

SUMMER EDITION

FEED YOUR MUSCLES



UPCOMING EVENTS

- 9/1 - Sober September
- 9/30 - New LBNC
- 10/5 - Partner "Beer" Grace
- 10/26 - Barbells for Boobs

We may have just wrapped the CrossFit Games this summer, but with CrossFit's™ new structure the Opens are coming -- and soon. You'll be busting out your jump ropes to be ready for a double under workout or working on your kip to finally get that bar muscle up. But how are you going to make sure you have enough energy and fuel to hit these goals? You'll have to think about your diet, too.

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MEMBER OF THE MONTH

Jessie Jones

HOMETOWN: Walpole, MA

AGE: 22

FIRST START AT FLORIAN: June 2018

FAVORITE WOD MOVEMENTS: Burpees and barbell stuff... as long as it doesn't have to go over my head.

LEAST FAVORITE WOD MOVEMENTS: Wall balls and the assault bike have been my enemies for the past year, but they are starting to grow on me. For someone who did gymnastics as a kid, I am still terribly afraid of rig work.

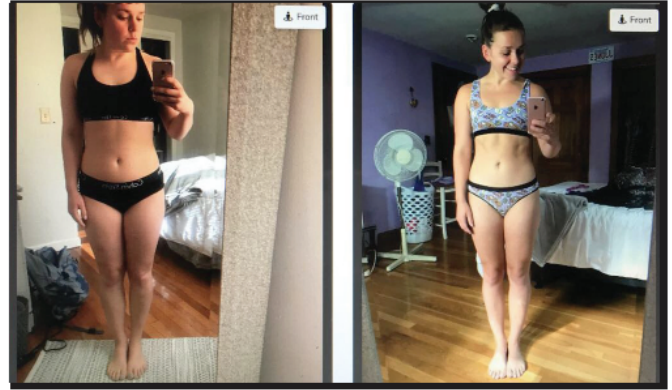
WHAT WILL YOUR NEXT CROSSFIT ACCOMPLISHMENT BE: Toes-to-bar, they've quite literally been haunting my dreams. I am trying to build up my strength for pull-ups too.

Tell us about your sports & fitness background: Volleyball and softball kept me in shape through high school. When I started college, I was introduced to spinning. I jumped right into teaching, which lasted about a year till I got bored and tired of always having exhausted legs. After that, I ventured into the weight room and ran some occasional half marathons before leaving to study abroad in Spain. That semester quickly turned into one long siesta, where I put on 15 pounds in 15 weeks haha. I came home and ran immediately to Crossfit. Now I'm here to stay!

How did you first get exposed to CrossFit?

My best friend from high school and college roommate, Angela Driscoll. I remember being so jealous when she originally joined Crossfit with her sisters. Nevertheless, I continued to play the "poor college kid" card for a year before giving it a go. When I was ready, she reached out to Tia for me and came with me to my first few classes because I was so nervous. Thank you, Angela!

What sort of changes in your life have you experienced out of taking on something like CrossFit that were totally unexpected? For starters, I found my best friend and my favorite workout partner in Dan Feldman. Our relationship came as a surprise to both of us but also a huge blessing! Secondly, Crossfit has entirely revolutionized my relationship with my body and with food. Sadly, I know my story is not unique when I say that there were times when it felt like life was a constant battle where exercise was punishment, food was fear, and my body, never good enough. Crossfit, and especially its community, has helped me fall in love with fitness. Through this, I learned to listen to, to care for, and to appreciate my body in ways I never could before.



