

WHY I AM NOT MAKING A NEW YEAR'S RESOLUTION THIS YEAR



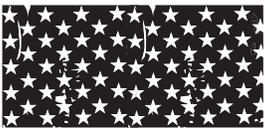
The idea of a New Year's resolution is good in theory. But the practice of making resolutions has gotten a bad rep over the years because most are almost impossible to stick to. They're either too specific, too extreme or not something we are willing to work for.



Resolutions can sometimes create a sense of stress outside of normal accountability that can deter growth rather than foster it. Being stressed out and feeling like a failure is not the way to kick off your year. But what if we thought about resolutions differently?

This past year, instead of creating a typical resolution, I chose one word that I would try to embody and live my life by. The results were more powerful than any resolution has ever been.

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MEMBER OF THE MONTH

Matt G

HOMETOWN: FML 36 years now in Norwood

AGE: 40

FIRST START AT FLORIAN: It was an unseasonably warm day in mid-October, the year was 2014

FAVORITE WOD MOVEMENTS: Deadlifts, Overhead Squats and anything with a Kettlebell or a Sled

LEAST FAVORITE WOD MOVEMENTS: Gymnastics – pull-ups, toes to bar, muscle-ups etc. My body does not compute what my brain is telling it to do for any of these movements.

WHAT WILL YOUR NEXT CROSSFIT ACCOMPLISHMENT BE: Getting Katie to do an inchworm. I feel PR's coming for my deadlift, squat and jerk very soon but I am most looking forward to crushing my current handstand walk PR of 3'. I know, it's a little gymnasty but the strength and stability benefits of gymnastics outweigh my frustrations.

Tell us about your sports & fitness background: I played hockey almost year round up through high school and baseball up to high school. In college I mostly drank and smoked but occasionally I would go skiing or golfing. For 8 years after college I went to a gym regularly twice a week, mostly to socialize, then took 2 years off from that due to work.

How did you first get exposed to CrossFit? After my 2 year gym hiatus I went back and was doing all the workouts from Men's Health going 4-5 times a week. I was getting bored of doing the same workouts week after week and then I walked past a room in the basement where Christine Mackie was running a boot camp with Crossfit workouts.

Take us back to your first WOD... what was it, and how did it feel? I can't remember my first WOD last week

What sort of changes in your life have you experienced out of taking on something like CrossFit that were totally unexpected? Is there a word limit here? I had only ever run one 5k in my life before Crossfit. I have now run a few half marathons and do sprint triathlons 1-4 times a year. Besides fitness it has opened a whole new understanding of nutrition and overall health. For the past 6 months everyday starts with some meditation, 5 minutes of reading something, 5 minutes of flow movement, some brain training in the afternoon and I recently just started Saturday morning yoga.



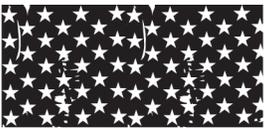
Please share with us any favorite CrossFit moments: Open workout 15.3 was an AMRAP of ring MU's, wall balls and Dubs. My final score was 4. That was the shortest, most frustrating 14 minutes staring at a set of rings but still my favorite open score of all time.

Any advice for people just getting started?
1. Learn to be your own coach. It is your fitness journey, figure out what you want to get out of it. 2. Watch and listen. I rarely take regular class but I listen to every whiteboard talk and watch every time a coach is going through movement prep because you never know when or where you will hear the cue that makes whatever you are working on finally click. 3. Quality before intensity. I did it backwards and am still trying to break bad habits. Persistence is omnipotent so enjoy the process.

Quote I am currently pondering: "The future is no place to place your better days" – D. Matthews

What I'm listening to: The Rich Roll Podcast

What are your hobbies, interests and/or talents outside of CrossFit? Beach, Great Wine and Lobster. I am on an eternal quest to find the perfect lobster roll and as you are reading this I am packing my bags for Aruba. See you in February!



THE POWER OF WORDS

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Last year, I chose “bold” as my word of the year. I wrote it down and taped it to my mirror as a reminder to myself that I should try to live boldly every day. Channeling this word helped me have one of the best and most challenging years of my life. Some of my “bolder” choices included more traveling, running my first marathon, getting my first tattoos and starting a new job.

Here’s what I liked about this process:

1. Choosing a general word helps you to develop skills and characteristics that resonate with you in numerous areas of your life

We’re all multifaceted people: we like Crossfit but we also have families, jobs, hobbies, etc. Your word should be applicable to all of these areas. For fitness, that meant tackling my first marathon. But that was over in April. By choosing a word, the marathon was not something I checked off as my fit deed of the year. It was one of many goals that fell under the “bold” umbrella so I was constantly working toward something and pushing myself in new ways.

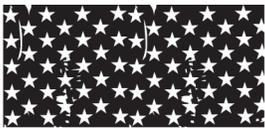
2. How you interpret your word can evolve throughout the year.

You can’t know what is coming in the year ahead. A life event may happen that shifts your priorities in an unexpected way. What’s nice about choosing a word rather than a specific goal is that it’s more flexible and fluid.

