



Fruits and Veggies!!

Let's Talk Nutrition!!!

Keep it Simple...

Nutrition can be an intimidating thing for most people so let's start slow and keep it simple. That's what usually works for me. We are going to break up our nutrition discussion into two different categories. The first being weight loss, and the second performance. But there is one thing that strikes true with both of these categories, HEALTH! That is the idea behind us eating well, not just weight loss or increased performance in workouts or competition, but keeping ourselves well. So let's start there.

In order for me to be healthy I've got to start with a solid base in eating. Our nutrition starts there, before exercise, rest, recreation, all that good stuff. If we don't have a good foundation, all the others will suffer. So what is a good way to eat and how do I do it?

Health and Weight Loss

Most of us have been led to believe by the media and other sources that diets low in fat and high in carbohydrates are good for us, and we are usually told to get our carbs from lots of grains and then some fruits and vegetables. The problem with this is that most people have a lack of understanding in what kind of carbs to eat.

"Grains", that means, bagels, pasta, bread, cereal... right? Those are all grains, but what we run into is the fact that most of them are processed and high in sugar which is no bueno. If we are going to get our carbs from grains they shouldn't be processed and high in sugar. Now this narrows the field and makes our choices a little bit different. Examples of good carbs coming from "grains" would be oatmeal (not the instant kind, but just straight up oats), and some of the unprocessed breads (ezekiel 4:29, you can find it in the freezer at Wild Oats, and Prarie Grain Co.). There really isn't that much out there that isn't processed.

So where do we get our carbs from? Fruits and vegetables! And check this out. You can eat a ton more of these and get the same or less amount of carbs than if you were to have a bagel or something like that. For example, one bagel is equal in carbs to EIGHT CUPS of broccoli. That's a lot of flippin' broccoli. A little more practical and we can look at a slice of bread having the same amount of carbs as 1 apple. So maybe go for the apple instead.

The reason why it is so important to get our carbs from good places is because of the work that our bodies have to do in order to process the food. If I'm getting my carbs from processed foods high in sugar my

body has to work harder to produce insulin in order to help give myself energy. Worst case scenario is that I've been eating all these junky carbs for SO long that my body has to work harder and harder to produce the insulin and it becomes less and less effective over time. This is the start of "hyperinsulinemia" which causes all sorts of nasty things in people. Granted, this is after quite a while, but something to keep in mind.

The simplest way to eat healthy is when you go to the grocery store, shop on the outside perimeter of the store. This means you are usually buying more of the perishable (non-processed) foods. If we go in the aisles all the time we find all the processed foods and snacks which are typically super high in unfavorable carbs and sugar. Eating in this way can do SO much for us if we are in the category where we want to lose some weight and be healthy. Weight loss is pretty simple. If you burn more calories than you eat, you lose the weight. If you eat more than you burn, you gain. Again, this is just a brief overview of what it means to eat "healthy" and it can get much more in depth.

Health and Performance

Let's talk a little bit about performance now. If you are someone who is more concerned about how your times are in the WOD, your mtn. bike race, run, triathlon, or just kicking the snot out of your buddy you will be more concerned with what kinds of foods you are putting in your body and how it makes you perform in return. In order to have good performance we obviously need to eat healthy, but we can also get more specific on what we are going to be eating.

Carbohydrates can be put into two different categories. Those that substantially raise your blood sugar, and consequently insulin levels, and those that don't. The way we measure this is with the Glycemic Index. Foods high in glycemic index are those that substantially raise blood sugar and foods low in glycemic index don't. Interestingly enough most of the foods that substantially raise our blood sugar are the unfavorable carbs (processed bread, pasta, etc.) Those low on the index are most, meat, fruits, vegetables, and nuts.

So what does this have to do with performance? Energy! If I eat foods that make my blood sugar spike I am hitting highs and lows throughout the day. But if I eat foods that are better at regulating my blood sugar I won't feel those spikes and valleys. When we balance out our meals with carbs, protein, and fats coming from the right sources it increases our energy levels and allows for better performance in activities. It's like putting the high octane fuel in a race car.

