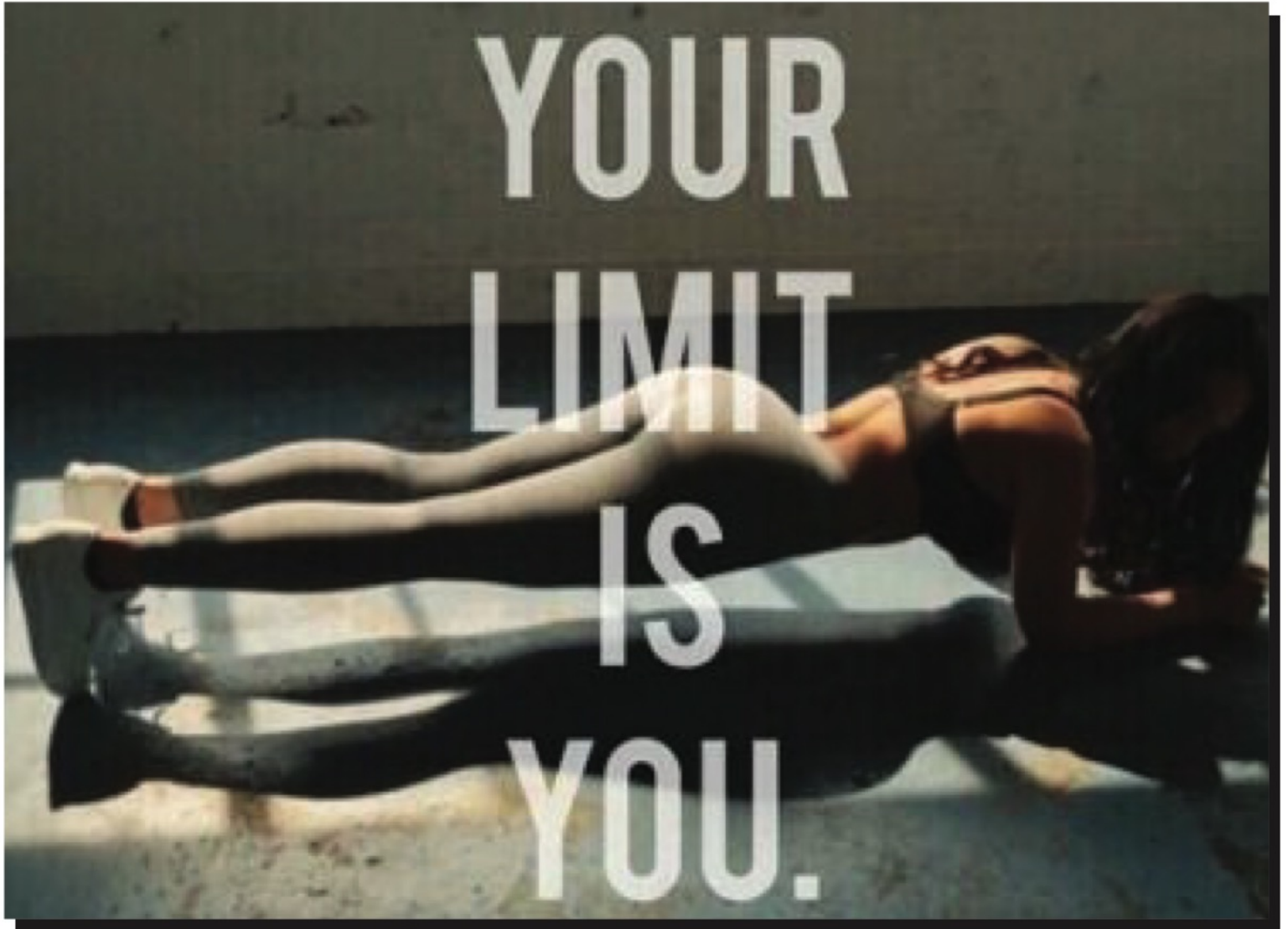


## F\*\*\* YOUR BEAUTY STANDARDS



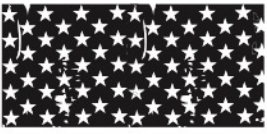
### UPCOMING EVENTS

6/17 Bring a Friend Day

There are plenty of things we all do on social media that we should probably stop. Heckle strangers in the comment sections of Norwood Now. Instagram Live our healthy salads and smoothie-making adventures (guilty). Spend hours Pinterest-ing healthy recipes we may never actually make. Embark on Twitter fights about the Game’s judging standards. Spam our friends’ newsfeeds with galleries of photos from our workouts in coordinated CFF swag.

Though these things are slightly obnoxious to a non-Crossfitter — and not to mention, a time suck — they aren’t harmful. But I do think there’s one type of online habit that is: Reposting “inspirational” or “motivational” quotes over images of fit people.

