

NEW YEAR, NEW GOAL

A new year marks the start a new strength cycle, along with the creation of new goals.

We all have a number in our head that we are hoping to hit or break in 2018. In order to make this PR a reality, you'll have to focus on not only building good habits but breaking the bad ones -- including your reliance on weight belts.

Don't worry; we've compiled a helpful guide so you know when to buck the belt and when to bust it out.

Continued on page 3

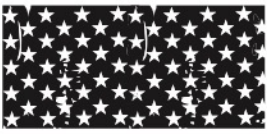


UPCOMING EVENTS

2/10 - Winterlude '18

2/16 - LBNC Ends

2/22 - CF Open Begins



MEMBER OF THE MONTH

Christina Lazdowsky

HOMETOWN: Canton, MA

AGE: 32

FIRST START AT FLORIAN: July 2017

FAVORITE WOD MOVEMENTS: Rowing, C&J, and a love/hate relationship with snatches

LEAST FAVORITE WOD MOVEMENTS: Running

WHAT WILL YOUR NEXT CROSSFIT ACCOMPLISHMENT BE:
Double unders

Tell us about your sports & fitness background: I played volleyball, basketball and softball in high school, and then a season of softball in college. After that, I had a hard time finding an outlet. I did a few triathlons, but then I was told to avoid running after a hip injury and surgery. Since then, I've tried a variety of things to stay active, but consistency has always been a struggle.

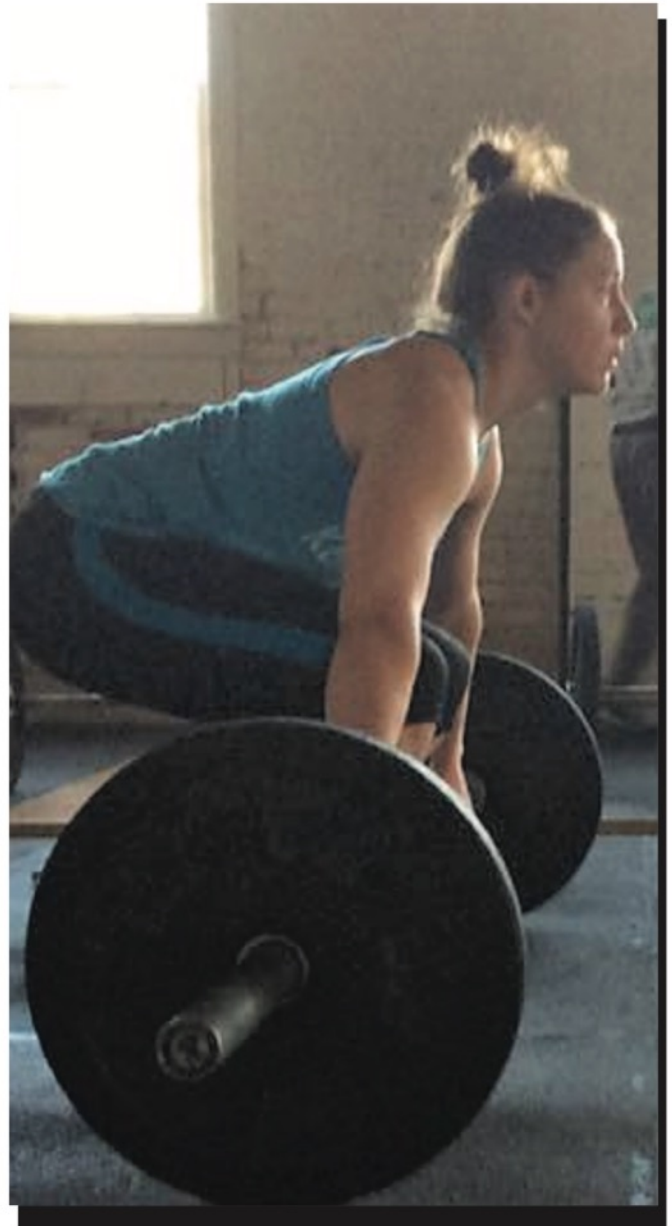
How did you first get exposed to CrossFit?

