

HEALTH VS. AESTHETICS

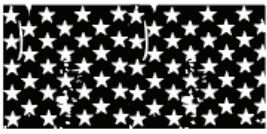


With summer here, it's easy to get fixated on achieving that perfect beach body. While there is nothing wrong with wanting to look slim, there is an important thing to remember: lean looks are not mutually exclusive with health. And when it comes to being an athlete, being healthy should be your No. 1 focus.

UPCOMING EVENTS

BroSheesh III - TBA

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MEMBER OF THE MONTH

Cara-Ann Colomey Papavasiliou

HOMETOWN: Dedham, MA

AGE: 47

FIRST START AT FLORIAN: Before the wall came down, Vicos was a breakfast place, Krissy had yoga Tuesday's and Bill and Beau taught most classes. I left for a bit when my daughter and I both had some health issues. I returned to members being married with babies, expanded families, and lots of new awesome coaches and members!

FAVORITE WOD MOVEMENTS: Thrusters, I love the full body workout of this movement! Plus rope climbs, they're just fun!

LEAST FAVORITE WOD MOVEMENTS: Any overhead squat. My mobility overhead just sucks. I also cry a bit every time I see Dubs in a WOD.

WHAT WILL YOUR NEXT CROSSFIT ACCOMPLISHMENT BE: My goal this summer is to practice, practice and practice some more until I can successfully string together Dubs.


Tell us about your sports & fitness background: Running was my all time fav! I have run marathons, halves, and many 10K's.

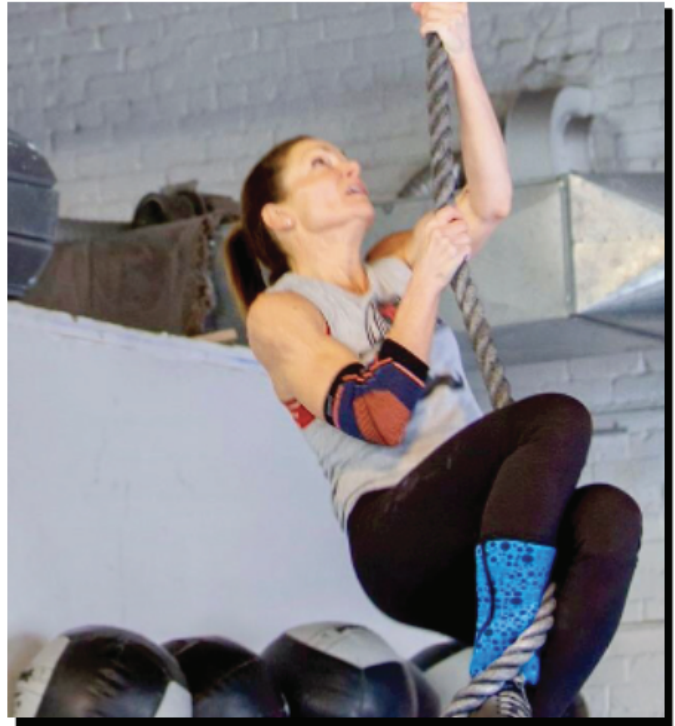
How did you first get exposed to CrossFit?

I was working out at another local gym and took classes with an amazing trainer, Christine Mackie! I loved everything about her classes. One day she told me to come with her to this new Crossfit gym and try a class. She mentioned it was about 11 mins long and I was so sceptical but I went and I never looked back!

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

This is a hard one for me to be open about but the only way to really explain how much CFF has changed me is to share. The home I grew up in was not a happy place, it was filled with violence. My father was not a nice man. If my mom, brothers, and I were not living in constant fear, we were living in the car, which honestly was better. I learned from a very early age it was safest to try to be invisible and silent. I have spent a better part of my life living this way trying to avoid any kind of conflict. You develop an overwhelming sense of powerlessness. Fear is crippling.

My father limited all social activities and did not allow me to join any sports teams, so I never competed. As cliché as it sounds, CFF taught me strength, externally for sure but also internally. 



