

December 2011

CROSSFIT MONCTON

Monthly
Newsletter



GOOD FOR YOUR BONES

My mother grew up on a farm and rode horses. But that's the extent of her 'athletic background'. She was a smoker for many years, didn't eat healthy and her form of exercise was walking around the block. To make matters worse, she needed to take glucocorticoids (steroids - which depletes calcium from the bones) to combat pain associated with Crohn's disease.

Fast forward to 2009, and she's considered Osteopenic (which is the stage before Osteoporosis). Given her history, it's no surprise.

In 2009, her doctor performed a bone density test. The results were not favorable.

In the report, it says "consider initiating bone-active drug therapy". Not wanting to take more pills to solve the problem, she opted to rely on nutrition and exercise.

Paleo and CrossFit to the rescue! Together, they have increased her bone density in both locations that they tested - femur and lower spine. The femur was a slight increase and the spine was a significant increase.

We're hoping after another year of Paleo and CrossFit, her results will have improved even more!

APPLE GLAZED PORK ROAST

Ingredients:

- 3-4 lb pork loin roast (well trimmed)
- sea salt
- pepper
- 4-6 apples, cored and quartered
- 1/4 c pure apple juice
- 3 Tbsp raw honey
- 1 tsp ginger



Directions:

Rub roast with salt and pepper. Brown under broiler to remove excess fat, then drain well. Place apples in bottom of crock pot. Add roast. Combine rest of ingredients, spoon over roast. Cook on low 10-12 hours.

From LivePrimal.com



More fit than her students!

Do you have an athletic background?

I have been pretty much a Tom Boy all my life. I grew up in a small town of 500 people in NL. My girl friends played with their dolls and kitchen sets, but I wanted to play hockey and Tonka trucks with the boys. My love of sports started at a really early age. I grew to love running by high school which eventually became an addiction for me. As an adult, I ran a few marathons and half marathons. I played volley ball and hockey in university. It is fair to say that being athletic has always been an important part of my life!

How did you find CrossFit?

A good friend of mine, Chantal Frenette, asked me to come with her to a free CrossFit class with a CrossFit instructor named Jeanette Pearson. She was offering classes at the old CrossFit gym because Kevin was still teaching full time and his classes were later in the evening. After my first class with Jeanette I was instantly hooked! We did a lot of WOD's that were similar to CFM, but not at the same level of intensity for sure. I remember often feeling intimidated by CrossFitters like Sonia, Gillyon and MC who were warming up as we were finishing our WOD's. Jeanette decided to move to Toronto so I decided to give CFM a go. The rest as they say is history!

What are your goals? Have you reached any yet?

Doing pull ups without the bands in WOD's was an important goal for me to have reached. My latest goal that I am extremely proud of is my OHS. When I started CrossFit with Kevin, I was literally using a dowel for my OHS. I am now able to do most OHS WOD's @ Rx.

Two important goals Do a muscle-up and a HSPU without the plates.

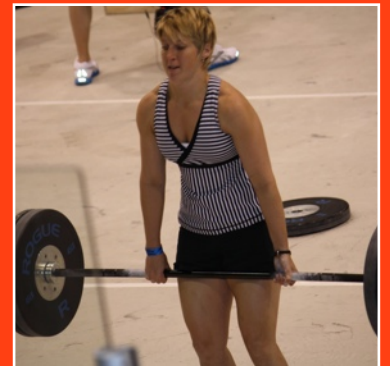
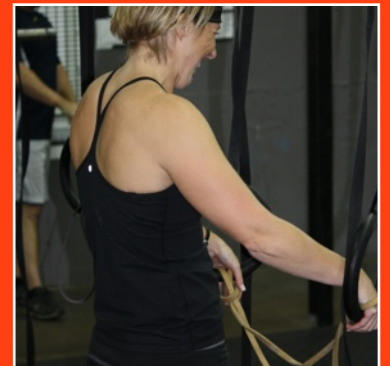
What are some results that you've seen?

I have become more fit and toned for sure. My clothes fit me differently; especially around the waist. All my jeans require alterations because of the CrossFit bootie! I feel stronger, but more importantly, I no longer have negative internal thoughts about my body image. My self confidence has improved for sure. As an almost forty year old woman, it feels wonderful to teach physical education to young high school students and to be able to keep up or surpass them on the 12 minute run and the beep test!

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

Completing Eva as Rx was a huge accomplishment for me. 5 rounds of 800m run, 30 kbs (53#) and 30 pull ups. I would not have gotten through this WOD without Sonia's coaching and support. I was on a natural high for about a week after this WOD.

CORINNA RODGERS



Stats

- CrossFitting since April 5/10
- Deadlift: 245#
- Press: 105#
- Back Squat: 185#
- Clean: 140#
- 5k Run: 24:48

Competing in the team category of 2011 CrossFit Games is another proud moment for me. Doing 164 DU's makes me proud as well, but my goal is to get to 200!

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

If you are tired of doing the same thing and getting the same results then you have not tried CrossFit. If you are willing to make the commitment and put forth the time and effort, then the rest will take care of itself.

Have you ever met Pukie?

No I have not and I hope he never darkens my doorstep!

Favourite lift: Cleans

Favourite workout:

Anything that involves skipping...smiles. I love the Filthy Fifties, The Chief and Murph. In all honesty, I probably could name them all! "Hi my name is Corinna and I am a CrossFit addict!"

Any other questions or comments:

The fact that I am able to work out let alone participate in a program that is as intense and exhilarating as CrossFit is nothing short of a miracle for me. In 2003, I was diagnosed with stage 4 endometriosis and since that time I have undergone 6 abdominal surgeries. Unfortunately, my surgeon pretty much botched my 4th surgery which led to a 5th emergency surgery, but the damage was already done. I spent from 2003-2005, not been able to walk, drive my car or even work for that matter. I became a patient at the Moncton Pain Clinic as a result of living with chronic pain. I was told by many specialists in NB, that I would live with chronic pain for the rest of my life and that returning to work full time or even exercising like the way I used to was not going to be an option for me anymore. Let's just say, I hit rock bottom! But ultimately, I would not or could not accept this devastating prognosis so I sought out every

reputable endometriosis specialist in Canada. My research led me to consult with specialists in Halifax, Ottawa, Montreal and Toronto, but they all gave me the same prognosis as the specialist in Moncton. I once again hit rock bottom. However, I just could not accept that this was going to be the way the cards were going to unfold for me so in 2006, I extended my research to the US and I found one of the top leading endometriosis specialists in North America (Bend, Oregon). Dr. Redwine saved my life and I will be forever grateful to him. Six months following his surgery, I did my first CrossFit class with Jeanette Pearson which ultimately led me to CFM. I am now 95% pain free and life has never been better. I will never again take my health for granted and I am eternally grateful to be physically able to do the things I love to do. CrossFit has become a very important part of my life. I love you guys!





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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