3. It’s almost impossible to fail.

Even the smallest decisions are a step in the right direction to the type of person you want to be. It’s something you can be working toward every day at any time, without feeling discouraged if you have a “setback,” because this is about a mindset change.





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Important to note:

1. Don't fall into the trap of being too general.

Think about what your word means in different areas of your life and how you can live that word to the fullest. In terms of health and fitness, I had always wanted to run the Boston Marathon but running 26.2 miles seemed something that would be not possible for me. I decided to prove myself wrong. Bold for my career was different. I made it a point to take on major assignments and projects that I wanted, and knew I could handle. Being bold was about advocating for myself whereas bold for fitness was taking on a task I wasn't confident I could do. Both led to personal growth and lessons learned in different ways.



2. You still need a game plan.

Even though having a word instead of a resolution allows for flexibility, you need to give yourself some direction. In this issue's Coach's Corner, Tia lays out some really great advice on how to set a goal that is attainable for you.

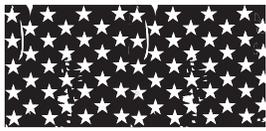


3. Don't use your word as an excuse for bad behavior.

I think it is really important to take into account all of the connotations with whatever word you choose. For example, a bold person can be brave and free, but there were times throughout the year when I did something reckless in the name of being bold. When making decisions, constantly ask yourself if how you are interpreting your word in that moment is really how you intended it to serve you.

Looking to 2019, I am brainstorming what my next word will be. Thoughtful? Investing? Nourish? Patience? Adventure? Learn? I'm still considering which one will help keep me on the right path for the year I want. The better question is, what will your word be?





7 QUESTIONS YOU SHOULD ASK YOURSELF WHEN SETTING A GOAL

-Coach Tia

A dream is just a wish without a plan.

A goal is a statement of intent.

A goal is a declaration of what you want for your future.

An achievement goal has a distinct end-point.

A continuous goal is an ongoing behavior or activity.

We all have things we want to accomplish and things we want to do, but the fear of committing them to paper, or giving them a plan makes them all too real. Putting these words and ideas on paper is how we start writing goals. Writing goals gives you a purpose and gives you direction. It allows you to measure progress and forces you to check in. Putting goals on paper, gives you focus, accountability, motivation and excitement.

Here are some questions that will ignite some thinking about goals, visions, and priorities.

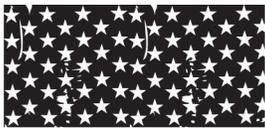
Questions:

- What are the 5 things you value the most? What is most important to you? You have :30 seconds write the 3 most important goals in your life.
- What would you do if you won 1 million dollars? The answer to this question simply says what would you do if you had no limitations.
you cannot donate it
- If you learned you only had 6 months to live.... What would you do? What would you change? Who would you see?
- What have you always wanted to do but you've been afraid to attempt?
- Doing what types of things gives you your greatest sense of feeling important and self-worth?
- What is the one thing you are most proud of doing?
- IMAGINE you received one wish from a genie and you could accomplish anything... big/small, short- term/ long-term..... what is the one great thing you would dare to dream and do if you knew you COULD NOT fail.

Hopefully these questions spark your excitement, provide you with some direction and clarity, or at the very least cloud your brain and fill your heart with ideas, wishes, and dreams. Write your goals so that they set you up for success: "I will...." Make sure they have a clearly defined focus and are phrased in a way that encourages you to be an active participator.

These goals should stretch you positively, in a good way, with effort and commitment. Write your goals in enough detail that let you know what success looks like. Then.... display them, crush them, celebrate them, repeat. Now, **START WRITING!** #goalcrushrepeat





GLO KNOWS...

Mason Jar Salad With Mustard Shallot Vinaigrette Makes 2 servings



Happy 2019 y'all ... now let's welcome this time to reset. To get things started, Here's an amazing salad that's light and easy to put together. Recipe Credit to Lighter Food.

If you are looking for ideas and/ or healthy meal inspiration; join me for a meal prep day on Sunday, January 27th @ 2pm.

Space is limited to 10 people so please email or call me to reserve your spot.

Email: gloswaygourmet@gmail.com

Phone: 617-901-2092

Peace & love
Glo

WELCOME NEWBIES



Maggie Cabral
Sean Curtis
Daniel Brodsky
Scott Woodward
Victoria Polito
Sandra Fitzgerald (DG)

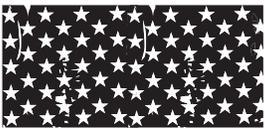


Potato & Parsnip Mash:

