

Wing Beats

Monthly Supplement for the Chrysalis CrossFit Community

Issue No. 7 November 2012

Move-Ember Update

Being active every day for a whole month is not an easy task for everyone, especially when rest days and hectic schedules get in the way of planned workouts and wellness activities. Check out how our Move-Ember participants are coping in the story below.

Karlene's CF Vacation

Karlene was on vacation for the first two weeks of November, and she brought her skipping



rope along as a quick way to get her sweat on while travelling and visiting family in Florida. Karlene ended up visiting two CF boxes, [CF Naples](#) and [CF Suncoast](#), where she made quite the impression! We're so proud of you K-dog.

Free Holiday WOD Sat Dec 8, 11:00-1:00

You are invited! Bring a non-perishable food item for Winnipeg Harvest as admission, and bring friends to watch you play some 'Reindeer Games'!



CrossFit at Work

You kindly answered our questions about how CF affects your everyday life, and for that we thank you! Check out the answers from your fellow teammates on pages 2 and 3 in our featured content about CrossFit, daily life, and work.

Move-Ember

In September our membership completed a nutrition challenge, so for November we decided to try something new: an activity challenge. Can you move every day for 30 days? Inspired by Remembrance Day and those who serve, H el ene, Luc, Karrie, Karlene, Kim, Krista, Nishad and Heather took on the challenge, and no individual experience was the same.



Kdog doing dog-duty with her cute Corkie, Archer. Karlene killed this challenge, doing WODs on vacation, plus doing a 3rd class in the last week of November.

The Task

Members were added to a Facebook group called "Move-Ember Challenge 2012", and posted their movement for the day. Some folks posted weekly or through friends' pages, and some even signed up for Facebook for the first time to participate. Take-home WODs were posted, and CCF classes as well as any other activity performed at home for the challenge helped keep everyone on track. Active rest days made it possible to stretch, walk or otherwise allow the body to recover in between strenuous efforts, without becoming sedentary. This mindset

keeps us mobile and makes changing gears to intense exercise much less taxing, both mentally and physically. Are there any new sports or activities you would like to try this winter? Winnipeg is a great place to play, and being fit and healthy makes you a candidate to safely participate in the fun.

Stay the course, team! The next challenge begins January 1, 2013. Details to follow.



Kim and Alison rowing up a storm on a Saturday.

Kim resorted to closing her boss's door at work and doing Squats to get some exercise in one day, and Alison accepted a challenge from H el ene to do 100 Push Ups for time from home!



"Ruthless" and "Thor" gettin' their sweat on in the garage with some Double Unders. With their busy schedules, these ladies adjusted their workout times as best as they could.

CrossFit at Work

We asked our members how CrossFit has changed them, and as a new box with an overwhelming majority of our membership being new to CrossFit, it was a great opportunity to check-in with everyone.

Question # 1: How has CrossFit affected the way you live and move, in a daily capacity?

Responses to this question ranged from folks feeling more energetic to being able to complete more of their daily tasks safely. Karlene sits taller, and Lise is more conscious and conscientious of her biomechanics. Kim has earned back the desire to keep moving, and feels like she can do almost anything she sets her mind to.

"I have greater stamina, and ability to do things for myself." ~Lise

Question # 2: How has CrossFit changed the way you feel physically?

Members reported improvements in appearance, namely slimmer waist and thighs, as well as the ability to maintain good posture. Multiple members are liking their physical selves more than they did yesterday, and are more confident and happy with the way that they look.

"I feel like I'm doing something right, something healthy - that makes me happy." ~Kim

"I have more energy, feel younger." ~Karlene

Question # 3: How has CrossFit changed you mentally?

The overwhelming consensus from folks here is that they like moving, and miss it when they're not exercising. Our gang feels

more patient, with stable moods and more energy.

"Concentration in difficult tasks is easier, dealing with details and having patience is noticeably greater." ~Lise

"I have a better handle on my limits and know how to push them - I'm no longer scared to do challenging, physically demanding tasks; I no longer avoid them." ~Kim

"It is CRAZY, CrossFit is on my mind constantly. I also try to get more people involved in research CrossFit for their well being." ~Karlene

With these changes in mind, it's interesting to reflect on the other ways we encourage wellness in each other. Through moving every day, making nutritionally beneficial food choices, and getting enough sleep and relaxation time, we invest in our own well being, for ourselves and those who rely on us. Mental health and physical health are so closely linked, the more stress on our plates, the more important it is to try to keep these things in check.

If you are interested in reading more about the ways that you can take care of yourself outside the garage, check out the following articles from the CrossFit Journal, and take care!

Lots of love,

Your Friendly Neighbourhood CCF Trainer Team

[Sleeping For Performance](#)

How much does sleep affect your athletic performance? Martin Rawls-Meehan explains the science behind getting enough rest.

[The Kitchen WOD](#)

Mise en Place: CrossFitting chef Nick Massie on how to make cooking fast and enjoyable.

[Angels and Demons](#)

Managing stress, anxiety and fear is part of being an elite athlete. Andréa Maria Cecil talks to CrossFit Games competitors and coaches who share their various approaches to fighting inner battles.

