



EAT YOUR GREENS

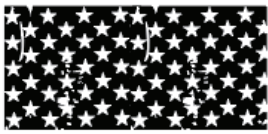


UPCOMING EVENTS

- 10/26 - B4B
- 10/18 - Open 20.2
- 10/25 - Open 20.3
- 11/1 - Open 20.4
- 11/2 - Open 20.5

800 grams of fruit and vegetables every day. It's a great way to keep you more full with whole foods, but the benefits to this nutrition challenge also go beyond your shrinking waistline. Whether you're participating or not, here are seven reasons to add more vegetables into your diet.

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MEMBER OF THE MONTH

Suzi Orsillo

HOMETOWN: Westwood

AGE: 45

FIRST START AT FLORIAN: 9/18/14

FAVORITE WOD MOVEMENTS: Back squats, sled pulls, anything with a dball, TGUs: basically all the odd stuff.

LEAST FAVORITE WOD MOVEMENTS: Snatches, OHS, and any other movement when my lower back feels like one of those balloon air dancers that you see outside of a car wash.

WHAT WILL YOUR NEXT CROSSFIT ACCOMPLISHMENT BE:

Aside from doing another comp, I just want to get better on that damn rig. Years of holding a stiff upper body from Irish Step have me feeling un-kippable. As Jimmy often says, my real CF goal is to simply keep moving so I can CF for as long as I can.

Tell us about your sports & fitness background: I was the youngest and the only girl in my family so no sports but lots of dancing: Irish Step, ballet, tap, jazz. My athletic debut in 5th grade ended after one softball season when my coach strongly encouraged my pursuit of more fitting endeavors; apparently brushing my hair with one of those rad, '80s foldable brush/comb combos after a base hit was frowned upon. My athletic highlight from highschool was being the only senior who needed to be spotted for a somersault. Sponsored by Boones Farm and Phillip Morris, my D1 career at Boston College included socializing and using my female prowess to lock in Jim Orsillo for life. After college, I developed "adult onset athleticism" (spinning, bikram yoga, kickboxing, and running). Now that I have 3 boys, I am intentional in providing an example that moms can kick ass too and CF is a great means to do such.

How did you first get exposed to CrossFit?

Jim did CF for 2 years before I joined. At the time he was that stereotypical Cfer who talked about it NONSTOP while also mimicking the movements with an invisible barbell. For the sake of my sanity and marriage, I decided to give it a shot. (May the record publicly state that my husband was right: I do love CF.)

Take us back to your first WOD... what was it, and how did it feel? I Don't remember my first WOD but I do remember being obsessed with Steve Le's hair & t shirt game during my Foundations. Soon after completing Foundations, I did my first Fight Gone Bad and I clearly remember thinking, "Get me more of THAT".



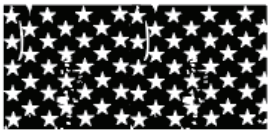
What sort of changes in your life have you experienced out of taking on something like CrossFit that were totally unexpected? In 2011, I was diagnosed with antiphospholipid syndrome after having a stroke. As many of you know through your own stories, you can be the picture of physical health externally but something completely different can be happening internally. Knowing my outcome could have been much worse, I have a deep appreciation for my wellness (and tbh a healthy amount of fear) which drives me every day; CFF provides a literal and figurative space for me to work that shit out. Not to mention, the friendships I have formed through CFF are the cherry on top.

Please share with us any favorite CrossFit moments:

Aside from having Clint acknowledge my existence with a grunt and full eye contact for 3 seconds: B4Bs = All The Feels, the Winterlude Comp with Vicki (so outta my comfort zone), running my first half marathon with Jimmy and a CFF crew, and any kids/teens class where I see my boys CF. But really it's the organic interactions that happen here so often that hook me: admiring someone as they accomplish a first or a PR, the sincere community support when someone is working hard towards a fitness or even a life goal, and the conversations where people share and support each other through some heavy stuff.

Any advice for people just getting started?

I personally love Beau's challenges because they always form some health or fitness habit that sticks with me after it's over. Finally, as much as it goes against the CF stereotype, my advice is no need to be all hard. Grow at a pace that constantly pushes you but is sustainable.



