

## WHY MENTAL HEALTH MATTERS AT THE GYM



**THE BENEFITS OF EXERCISE ON MENTAL HEALTH**  
@BELIEVEPHQ

- REDUCED STRESS LEVELS
- INCREASED WELL BEING
- INCREASED ENERGY LEVELS
- BOOSTS BRAIN POWER
- REDUCED DEPRESSION
- INCREASED CONFIDENCE
- INCREASED MOOD
- REDUCED ANXIETY
- INCREASED SELF ESTEEM
- IMPROVED SLEEP

We work out our bodies every day to make them stronger. We know the more we are in the gym putting in work, the better we get at certain movements. Are we doing the same when it comes to our mental health?

The mind and body are intrinsically connected. To be the best athlete inside the gym and the best version of ourselves outside of it, we need to live a healthy life from a holistic standpoint. One in five people in the U.S. have some kind of anxiety disorder, and depression affects 264 million people globally. The physical symptoms include:

- Insomnia or oversleeping
- Debilitating fatigue
- Increased or decreased appetite
- Weight gain or loss
- Difficulty concentrating or making decisions
- Unexplained aches and pains

These are all things that will noticeably impact your gym performance. But practicing mindfulness, in addition to your snatch, could help.

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## MEMBER OF THE MONTH

### Stephen Del Rose

**HOMETOWN:** Canton

**AGE:** 61

**FIRST START AT FLORIAN:** May 2012

**FAVORITE WOD MOVEMENTS:** Thrusters, clean & jerks, snatch

**LEAST FAVORITE WOD MOVEMENTS:** T2B

**WHAT WILL YOUR NEXT CROSSFIT ACCOMPLISHMENT BE:**  
Hopefully T2B, butterfly pull ups

**Tell us about your sports & fitness background:** Started weight lifting in the military. After my discharge I purchased equipment and continued at home

**How did you first get exposed to CrossFit?**  
My son

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

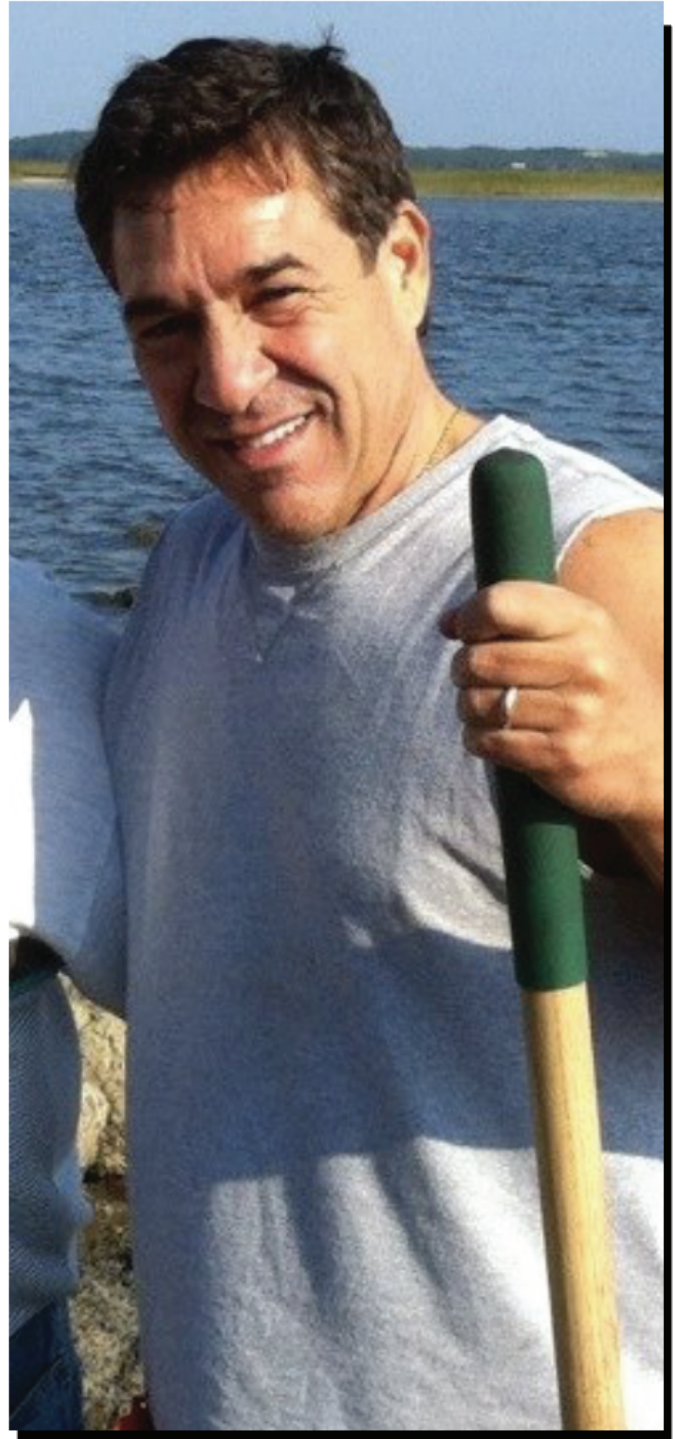
Totally winded within the first 10-12 minutes. After the first month I considered quitting because I couldn't keep up with the intensity of the workouts. I thought I was in pretty good shape before starting crossfit but a few minutes into foundations class with Steve Lee and Mel, I found out quickly, I wasn't even close.

