

March 2014

# CROSSFIT MONCTON

Monthly  
Newsletter



## **'7 THINGS I WISH I KNEW WHEN I STARTED CROSSFIT'**

By Katie Levy from [crossfitlove.com](http://crossfitlove.com)

After nearly three years of CrossFit, the phrase, "I've learned a lot" doesn't even begin to cover it. But there are a handful of things I've learned that I wish I'd known when I started. If you're just starting out or think you might want to, hopefully these key lessons will help you. And if you've been a CrossFit athlete for a while, there's a good chance you'll be able to relate!

### **1. CrossFit Can Be Whatever You Want It to Be**

Whether you're looking to change up your gym routine, learn about weightlifting, or become a competitive athlete, your CrossFit experience is completely unique to you. The fact that the workouts are constantly varied makes CrossFit an ideal all-around fitness program and the community atmosphere makes it easy to stay

motivated. But the intensity also makes CrossFit an ideal outlet if you're a competitor at heart like I am. Bottom line? Whether you start CrossFit to get in shape or to qualify for the CrossFit Games, it's a sport with room for any and every type of goal and skill set.

### **2. There's Always Room to Improve...**

When I started at CrossFit Love in the spring of 2011 after 13 years as a competitive swimmer and a few years as a gym rat, it became obvious that being fast was something I'd need to work on. Whether it was sprinting, exploding out of the bottom of a squat, or getting under the bar quickly on the Olympic lifts, I never worked to develop speed and explosive power in past athletic pursuits.

I can't begin to count the number of times I heard, "Katie, don't be slow!" from my coaches and teammates in an effort to get me comfortable with moving fast.

Admittedly, I skipped a handful of workouts in the first few months that involved running and other movements I wasn't good at. But, as I quickly learned, those movements keep showing up and the only way to get better is to tackle your weaknesses head on. There are still movements I struggle with, but seeing improvement has been an incredible experience. And that drive to be the best version of myself is part of what keeps me coming back every day.

### 3. ...And There Are Going To Be Things It Takes Your Longer To Figure Out Than You Think It Should

The beauty of CrossFit is that no matter how good we get at a given exercise, there's always going to be a movement or a workout we're not as proficient in. I remember thinking, "This is ridiculous, my legs are strong enough, why are pistols so hard for me?" and "if I could jump rope when I was eight, why did it take me six months to figure out double unders?"

We'll all have strengths and weaknesses when we start; the only way to get better is to be in an environment where you'll have people to push you and help you. And some movements, like the snatch, which is an Olympic event in and of itself, are infinitely complex. We all have to start somewhere and it's so, so important to take CrossFit's "leave your ego at the door" mentality to heart. Sometimes, the biggest obstacles to your progression are your own expectations and perceived limitations.

### 4. You Don't Need To Be In Shape to Start CrossFit

As a coach, and even as an athlete in conversation with friends and family, I can't begin to count how many times I've heard a variation of, "I can't start CrossFit; I'm not in shape and it looks so hard!" *Anyone, and I mean anyone, can do CrossFit.*



The CrossFit program is designed for universal scalability, meaning load (weight) and intensity can be modified depending on your skill level. Everything from bodyweight movements like push-ups to weighted movements like squats can be scaled. There's no ideal age, weight, shape, or size for a beginning CrossFit athlete. At CrossFit Love, our coaches pride ourselves on their ability to work with anyone who is willing to work hard and keep an open mind. It's a blast working out with and coaching people with a variety of backgrounds. Read up on our [three levels of programming](#), all geared toward folks with different goals and experiences.

### 5. It Doesn't Have To Be the Only Thing You Do, but It Can Be

*"We encourage and expect our athletes to engage in regular sports efforts in addition to all of their strength and conditioning work." - Greg Glassman*

On a recent backpacking trip in the Grand Canyon, I had extended conversations with a new friend who wanted to try CrossFit, but wasn't sure she'd be accepted into the community if CrossFit wasn't the only thing she did. She didn't think she could be an "all or nothing" CrossFit athlete based on her passion for other activities like distance running and outdoor sports. But she gave it a try, and now, she's an active participant in the CrossFit community where she lives all while still getting outdoors and running.

When I started at CrossFit Love, I quickly discovered that CrossFit was my sport of choice, but it's not that way for everyone. If you're an avid participant in other fitness-related activities, CrossFit can be a great way to supplement your training, but it doesn't have to be your only sport - unless you want it to be.

