

Why Sleep is the Key to Training Success



THE HOOK

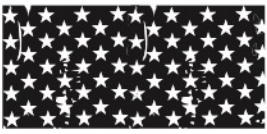
UPCOMING EVENTS

- 11/6 - 11/30 Norwood Food Pantry Drive
- 11/6 - 12/15 Max Effort Challenge
- 11/19 Norwood Turkey Trot
- 12/8 Naughty or Nice
(WOD & Toy Drive)
- 12/16 or 17 Christmas in the City
- TBD Holiday Social

Your habits outside of the gym are just as important, if not more important, as the ones you develop inside the gym.

In order to see the most success, nutrition is what we tend to focus on most as athletes. But what could actually affect both our nutritional goals and workout goals the most is something we do every day: sleep.

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MEMBER OF THE MONTH

Omar Nakhoul

HOMETOWN: Norwood, MA

AGE: 35

CHARITY DONATING TO: Barbells for Boobs – Florian Team

FIRST START AT FLORIAN: May 23, 2014

FAVORITE WOD MOVEMENTS: Clean & Jerk and anything on the Rig

LEAST FAVORITE WOD MOVEMENTS: Snatches & Running

WHAT WILL YOUR NEXT CROSSFIT ACCOMPLISHMENT BE:
Get better snatching & jerk over 200 lb

Tell us about your sports & fitness background: The only sport I played was backyard soccer. I was really lazy and had no interest sports.

How did you first get exposed to CrossFit?

Well one of my customers at work suggested that I try Crossfit due to the struggle I was having losing weight.

Take us back to your first WOD... what was it, and how did it feel?

I signed up on May 22nd and decided to do my first WOD on a Monday, meaning the WOD was Murph. To be honest, that was a devastating WOD and day for me. I almost quit right there, but the support of other members was unbelievable.

What sort of changes in your life have you experienced out of taking on something like CrossFit that were totally unexpected?

Well there's a lot of changes but the most important one to me was that I believe I had to quit smoking to keep doing CrossFit. I also feel I'm able to face every day challenges with more confidence and in a better mindset.

Please share with us any favorite CrossFit moments: I have a lot of favorite moments but what tops the list is when a member is competing, the support that she'll or he'll get is unbelievably tremendous either on social media or in attendance to Cheer them up in person. And the Socializing off course.

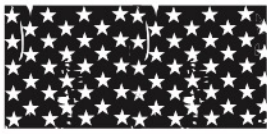


Any advice for people just getting started?

YES Never quit. You can achieve anything you want if you really want it #Anything'sPossible (quoting Kevin Garnett)

What are your hobbies, interests and/or talents outside of CrossFit?

I Love cooking and spending a lot of time with my family, especially play football with my nephews.



Catch dem ZZZ's

Continued from page 1



According to the Centers for Disease Control and Prevention, more than 35 percent of people are sleep deprived, and that can have some serious repercussions on your diet and performance in the gym.

Sleeping less than seven hours of sleep per night can undo the benefits of dieting, according to research published in the Annals of Internal Medicine.

People in the study who did not get enough rest not only gained weight at a faster pace, but they also reported feeling significantly hungrier, were less satisfied after meals, and lacked energy to exercise.

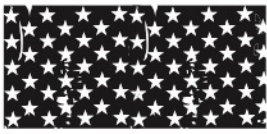
Wondering why? It's not just because when you're tired you probably have less energy to meal prep or exercise. In only four days of poor sleep, your body's ability to properly use insulin gets out of whack. It also messes with levels of leptin and ghrelin, the two hormones that control hunger. Leptin is produced in your fat cells and the less leptin you produce, the more your stomach feels empty. Ghrelin works the opposite way: the more you produce, the less calories you burn and the hungrier you feel.

You may also notice you're more inclined to binge on not-so-healthy crave-worthy snacks when you're tired. That's not in your head. A study published in Nature Communications found that just one night of sleep deprivation was enough to impair activity in the frontal lobe, which controls complex decision-making -- aka it becomes almost impossible for you to fight the urge to eat the Snickers. Aside from your nutrition gains, gym gains also can suffer. Sleep debt decreases your body's ability to make muscle, which can lead to muscle loss higher injury rates. So the next time you're debating whether it's worth it to stay up the extra hour to catch that show or whether you can spare the 30 minutes for a cat nap, opt for sleep. Your body will thank you.

Here are some tips to up your snooze game:

1. Power down: Stay clear of your phone up to a half hour before bed. The blue light on tablets, computers and phones can trigger you to stay awake.
2. Separate your work and sleep spaces: By isolating your bed for nighttime activities, your brain will better associate that room and area with sleep.
3. Try a relaxing bedtime ritual: This could include meditation, breathing exercises or aromatherapy.
4. Drink some tea: Sleepytime Extra that is. The original bedtime tea added valerian, a long trusted as a natural sleep aid, to this specific brew. It can make you so drowsy, that the box actually has a warning not to drink before operating heavy machinery.





SET AND HIT YOUR GOALS

-Coach Tia

“Don’t worry if you can’t see that far ahead, if you only have a small bit of light to guide your path. Slow it down, listen to your heart guidance will come. Trust what you hear, take that one step, go as far as you can see, then go back to your heart and you will hear the next step. Sometimes you may have to quiet down, wait and prepare yourself to hear what you are to do next.”

Setting goals is one of the most critical things someone can do in their life. We all have so many dreams but how are we going to get to them? Maybe you have no idea. How much of your mind is taken up with questions you can’t answer? Do you have direction? Can you calm your mind?