My first introduction was while I was doing PT after hip surgery. There was a CrossFit gym right next door and the PT's used to shake their heads as they watched them doing their WOD's saying, "You watch. They'll be in here next week." I was a little apprehensive, too, but after seeing a few friends have a lot of successful gains, I figured it was time to give it a shot!

Take us back to your first WOD... what was it, and how did it feel? My first WOD was deceiving. It was a Monday. Back squats and split squats. I left thinking, "is that it?"

What sort of changes in your life have you experienced out of taking on something like CrossFit that were totally unexpected? Getting done with a really tough WOD first thing in the morning really makes the rest of the day feel easy. I leave feeling a little more confident and well prepared to face the day.

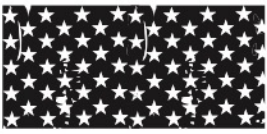
Please share with us any favorite CrossFit moments: There was one specific day in the 5:30 am class the music was really on point, so a few people took the opportunity to break out into dance, which made the last minutes of the WOD seem much less daunting.



Also the multiple times when someone has hit a PR or a first-time pull up, it's really awesome to watch everyone's reaction because it's clear that this is a community of people who care about each other.

Any advice for people just getting started? Make it a habit when you first start. Put it in your calendar and then don't miss it. Even if your sore. Go to OLY if you can!!

What are your hobbies, interests and/or talents outside of CrossFit? Hiking, kayaking, really anything outside, and spending time with family and friends.



Your Official Holiday Fitness Gift Guide

Continued from page 1

Why wear a belt

Belts add stability in your core for your heavy lifts. The diaphragm divides the torso into two “compartments.” The upper compartment, called the thorax, contains the lungs, heart, thoracic vertebrae and the rib cage. When a person holds their breath, the pressure from your expanded rib cage helps to stabilize the lumbar spine and keep them upright. But in the lower compartment, which contains the intestines, kidneys and lumbar vertebrae, there is no rib cage meaning there’s actually nothing solid to create pressure against the lumbar spine and help you stay upright to stand up your lift. That’s where a weight belt comes in.

It acts as an artificial rib cage. It gives the abdominal muscles something to push against when an athlete takes a deep breath, thereby replicating that same abdominal pressure back against the lumbar spine to keep it stable under a load.

When to wear a belt

This is where belts have the potential to hurt more than help.

Weight belts should be worn only when athletes are using a weight at or higher than 85 percent of their maximum. Otherwise, an athlete’s core and abdominal muscles are going to weaken because the belt is doing the work they are capable of for them.

What to look for in a belt

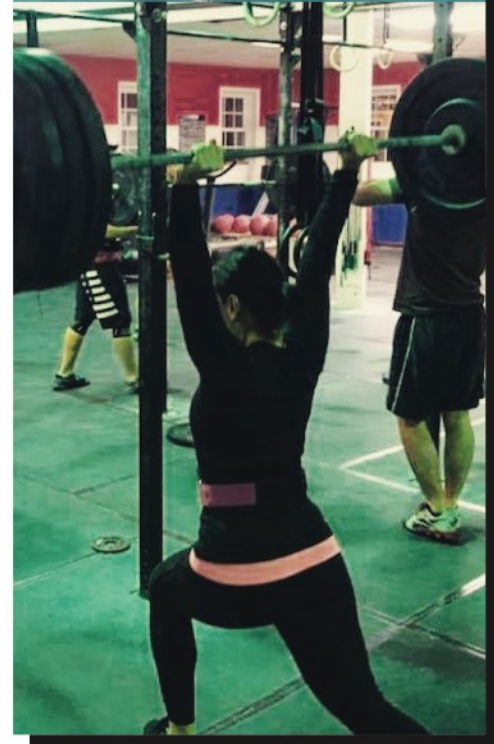
Weightlifting belt shapes and sizes are as varied as the athletes you’ll see looking around your gym. They come in all shapes and sizes, as well as materials and thicknesses.