We can get so much more in depth on both of these subjects but to keep it simple in our discussion lets just start here. If any of you are interested in learning more or getting some help with how you can eat healthier please let me know and I would be happy to help. Once you make some solid habits out of your eating practices it really is pretty easy to stick to it. Eat to live, don't live to eat!



High on the Glycemic Index
and not so healthy!!!



Low on the Glycemic Index
and totally healthy!!!

CrossFitter of the Month: Veronica Creech

1. What do you do for a living?
I work at Stein Ericksen Lodge as the Accounts Receivable and the Group Reservations & Account Manager
2. What are some of your interests?
XC Skiing, Trail Running, , reading, cooking, doing thrusters with my 20lb. cat Chuckwagon, CrossFit (of course), enjoying life with my boyfriend Dave Hill (another CrossFitter), "Dancing with the Stars" (If I could be reincarnated, I would want to come back as a professional ballroom dancer), and UNC basketball! Go Heels!!!
3. What is your favorite kind of workout?
My favorite workout would include anything NOT involving hang cleans with dumbbells, burpees or manmakers. I pretty much "enjoy" everything else!
4. If you could have any kind of superhero power what would it be?
My favorite superhero is Spiderman. If I had that kind of climbing ability ,I would be wicked cool!

From left to right:
Deb, Dave, Mike, "V", Sarah , and our old friend Pat!!!



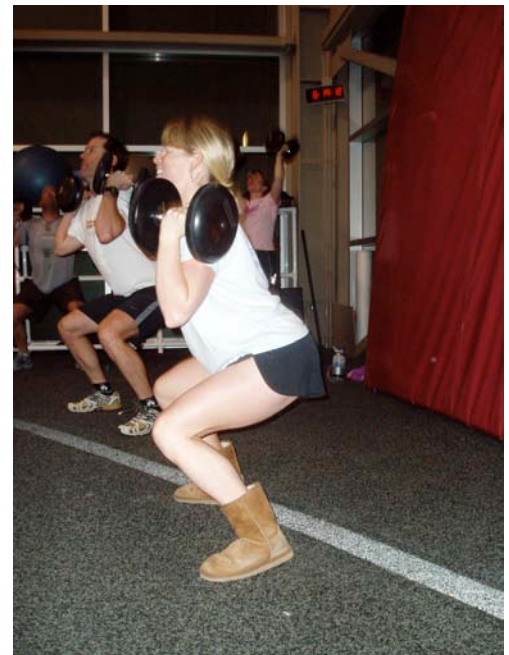
A little insight on Veronica:

Veronica was at one of our very first CrossFit workouts last June. She is one of our originals and has shown amazing improvement. Push pressing a 20 lb. bar was difficult when she first started classes. Now she comes in with some of the fastest times of the day and posts some awesome stats in her performance. A 75lb. squat clean, 75lb overhead squat, and running a sub 7 min mile are just a few to mention. Coming from a running background she has made leaps and bounds in her strength, power, and mental toughness.

She and Dave Hill live in Heber and are quite the football and baseball fanatics when it comes to the Patriots and Red Sox. Chuckwagon and Lilleymay (their two cats) keep them in line during the games and push them out the door on the weekends to go skate skiing, mountain biking, ski touring, and running. Veronica has been one dedicated athlete in CrossFit and continues to improve and kick butt each week. She is a great competitor and friend to have in the classes pushing others with her great performances and support. You can usually catch her in a 4:30 or 5:30 class.

Nice Shoes

"V"



3...2...1...GO!!!

EVENTS:

KickBall Meeting (I know, it's professional) Friday, April 25th at 7 p.m. on the Rec Center field to talk about the transition into the new space. It's looking like sometime in June right now but it's totally weather dependent on when the building will be done. I would love for as many of you to come that can so we can get your input on any ideas you might have. Feel free to bring your kids along as well. Possibly a trip to Coldstone or Starbucks afterward!!!

- Also, May 24th we will be having a little affiliate competition/WOD together at CrossFit 801 in Salt Lake with all the affiliates in Utah. Mark it on your calendars! I'll let you know more info as it gets closer.