Goals.....

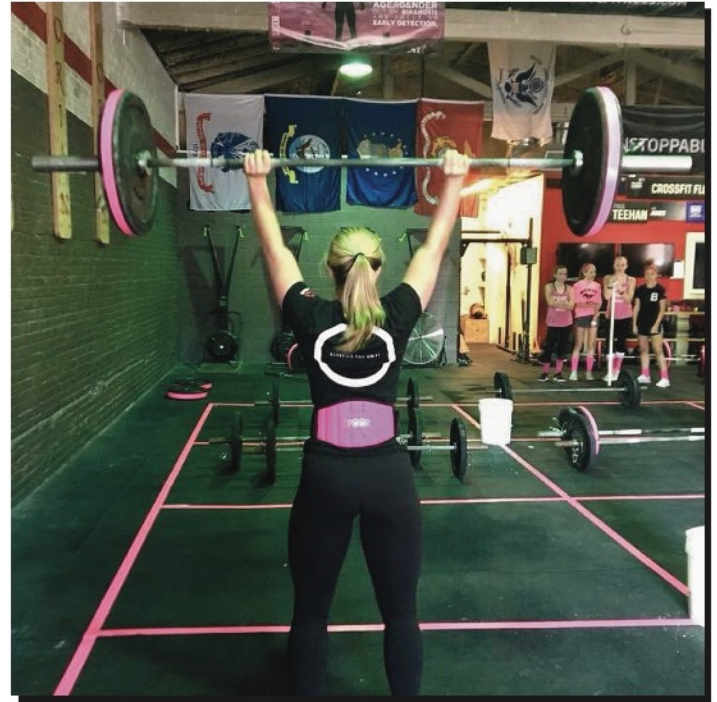
- They give you purpose, they give you direction.
- They allow you to measure progress.
- They give you focus.
- They give you accountability.
- They give you motivation and keep you inspired.
- They give you an end-point to aim for and be excited about.

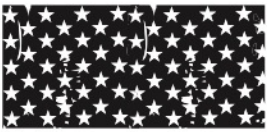
We can set short term goals and long term goals, but the problem with only setting short term goals is they don’t involve the bigger picture. Consider starting with your 10-year vision, base it on the idea that ANYTHING IS POSSIBLE, attempt to articulate your greatest ambition, and then break it down.

Break it down into 5 year and then a single year goal... these will both help make the long-term objective a reality. Also, consider 6 month and 3 month goals as a checkpoint for making your larger ambitions a reality. By simply focusing on what you want, you will increase the awareness of the opportunities around you that will help achieve these goals.

So what should you do?

- Write them down, don’t let them roam inside your head.
- Print them, read them, increase your connection to them.
- Display them, this helps creates a network of people that hold you accountable for accomplishing the dream.
- Be transparent with them, this will increase your accountability, growth, and alignment.
- When you make decisions, does this lead you closer or further away from the vision.
- Check in with them and re-evaluate them, you can change them any time you want.
- Stay present and committed along the journ





GLO KNOWS...

Pulled Chicken Rolls w/ Homemade BBQ Sauce and Apple/Cabbage Slaw



Here is a Perfect game time treat. I put mine together on pretzel rolls, but these are great served in mini potato rolls with a side of sweet potato friesEnjoy!

Ingredients:

- 2 Pounds Boneless/Skinless chicken thigh
- Zest and Juice of one lime
- 1 teaspoon Ms. Dash
- 1 teaspoon paprika
- 1 teaspoon onion powder
- 1 teaspoon Garlic powder
- ½ teaspoon cumin
- 1 tablespoon avocado oil
- Salt & Pepper to taste

Process:

Combine all ingredients and set aside to marinate 1 hour or overnight. While Chicken is marinating begin preparing bbq sauce

Simple BBQ Sauce Ingredients:

- 1 tablespoon avocado oil
- 1 small onion, diced
- 2 garlic cloves, minced
- 2 can tomato sauce
- 1 can tomato paste
- 2 cups of water or broth
- ½ cup blackstrap molasses
- 1 teaspoon chili powder
- 1 teaspoon dry oregano
- ½ teaspoon smoked paprika
- ½ teaspoon dry mustard
- ½ teaspoon cayenne pepper
- 1 tablespoon liquid smoke (more as needed)
- Salt & pepper to taste

Process:

In a saucepan, saute onions in oil until translucent, then add garlic. Add remaining ingredients, adjust liquid as needed.

Stir frequently and simmer sauce for 1.5 hours.

Preheat oven to 350.

In a cast iron skillet, sear chicken on each side, this may be done in batches. Using same skillet, Pour desired amount of bbq sauce over chicken and bake covered for 1 hour. This may also be done in crockpot or slow cooker. Once, chicken is cooked, shredded using a fork.

Slaw

- 2 cups shredded red cabbage
- 1 apple cored, peeled, and diced
- 1/8 cup diced red onion
- Salt & pepper
- Slaw dressing (on previous Hook)

Process:

Combine all ingredients and set aside in refrigerator until ready to assemble rolls.

Assembling rolls:

Toast your rolls, then add any amount of pulled chicken your heart desires, then the slaw.... Make it pretty when serving.

WELCOME NEWBIES

Jeff Lynch

Sue Scarcella

Kristin Garvin

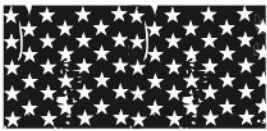
Kevin Sennott (OG)





B4B REACHES 20K!!!





CRUSHIN' IT