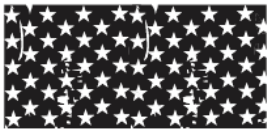
My relationship with food is an ongoing journey, but when I could no longer tolerate the tortuous cycles of restriction/binging or the seemingly endless dieting while not making any real progress, I reached out to one of my coaches at school for help with nutrition. Three months later, I can finally see food for what it is - fuel and deliciousness. My perspective, habits, and relationship with food continue to change to be more peaceful. Even more, in letting go of that struggle, I lost nearly 15 pounds, changed my body composition, and have been making big strides in the gym. In this process, I found mindfulness and meditation. I could keep going, but I'll end with this. Crossfit has given me back my fire, which pushes me everyday to be better, happier, and healthier in all aspects of my life. That was just one year; I can't wait to see what the future holds

Please share with us any favorite CrossFit moments:

Anytime I'm in class with both Angela and Dan, there's a good chance I laugh through half the workout and end up with some penalty burpees. Those are my least productive but favorite days. One afternoon, Angela and I were goofing around as usual and sharing a box for incline push-ups. Every time we went down for a rep, she kissed the top of my head. It was hysterical, and I'll never forget Tone being in awe of our ridiculousness. One Saturday morning beat down, I had counted myself out on the Rx weight for cleans and front squats, but Rico was having none of that. He stood by and pushed me through the whole workout. I nearly died, but I was so damn proud of myself at the end. I remember one 9 AM class, where it was just a group of ladies, and we were deadlifting. I remember looking around, feeling so inspired by the strength in that room, and being so proud to be apart of it! A PR or the first time you get a new skill is always exciting, but it's really the community that makes Crossfit so much fun for me.

Any advice for people just getting started?

Learn to laugh at yourself. Have fun with it, and don't compare yourself to others. This journey is your own, and this stuff is a lot harder than some people make it look. Learn to be consistent and learn to listen to and care for your body inside and outside of the gym. The results will amaze you!



WHAT TO EAT BEFORE AND AFTER A WORKOUT

Continued from page 1

Making big gains in the gym starts in the kitchen. You have to eat right to feel energized during workouts and to allow for a quick recovery. Aside from eating clean, you also need to ask yourself if you are using your calories and meals efficiently? Let me explain.

I definitely eat enough calories to sustain my workouts each day. However sometimes I find myself feeling drained at the gym. If you have a busy day or a schedule that isn't exactly a 9-5, it can be tricky to time a snack or meal before or after a workout. And not eating enough before a workout is dangerous: It can make you dizzy, lightheaded, nauseated, and more likely to injure yourself. You may also hurt others' feelings because... "hanger" is real.

Before a workout:

The ideal time to eat is between 30 minutes to two hours before your workout. That way you're not still digesting when you hit the gym floor, but you haven't gone and used up all those helpful calories yet. For the morning crew, try a mini breakfast before class. If you are exercising later in the day, have a snack 30 minutes to an hour before your workout.

The ideal snack is a combo of carbs and a little protein. When we eat carbs, they break down into glucose, enter our muscle cells, and give us fuel to exercise at our maximum capacity. If you're strapped for glucose during your workout you'll likely feel weak and tired -- think of those days where you were tempted to call it quits and take a nap.

But you don't want to just eat a straight carb because when we do strength-training exercises we create small tears in our muscle fibers. Your body needs protein to repair those micro-tears, building up your muscles bigger and stronger than they were before.

THE 7 BEST PRE-WORKOUT FOODS



We all want to get the most out of a workout - to train harder, spin faster, run quicker, jump higher. So, are you ready to munch your way to success?

1 BANANAS

Known as nature's power bar, bananas are packed with carbohydrates and potassium, which supports nerve and muscle function



2 OATS

They are full of fiber, oats release carbohydrates gradually. Due to this slow release, energy levels are kept consistent throughout your workout, meaning you can train harder for longer. They also contain Vitamin B, which helps convert carbohydrates into energy.



3 GRILLED CHICKEN, BROCCOLI & SWEET POTATO

If you are working on building muscle mass or plan to hit circuit training hard, then this combo is a must-try. Although it is more of a meal than a snack, there's a reason pro-athletes chow down on this regularly - and we think it's time you gave it a go.



4 DRIED FRUIT

For a quick and easy pre-workout snack, fix yourself some dried berries, apricots, figs, and pineapple. Dried fruits are a good source of simple carbohydrates that are easily digestible - so grab a handful.