[Is CrossFit Superficial or Spiritual?](#)

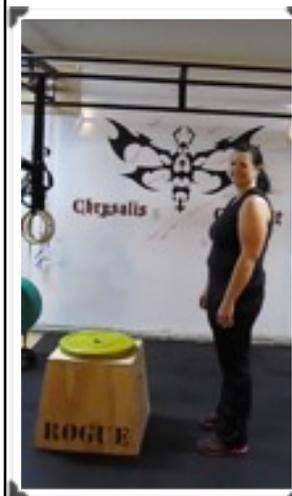
For most people, CrossFit is more than trying to look good in a bathing suit. Doug Germano explains.

Photo Box

Featured photos from our box this month



Karlene at CrossFit Suncoast, postWOD

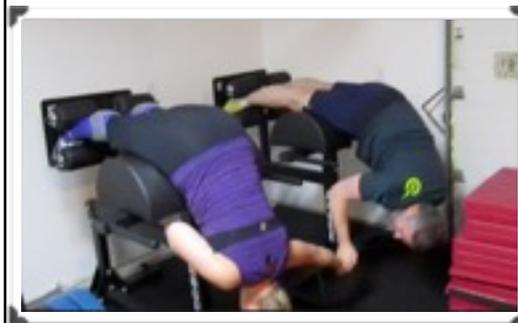


Ali breaking down barriers with an extremely Box Jump-y WOD

(Below) CCF members demonstrating T2B/K2E for the Exercise Guide at the CF-and-I-Know-It Photo shoot



(Below) Krista and Brett supporting each other through some Hip Extensions. Awwww!



Tools of the Trade

We all know that CrossFit changes the way we live our everyday lives outside the box, but for our tradespeople the skill transfer can be particularly direct. Check out the profiles of CCF Tradespeople below!

Luc - Plumber: Commercial Industry



At work Luc navigates crawl spaces, breaks concrete, lifts objects overhead, and fits into tight spaces to install and fix drainage, water lines, and boilers. Luc typically works inside, so he is sheltered from rain and sun, which is different from when he worked in construction. Sometimes there is extreme heat in a boiler room, but other than that the conditions are favorable. While Luc is twenty years older than many of his coworkers in his program, he is the healthiest! Many coworkers complain about bad knees and lower backs, and when there is a particularly heavy or gruelling job, they are happy that Luc is there to do it. Luc says that Plumbers seem to be heavy drinkers and smokers, but that he's a salad guy, so he brings what he needs to work no matter what. Luc thinks that being a healthy worker makes him a more productive worker, but doesn't talk about CrossFit much at work because it can have the tendency to alienate people. Although Luc hasn't made time for other sports or care like massages, he would like to. Luc has always been reasonably fit, but as a result of CrossFit, he believes that it has spared him from injury and joint discomfort. Luc thinks that CrossFit is important for tradespeople because keeping the physical part of your life healthy makes the rest of your life healthy. The most direct skill transfer for Luc at work is the art of pressurizing for lifts, keeping his lumbar curve, and duck-walking into crawl spaces.

Krista - Millwright: Industrial Mechanic



Krista installs, maintains, repairs, and troubleshoots stationary industrial machinery and equipment in sites such as factories, production plants, and recreational facilities. No two days are the same for Krista, which is how she likes it. Krista starts every day by putting on 30 lbs of clothing and protective gear, and working conditions range from extremely hot to extremely cold, and can be loud, slippery, and smelly, depending on the day. Stair climbing is a staple in Krista's day-to-day, but when she trains more in the garage the stairs are easier. Every day Krista will lift, carry, squat, walk, climb, and use a variety of tools. Through CrossFit Krista has improved in all of the these areas, and can pull wrenches more safely and effectively. In a male-dominated environment, Krista's nickname is 'Sis', and she sets an example with her Paleo lunches, and notices some of her fellow union brothers emulating her. Eating Paleo helps keep Krista energized and mentally alert, and after the 30 Day Challenge she noticed huge changes, perhaps the most unexpected was that she was better able to adjust to shiftwork. Almost every CrossFit exercise applies to Krista's job, as she says, "just without the tools". Krista recommends CrossFit to her coworkers all the time, but it's tough because as much as they like to work hard, they play harder, so drinking and smoking are a lifestyle many are not willing to give up. Krista gets the odd massage, and does a lot of WODs from home to stay fit.

Tom - Geological Prospector: Mining Industry



Tom performs a range of tasks on the job, including prospecting new un-surveyed areas around the world in remote areas, from the Northernmost tip of Nunavut to the jungles of Mexico. Tom collects data through geophysical surveys, rock sampling, drilling, and soil analysis. Physically the work is very CrossFit - just to get to where he needs to work Tom will travel by plane or boat, then on foot, and have to hike or climb through treacherous areas. Tom carries a backpack with 50-60lbs and fills it with rock samples, and also carries a sledge hammer, a rock saw, and his water for the day. Throughout the day Tom will use an axe or a machete to clear brush, and in the winter he will wear snowshoes. Every day is different, and the stimuli, weather, and conditions are constantly varied. Tom has had to push himself mentally and physically to excel in difficult situations at work that are similar in a lot of ways to a WOD, but he has found that doing CrossFit helps him lift and carry large loads safely, and keeps him fit and agile in his off season. Tom stays in camps where meals are prepared for him daily, and although a lot of folks in his industry smoke and drink, when it comes to food, everything is very well balanced. Tom visits a chiropractor and a massage therapist, and recommends CrossFit to coworkers because of how it has increased his mobility and helped him avoid injuries in the field.