I am no longer afraid and feel strong enough to compete -- even if only on a personal level -- and this has profoundly changed me. I am not unique, everyone has something. No one's pain is more or less than another's, we just need to figure out where to put it and move on. I am eternally grateful to have found Florian where I leave it at the door, a place that allowed me to grow and find my voice.

Please share with us any favorite CrossFit moments:

Getting that first bar muscle up during this years open was amazing! I know it was ugly and needs tremendous work but it was such a great feeling, I really wanted that!

Barbells for Boobs also holds a special place for me, my mom is a survivor, strongest woman I know! And, I have had, as so many women have had, a mammogram that showed early detection, which resulted in a minor excisional biopsy. Seeing our community come together year after year, and become the world champions is just incredible!

Any advice for people just getting started?

I have found nothing worth doing comes easy. There is a lot to learn at first, just keep at it! I promise you will gain so much if you just keep coming! The community of CFF is incredible and wants you to do well!



HEALTH VS. AESTHETICS CONTINUED

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Last month CrossFit Games athlete Lauren Fisher took to Instagram to shut down haters who were body-shaming her for not having a flat stomach.

“I don’t have a flat belly because I believe in fueling my body for performance over restricting my calories to look a certain way. Yeah if I starved myself or cut down my fats and still trained as much as I do I might finally get that 8 pack but reality is my body type won’t. I like to eat and I know when I don’t eat enough I just don’t feel good during training. And a lot of it also comes down to genetics. So I’m sorry but I will never be one of the girls with no belly fat at all and I’m okay with it. I’m not an Instagram model, I’m an athlete and what we do is completely different here so if you don’t like the way I look you can unfollow!”

It’s so easy to fall into social media’s trap, that success in fitness looks a certain way. It doesn’t. But when we surround ourselves with one – often unattainable – image, it can be really damaging mentally and physically.



Studies have shown that children as young as 5 start to express dislike for their bodies. And a report from The Mental Health Foundation has shown that 1 in 8 adults have had suicidal thoughts over the way they look. But the flawless “influencer” photos we are idolizing on social media are very often photoshopped or feature surgically enhanced bodies. In reality, a thigh gap is unachievable for about 80 percent of women at a healthy weight due to the shape of their pelvis, femurs and the presence of muscle on the inner thigh.

So how do we fight this? First it’s recognizing what’s healthy and what’s a quick fix. You can lose weight by restricting calories, not eating at all, over-exercising (especially when already tired), exercising to “undo” a particular meal that was eaten, weight loss pills, or hopping from one trendy diet to the next. None of these are good ideas because in the long run they are going to hurt your workouts and make it harder to get the lean look you’re going for.

Start by asking the right questions. Am I getting enough sleep? Am I drinking enough water? Do I over train? Under train? Do I eat super healthy until Friday and then drink my face off over the weekend? Is there perhaps an underlying condition that has led to weight gain or that may be making it hard to lose weight such as blood sugar handling issues? Is there metabolic damage from years of undereating?



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**“BE REAL,
BE TRUE,
BE YOU!”**

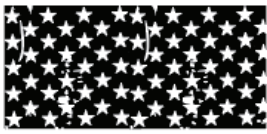


The second way we put health over aesthetics is by bucking the normative vision of athleticism. Athletes come in a lot of different shapes and backgrounds. Assuming someone with a bigger body type is exercising to lose weight allows cultural fatphobia to shape your beliefs and undermines some really badass athletes. Just like you would never assume someone’s career, family, or financial goals, don’t assume to know a person’s fitness goals because health looks different for everyone.

The third reason we fight stigmas around body image is by remembering health is for you and you alone. A long life doesn’t come from looking a certain way. It comes from living in a way that makes you feel good and gives you energy. Yes, you can want to look good for yourself too -- and there is nothing wrong with that. Lord knows I am still dreaming of abs! But looking good comes from more than exercise and dieting: It comes from sleeping well and self care. It comes from eating right so you can have a healthy heart, a healthy mind, and good blood sugar regulation. It comes from being kind to yourself. In Fisher’s post, she touched on this, about how bodies and habits look different depending on the athlete.