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

Before starting CrossFit I found that some of my workouts were just going through the motions and at times boring. Since I have been doing CrossFit, I check the post each night, and even if it is an AMRAP I don't like and know I will struggle at, I go because I need to know how I will do. I look forward to coming as often as possible. I have learned a lot from Oly classes as well.

**Please share with us any favorite CrossFit moments:**

For the first time since my time in the military I was able to clean and jerk 165lbs. I was pretty happy with myself until I looked to my right and saw Steve Lee throw up 305lbs. I thought it was pretty funny at the time. We both had a pretty good laugh.



**Any advice for people just getting started?**

When I first started out I tried to push too heavy of weight before learning the movements. I recently started OLY classes and it's helping a lot with my form and confidence..



## WHY MENTAL HEALTH MATTERS AT THE GYM

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Diet and exercise are two major ways to help build better mental health. But we're already active people. Working out and diet is something we're all, at the very least, actively thinking about. So what are the helpful practices that may not already be a part of our lives? From opening up to a friend to journaling, here are some helpful tips from mental health advocacy organizations:

### 1. WRITE IT DOWN.

Whether it's what you're grateful for, your feelings or something positive, writing down your thoughts gets them out of your head. That act makes them heard and validated -- even if it's only you reading it. This practice also can help you work on self compassion. Don't be hard on yourself for your feelings. Instead accept and acknowledge it. Just like in the gym, you won't feel 100% every day -- that's ok.

### 2. PAY ATTENTION

to the physical sensations, sounds, smells or tastes of your life. These experiences help you focus, but can also help you center yourself in the middle of a panic attack or moment of stress. Try cutting a piece of citrus, smelling it and biting into it. The intense smell and taste helps to disrupt negative thoughts. You can also balance on one foot, as it's a movement that requires a lot of focus and can help you break free from any repeating thoughts or worries.

### 3. TALK TO SOMEONE.

Knowing you are valued by others is important. Try opening up to a friend, family member or colleague. For a non-biased opinion, consider therapy. Think of it as a coach for your wellbeing, and it can be really nice to talk to someone who is removed from your personal life. Either way, trusting others with your emotions increases your well-being because as you get better at finding the positive aspects in other people, you become better at recognizing your own.

### 4. GET OUTSIDE,

even when it's cold out. Five percent of people in the U.S. experience seasonal depression. And even if you don't, it's easy to feel blue when it's gray all the time. Many of the most conclusive studies found that participants who spend time in nature showed less neural activity in the part of the brain associated with depression compared to their urban counterparts.

### 5. STICK TO A BEDTIME ROUTINE.

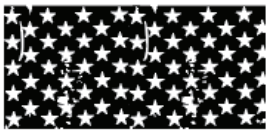
Slowing down at night can help to make falling asleep easier -- and sleep is so important to feeling strong physically and emotionally. Put away screens at least a half hour before bedtime. Try adding some of these small steps into your routine: perform a skin care routine, turn on a noise machine, take CBD, diffuse essential oils, organize your room and set up a cozy environment, read a book, and drink some calming tea.

### 6. MEDITATE.

Headspace is a great app to help you focus your mind and keep out intrusive thoughts. There are meditations that range from 3 minutes to 20 minutes, and they'll help with everything from sleeping, to helping calm down from a panic attack. There are a few free meditations, but if you want full access an annual subscription will cost you under \$6 a month.

### 7. SET (AND STICK TO) BOUNDARIES.

It's not selfish to set aside personal time to feel like the best version of yourself. If you're beat down from the week or having an off day, it's ok to opt to stay home. If you do go out, it's ok to leave at a specific time in order to give yourself the time you need to unwind and get some sleep. If there is negative energy, people or situations in your life, it's ok to ask for space to process. Our bodies need routines and self care in order to perform well; our mental health is no different.