MEMBER OF THE MONTH

Jimmy Orsillo

HOMETOWN: Westwood

AGE: 44

FIRST START AT FLORIAN: September 2014

FAVORITE WOD MOVEMENTS: Front squats, back squats, deadlifts, cardio

LEAST FAVORITE WOD MOVEMENTS: Turkish get ups, overhead squats

WHAT WILL YOUR NEXT CROSSFIT ACCOMPLISHMENT BE: I'm not good at a whole bunch of things that I should care about, but really I am just trying to maintain the same level of fitness for as long as I can. Anytime I can PR a movement or WOD, I feel like I accomplished something.

Tell us about your sports & fitness background: I tried almost everything as a kid: soccer, baseball, basketball, karate, judo, cross country, track. In high school I was playing soccer almost every day of the week while also doing track (400m and 4x400 relay). I played soccer recreationally at Boston College. I grew up with fitness, but then there was a long period after Suzi and I got married and had kids where we'd would cycle through gyms and fitness regimens ("Insanity!"); mostly I was practicing the sport of being lazy and drinking beer for a little while.

How did you first get exposed to CrossFit?

A few of my friends got really into CrossFit at around the same time Suzi and I were feeling like we needed to get healthier. In 2013, CrossFit 93 opened up really close to my house (I was still 5 minutes late for class every day) and I decided to try it based on what my friends were saying. I got hooked almost immediately; my "enthusiasm" turned Suzi off from it for a while because I was a tool and she wasn't shy about letting me know that.

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

I joined a box where all of the members were new; we had a few weeks of "foundations" together before things got rolling. The first CrossFit WOD that I remember was Cindy; I couldn't lift my arms for a few days after.

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

My whole day feels better if I get to Central Street for an hour in the morning, and it's been a consistent part of my life for 5 years now.



The motivation and commitment of doing something, even when I would rather not do it, has translated to other areas of my life. It is a habit that has created other healthy habits for me.

Please share with us any favorite CrossFit moments:

When I PR'd my deadlift (405#) because Luigi convinced me to try it. I doubted myself and he pushed me. I also enjoy the small social moments with the other members/coaches at the gym; it's a great group of people.

Any advice for people just getting started?

Take it slowly but push yourself within reason. Figure out your strengths and limitations and work to steadily improve.



7 REASONS TO EAT MORE VEGETABLES... EVEN IF YOU DON'T WANT TO

Continued from page 1

1. Low In Calories

Let's be real: a major part of all of our nutrition challenges focuses on changing our body compositions and waist sizes. Veggies can help you do that because they are naturally lower in calories. Which means you can eat a lot of them to feel full without ruining your week of meal prep and diligence.

2. Beauty

Get ready for a glow up. Here's what you should load your plate with:

- Spinach: It's loaded in iron, which will give you a healthier complexion. Spinach also has high levels of zeaxanthin and carotenoids lutein, which are essential substances that can make your eyes look more youthful and brighter.
- Beets: They can help minimize blemishes and keep your skin moisturized and free from fine lines.
- Eggplant: The same component that gives the vegetable its deep purple color also has a special anti-ageing component that can help you keep smooth and radiant skin.
- Brussel sprouts: You can get your daily dose of sulfur compounds, which is responsible for minimizing chances of infection, inflammation and rheumatoid arthritis.
- Red bell peppers: It's high in vitamin C, which stimulates collagen production. Collagen is KEY to achieving young-looking skin, and strong nails and hair.



3. More Energy & Higher Productivity

Green veggies contain folate and other B vitamins that support metabolism and the feeling of energy throughout the day. Your blood sugar will also not spike the same way it does when you overeat sugary and highly refined foods, meaning you'll have less extreme energy drops.

4. Gut Health

Fiber. Enough said.

5. Better Sleep

Several studies have linked vegetable consumption to better sleep length and quality. But why? The micronutrients in vegetables help to promote healthy circadian rhythms.

6. Brain Health

Did you know that avocados, tomatoes, kale, and spinach have antioxidants that are known to help reduce inflammation and have the ability to protect your vital organs? Spinach has also been linked to slowing memory decline.

7. Happiness

A highly-quoted study from 2016 shows that increased vegetable consumption correlates with more life satisfaction. A study from earlier this year also showed a strong connection between eating vegetables and improved mental health.



COACH'S CORNER

-Coach Mike

How To Keep Your Shoulders Healthy

Imagine an opening slightly smaller than the diameter of a dime. Then imagine three strands of rope the thickness of linguini passing through that opening (linguini might be a bad example, but you get the idea). There's not going to be a lot of space surrounding each strand of rope, very little actually. Now let's just say we shrunk that same opening. The rope passing through is now rubbing against the sides creating friction. What happens to rope as it rubs against any surface over time? It frays. It may even tear, or even worse, rip completely.