“I eat around 3000 calories a day and I feel HAPPY and HEALTHY in my body. Yeah some of my pictures on Instagram don’t look attractive or my muscles might be bulging because usually a photographer comes in the middle of my training session. I’m not posing for the camera or starving myself before so my abs will pop through. I’m trying to be the best me and if I get a cool picture in action I’m going to share it. BE REAL, BE TRUE, BE YOU. ”

So here’s to you becoming an even stronger, healthier athlete each day this summer and to embracing all the beach bods out there!



COACH'S CORNER


The Importance of Staying Consistent -Coach Titalone Tone

The topic of consistency is dear to me because I've been doing CrossFit for over 10 years now and it took me a while to figure this out. I hope that a few of the things I share will help you in your fitness journey. Something I've learned is that consistency is the most important part of staying fit and having a healthy lifestyle. This goes for both inside and outside of the gym. If you go so hard in a WOD that you can't come back for 2 days, it's not a good recipe for longevity.

Let's look at a month. You come in 10 days, crush your workouts at the highest intensity. You lift the heaviest weights possible and end up lying on the floor as your spirit leaves your body (great feeling). It seems great, but then you need to take 2 to 3 days off afterward. It would be far better to train 20 days in a month consistently at moderate intensity (everyone's moderate will be different) still hitting that ground after your done, but not completely overdoing it. When you're young, you don't feel like you will ever get old and you're often not thinking long term. As an old guy, I can tell you that you'll want to be able to move and be fit throughout your adult life. I've realized that as I age (like fine wine), I need to be more mindful in my fitness and in my life. I want to be an active old dude. This means I have to focus on mechanics and technique.

I would also recommend taking a couple of rest days a week. On a rest day, you could do lots of things. Stretch, roll out, do some active recovery, go for a swim, a walk, take an epsom salt bath or go in a sauna. Treat yourself on those days. Another option would be to just stretch and binge-watch Game of Thrones. Even Games athletes take rest days, it helps them bring the intensity when they need it.

Consistency in Life Outside of the Gym

Consistency is just not about how many times you make it to the gym. It also translates into other parts of your life, like nutrition, eating well and making time for relationships. Be consistent with getting yourself out of the gym! Balance is important. Take rest days and enjoy the people that you care about. 

My Typical Week

Being a FireFighter, I have a rotating schedule. My typical schedule might look something like this.

- Hit the gym Monday and Tuesday (lift, metcon, maybe spin)
- Work Wednesday and use that as my rest day.
- Work out Thursday and Friday.
- Saturday I'd spend the day with my family and go to my kid's sports games. I might have some dinner and a drink out or spend the night at home to rest and recharge.
- I may use Sunday to do something outside of the gym like going for a run, biking or running the steps at Harvard Stadium. I like to keep it spontaneous. Maybe sleep in, maybe not.

A Few Questions to Ask Yourself:

- What can I do to add consistency to my life?
- What have you been prioritizing: consistency in CrossFit or the intensity of your WOD? What do you want to prioritize?

I hope that everyone can take something from this. We want all of you guys to be doing CrossFit or some kind of fitness late into your 80's! So remember, consistency over intensity helps you reach that longevity.





GLO KNOWS PROTEIN BITES



Ingredients:

- 1 Cup flax/hemp seed blend
- 1/2 cup peanut butter or almond butter
- 2 tablespoon melted coconut oil
- 1 cup chopped walnuts
- 1 cup shredded coconut
- 1 scoop plant based protein powder (I use vanilla Vega) or your favorite protein powder
- 1/4 cup honey
- 1 tablespoon vanilla extract
- 1 teaspoon cinnamon
- pinch salt

Directions:

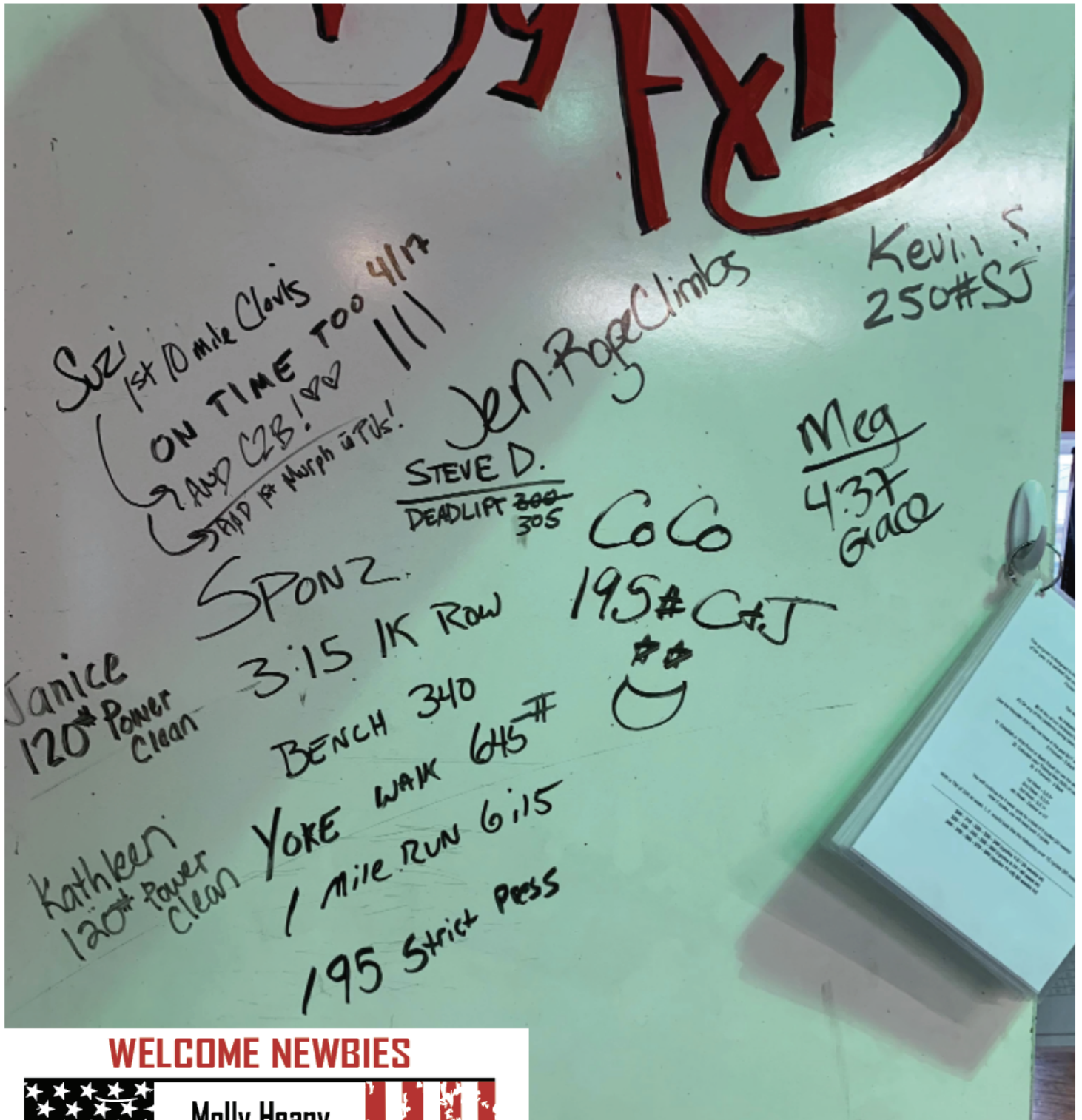
In a stand mixer or food processor; mix ingredients all together. Form into balls (optional to coat them with shredded coconut or cacao powder). Line a cookie sheet with parchment paper, then stick in freezer to harden or in fridge for about an hour. This recipe yields approximately 20 to 30 protein bites. These can also be shaped into bars.

Optional add ins:

- chopped dates • dry cranberries or cherries • cacao nibs • candied ginger • mini chocolate chips
- chopped peanuts • currants



CRUSHIN' IT

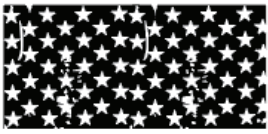


WELCOME NEWBIES



Molly Heany





THROW IT ON THE GRAM

