities and movements more easily? Be more fit than ever? Function at your best? Have trainers readily available at each workout? An amazing group of encouraging people with a common goal? It sure works for me. Just try it!"

[Next Issue - Jamie Arnold](#)

LISA WOOD



Stats

- CrossFitting for 18 months
- Deadlift: 175#
- Press: 75#
- Back Squat: 125#
- 5k Run: 32.44
- 500m Row: 2:15.9

WHAT ABOUT ABS?

CROSSFIT AND CORE STRENGTH

You've seen it before. You need to keep a Maybe you were one of stable and rigid core them. Standing in front of a mirror, flexing your stomach in hopes of seeing six bumps. You want to get rid of the keg and replace it with a six-pack! But how?

Another great exercise for building core strength is the overhead squat. Keeping a bar locked out overhead, while in the bottom of a squat, without letting it fall to the front or the back, is a fantastic test of core stability.

The answer that seems most obvious is situps and crunches. But is that really how you define core strength? By how many situps you can do? I hope not!

At CrossFit, we define core strength as the ability to maintain a stable midline while performing functional movements.

For example, let's take the deadlift. Your core is only as strong as it is able to keep your back straight while lifting weight off the ground.

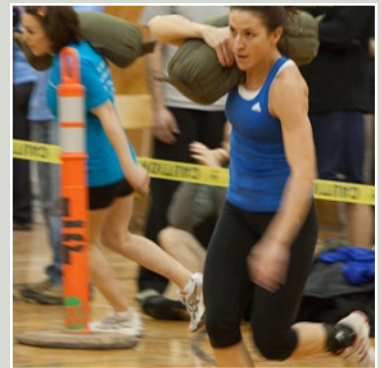
What happens if your back rounds as you pick up heavy weight? Probably an injury.



Are you going to blow out and empty your lungs when you push it? Not likely! Try it! You'll see that it's quite natural to hold your breath.

The same goes for the lifts like the deadlift and overhead squat as previously mentioned. To help maintain midline stabilization, you need to create pressure within your core, and an easy way to do that is to take a deep breath and hold it.

If you want to relax, try yoga (which I highly recommend). It focuses on breathing out to reduce the tension in muscles



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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