Continued on page 3



## MEMBER OF THE MONTH

### Janice Garrity

**HOMETOWN:** Norwood

**AGE:** 45

**FIRST START AT FLORIAN:** March 2016

**FAVORITE WOD MOVEMENTS:** Wall balls, hang cleans, push presses, and back squats

**LEAST FAVORITE WOD MOVEMENTS:** rope climbs, burpee box jumps, and bike

**WHAT WILL YOUR NEXT CROSSFIT ACCOMPLISHMENT BE:** Rope climbs... just on the big ropes! Pull ups!

**Tell us about your sports & fitness background:** Cheerleading and softball were my main interests in school. I played softball up until High School and kept with cheerleading throughout High School. As far as fitness, in college I was way into step aerobics and toning classes. In my late twenties, I took up running. Then in my forties, I was introduced to Crossfit.

**How did you first get exposed to CrossFit?**

A friend of mine, in my neighborhood, became a crossfit trainer and converted her three car garage into a box. She held classes during the week and a bunch of women and men from my neighborhood started going to her. I started hearing about how people were enjoying it so I decided to check it out. I was hooked! After a year, Sue moved. I knew then I could never go back to a regular gym and joined a Crossfit gym.

**Take us back to your first WOD... what was it, and how did it feel?** I remember my first WOD at Florian. I was so nervous trying out Florian and of course it was overhead squats, which I was not strong at. There was also a 10 minute workout that involved box jumps, kettlebell swings, and burpees.

**What sort of changes in your life have you experienced out of taking on something like CrossFit that were totally unexpected?** Believe it or not Crossfit has made me a better teacher. In the education field, there is much written on the view of growth mindset. In growth mindset, people believe that their most basic abilities can be developed through dedication and hard work.



This view is believed to create the love of learning. Crossfit has granted me the opportunity to experience what it feels like to struggle as well as make gains. This has helped me to understand my students' feelings and has helped me to assist them in taking risks in reading, writing, and math.

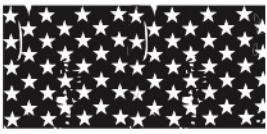
**Please share with us any favorite CrossFit moments:**

One of my favorite Crossfit moments was the 5:30 a.m. class when we had a long EMOM and as we were approaching the point when you start to think you can't take it anymore the song, Hearts on Fire, from Rocky, came on. Talk about timing! That song gave everyone the energy they needed to finish.

**Any advice for people just getting started?**

Being nervous is perfectly normal! Don't give up. Each day you will become stronger and you will see yourself improve. Set up a schedule for yourself and stick to it. The only way you get better is by coming and working out. Also, know you are at the best gym. The Florian coaches are excellent and they are here to help out everyone!

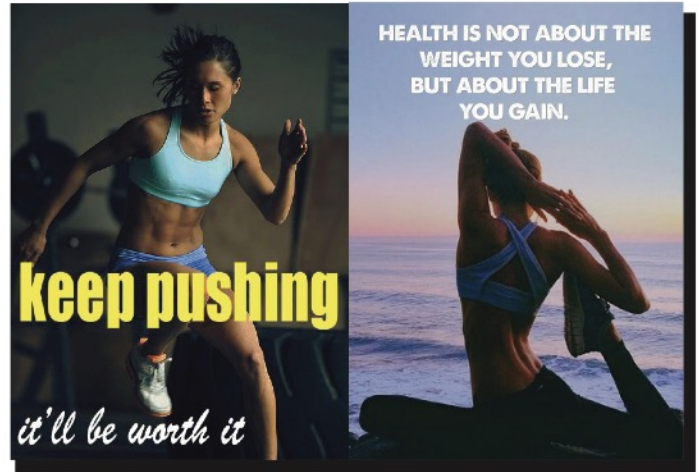
**What are your hobbies, interests and/or talents outside of CrossFit?** Outside of Crossfit, I love spending time with my family. Whether it is skiing, boating, hiking, or cooking we always have a great time with many laughs. I also love visiting micro breweries with my husband trying out different Belgian beers.



## WHY WE NEED TO STOP POSTING 'STRONG IS THE NEW SKINNY'

Continued from page 1

Before you break out the pitchforks, let me explain. On the surface, these posts are supposed to be empowering and motivational, encouraging you to push yourself to be a stronger, healthier you. Sometimes they do. However, I think the messages that really resonate with people within our community in particular resonate because we all already have that drive to be healthier versions of ourselves. For those who don't or are less confident with their body image, the posts may hurt more than help.



We are in a community that knows that health looks different for everyone. But, if that's so, why do we see and share the same images of girls running in sports bras and lulu leggings, or shirtless guys flexing during bicep curls that seem to be in every one of these images? "Strong is the new skinny" is the health internet's new mantra, but then we only show pictures of men and women who are both strong and skinny. These images are one subset of athletes; they are not reflective of our entire communities, our families, or our lifestyles as a whole.