The opening I've described above is the area in your shoulder called the subacromial. This is the space where your bicep tendon, bursa, and rotator cuff pass through. In a healthy shoulder, the space remains wide enough to never cause an impingement, or rubbing. So how does an impingement happen? There are many possibilities but the more common are related to poor posture (guilty) or trauma/inflammation of the bicep tendon, bursa, or cuff. Another interesting fact I found while researching is that the subacromial space narrows in men with age, but not in women. Bros, pay attention!

If you've read this far you may be asking yourself, how can I keep my shoulders healthy so I never have an impingement, or worse, a tear. I'm glad you asked. **DISCLAIMER:** I'm not a doctor, so if you are dealing with bad shoulder pain, go see one to get evaluated. That being said, here are a few things you can do as pre-hab:

Number 1: Fix Your Posture

Do you sit at a desk for long periods? Do you slouch? I bet you do. This article has some great tips on how to improve your posture: [Quit your slouching! How to fix bad posture.](#) Basically, while sitting down, you want to think about pulling your shoulders back, chest up, and keep a tight belly. If you feel awkward as hell, you are likely doing it right!

Number 2: Strengthen with I's, Y's, and T's

I's, Y's, and T's are what they sound like. You are making motions with your arms that create these letters similar to how you dance to the Village People's song, Y.M.C.A. CFF even has a Crossover Symmetry Shoulder System. Did you know that? It's true! It's attached to the yoke as you walk to the dungeon in the back of the gym where the plyo boxes are stored. Ask a coach to walk you through these movements. They are a great warm-up and/or cool down.

Number 3: Stretch

By stretching your chest, you will open up the shoulders. This article ([link below](#)) gives you five different stretches you can perform at home or in the gym. There are so many other variations, so again, grab a coach and pick their brain.

If you start incorporating the above in your daily/weekly routine, you will see a difference and hopefully never have to deal with a serious shoulder problem.

Links:

Posture: <https://www.today.com/health/quit-your-slouching-how-fix-bad-posture-1D80232323>

Stretch: <https://www.acefitness.org/education-and-resources/lifestyle/blog/5657/5-chest-stretch-variations>



GLO KNOWS...

Coconut -Curry Stew



Warm up in cooler days ahead with this delicious and comforting stew. Stew can be prepared and cooked in croc-pot, Dutch oven or in large pot.

Ingredients

- 2 tablespoons virgin coconut oil
- 2 teaspoon of Black and yellow mustard seeds
- 1 teaspoon Cumin seeds
- 1 medium onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 2½-inch piece ginger, peeled, finely grated
- ¼ teaspoon crushed red pepper flakes or cayenne pepper
- 1 teaspoon turmeric
- 2 ½ cups cooked lentils
- 1 can tomato paste
- 1 can crushed tomatoes
- 2 /13.5-ounce can unsweetened coconut milk, shaken well
- 4 cups water (more as-needed)

Directions:

In a large pot, Heat coconut oil on low, and then add seeds. Cover and Cook until fragrant and popping; careful not to burn. Add garlic, onion, and ginger, Sautéing for about 5 minutes.

Add turmeric, red pepper flakes and cooked lentils. Toss until well combined, and then add tomato paste, crushed tomatoes, coconut milk, and water. Season to taste with salt and black pepper. Cook on low for about two hours, stirring frequently.

Optional add-ons:

- Diced sweet potatoes
- Kale
- Diced red pepper
- Cilantro

WELCOME NEWBIES



Shawn Lynch

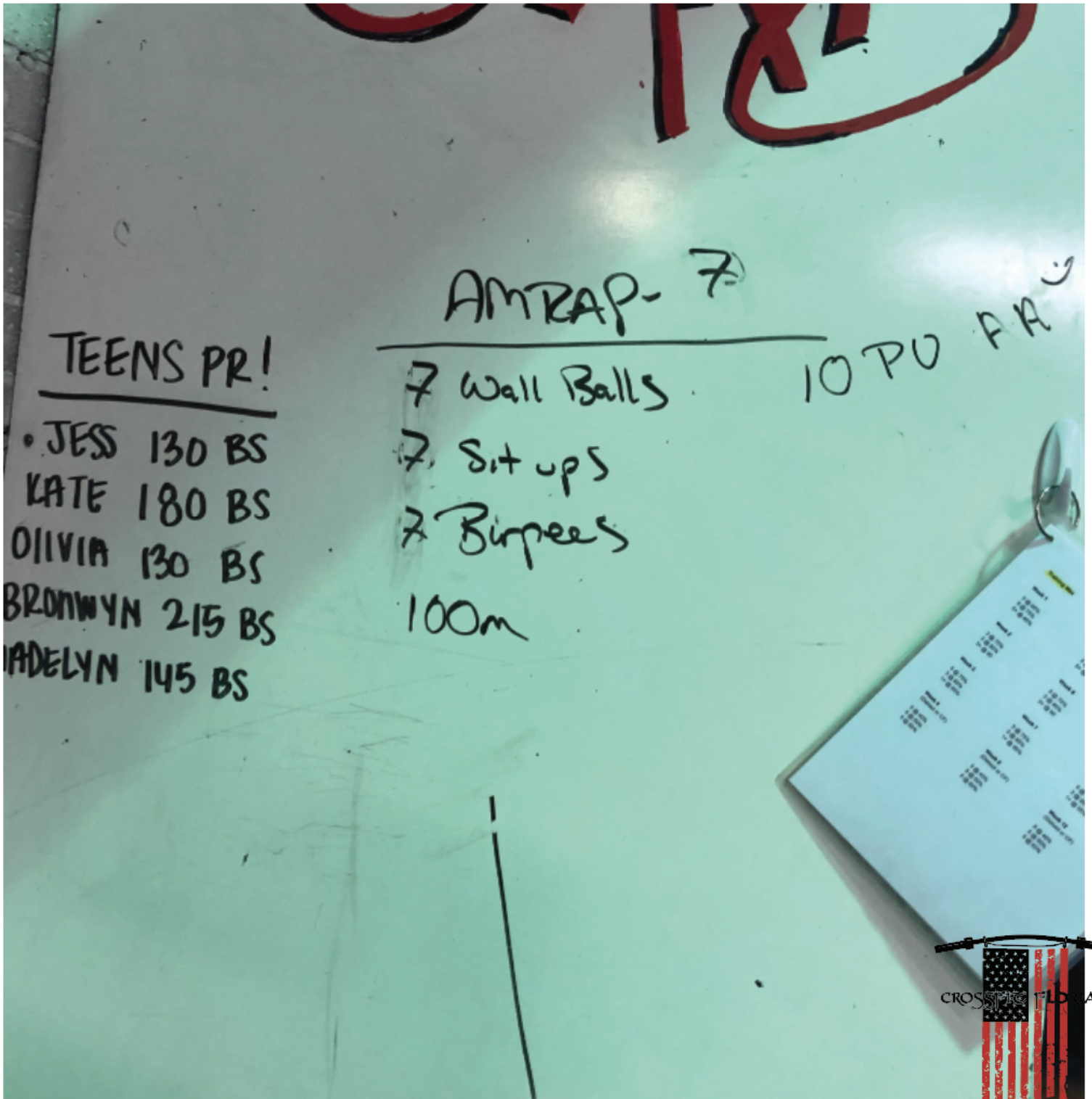
Robbie McLead

Joel Vallejo





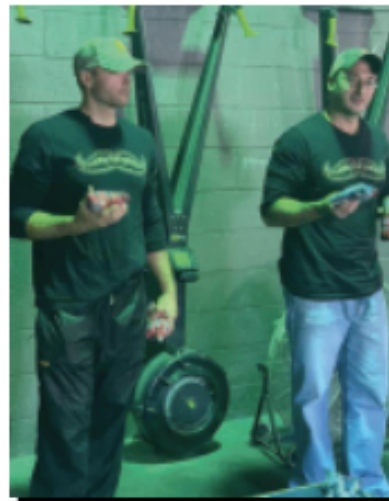
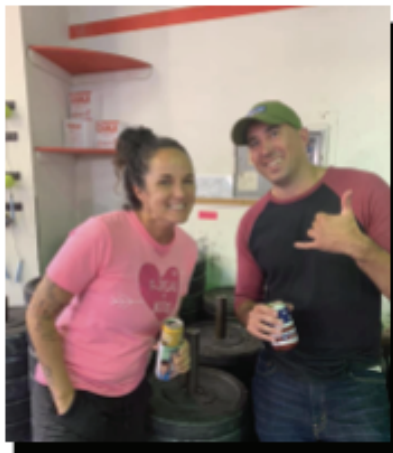
CRUSHIN' IT





CORNHOLE / BEER GRACE

We raised \$1500 between the two events. Don't forget to sign up for Barbells for Boobs on 10/26!





THROW IT ON THE GRAM

