

Q T'OWN CROSSFIT

NEWSLETTER

QUINCY ILLINOIS

Date: January 26, 2018

THE OPEN

It is now 4 weeks until our 5th annual CrossFit Open as a gym community! Come together with us every Friday for 5 weeks for a great workout followed by community and food!

We will be starting on February 23 and our first heat will kick off at 5pm. Be on the look out this year as we will be releasing details about signing up for the open online. If you choose to do so you will receive a unique QTown blender bottle! You do not want to miss this amazing opportunity to see what you are capable of with the support of the entire gym!



Day 12 of the Whole30 is here! Congratulations to everyone who has been tackling this big challenge! We want to encourage you to stay strong and please reach out to us if you are having issues at Andrew@qtowncrossfit.com

Reminder that the challenge officially ends on February 13! Please mark in your calendars to come get retested on the 13 or 14 of February. Keep checking Instagram and Facebook for the daily recipe!

The end result is WORTH IT!

WEEKEND SEMINAR

It is our mission here to provide our members with the best health and fitness service we can, helping people achieve extraordinary results.

That quest defines who we are and how we operate. As a part of that we want to hold true to our desire to provide specialty seminars to improve every aspect of your health and fitness.

This year we will be tackling one seminar a month that will follow buddy WODs on a Saturday. These will run 45-60 minutes.

The next three seminars are:

January 27- Recovery Techniques

February 17 - CF Open Prep

March 31 - Olympic Lifting

KEY DATES

January 27 - Recovery Seminar

February 13 - End of Whole30!

February 16 - Last day of Bootcamp

February 17 - Open Prep Seminar

February 23 - Friday Night Lights



RECIPE OF THE MONTH

This is a bonus Whole30 approved recipe!

Be sure to check out our Facebook and Instagram for more awesome recipes. There will be one posted every day from January 15 to February 13!

We think simple is so key and having a recipe or two that you enjoy on hand can save you when everything seems just a little too crazy.

Try this on in a pinch -

Seared Chicken with Green Beans

Ingredients:

2 Skinless Chicken Breast

Extra Virgin Olive oil or Clarified Butter as needed

Seasoning of choice such as salt, pepper, garlic and onion powder.

Frozen French Green Beans:

Directions:

- Preheat oven to 350-375 degrees
- Heat oil in stainless or cast iron skillet on medium high heat
- Season chicken breast as needed
- Sear chicken breast once oil is hot about 3 minutes a side
- Place skillet in oven for 20 minutes or until cooked to an internal temperature of 160 degrees.
- While chicken is in oven heat butter in small pan on medium heat - plaze frozen green beans in pan and cook till slightly brown.

Thats it - enjoy!



RHYTHM

Wait! Before you give up on this article we are not talking about those dance moves. We all know that if you have happened to see some of our coaches dance then we would be massive hypocrites to start criticizing anyones rhythm.

The kind of rhythm we are talking about here is life rhythm. We have been given a nature that is dependent on rhythm. For a very long time we were connected to the cycles of the sun regulating when we slept and how we felt throughout the day by managing crucial hormones like cortisol and melatonin.

We now live in a society where day and night is irrelevant due to artificial light. We can sleep or do a plethora of other things during the night which previously was a time where little was possible outside the glow of a fire. Some of us have a job that requires us to work over night to provide a crucial service or production capability that helps society as a whole. However, we believe that rhythm is not just important for when you wake up and when you go to bed. It has to do with the activities that fill those spaces.

If you look at the best in most fields you will find a rhythm to their schedule. They consistently go to bed and wake up at similar times, have a routine, likely scheduling even when they eat. Now before you scoff at the idea of having boundaries, just remember that routine is guideline not a rule. We want to encourage all of you to realize the benefit of being in rhythm with your life and setting some boundaries.

Ways to get started:

- Schedule sleep and wake times
- Plan for eating times
- Plan a consistent workout schedule (best is same time same days)
- Schedule self-improvement/ devotional time.

As with anything, we would love to help if you need assistance with this! Do not hesitate to reach out to us at coach@qtowncrossfit.com with questions.

ANNOUNCEMENTS

Polar Plunge

Come WOD with James Foster and do the Polar Plunge - Ask Coach Tieraney for more details!

Dancing with the Local Stars

We have several members participating in this awesome charity event: Matt Anderson, Dominic Scott, Catie Doyle, and Max Dancer. Dancing with the Stars requires a ticket purchase and is on February 2nd.