5 WHOLE GRAIN BREAD

One slice of whole grain bread is an excellent source of carbs. Add some hard-boiled eggs for a protein-packed snack, or some low-fat turkey.



6 FRUIT AND GREEK YOGURT

This is a killer combo. The fruit is full of carbohydrates while Greek yogurt packs a protein-filled punch. The carbs in the fruit break down quickly and are used as fuel during your workout, while the protein is stored a little longer and is used to prevent muscle damage, so it really is a perfect pairing.



7 TRAIL MIX

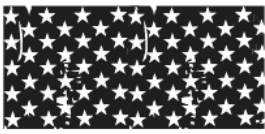
Nuts do have a high fat content, but they provide the protein and calories required if you are trying to gain muscle mass. For those whose goal is weight loss, steer clear. If you want to buy pre-prepared trail mix from supermarkets, skip the ones containing chocolate or yogurt-coated nuts.



TOP TIP

Make sure you eat your meal and snack 30-90 minutes before you work out, so you don't feel bloated. If eating a larger meal, wait the full 90 minutes, but if you're sticking with a snack, 30 minutes should be fine.





WHAT TO EAT BEFORE AND AFTER A WORKOUT

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The ideal pre-workout snack? Pair a granola bar or toast with easy to digest things like nuts, Greek yogurt, a hard-boiled egg, or even just a glass of milk.

After a workout:

You can't skip this meal. And honestly, if you've done a good workout you won't want to. **The ideal time to eat is within an hour of your workout.** It's important to replenish the glycogen that you used during your exercise and it's important to get some protein to promote speedy muscle recovery. Plus, food contains electrolytes, which you lose when you sweat.

What if I can't eat right away after the gym? Have a shake or small snack at the gym and then have a fuller, balanced meal later. Keep a box of RX Bars, Health Warrior or ONE bars in my car for emergencies. Ideally I have planned a little better and will have a greek yogurt with me. Protein shakes are always an option, but if you don't like them, another great recovery drink is chocolate milk.

The ideal post-workout meal? You've seen this posted a hundred times in the Sunday paleo facebook group. (For newbies: if you have Facebook, get added to this group!) Half plate veggies (not corn). Quarter plate complex carbs: think quinoa, brown rice, or whole wheat bread. Quarter plate protein.

Need some ideas? Here are some of my favorites:

Snack: 1 cup of chocolate milk

Snack: 1 slice of whole wheat toast with 1 tablespoon of peanut butter and ½ sliced banana

Snack: 2 graham crackers with a tablespoon of peanut butter

Snack: 1 to 2 eggs (I like scrambled or over easy, but hard boiled is easier on-the-go option) with a slice of whole wheat toast

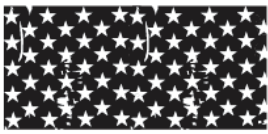
Meal: A 7-inch round whole wheat pita stuffed with grilled veggies and 2 tablespoons hummus

Meal: A veggie omelet with avocado and ½ cup of roasted sweet potatoes

Meal: 4 ounces of air-fryer fish with a baked sweet potato and sautéed spinach

Important to note: Timing isn't everything and if you eat clean you will see results. But a lot of this takes planning and preparation. The best ways to fuel our bodies are often with whole foods and not the processed stuff (even when it says it's natural). Go add some Bento meal containers to your Amazon cart and a new lunch box. Before you sit down for the evening, take the 10 minutes to organize your snacks or meals for the day. You'll thank yourself later when you're looking at that impressive WOD score on the whiteboard.





COACH'S CORNER

Conditioning and Why it is Necessary -Coach Sonny

With anything in life, the more you are used to doing an activity or action, the better your body's response will be. Take baseball- if you were to pick up a baseball and throw it for thirty minutes for the first time in 20 years, then your arm might feel like it is going to fall off afterwards. But, if you are a Major League player, then playing catch for thirty minutes is like clockwork for you. Nurturing our muscles and keeping them in shape is key for feeling best. Now, I am not telling you that you need to exert your body every time you exercise in order to get your muscles and your body in shape, but it takes a consistency of measured exercise to build and maintain a certain level of stamina for all actions.