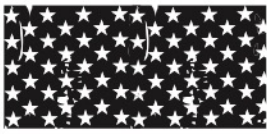
So why is this important? It's changing the ways we value and respect our own bodies and their strengths. Some of the strongest women in our gym refer to themselves as manly. Some of the fastest men as weak. Some of the thinnest athletes as fat. When someone with a different body type than you, especially someone with a body type you admire, puts themselves down, it can make someone become more critical of themselves. We've not only put ourselves down, but by indirect comparison others, too. Our words have power.

Fellow gym mates aren't the only ones listening. CFF is constantly filled with little ones who are replicating our movements, and listening to the way we speak about ourselves and others. A recent NPR article highlights the positives and negatives of growing up in a fitness-focused home centered around dieted eating and frequent comments on body images. Isabelle Ross spoke of her own experience and ultimate struggle with eating disorders, and shared how research shows that children were more likely to struggle with body issues or disordered eating if the topics were ones their parents were hyper focused on, too.

So what can we do to counter these messages and mindsets? Surround ourselves with positive messages instead. After a workout, instead of focusing on the movements you struggled through, think about the area you did well on and why. Put aside 10 minutes each day to journal. Write five things you like about yourself and five you want to work on. Then make a plan to get you there. When you hear others talk down about themselves, counter it with a compliment or a strength.

Feeling happy and confident, and changing our views about what strong and beautiful looks like is not something that will just happen. It's a mindset we need to exercise every day. Beauty may be in the eye of the beholder, but when the beholders' views are shaped to be the same, beauty can feel like a one-size-fits-all mold. Let's break it. For ourselves; for our kids; for each other.





# IT'S GETTING HOT IN HERE

## - Coach Rico

Howwwww rrrrrr yaaaaaa Florian! The heat season will be here (at some point). So what that means is if it's 90 outside it's probably 100 degrees inside CFF. Here are a couple points to stay healthy during the coming hot summer months.

**Hydrate.** You should be drinking half your body weight in oz everyday just to stay hydrated. On really hot days, try upping it 20-30 oz more. This is huge and I can't stress how important this is. Hydration is a multi-day process. Don't just crush water before a class and think your gonna be ok. Start early and stick with it.

**Listen to your body.** During the summer, it's a fine line between hot and overheated. If you stop sweating during your workout, stop your workout and grab a coach. Read up on the signs and symptoms of heat stroke below.

### Heatstroke symptoms include:

- High body temperature. A body temperature of 104 F (40 C) or higher is the main sign of heatstroke.
- Altered mental state or behavior.
- Alteration in sweating.
- Nausea and vomiting.
- Flushed skin.
- Rapid breathing.
- Racing heart rate.
- Headache.

**Scale.** Sometimes you will have to scale your workout in the heat. Cut reps, cut the time etc. Don't be too proud and try to be tough. Listen to your body. Stay safe and fit so you can come back the next day.

And lastly, and most importantly, listen to Rocky during 99 percent of your workouts. Because face to face, out in the heat, you gotta hang tough and stay hungry.





## GLO KNOWS...

### Have It Your Way Crab Cakes w/ Yogurt Dipping Sauce



## WELCOME NEWBIES

Colin Flaherty

Alena McKee

Collen Fleming

Jim Hill

Abby Wohler (OG)

Alison Herbert (OG)

Kate Dziedzic

Kevin McCabe

#### Ingredients:

- 16 oz. real crab meat (I use chicken of the sea brand), fresh crab meat is great too.
- ½ cup chopped red onions
- ¼ cup chopped red pepper
- ¼ cup green or yellow pepper
- 1/8 cup chopped cilantro
- 3 scallions, green and white parts; diced thin
- 3 beaten large eggs
- ½ cup chickpea flour (more, if needed)
- 1 teaspoon garlic powder
- ½ tablespoon lemon zest
- Juice from one lemon
- ½ teaspoon red pepper flakes
- Sea salt and black pepper to taste
- 1 to 2 tablespoon avocado oil- more as needed

#### Dipping Sauce:

- ½ cup plain Greek yogurt
- 1 minced garlic clove
- 2 chopped scallions
- 1 tablespoon fresh lemon juice
- Few drop hot sauce
- Salt & black pepper to taste

#### Process:

Pre-heat oven to 350

Combine all ingredients in bowl and refrigerate for about ½ to a 1 hour. Form crab mixture into 10 patties (smaller if using as appetizers), using additional chickpea flour if needed to bind.

Heat avocado oil in a skillet, pan sear 3 to 4 patties at a time until golden brown on each side.

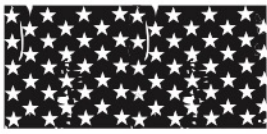
Line a cookie sheet with parchment paper and place patties on sheet, then bake for a few minutes until patties are cooked thru. Set aside.

