



CrossFit AllStar

6 Week Summertime Challenge

SIGN UP DEADLINE MAY 1

Challenge Starts May 8 to June 19

\$30 buy-in pays for our time, resources, daily check in on SugarWOD, and our Certified Nutrition Coach Arsha Fine to help answer your questions throughout the challenge. (certified by Precision Nutrition).

*Optional Commemorative T-Shirt Pre-Order Only \$25 (FREE for Team Captains)

NON-MEMBER PRICE AT BOTTOM

Contemplation: Ready, willing, and able.

Questions to consider....

- What are quality minimally processed foods?
- What are less quality highly processed foods?
- How do you replace highly processed, less quality foods with better minimally processed choices?
- Why is changing your nutrition important and what are expected outcomes?
- What skills do you need to make this change and maintain it?

The answers are in this challenge!

5 Key Focus Points:

1. Nutrition
2. Hydration
3. Sleep
4. Movement/Mobility/Recovery
5. Self-Care

Actionable Awesomeness in this challenge (ways to earn points!):

- Eliminate soda, sugary drinks, fruit juice
- Eliminate processed foods and sugar (1tsp honey per day, or 1 Tbs. coconut palm sugar is OK)
- Not skipping meals
- Eliminate dairy/grains if you choose Elite Level, options offered to opt-in to dairy or grains
- Add veggies at every meal
- Stick to the food list and shopping list
- Get enough sleep each night (6 to 9 hours is acceptable....8 is just a generic average)
- Drink enough water each day (your bodyweight x .33 = daily ounces)
- Self Care Focus- do something for yourself each day
- Get moving (exercise, walking, hiking, swimming, running, workout) each day
- Reduce time on social media or news outlets on screens to 30minutes-1 hour per day
- Log your activity on SugarWod in a special area just for our participants!
- Eliminate alcohol (or moderate 6oz wine each day)
- 1 stress reducing activity per day (journal, therapy, yoga, bath, meditate, read)

- Share 1 recipe per week with your team
- 1 point for google review or Facebook review

Our goal is your long term sustainability. The CFAS Summertime Challenge provides 3 nutrition levels to best meet the individualized needs of the men and women participating in the Challenge.

3 Levels of Nutrition

The LEVEL 1, LEVEL 2, and LEVEL 3 nutrition levels are designed to build a solid foundation on minimally processed whole foods. Each level provides a unique focus and appropriate path, taking into consideration both your goals and where you are right now. Your nutrition tracking on SugarWOD will reflect the choices you make throughout each day. You will pick a level that's right for you.

Level 3

The LEVEL 3 Nutrition level focuses on eating more nutritionally dense whole foods while avoiding inflammatory foods. LEVEL 3 helps athletes see the greatest improvements in 6 weeks, especially in terms of weight loss, inches lost, performance, and overall transformation. This level is the most restrictive in terms of the number of limited foods. While it is the most challenging level, LEVEL 3 provides structure into which we have seen thousands of converts over the years. This level is not meant to be life sustaining for everyone, it's meant to maximize improvements in 6 weeks.

LEVEL 3 nutrition guidelines accomplish three primary objectives: removing inflammatory and problematic foods (those most likely to cause allergies or sensitivities), controlling insulin response (preventing blood sugar spiking), and giving your body a metabolic reset. When you spend 6 weeks removing processed foods, sugar, grains, dairy, and legumes, you give your body a fresh start, and you are able to set a new baseline. At the end of the Challenge, you may wish to add one food back into your diet at a time to see how your body responds. Many of us spend decades consuming foods that are doing more damage to our bodies than we ever realized. The only way to know for sure is to start fresh.

LEVEL 3 is not strict paleo, but it will look familiar to those who have experience with Paleo. While there may be several similarities, it is not dictated by current Paleo trends.

LEVEL 3 is perfect for those who want to start fresh and want to understand how common foods are affecting their body.

LEVEL 3 may be the most challenging path to take nutritionally, even if your plan is not to remain as strict in your nutrition restrictions for the long haul.

Key Restrictions: Dairy, sugar, some natural sweeteners, legumes, white potatoes, wheat, rice, breads, pastas, corn, artificial ingredients.