### 6. It's Okay/Really Important To Be Aggressive

As an inherently non-aggressive person, it took me a long time to understand how important it is to approach the barbell or any workout without an ounce of hesitation or fear. It wasn't normal for me to be loud, throw barbells around, make noise, or to be assertive in my movements. I was afraid to embrace the aggression I saw my teammates exhibiting. Would they think it was weird, or silly? Would being aggressive really make me a better athlete?

I quickly learned that being able to be aggressive and assertive was a direct result of confidence and the belief that I could do whatever it was I wanted to do that day. In CrossFit and in weightlifting, it's so important to approach the bar or the workout with confidence. Trust in your training, even if you've just started, and approach each movement with a purpose. It really does make a difference!

### 7. It Has the Potential to Change Your Life

Though I started at CrossFit Love just to stay in shape, I'm grateful for how my experience there continues to change the way I see myself. Strength is commended and encouraged. Our bodies are celebrated for what they can do and not what they look like. We don't have mirrors to analyze and critique aesthetics, and how I'm perceived is the furthest thing from my mind when I walk in the gym door. I spend at least an hour a day with people who are dedicated, motivated, inspired, inspiring, and full of energy. CrossFit Love is my home away from home, my safe place, and a place I can go where I know I'll always feel comfortable. If you're open, setting foot in a CrossFit gym just might change how you see yourself, too.

# SWEET POTATO, APPLE, AND PANCETTA HASH

## Ingredients:

- 6 ounces pancetta, diced (or regular bacon)
- 1 small onion, finely chopped
- 1 large apple (or 2 small), cut into cube that are no bigger than 1 inch
- 1 teaspoon cinnamon
- 1-2 tablespoons coconut oil, butter, ghee, or other solid cooking fat (if needed)
- 1 large sweet potato (or 2-3 small), peeled and cut into cubes that are no bigger than 1 inch
- 1 tablespoon fresh sage, minced (or 1 teaspoon dried)



## Directions:

1. In a medium cast iron skillet over medium to medium-low heat, cook pancetta 3-5 minutes or until crispy and fat has rendered.
2. Remove pancetta with slotted spoon, leave fat in pan.
3. Add onion, apples, and cinnamon. Cook until soft, about 7 minutes.
4. Remove from pan and add to reserved pancetta. Set aside.
5. If pan is dry add 1-2 tablespoons fat and allow to melt. Add sweet potatoes to pan and allow to cook undisturbed for 2 minutes.
6. Stir, allow to cook for another 2 minutes undisturbed.
7. Continue cooking sweet potatoes, stirring as needed to insure all sides get browned and none burn, until soft (about 5-6 more minutes, about 10 minutes total).
8. Add reserved pancetta, onion, and apples back to pan. Add sage and stir to combine and warm throughout.

## When did you start CrossFit?

I started in May 2012.

## Do you have an athletic background?

My whole life! I started skating when I was 3. Figure skated until the age of 12 while competing the last 2 years. I then moved on to ringuette and played that sport for over 10 years. During that time I made team NB for Canada Winter Games, went to nationals twice, went to many Atlantic championships and coached multiple local teams.

My final switch in sports was at the age of 21 when I started ultimate frisbee. This past summer I went to Vancouver to play with a mixed team from Newfoundland at the Canadian Ultimate Championships. I also have a newly discovered love for Spartan Races as a new and fun way to challenge myself.

## What made you decide to join?

Mario Arseneau once mentioned to me « I think I know you well enough to say you would love CrossFit! ». After a few years of university, I had lost my sporty figure and was a victim of the university weight gain...

My cousin Patrick Arseneau had CrossFit related posts on

Facebook and I decided to ask him for more info. A few months later, I had gathered the courage to try it out as what ever I was doing was not giving me results and I wanted to step up my game with ultimate frisbee. That drop in WOD kicked my out of shape ass and I loved it!

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

I was Goodlife member for 2 years after university. Looking back on it, the only aspect I enjoyed was the group classes and the spin classes. I had a real hard time motivating myself to do anything on my own. I needed a group environment. I managed to make some progress but nothing compared to what I've seen at CrossFit.