#### Dipping sauce:

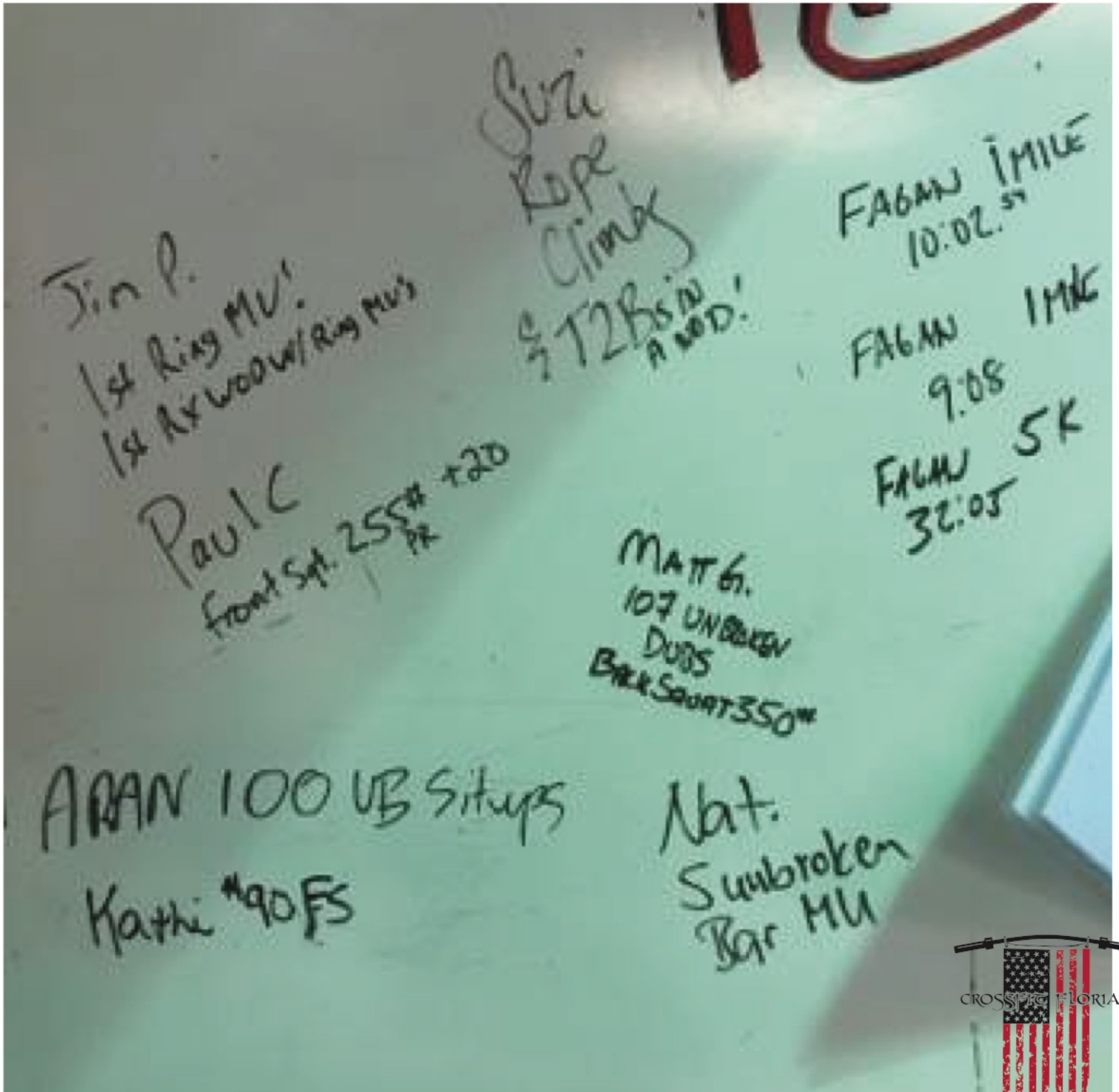
Blend all ingredients in food processor or blender, adjusting flavor as needed. Dipping sauce can also be used as a drizzle.

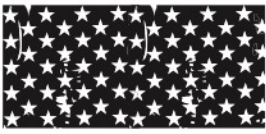
Enjoy Darlings!!!





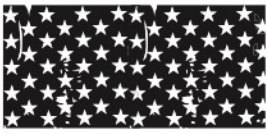
# CRUSHIN' IT





# LBNC HIGHLIGHT REEL





# THROW IT ON THE GRAM!

Don't forget to use the hashtag **#cffhook** when posting pictures to Instagram. They should be any & every pic you have from around the box, Crossfitty stuff done outside of the gym, social outings etc. If it involves Florian, it's members or CF it should be #.

