

Wing Beats

Monthly Supplement for the Chrysalis CrossFit Community

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Move-ember Challenge

If you're up for a challenge this month, sign up for the Move-ember Challenge! Understand the motivation and the rules by checking out the story below.



October Photos

There were a lot of good times this month, but there were tough times too. We captured some of everything, and can't wait to see what's in store next month. Thanks for all of your hard work everyone, we are extremely proud. See Page 2.

Congratulations, Paleo People!

The winners of the Paleo Challenge, H el ene and Krista, were announced on October 20th, with the funds raised being split between their two charities. Nutrition challenges are tough, and they didn't just survive, they thrived.

The Alzheimer Society of Manitoba

www.alzheimer.mb.ca



The War Amps of Canada

www.waramps.ca

CCF Facility Upgrades

This month we are loving the new recycled tire flooring in the garage and the extra mobility space in the basement, as well as the new squat racks and barbell racks built by longtime member, Krista. Having a Millwright around sure is handy!



MOVE-ember

It's time for a new challenge! Any CCF-ers that are ready to go can email a coach to get involved. All it takes is a little movement, every day.

The Challenge

Your challenge, should you choose to accept it, is to move every single day in November. By "movement" we mean activity, not necessarily exercise. You can stretch, walk, dance, bike, do yardwork, or do anything else you like to do. Have fun, play games!

The Tools

While there are no rules about what participants must do specifically, there will be a few constants. Firstly, there will be a private, secret clubhouse-style Facebook page that only participants can access! Muhahaha! Participants will check in every day to post what activity or kind of movement they did and for how long. If you do a WOD at the gym that day, post it with your time/rounds, etc. There will

be take-home WODs provided to participants as well, so you can increase your CrossFit WODs weekly by doing the bodyweight WODs at home.

The Motivation

When thinking about November, two things come to mind: Remembrance Day, and Seasonal Affective Disorder (SAD). To keep each other feeling strong and healthy moving into the colder months, we want to host a challenge that is within everyone's grasp. And, politics aside, we all appreciate those who served, so November seems like an appropriate time to reflect on our privilege, and to enjoy our health and lifestyle.

Registration

Email a coach to get on the invite list for the Facebook Page, and sign up for a free Facebook Account. If you're not a Facebooker, feel free to update your posts from the gym when you're here and we can log you in on the Chrysalis account.

We're all here to support each other, but also to grow together. Learning who has a dog to walk and who plays team sports can start a lot of interesting conversations, and teach us more about the reasons we have in our lives for moving, and staying healthy and strong.



Remember: the challenge begins on November 1st, so email a coach and get on Facebook to 3.....2.....1.....MOVE!



Photo Box

Featured photos from our box this month