Why You Should Condition your Body

The most important reason for conditioning your body is to prevent injury. Like anything else, a good foundation is necessary in order to build higher. If you are trying to build a skyscraper, then you need a sturdy foundation to support the upper floors. Likewise, your body needs to be strong and conditioned if you want to improve your capabilities and reach your fitness goals. Going from 0 to 100 might burn out your engine, but going from 90 to 100 is easily achievable. A gradual build up of your abilities is needed to create a state that is conducive to maximizing your improvement. This build up comes from a constant but gradual conditioning of the body. Conditioning will also enhance your mood. Creating a status quo in your body that is used to gradually advancing your limits will foster a sense of achievement and satisfaction, something that all of us would like. Not only will your body feel good, but your mind will feel even better. Lastly, this consistency should also result in an increased metabolism, allowing you to lose more weight and maintain a healthier and more positive lifestyle. By molding stronger muscles and a more stable body, you will burn more calories at a consistent rate and feel better about yourself.

What Kinds of Conditioning Exist?

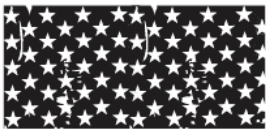
Conditioning your muscles will require exercises specific to each body part. However, in general, there are two kinds: anaerobic and aerobic. Anaerobic consists of short bursts of high intensity energy, such as a sprint, that can last from seconds to a few minutes, while aerobic (traditional cardio) consists of longer bursts in order to build stamina. A combination of both will nurture your muscles and allow for gradual growth of your body's abilities.

Try these WODs during open gym:

Adjust weight accordingly



Emom 24	3 Rds	2000m Row	5 rds
12 cal's row	400m	rest 2 min	12 DB Snatch 50/35 (alt)
6 Sandbag to shoulder (100/80)	10 FS 95/65	Amrap 15	10 burpees over DB
12 cal AB	400M	3 rope climbs	12 cal ski
8 DB STO (50/35)	10 Hang Cleans 95/65	15 BJO	10 Ball slams 50/30
	400m	50 dubs	
	10 Wall balls 20/14		



GLO KNOWS OVERNIGHT EATS



Let oats settle overnight then put together in a mason jar or bowl for a perfect breakfast or snack treat. Overnight oats recipe also make a great breakfast bowl and can be eaten cold or warm.

Potato & Parsnip Mash:

- 1 ½ cups dry oats (I use Quaker)
- 1 tablespoon chia seeds
- 1 mashed banana
- 1 tablespoon maple syrup or sweetener of choice
- ½ teaspoon vanilla extract
- 2 cups of unsweetened almond milk or milk of choice
- Pinch salt
- Optional add: cinnamon, ginger, cardamom, currants, pumpkin spice...etc

Process: In a bowl combine all ingredients and stir to combine. Once combined, store in glass containers and refrigerate overnight.

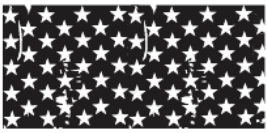
To build in a mason jar: Layer each ingredient after one another. For example, add oats at the base, then fruits and top with a layer of granola, cover and go. Enjoy!!!!

WELCOME NEWBIES



- Dan Carey (OG)
- Tim Colby (OG)
- Jess Morton (OG)
- Lisa McChesney
- Bo Olsen
- Dan Barkyoub
- Rob Morano
- Paul Cavelowsky
- Ryan Ross
- Omar Medina





CLINT & GAMES



Congrats to Clint on his 5th place finish at the CrossFit Games this year!

A message from Clint: “Another amazing year at the Games in the books. Just wanted to thank Beau and Bill for giving me the opportunity to represent Florian. Thanks to everyone who supported me throughout the Games, Dan and Kettlebell Kitchen for supplying us with great food, my OG partners Dennis, Denis and J-rod, always pushing me to do better. Special thanks to my biggest fan and supporter, AMR, whom I love more and more everyday.”

