

January 2011

CROSSFIT MONCTON



SETTING GOALS

by **CrossFit Zone (Shannon Jones)**

One of the most important parts of any fitness regime is setting and knowing your parameters. In CrossFit, you are encouraged to find your limits, push them when you can, and acknowledge when you've bitten off more than you can chew. With that said, you can see why setting goals is an important element of CrossFit. If you want to get somewhere with your fitness, you have to have an idea of what it is that you hope to accomplish. Do you know your own

personal fitness goals? Have you sorted through your priorities?

There are tons of skills to work on, and so many things to improve upon during our daily WODs. Decreasing workout times and increasing the amount of weight you use on specific exercises is a great way to measure fitness improvements. But improving your skill set is just as important!

How many of you still struggle with the same old movements? You continue to say “I cant do those,” or, “I’m weak in this area”. Try this: instead of focusing on what you can already do, work on your weaknesses. You can make time for this during the warm up, after class, or on your own time. I hate to break it to you, but there is no easy way! It’s all about practice, practice, practice.

I would strongly encourage you to make some time in the very near future to set some specific goals. Examine what it is that you hope to accomplish with your fitness, then write it down. After you have a clear idea of where you hope to be, spend some time coming up with a plan of how to get there. What can you do to start

the process? What changes do you need to make first? Where do you need to challenge yourself more? Identify a plan of action, and then get moving!

Don’t be afraid to be ambitious, but always keep it realistic. Make a list of your weaknesses and a list of your goals. Work on them regularly, one at a time, until you can check them off your list and move on to the next item. Before long, you will have a whole page of check-marks, and will be a much more complete athlete.

Identify your goals, commit to them, and ask for help from the coaches or your peers if you need it. Just do what you need to in order to make things happen!



CRUSTLESS QUICHE

Ingredients:

- 1/2 pound of meat of choice (nitrate-free bacon or ground pork works well)
- 1/2 cup of veggies (mushrooms, white onion, red bell pepper and/or spinach)
- 1/4 cup cheese
- 5 eggs
- 3/4 cup milk

Directions:

1. Cook meat of choice.
2. Saute veggies. Mix in with cheese and set aside.
3. Whisk eggs and milk and pour into small muffin tins (can use foil cups). Add meat and veggie blend to each up of eggs mixture.
4. Bake at 325 F for 25min or until golden brown.
5. They can be stored in the fridge until ready to be eaten.

<http://www.marksdailyapple.com>



When did you start CrossFit?

I started CrossFit about a year ago.

Do you have an athletic background?

I did some sports and the regular gym, but nothing long term. I was pretty out of shape before CrossFit. Thanks to MC and Pierre for getting me to join!

Why do you CrossFit?

I CrossFit because it's fun, addictive, you make a lot of friends, you see results quickly and the atmosphere at the gym is amazing!

Were you a member of another gym before? How does this compare?

Not really. I was going at the CEPs once in a while, but I was never motivated to go. In my opinion, nothing compares to CrossFit. I don't go because I have to. I go because I love it! I have never been that motivated to go to a gym before.

What are your goals? Have you reached any yet?

My goals are to improve my cardio, especially running and double unders, and to keep improving my results in general. I have reached a lot of goals, specifically since changing my diet with the Paleo Challenge.

What are some results you've seen?

Having muscles

was never my goal, but now that I have them, I really like it and it makes me realize that I worked hard.

Do you have an accomplishment that you're very proud of?

I'm very proud of my pullups and my double unders are improving.

Do you remember your first workout? What was it like?

The only thing I remember about my first WOD is that there were some good mornings and I couldn't get down stairs for a week. But I knew I was already hooked.

If you're in an elevator, and someone asks you "what is CrossFit?" what would you say?

CrossFit is a mix of cardio, weightlifting and gymnastics, with different workouts everyday as a group. There are personal trainers and lots of group support.

What do you tell someone that's hesitant to try CrossFit?

Just try it once, you'll be hooked. CrossFit workouts can be scaled to your level, whether you have an athletic background or not. It doesn't matter if you are 20 or 60 years old.

Have you ever met pukie? Come close?

Nope, but I felt like I was going to pass out once or twice!

STEPH FRENETTE



Stats

- CrossFitting since Jan/10
- Deadlift: 165#
- Press: 75#
- Back Squat: 120#
- OHS: 85#
- Max pullups: 18
- 1k Row: 4:43.9



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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