

NEWSLETTER

February 2014



“Virtus Invicta”—Unconquerable Courage

BOX NEWS

Hello Everyone! This is CrossFit Virtus' first official newsletter. This publication serves as a way of communicating to our members (you) on what is happening at the box and in our local community. There is much to be excited about as a crossfitter, and we want to ensure that each of you are well-informed.

Here are a few of the programs we are focused on at the box:

1) CrossFit Kids Virtus – Our kids program is led by Hayley Smith and has been a continued success since June 2013. We offer kids classes on Tues/Thurs from 4:30 – 5:15 and teens classes on Mon/Wed from 5:15 to 6:00. We understand that kids are involved in many sports/recreational activities. CrossFit serves as a foundation for your children to help them excel in his/her sport. For more information, please ask Hayley or check the Kids section on the website.

2) Weightlifting – Extra work (weightlifting) has always been a discussion between myself and members. Folks generally want to be stronger and faster. Likewise, most people struggle with the Olympic lifts and have requested additional training in this modality. We have met that need by providing one-on-one coaching and/or providing programs to follow. Unfortunately, one-on-one coaching gets a little spendy and the extra work does not provide the required “eyes on” coaching. We have bridged that gap by allocating a time slot 3 days/week to receive adequate coaching and instruction at a significantly less cost to the client. For more information, please check out our weightlifting program on the website or ask one of the staff members.

3) CrossFit Open Sectionals – Yes, our competition season is right around the corner. The Open begins on Feb 27th and ends March 31st. This is your opportunity to test your fitness among the best. Sure, you may not be a Regional contender, but it is a great way to test your progress. We have registered CrossFit Virtus as a team and you are more than encouraged to join our team during this exciting time of year. As I have said before...Yes, the workouts are random and varied, but there is

intention. So CHALK UP and see what you are made of. For more information, visit the Reebok Games website or speak to one of the staff members.

4) Nutrition—CrossFit Virtus begins its first nutrition challenge of the year on Monday, February 3rd. We highly encourage folks to participate. This is your time to better educate yourself on nutrition and training. Our staff is very supportive of your fitness-related goals and is eager to help you. Proper training with poor nutrition will yield poor results; likewise, great nutrition with poor training will yield poor results. One must focus on both for best results. To learn more on how to participate in our 8-week challenge, please speak to one of our staff members.

KIDS

The Virtus kids and teenagers are stepping up their game in WODs and overall strength. The kids are very competitive with each other, which encourages them to get stronger. Their favorite movements include: box jumps, pull-ups, and knees-to-elbows. After each WOD they get to play games of their choice for putting forth maximal effort during the workout. They work hard the entire class while having fun getting fit.

We recently had the privilege of welcoming two new members to the teen's class—Jordan Allred and Bryce Allred who are sister and brother. There is nothing better than having family support! The teens are the opposite of the kids, they aren't as competitive amongst one another. They are more supportive. The focus is on how to better themselves as individuals. The teens have significantly improved their strength in weightlifting. The first few months they never wanted to add weight. It wasn't until they saw the adults lifting that they set a goal for themselves. They want to get stronger, add more weight, and do more repetitions. We are looking forward to seeing their progress and making this year great!



Emma, Brennan, & Caleb claiming
1st, 2nd, & 3rd place

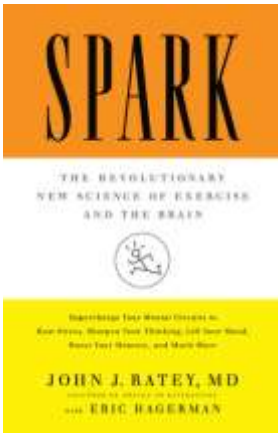


CrossFit Kids Virtus showing their
muscles after flipping the tire



Crossfit teens doing
Burpees

BODY & MIND



Spark: The Revolutionary New Science of Exercise and the Brain

by [John J. Ratey](#), [Eric Hagerman](#)

A groundbreaking and fascinating investigation into the transformative effects of exercise on the brain, from the bestselling author and renowned psychiatrist John J. Ratey, MD.

Did you know you can beat stress, lift your mood, fight memory loss, sharpen your intellect, and function better than ever simply by elevating your heart rate and breaking a sweat? The evidence is incontrovertible: Aerobic exercise physically remodels our brains for peak performance.

In Spark, John J. Ratey, M.D., embarks upon a fascinating and entertaining journey through the mind-body connection, presenting startling research to prove that exercise is truly our best defense against everything from depression to ADD to addiction to aggression to menopause to Alzheimer's. Filled with amazing case studies (such as the revolutionary fitness program in Naperville, Illinois, which has put this school district of 19,000 kids first in the world of science test scores), SPARK is the first book to explore comprehensively the connection between exercise and the brain. It will change forever the way you think about your morning run---or, for that matter, simply the way you think.

ATHLETE OF THE MONTH



CrossFit Virtus' Athlete of the Month will be selected on a monthly basis and fit a list of criteria that best represents our box. This athlete will demonstrate high ethical standards, be competitive, a desire to work harder, a true team player, be coachable and be willing to step outside his/her comfort zone. The athlete will be nominated and voted on by the coaching staff.

Our intent is to recognize those who work hard and support others to work harder. Our motto, "Virtus Invicta" represents the professional standard of how we conduct ourselves in training and in

competition. March Newsletter will be our first release.