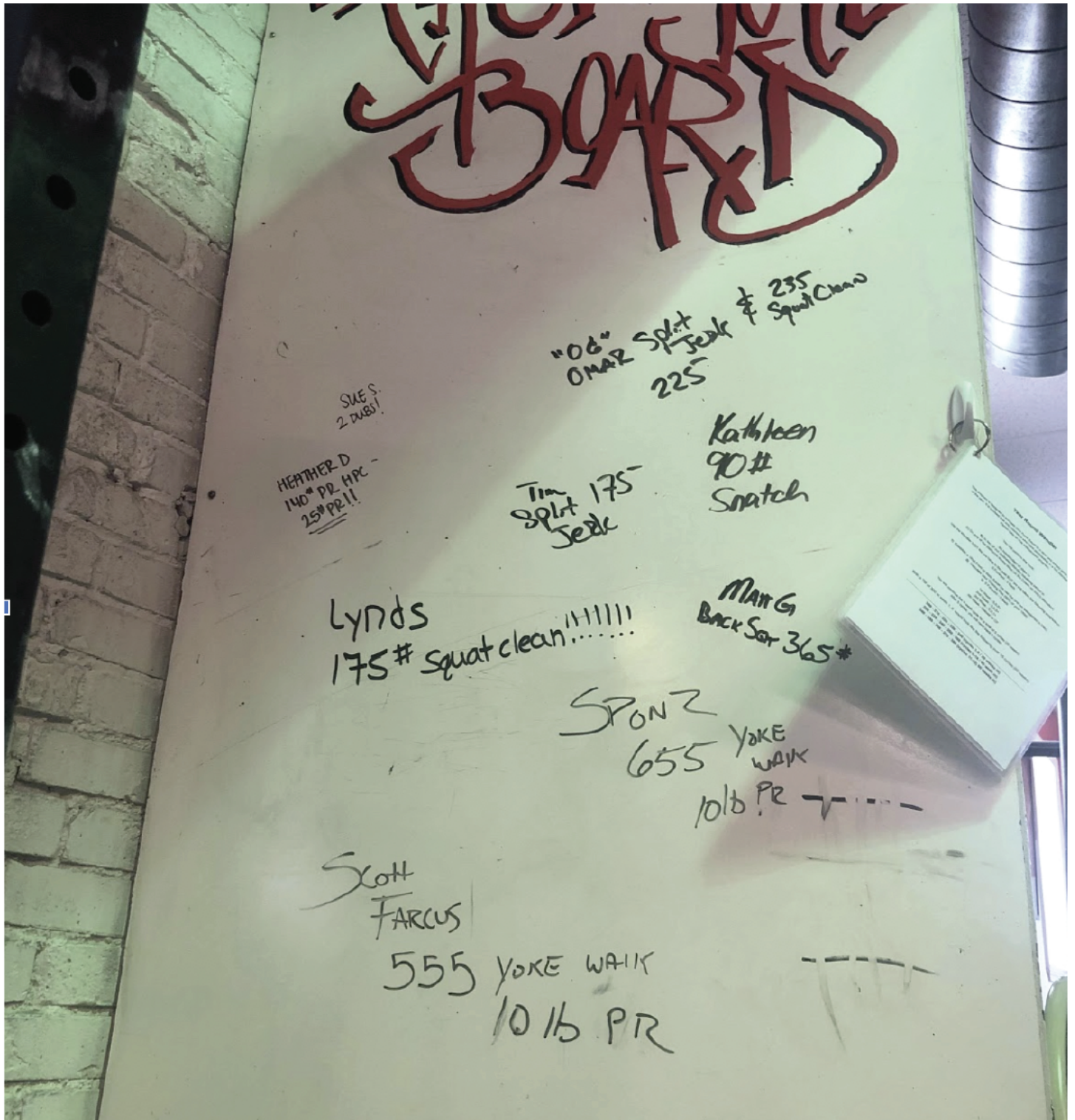
Also congrats to former CFFer Joe Ames on his second Games win!

And a reminder: The 2020 Open starts this October! Are you ready?





CRUSHIN' IT





THROW IT ON THE GRAM

