

Wing Beats

Monthly Supplement for the Chrysalis CrossFit Community

Issue No. 5 September 2012

Paleo Challenge Update

The CCF Paleo Challenge began on September 4 and continues until October 3. Check out the story below to see how everyone is doing and what tips and tricks folks are using to successfully Grok out!

Burn In Delta, do you read me?

Welcome, Tina and Tom, the two newest members of Burn In!



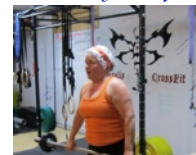
Pitfalls of Fall

Whether you are returning to school or work, or just getting used to the idea that Fall is here, try to stick to your routine and support your goals, rather than falling back into old habits. Article on Page 2.



CrossFit Celebrates Lise

Lise's dogged determination, despite RA, inspired Hélène to share her story with the worldwide CF community. Check out the story on the CrossFit Community site at community.crossfit.com



CCF Photoshoot

Be immortalized in the CCF manual by joining us on **Mon, Nov 12** for Paleo snacks and a photoshoot! The theme, [I'm CrossFit and I Know It](http://community.crossfit.com), will ensure good times for all, so bring your most fun gear and get ready for your close-up! Please RSVP so we can assign exercises accordingly.

Paleo Update

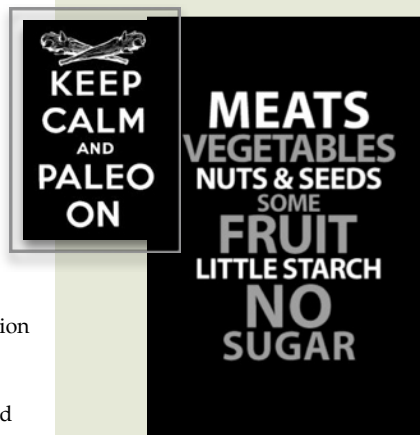
The Paleo Challenge that began on September 4 is wrapping up on October 3, but how is everyone doing, and what are they eating?

Benefits to Report

Krista has higher energy levels and some weight loss, while Heather is down a size. Lise is seeing and feeling the benefit of adding improved nutrition to her CrossFit training regimen and is feeling "trimmed down significantly". Karlene feels "younger, more energetic, and more positive", and has an appreciation for her new perception of nutritious, high quality food. Krista has hit two home runs on her slo-pitch team since the challenge began... coincidence? Maybe it is, maybe it isn't!

Challenges to Address

Challenges include Meal Prep, dodging potentially difficult host situations (no one wants to be rude!), and overall feels of hunger. Keep making time to prepare food for the week, and try not to feel too guilty about refusing certain dishes offered to you. Address hunger pangs with fat: Tree nuts, avocado, non-grain based oils, nutbutters, and of course bacon, are all good sources that will make you feel



Nutrition: RX'd

content when added to meals. Keeping sugar (fruit) to a minimum will also help. Everyone is doing great!

What's for Breakfast and Lunch?

Krista likes her eggs with homemade salsa, and Lise is mixing it up with combinations of meat, fruit, and almond milk. Kim has fruit and almonds, Karlene likes Italian sausage and veggies, and Heather will grab bacon and eggs from the cafeteria at work. Luc likes eggs with steamed broccoli and a dipping

sauce of olive oil, balsamic vinegar, oregano, and red pepper flakes, and Hélène likes fried eggs with black pepper, and has been eating a LOT of garden tomatoes. For lunch, leftovers are a popular choice. Lise supplements her leftover meat with salad and mixes it up with different veggies every day, including tomatoes from the backyard. Krista likes roasted pork with shredded cabbage, and Luc and Karlene throw protein into a leafy salad.

CCF Creations & Faves

Karlene will squeeze juice from a fresh orange onto leftover chicken, if it's a bit dry; and Lise loves the Simple Blueberry Muffin recipe at paleomg.com, and is making her own apple sauce. Kim fries up cubed chicken with onion and Marsala spices and tops it with cucumber, and Krista makes a baked fruit dish with cinnamon, nutmeg, pumpkin spice, pumpkin seed, brazil nuts, and slivered almonds. As far as treats are concerned, Krista found it easier in the beginning and can't wait to be reunited with peanut butter, Kim misses her regular salad dressing, and Hélène has a bottle of red wine with her name on it!

Best of luck to our Paleo Challenge participants: Krista, Lise, Karlene, Heather, Kim, Hélène, and Luc, as they drag their knuckles toward the finish line!



