

**CROSSFIT
VERNON**

Building Strength in Community

MARCH 2016

CROSSFIT VERNON COMMUNITY NEWS

KEEPING YOU INFORMED ABOUT WHAT'S HAPPENING AT CFV!




**KEEP
CALM
WE ARE
OPEN
GOOD FRIDAY**
**CLOSED EASTER
MONDAY**

WHAT'S IN THIS ISSUE?

- SABRETOOTH PALEO AT CFV!
- CROSSFIT GAMES OPEN!
- CONNECTED NUTRITION
- RAW POWERLIFTING EVENT

- T-SHIRT/HOODIE CLEARANCE!
- ATHLETE SPOTLIGHT!
- 40 DAY CHALLENGE TESTIMONIALS

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COMING SOON TO CROSSFIT VERNON

REAL FOOD READY MADE MEALS & PROGRAMS TO HELP YOU REACH YOUR GOALS

www.sabretoothlifestyle.com

IN THE FREEZER NOW!

**SABRETOOTH
LIFESTYLE**

**GLUTEN
GRAIN
DAIRY
SOY FREE**

**CONTACT DEANNA
FOR MEAL PROGRAM ORDERS**

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T-SHIRTS - \$20

LONG SLEEVES - \$20

HOODIES - \$40

GET IT
WHILE IT
LASTS!

CFV LOGO
APPAREL SALE!
MAKING ROOM
FOR SPRING
STOCK!

CLEARANCE
GRAB IT WHILE IT LASTS!

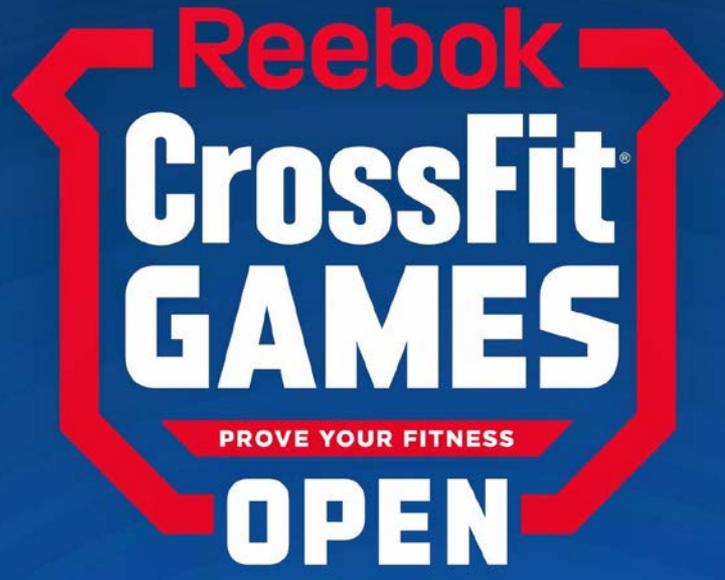
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THURSDAYS: Workouts are released online.

MONDAYS: Athletes have until the following Monday to submit their scores.

OPEN WORKOUTS

**FRIDAYS; CF LITE & REGULAR
SATURDAYS; 10AM-NOON!**

FEBRUARY 26 & 27

MARCH 4 & 5

MARCH 11 & 12

MARCH 17 & 18

MARCH 25 & 26

Note: NO OLY LIFTING Saturdays from Feb 26-Mar 26

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ATHLETE SPOTLIGHT

RICK KLEIN!



I will never forget when Rick did his first on ramp session with Jeremy in the summer of last year. As I was observing him workout I saw someone that moves well and would be a great fit for our Cf lite program. It wasn't until the Wod at the end of his session that I really found out who he was. Not only did he come flying out of the gate but 5 minutes in he crashed and had to sit down because he was about to pass out. Most people would have stopped their workout but he calmly waited until he was better and finished up. His total time was around 18 minutes. Give him that same workout now and I guarantee it would be more like 8 minutes. Rick has been a steady force in Cf lite and just recently upped his membership to unlimited. His drive and determination hasn't changed since that first workout and it shows through the progress he has made in everything from rowing to Olympic lifting. Not only does he never complain about a workout but you will also find a smile on his face all class. He genuinely loves coming in everyday and working hard which in turn makes it a pleasure for us coaches to guide him along. Now as he focuses on dialling in his nutrition he will become a whole different beast. Don't let his age fool you because he is fitter than most young bucks out there. Looking forward to coaching you Rick! **Coach Marco**

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Performance Training Self Sabotage & TIPS FOR THE OPEN!

- * Indulging in food rewards
- * Not hydrating enough
- * Indulging in sugars and alcohol
- * Not the time to try new things
- Meal timing- Not being prepared and packing food for the day. Never know what's going to happen in a day.
- * Wanting to eat what works for someone else, but may not work for you
- * Making excuses for not doing food preparation
- * Over consuming nuts, nut butters, bacon, sugars

Denying yourself cravings. Cravings are a signal of deficiency:

- * hydration; macro imbalances; what are you not getting enough of?
 - * nutrient imbalance;
 - * adrenal exhaustion; craving salt & sugar
 - * emotional; comfort foods.
- Relieve your craving in small amounts, but figure out what you are lacking.



WATER - Drink Up!

1. Water is the catalyst for burning fat
2. Dehydration is the leading cause of fatigue while working out
3. Replenishing of electrolytes is critical to avoid cramps
4. Hydration cools you down while working out
5. It allows you to be less hungry following your workout



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Importance of taking care of The Endocrine System(Adrenal & Hormones):

Exercise effects cortisol (fight and flight response).