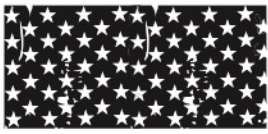
A thicker belt offers more rigidity, meaning more stability in your lower core for heavier lifts. This helps in particular with less dynamic lifts like squats or deadlifts. However, try maxing out your clean and jerk with a thicker belt and it could get in the way.

When it comes to the width of a belt, it fit an individual’s torso, with it resting over the abdominals and lower back. It’s important that a belt still allows movement of the upper torso. That means the belt’s full support is positioned lower where it is most needed.

How to wear your belt

Where it does not get in the way of your lift. The bottom of the belt should not get wedged into your hips when they are flexed, nor should the top of the belt push against your ribs. The tighter the fit, the more pressure and stability for the lift, but other than that the comfort level is based on the individual athlete’s personal preference.





RAMBLINGS FROM ME TO YOU

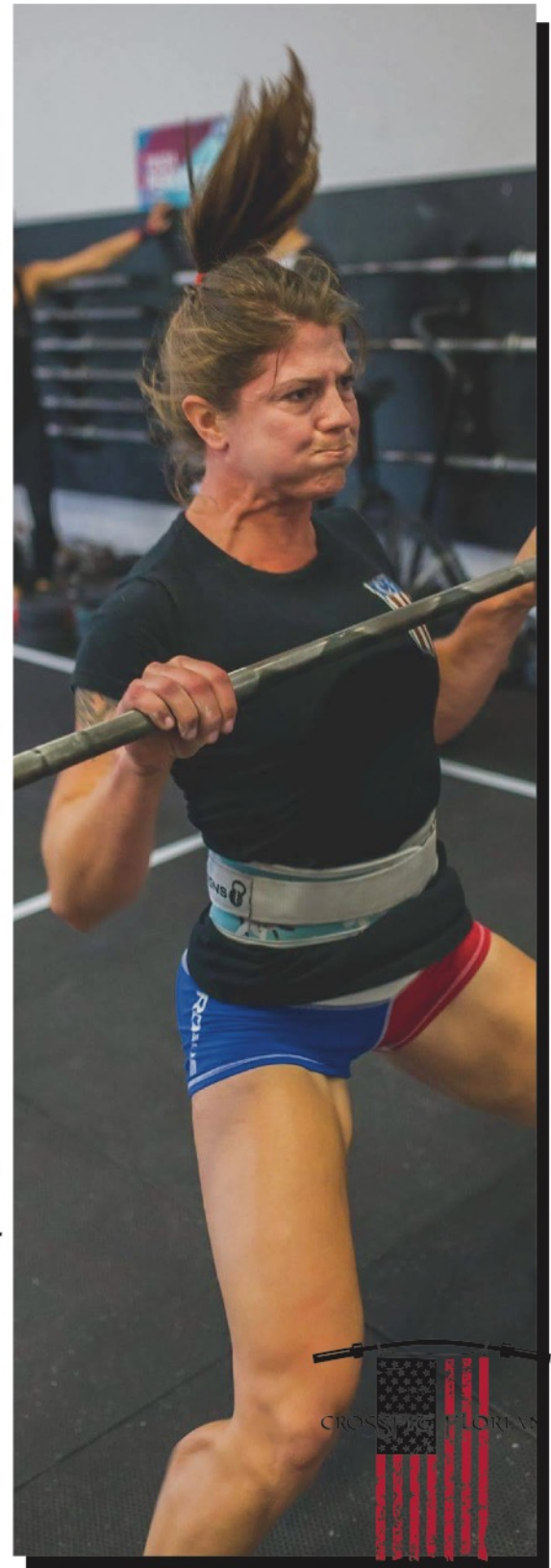
-Coach Caroline

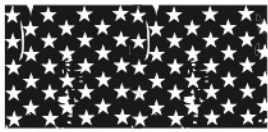
Ready or not 2018 is here, and the one question everyone asks, but doesn't want to answer for themselves is inevitably "What is your New Year's resolution?". Now you might be someone who has a well thought out, 4-page Lisa Frank diary entry on the subject, but I doubt it. Most of us give an answer of things we have every intention of doing, but somehow life happens and it's a year later and we struggle to remember what our resolution even was. Hell...we'll probably unwittingly go for the same one this year.