Burn In Delta:

Tina 'n' Tom - AKA TNT

Tina Mitchell



Born in Mexico, Tina has lived and worked all over the world, from Saudi Arabia to Australia, and then some. Tina comes to us with a background in distance running and gymnastics, and initiated a Paleo Challenge with her husband, Brett, in which the Mitchells lost a total of 8% - and no, Tina did not leave Brett! Tina is passionate about Paleo nutrition and the individual journey of CrossFit, and we are honored to have her here and to watch her grow as an athlete.



"Pit-Fall" Season

With the weather turning cool we shift gears toward the holidays and events like office parties, Thanksgiving, and Christmas celebrations. We want to make sure everyone has the tools they need to stick to their goals. Avoid the pitfalls of the season below, and enjoy uninterrupted progress throughout the colder months. You will thank "Future You" when you feel fantastic in January!

Pitfall #1: Meal Prep

Just because summer holidays are over and you're back to the grind, it doesn't mean that you can forget about meal prep! Take time each week to get all of the groceries you need and make a big batch or two of your suppers and lunches for the week. Barbecue up a Costco pack of chicken breasts, make a stew in the slowcooker, or brown some ground beef and make chili to freeze and take to work for lunch. Planning is key, remember: "If you fail to plan, you plan to fail."

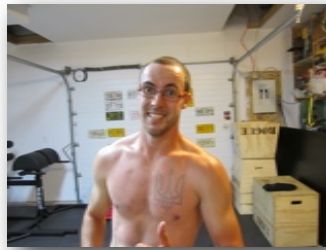
Pitfall #2: Office Culture

Office parties, meetings, and coffee break rooms are full of sugar: donuts, bagels, and pastries; and all will make you feel sluggish, but you're not hibernating - you're a CrossFit machine that needs quality fuel! Keep an emergency supply of nuts at your desk, bring your own lunch to meetings, and keep that sugar out of your coffee!

Pitfall #3: Holiday Grub

Halloween is difficult, but try to think outside the box. If you're not in love with it, consider taking the temptation right out of your house: kill the lights and go out for a steak, or hand out stickers or fun pencils to Trick-or-Treaters. Thanksgiving and Christmas aren't too hard to handle if you stick to your rules: eat the meat and vegetables, include other favourites in moderation, and try to skip the bread and dessert if you can. Treat yourself to something like a glass of wine, or use your treat for the week on a dessert if you like. There are a lot of options for hot drinks and alcoholic beverages that don't involve sugar, so search around and find something that you like. The theme is moderation, not deprivation. *Happy Holiday season from the CCF Team!*

Tom Hutniak

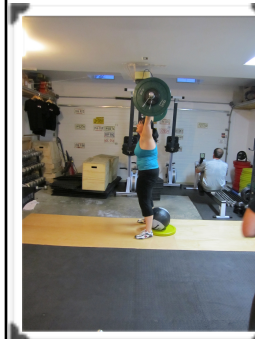


Tom's mom, Heather, recruited

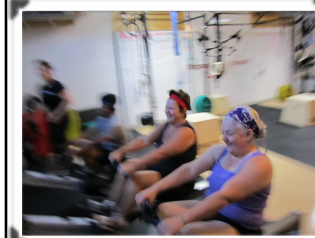
him for Burn In because she thought it would be a good fit, and we couldn't agree more. Tom works in the mining industry and spends a lot of time in the field, which means hiking through various different kinds of terrain, collecting rock and soil samples, and carrying a lot of water and equipment. Tom's athletic background is in mountain biking and boxing, and he is excited about the challenge and standards of CrossFit. Tom is relearning how to move functionally to stay safe and increase his work capacity, and we can't wait to see his progress over the coming weeks.

Photo Box

Featured photos from our box this month



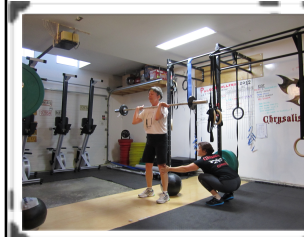
Ali working the Overhead Squat with Luc, 100 reps for time! Remember that one?



The "girlfriends" rowing - glittery ponytails intact!



Heather's sister and niece from Edmonton came to see what CrossFit is all about during some rowing sprints.



Heather and Hélène working through some gruelling Front Squats



Brett grinding out Kettle Bell swings and Handstand Push Ups during an AMRAP with Luc



Nish's children, Soraiya and Taran, are good friends of both CCF and Isabelle!