Cortisol can eat away muscle stores, increase appetite, slow metabolism, contribute to weight gain if you don't recover properly.

Recover adequately by- rest, stretching, balanced nutrition and sleep, supports the effects of cortisol. Cortisol is not a bad guy, you just need to do your part in helping keep it balanced!



If you are NOT putting the right foods into your body the Digestive system cannot do its job of providing nutrients- macro and micro for organs, glands and cells to function and produce hormones or eliminate waste-food, chemical, body-hormones and cells .

What are you choosing to eat? Are your Macro Nutrients(Protein, Carbs, Fats) Balanced Right For You?

Support Your Liver: Gentle daily cleansing and quarterly supplemented support help the Liver to fulfill its important role of protein synthesis, regulate blood sugar and Hormones, aid digestion in break down and elimination processes, major role in Metabolism, and detoxify the body. Key is to ensure sufficient vitamin, mineral, amino acid and antioxidants are present.

COMING SOON! Join Connected Nutrition's NEXT Challenge!



40 DAY CHALLENGE TESTIMONIAL – Kim Hempell

As soon as I saw the newsletter advertising the 40 day challenge I knew it was something I'd be interested in and would highly benefit from. Before starting the challenge I thought that I ate pretty well. I had an awareness of reading labels and picking mainly whole foods. Just pure good food. However there were a few things that I just couldn't seem to give up on my own. I was still eating a lot of cheese (even though I'm allergic) and eating bread or buns on my burgers. Giving myself a bit of a head start, I began to cut things as of January 1st. I ate the rest of the cheese in the fridge and emptied out things I wouldn't be able to eat once the challenge started. This definitely made the first ten days a lot easier. I wasn't have withdrawals from sugar, caffeine or carbs. With that being said, I was missing fruit like crazy. With weight loss being one of my goals I was limited to one fruit serving a day. Bananas were definitely the hardest thing to give up since I had been eating them everyday for as long as I can remember.

The hardest day during the challenge was probably day 3 or 4. I was completely bored with my meals, discouraged because I didn't feel like I was eating enough vegetables, missing fruit (especially bananas!) and felt all the food I was eating was bland. Thankfully my roommate Pam, who was also doing the challenge, was there through these hard times so I had someone instant to vent to and share struggles with. I also messaged the group right away asking for recipes/advice and was overwhelmed with the instant support. I started looking up new recipes that night and headed to the grocery store the next morning for new spices and things to try.

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Overall I feel great. My job right now requires me to do 12 hour overnights which I used to dread because it was hard to stay awake all night. Now I can easily stay awake and I don't even need coffee, energy drinks or tea. I also never feel bloated which is a huge change for me. Prior to the challenge I would only not feel bloated in the morning/early afternoon. With Melissa's advice I have been able to listen to my own body and tell what it needs. Melissa's advice has helped me stay full throughout the day and how to manage cravings.

I would definitely recommend this challenge to others because at minimum it's amazing way to have a full awareness of what you're putting in your body. During the first ten day cleanse I had never realized how many things I thought were healthy but actually contained a lot of sugar! I had no idea how much sugar a banana had. When I go out to eat at a restaurant I am now that annoying customer that makes a million modifications but I now know what I'm actually putting into my body. To anyone wanting to do a challenge of sorts I highly recommend having some kind of support system. It was amazing having Melissa at my access when I needed more advice and having the Facebook group to ask questions. However my biggest support was my roommate, without her I don't think I would have been half as successful as I have been. We encourage each other to not cheat and report to each other what we have eaten during the day. This challenge has made me so accountable to my supports and myself. Once the challenge is over I don't plan on going back to my own habits but rather creating a healthy lifestyle based on what I've learned!

-Kim Hempell

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40 DAY CHALLENGE TESTIMONIAL – Pam McKnight

I wanted to share my experience of the 40 Challenge with Melissa Joa. When someone says to cut out grains, dairy, caffeine, sugar, alcohol and limit fruits, sauces and spices the immediate reaction is...NO. I remember thinking what am I going to eat? I've had a cup of coffee every day for the last 18 years, I cannot go without. I will admit that meal planning was a chore at first. Figuring out what I could eat and what meals could I make out of the ingredients didn't come easy. After two weeks I began to be creative with online recipes and I found myself really enjoying eating clean.

The first weekend of this challenge I went to Penticton to watch CrossFit Vernon crush it at the Okanagan Valley Throwdown. I had two meals out and it was actually easy to order something healthy off the menu. I also prepped and packed my own healthy food to eat during the day. These are things I would not have done prior to this challenge. I would have been gorging on gluten, dairy and sugar.

It's been great keeping a food journal. I can go back and reflect on what I ate, how I felt and where I can improve. On day 2, I wrote that my mind was starting to shift to a healthier happier me, I feel healthy and thin. On day 6, I wrote that I no longer had any cravings. I craved sugar pretty much on a daily basis for most of my life. Before the challenge started I had a conversation with Melissa about cravings. She said they are my body's way of telling me I was missing nourishment in my diet.

Initially, the changes to my diet and lifestyle were overwhelming and in some aspects drastically different. Running a challenge like this as a group made it easier. We could talk to one another, share recipes and support each other if needed. If you've been thinking about wanting to eat clean, lose weight or whatever your goals may be, I recommend joining the next challenge. I've never felt better in my life. My energy level is up and I have a greater sense of mental clarity.

-Pam McKnight

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Upcoming
EVENTS



MAY 14 2016 @ CFV

Deanna Fester will be the meet
director.

Want to Volunteer?

E-mail; deanna@crossfitvernon.ca



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MONDAY**