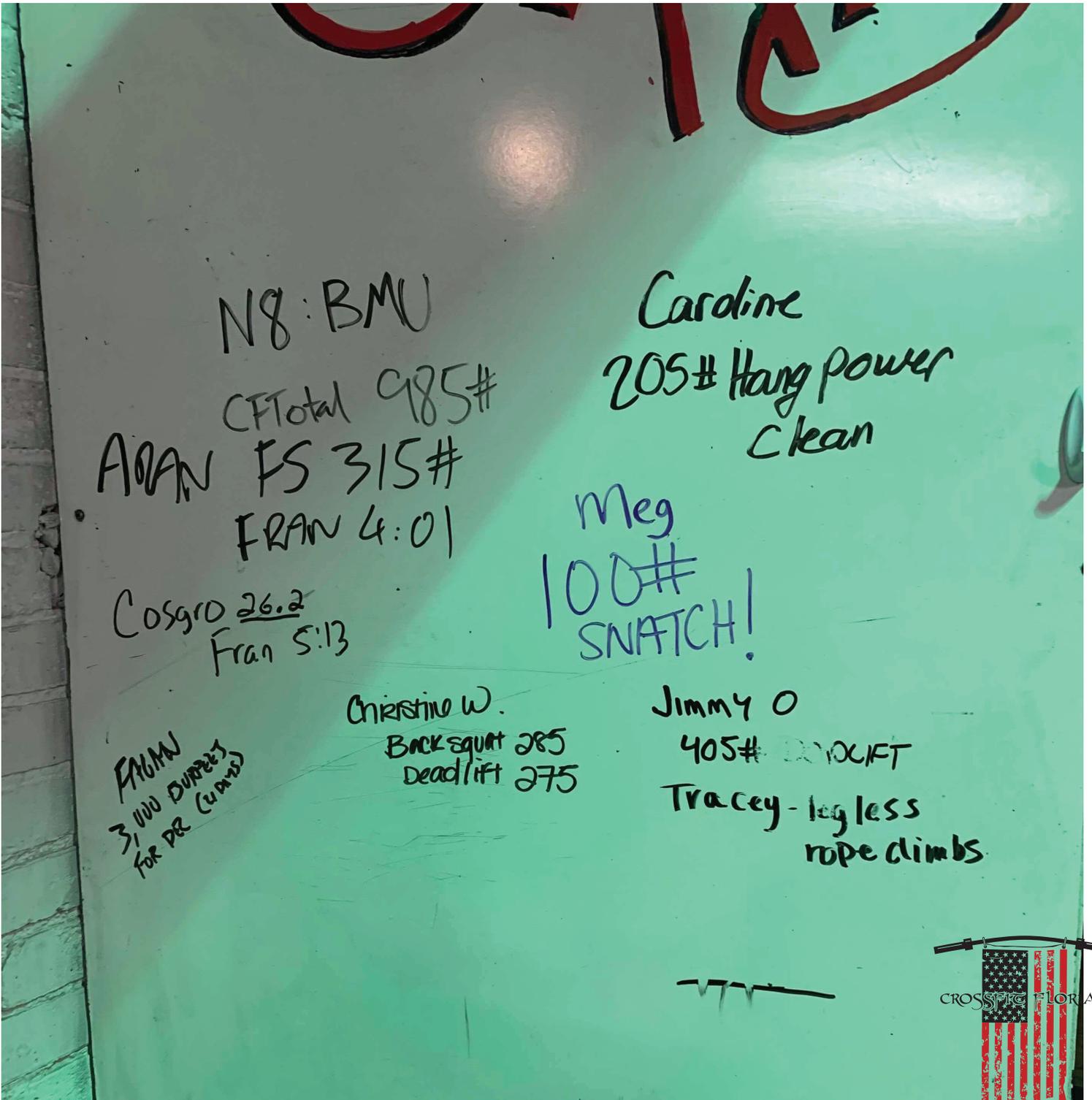
- Barley, 1/2 cup
- Water, 1 1/4 cup
- Red pepper, 1/2
- Cucumber, 1/2
- Shallot, 2/3
- Mustard, 1 1/3 tablespoons
- Olive oil, 2 tablespoons
- Apple cider vinegar, 1 1/3 tablespoons
- Canned garbanzo beans, 1 x 15-ounce can
- Sprouts, 1/2 cup
- Spinach, 4 cups
- Crispy rice crackers 1 1/2 cup
- Clementines, 4
- Salt and pepper, to taste

Directions:

1. Bring the water and barely to a boil in a pan. Reduce the heat to low and simmer for 30 minutes or until the barley is soft and the water gone.
2. Produce prep: rinse the red pepper and cucumber. Remove the seeds from the red pepper and chop. Chop the cucumber into small pieces. Peel and mince the shallot.
3. To make the dressing, whisk the mustard, olive oil, shallot, and apple cider vinegar together. You can also combine them in a blender or food processor. Season with salt and pepper to taste.
4. Drain and rinse the canned garbanzo beans.
5. Pour the dressing on the bottom of the mason jar. Add the red pepper and then the cooked barley on top. Then layer on the sprouts, spinach, cucumber, and canned garbanzo beans.
6. Close the jar and keep it right side up until you're ready to eat. Right before you sit down to eat, turn the jar upside down (still closed, obviously!) so the dressing drips down to the rest of the salad. Eat straight from the jar or add to a plate or bowl. Enjoy



CRUSHIN' IT



N8: BMU

Caroline

CFTotal 985#

205# Hang power
Clean

ADAN FS 315#

FRAN 4:01

Meg
100#
SNATCH!

COSGRO 26.2
FRAN 5:13

CHRISTINE W.
Backsquat 285
Deadlift 275

JIMMY O
405# SNATCH
Tracey - legless
rope climbs

FRAN
3,000 BURPPES
FOR PR (CUMM)