Key Allowances: Ghee, cocoa powder, 100% raw unsweetened chocolate, limited natural sweeteners (ex. stevia), coconut sugar, 1 non-dairy/non-whey based protein supplement with no added sugar per day, 1, 4oz. glass of wine/spirits per day (no beer).

LEVEL 3 can help participants take their nutrition and health to the next level by maximizing improvements in 6 weeks, especially regarding weight loss, inches lost, performance, and overall transformation. Some individuals who make LEVEL 3 their goal for the Challenge will continue this standard for their daily lives. However, most who choose LEVEL 3 will do so as part of their journey during the Challenge and then settle into a pattern that is closer to the LEVEL 2 nutrition level for the long-haul.

Level 2

The LEVEL 2 nutrition plan also focuses on consuming high quality minimally processed foods and removing or limiting only the most problematic foods. While the LEVEL 2 regimen does provide more options such as dairy, brown rice and oatmeal, sweet potatoes, legumes, and more sweetener options, it follows the same nutritional principles and goals as LEVEL 3.

Many athletes who are training with high volume workouts will choose to incorporate the LEVEL 2 regimen as part of their training program because they need more healthy carbohydrate options than are allowed with LEVEL 3. LEVEL 2 may be the better option for these types of athletes.

LEVEL 2 also provides a regimen that is easier to follow, which may be perfect for anyone who is not ready to commit to the stricter LEVEL 3 regimen.

Key Restrictions: Wheat, refined sugar, corn, fruit juices, most alcohol, breads, pastas, artificial ingredients.

Key Allowances: Quinoa, whey protein supplements, brown rice, oatmeal (not instant), legumes, sweeteners such as stevia, coconut sugar, and tsp. honey per meal, some alcohol (6oz. of wine/spirits per day. No beer), most dairy (natural greek yogurt, kefir ok, no cheese), caffeinated supplements, whey protein supplements (no sugar added).

Level 1

The LEVEL 1 regimen is about better understanding the foods we eat and empowering you to make better choices. It is a starting point, a gateway, to a healthier version of yourself. It is the least restrictive and provides a nonthreatening approach to changing your nutrition. While our goal for every participant is to progress eventually to the LEVEL 2 or LEVEL 3 regimens in future Challenges, LEVEL 1 provides the perfect place to begin your journey without feeling like you have to be "perfect."

LEVEL 1 provides a manageable step no matter what your current physical or nutritional state. Those who begin with LEVEL 1 in mind will likely begin to transition to hitting LEVEL 2 or LEVEL 3 levels with some meals during this same Challenge.

LEVEL 1 restricts a select number of the most processed foods and ingredients but don't underestimate the impact on your body, performance, and perspective towards food. The results will amaze you!

Key Restrictions: Wheat/Whole wheat, refined sugar, soda, juice from concentrate, candy, meal replacement shakes/products, and artificial ingredients.

Key Allowances: All other grains, some alcohol (6oz. of wine/spirits per day. No beer), all fruit, starchy vegetables, sweeteners such as stevia, coconut sugar, and tsp. honey per meal, dairy,

legumes, lemon/lime juice, caffeinated supplements, whey protein supplements/no added refined sugars.

What do I do now?

Sign up on the whiteboard in the gym by May 1st!

The first week is a 'kick off week' where we:

- Divide all participants into teams and choose team captains
- Deliver Shopping Lists and Tools for participants
- Post video guides
- Get practice logging on SugarWOD
- Prep your kitchen and pantry to be ready for May 8th
- **YOU START EARNING POINTS MAY 8TH**

Fees

CrossFit AllStar Members: \$30

Optional Commemorative T-Shirt Pre-Order Only \$25 (FREE for Team Captains)

Non-CrossFit AllStar Members have 2 choices. Contact KC via email

kc@crossfitalstar.com TEXT or Call 808-357-7851:

- Train at CrossFit AllStar for the 6 week Challenge (From May 8 - June 19th) **\$225**
- Participate from home **\$75 (Call, TEXT, or email KC to get signed up!)**

CONTACT KC STALLSMITH with questions TEXT 808-357-7851

EMAIL kc@crossfitalstar.com PHONE 808-357-7851

Hope you're coming along on this journey with us! You'll be glad you did!