

Wing Beats



Monthly Supplement for the Chrysalis CrossFit Community

Issue No. 12 April 2013

New Burn Ins

Burn In "Foxtrot" and Burn In "Golf" kicked off on April 29. Please help us welcome Larry, Kirstie and Bryce to our CCF community.



Our next Burn In will likely start early June. If you know anyone interested in getting more active, please let them know as space is limited. The next opportunity to sign up for Burn In after June will likely be after Labour Day.

New Hours in April

Our new 5pm times most days of the week (M - Th) have been popular and it looks like we will be keeping them for the long term.



Saturday, May 11th : Save the Date!

We are celebrating an important milestone on May 11: CCF is celebrating its 1-year anniversary. That's right, we are celebrating a year of blood, sweat and tears...and BURPEES! Please join us on this special day for lots of fun activities and a chance to celebrate with family and friends just how far we've come. See p. 3 for the invitation poster.

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CrossFit Games

The 2013 CrossFit Games are scheduled to take place July 22 to 28. We have no doubt many surprises await the competitors once again, which will make for some great viewing...and a chance to emulate some of the feats within our own CCF Box programming.

Of specific interest, Canadian men and women will be competing for their opportunity to challenge the games on May 24-26 in Mississauga, ON for Canada East and and June 7-9 in Richmond, BC for Canada West. This should be an exciting year for Canada as our country continues to produce some fantastic athletes.



We guarantee you that we will organize some CCF events around the games. In the meantime, it is possible to stay abreast of the Regional Games May 17 to June 9 via Crossfit's site: games.crossfit.com.

Latest in Paleo

We've found a great resource on all things Paleo. This site, latestinpaleo.com, and the associated podcasts (68 total as of May 1st), focus on all aspects of the Paleo lifestyle (eat real food, move in functional ways and live life to the fullest). We hope you will enjoy it as much as we do.



Burpees!



We have *survived* the toughest month of our burpee challenge.

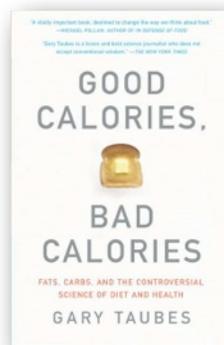
We moved through 60-89 burpees per day in April. We are ecstatic to see so many of the folks who initially signed up still going strong. Our 1-year anniversary falls on the same day as our 100-burpee day. We hope you can join us at 1pm, May 11th to finish this long journey in style. No worries...we will make sure to make it F-U-N FUN, right...This CCF challenge will not soon be forgotten!



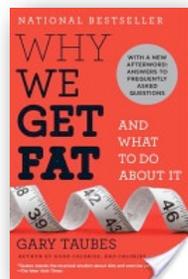
Book Review: Good Calories, Bad Calories

by author Gary Taubes

Of our entire CCF Library, we would have to say that *Good Calories, Bad Calories* is the best source of information on sugar and its deleterious effects on our health and well being. Gary Taubes thoroughly investigates the issue by dissecting reams of research and concludes the following:



1. Dietary fat is not the cause of obesity, heart disease or other chronic disease of civilization.
2. The problem is the carbohydrates in the diet and their effect on insulin.
3. Sugars are particularly harmful, especially glucose/fructose combinations such as sucrose, but to the impact on both insulin secretion (glucose) and the liver (fructose).
4. Refined carbohydrates, starches and sugars are the dietary cause of coronary heart disease and diabetes. They are also the most likely dietary causes of cancer, Alzheimer's disease and other chronic diseases.
5. Obesity is a disorder of excess fat accumulation, not overeating and sedentary behaviour.
6. Excess calories does not cause us to grow fatter and expending more energy than we consume does not lead to long-term weight loss, only hunger.
7. We become leaner when the hormone regulation of the fat tissue reverses the propensity for fat synthesis and storage.
8. Insulin is the primary regulator of fat storage. Low insulin levels lead to our body's release of fat from fat tissue for use as fuel.
9. The fewer carbohydrates we consume, the leaner we will be.
10. By driving fat accumulation, carbohydrates also increase hunger and decrease the amount of energy we expend in metabolism and physical activity.



Though extremely comprehensive and transparent, we have to admit that this book is pretty dry and long (a whole 468-pages' worth). Thankfully, based on a high level of demand for a more approachable reference, the author has also released more approachable book based on the findings of his previous work. This distilled version of *Good Calories, Bad Calories*, *Why We Get Fat* is a great option if you would prefer easier reading that offers information that is just as applicable and useful as its predecessor.

Have any feedback or suggestions? We'd love to hear.

As mentioned previously in past issues of Wing Beats, we will be making significant changes to our online presence over the next number of months, including a greater level of interactivity, automation and connection opportunities with fellow CCFers and CF community in general. If you have any suggestions regarding content, tools, navigation, community, we're listening!



Photo Box

Featured photos from our box this month



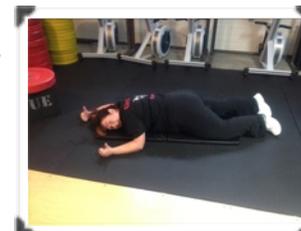
Weren't those front squats fun?



Brett, have you identified the culprit?



Yup, that's the end of the WOD.



Belinda finishes her WOD and still has the energy for a "thumbs up".



These two have a special relationship. That's all I can say...

We finished 13.5 of the CrossFit Open in fine form.



Who doesn't like rowing...there was a lot of it in early April!

IT'S OUR ANNIVERSARY!



**THANK YOU
for making
Chrysalis CrossFit
what it is today**

Come Celebrate With Us!

What: 1 Year for Chrysalis CrossFit

When: May 11, 2013, from 12 to 4pm

Where: CCF, 46 Georges-Forest Place

Why: To say thank you and have fun!

What's planned: Free workouts/demos, refreshments, the last day of the 100-day Burpee Challenge, and more!



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