# COACH'S CORNER

## -Coach Bill

### How To Make SMART Goals For 2020

With another new year thankfully upon us, it is that popular time again to come up with some personal goals to give us some purpose to all of this, and a sense of direction for where we would like to be.

Whether related to fitness, work, or life, your goals should be specific and realistically attainable. I am no goal setting expert as many of my yearly goals have either come up short or just stopped altogether. I would either make too many without any prioritization, which would overwhelm me. Or I made unrealistic ones that I knew were a long shot.

The acronym SMART can be helpful in keeping goal setting simple. SMART refers to Specific. Measurable. Attainable. Relevant. Time-Bound. I want to keep it as simple as possible while adding real benefits to myself.

One of my goals for this year will be to take care of my body better. I have not been kind to myself the previous 44 years, so I will have a plan for daily mobility, water intake, sleep and reading.

This includes:

- \*10-15 minutes daily of mobility
- \*water intake will be 1/2 bodyweight in ounces daily(right now I'd guess I'm well under half that)
- \*weekly average of 7+ hours per night of sleep
- \*complete 1 book(not comic related) per month

I'd say these are pretty specific. Measurable in that I should feel better physically. Do my knees feel better, shoulders, etc.? The increase in water should also make a difference in how I feel/perform. Coffee is NOT water. Attainable, 7+ every night for me would not be realistic with my job, so I threw the weekly average in there so I had a chance. I will use my Garmin watch for tracking nightly/weekly sleep. Reading for me will be the hardest, as my brain never shuts the fuck up. In order for this part to have a chance, I will eliminate as much social media as possible to avoid the distraction that it brings.

Are these relevant? We only get one body so I think so. The time-bound aspect for this will be daily aside from my book a month. I do have long term goals that are and always will be a grind of life. Those are separate from these yearly goals, or stepping stones.

Whatever your goals are they will need constant attention to ensure success. Remember your "why" in moments of laziness.





## GLO KNOWS...

### Mason Jar Salad w/ Mustard Shallot Dressing

REALSIMPLE

#### How to Build a Mason Jar Salad

IN A WIDE-MOUTH QUART-SIZE JAR, BUILD FROM THE BOTTOM UP.



ILLUSTRATIONS BY Sarah Ferrone

A perfect on the go meal, packed with all the goodness your body deserves!!!

#### Ingredients

- 1 cup cooked quinoa
- ½ cup diced red peppers
- ½ cup cubed cucumbers
- 1/3 cup thinly sliced purple onion
- 1 cup cooked garbanzo or black beans
- 1 cup micro greens
- 2 cups baby spinach
- 2 cups baby kale

#### Ingredients for dressing

- 1 tablespoon Dijon mustard
- 3 Tablespoon olive oil
- Half a shallot, Minced
- 1 tablespoon apple cider vinegar
- 1 tablespoon maple syrup
- salt and pepper to taste

\*Blend all ingredients in blender or food processor.

#### Process:

You will need two 32oz mason jars with lids. I get mine at True Value (right behind CFF). Recipe should yield enough for two jars. This may also be divided into smaller size jars. Salads should be kept refrigerated for freshness. Place dressing in bottom of jar. Add peppers, then cooked quinoa on top. Then layer micro greens, spinach, kale, onions, cucumber, and beans. Close jar and when ready to eat shake gently or turn jar upside down to allow dressing to incorporate well into salad. When ready to eat add topping of choice, right from jar or into a salad bowl.

Optional add: sliced avocado, roasted nuts, dry fruit, fresh fruit, cooked protein.

## WELCOME NEWBIES



Allison Crawford

Marie Madden

Harry Davis

Kim McShane

Joe Habib

Juliet Harbage





# CRUSHIN' IT

140# SNATCH

- JESS 130 BS
- KATE 180 BS
- OLIVIA 130 BS
- BRONWYN 255 BS
- MADELYN 170 BS
- AZ 180 BS
- Catie 190 BS
- FS <sup>Katie</sup> 180 BS
- Sammi 135 BS
- Maia 140 BS
- Madelyn 150
- SAMMI 105
- AZ 145
- Katie 140
- Bronwyn 210
- Caitlin 110
- Maia 125
- Jessica 155 BS

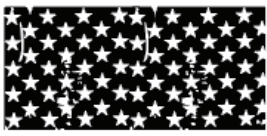
Coco  
H.P.C. 195

OMAR (O.G.)  
H.P.C. 215

Bench

- Madelyn 85
- SAMMI 65
- AZ 95





# THROW IT ON THE GRAM