My advice, be sustainable. No matter what it is - diet, exercise, hobbies, relationships... don't set unrealistic or unattainable expectations for yourself. Be like Bill Murray in *What About Bob* and take "baby steps". Don't get me wrong – every once in a while there is certainly need for a kickstart to get you going in the right direction with a challenge like the LBNC. But then take what you learned about health and yourself during that challenge and figure out what is sustainable for your life. Just remember that it's not going to look the same for everyone. Healthy is not going to physically manifest itself the same on everyone, and a healthy lifestyle is not going to have the same diet and routines for everyone. So don't drive yourself nuts trying to copy what someone else is doing because it has been painted in your mind as the "ideal image of health and wellness".

I'm not just talking about physical health here; now I'm talking about mental health too. When I first started CrossFit, I drank the Kool-Aid... I mean all of it in every flavor. I beat myself up if I had a bad workout, felt guilty if I had to miss a day, and was so obsessed about my diet that I couldn't enjoy a night out with friends...because that one piece of birthday cake would obviously undo all the hard work I had put in. Looking back three years later, I've realized a few things. First: I have never once thought "Man, that beer I had three years ago did impede my progress." Nope, looking back at that time I probably just missed out on some good times because I was so consumed with what I was consuming. Learn the balance of eating healthy most of the time, but sometimes your husband is working so a box of Lucky Charms and some wine just makes sense. Second: Striving for a "look" is silly – strive for numbers. I'm not talking about numbers on your scale at home. I'm talking weight on your barbell, the number of unbroken pull-ups, and decreasing your mile time. Strive for performance, and if you're training and eating towards that goal most of the time, your body will look however it needs to achieve that. Third: work your ass off, train hard, eat well, but most importantly live and enjoy your life.

Happy 2018.





GLO KNOWS...

Glo Knows Snacks



Happy New Year!!

Here is a list of breakfast and snacks foods that are simple and easy to prepare ahead of time. Make modifications as needed and for specific recipes, feel free to reach out to me.

WELCOME NEWBIES



Karyn Bishop (OG)

Jackie Maynard

John Jardin

Isabel Jardín

Addison (Addie) Farrell

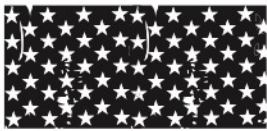


Breakfast:

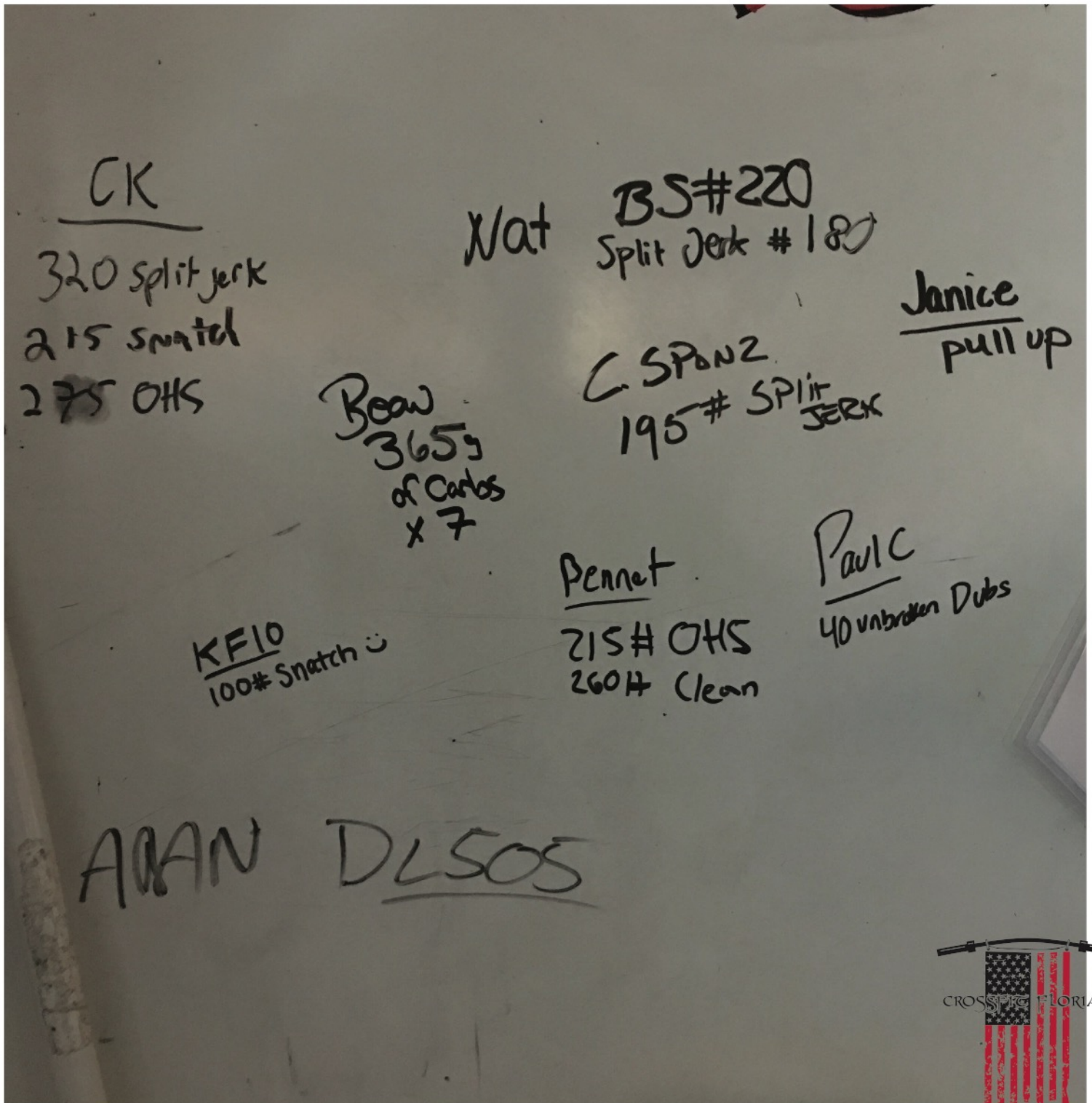
- Oatmeal (cooked with coconut milk) sweetened with coconut sugar, and cinnamon. Side of fresh fruit.
- Egg Cups w/ kale & roasted tomato.
- Greek yogurt & granola
- Sweet Potato hash, hard boiled eggs, cucumber slices.
- Homemade muffins, apples & almond butter.
- Soups, such as; Lentil, Miso, Bone Broth, chicken vegetable, carrot-ginger, butternut squash. All with a side of cubed avocado.
- Coconut flour Apple pancakes w/ side of fruit salad.
- Spinach Frittata w/ sweet potato home fries, raw peppers.

Snacks:

- Rice crackers, turkey slices or smoked salmon, cherry tomatoes.
- Apples & almond butter.
- Rice cakes, tuna salad (no Mayo), cucumber slices.
- Parfaits using Greek yogurt, assorted fruit, and chopped nuts.
- Celery & carrot sticks w/ hummus.
- Paleo banana bread (civilized cave man creation recipe)
- Chickpea pancakes with hummus and arugula
- Sweet potato hummus & plantain chips



CRUSHIN' IT



CK

320 split jerk
215 snatch
275 OHS

Nat

BS#220
Split Jerk #180

Janice
pull up

Beau
365g
of Carbs
x 7

C SPANZ
195# SPLIT
JERK

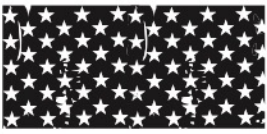
KF10
100# Snatch ☺

Pennet
215# OHS
260# Clean

Paul C
40 unbroken Dubs

ADAN DLSOS





THROW IT ON THE GRAM