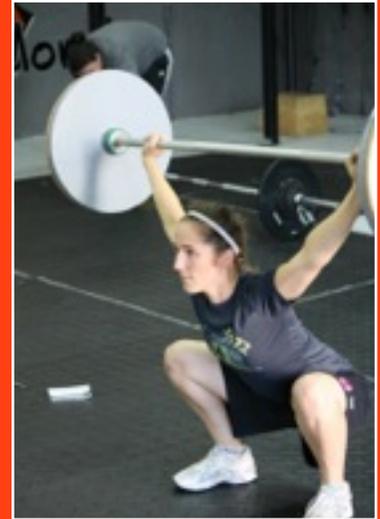
## What are your goals? Have you reached any yet?

I would like to be able to do some benchmark WODs Rx with a decent time.

Like many, the muscle up is a main goal of mine. I reached a milestone last month by being able to do a body weight ring dip! Handstand walk would be pretty cool, too!

My ultimate goal is to get my Level 1 and become a coach.

## VALÉRIE ARSENEAU



## Stats

- CrossFitting since May 2012
- Split Jerk: 105#
- Front Squat: 115#
- Deadlift: 150#
- 2000m Row: 9:03
- Beep Test: 9.9
- Pull Ups: 12

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

I am very proud of every PR I've done since I joined. I love looking back and say « wow!, did I just do that? ». I had a hard time doing 2 push ups (with good form) when I started!

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

I do not remember my first one but I do remember my first Saturday group WOD. Three words: Fight Gone Bad...

When I was done, I said « Wow, that was crazy hard! » to which Kevin replied: « Well it's not called fight gone dandy... it's fight gone bad for a reason». He had a point...

## **Describe the atmosphere at CrossFit Moncton.**

Supportive, energetic and simply amazing. It truly is my happy place. You come in knowing no one and after a few sessions, you come out with some pretty awesome friends. There is a great sense of community.

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

You can't argue with the results. I talk about my stats pre and post CrossFit. And when all else fails, I show before and after pics of some of our members. Saying « you can try it before you buy it » helps and I offer to come with them on a Saturday drop in.

## **Favorite lift?**

Cleans and split jerks. I just love the explosiveness of these lifts. Makes me feel powerful.

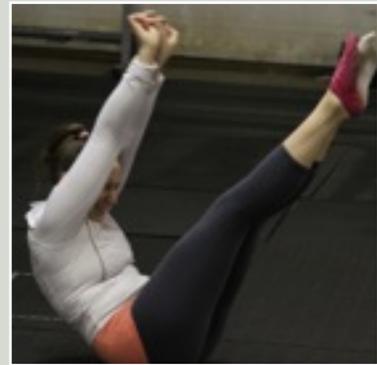
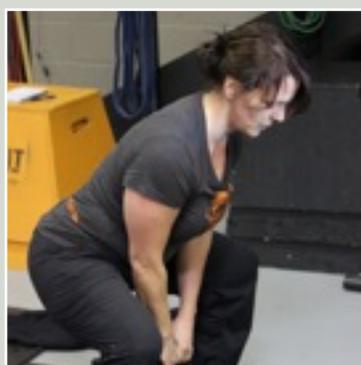
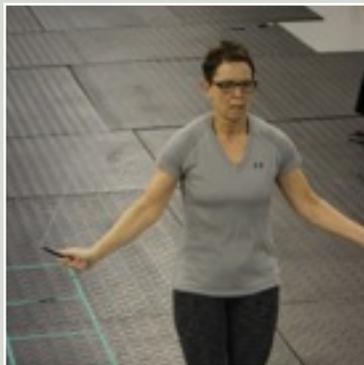
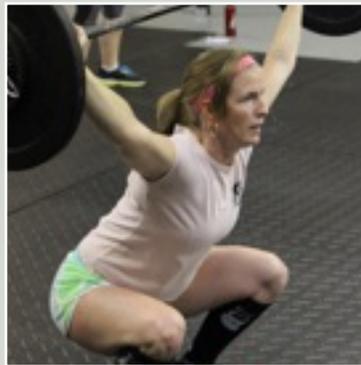
## **Favorite workout?**

So many to choose from!! I have a love/hate relationship with most of them but I do enjoy those with a lift and cardio combination. Like we just saw with 14.1.

## **Any other questions or comments?**

It is amazing the love I have for CrossFit Moncton! I cannot go more than 2 days without going.





## 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 [info@crossfitmoncton.com](mailto:info@crossfitmoncton.com) to confirm your **FREE** session, or call (506) 962-0710.

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