

THE PHOS SOCIAL

THE OFFICIAL CROSSFIT PHOS NEWSLETTER

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West Member of the Month: Arabella Schalde

We nominated Arabella for member of the month because she has been consistently coming to class 3 times every week since she started - sometimes even without mom or dad! She has very specific goals in mind and often stays after class to work on them. She pays attention, is mindful of form, track her progress and always discusses with the coach how to modify the workout appropriately while still pushing herself. We are so impressed with this little lady!



Tell us about yourself:

I am 11 years old and going to Discovery Elementary - 5th grade. My family members are: Mom - Danae, Dad - John, Sisters - Adeline (7) and Anniston (4) pet cat named Izzy. I also like volleyball and gymnastics.

When did you start CrossFit and Why? I started in 2017 with the kid's class and then in 2019 after attending the CrossFit Games became a full member. I like CrossFit because it's fun and helps me out in gym at school, and it also makes me stronger for volleyball and gymnastics.

What is your favorite workout or movement: I like the workout "Diane" for the WOD and handstand pushups are my favorite movement!

What is something that happened in the gym that you're really proud of? I am starting to RX some of the WOD's! Also, beating mom in the workouts.

What is one of your next goals? Ring muscle-ups and a 150# back squat.

Who do you look up to? I look up to my Mom and Dad because I think they are strong.

Who is your favorite CrossFit games athletes and why? Sara Sigmundsdottir, Annie Thorsidottir, Katrin Davidsdottir, Elly Kabboord, Chyna Cho, Sam Briggs, and Tia Clair Toomey; These ladies never give up and they always work hard.

One food that you want sent to you if trapped on an island? Pizza because you can have it every meal. Breakfast pizza, meat pizza, cheese, pizza, dessert pizza, etc. (she's a smart cookie).

What do you love most about Phos?

I love that it's not super competitive and that people are friendly and supportive. Also, the coaches always help me out when I need them to.

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East Member of the Month: Meggan Johnson



We chose Meggan because she always comes to class with a positive attitude and willingness to learn. She is one of the more coachable athletes in the gym and asks great questions. Since joining, she's put her form and quality of movement ahead of worrying about moving the heavy weight, but it's coming full circle as she's really starting to gain some good strength, especially on her Olympic lifts!

Here's a little Q & A:

Tell us a little about yourself:

Hello everyone! My name is Meggan Johnson and I work as a registered nurse at Avera McKennan. I have worked on the oncology transplant unit for the past 6 years. I did take off for about one year to do some travel nursing in Missouri, Louisiana, and Arizona!

What's something most of us probably don't know about you?

Most people don't know my ethnicity so I get asked frequently. According to 23 and me, I am 25.6% Sub-Saharan African, and 70% broadly European (majority being German and French) and 1.9% East Asian and Native American.

What is one personality trait you have that you value/love most, why?

The personality trait I value most is kindness because kindness means something different to everyone. Kindness involves giving my undivided attention to my environment and acting selflessly by recognizing ways to help enhance the lives of the people around me without being asked.

In your life, what's one of the greatest obstacles or challenges you've had to overcome? To 'be present'. Every day I find myself focusing on the past or my future. I work hard to remind myself each day to live in the moment and absorb my surroundings so that I can make the most of it. It is my greatest challenge. So my goal each day is to keep present in conversation, at the gym, while driving, etc. I remind myself often to let the past go, live for today and not tomorrow.

On a more light-hearted note, if you could play a role/be a character in any movie, what would it be and why?

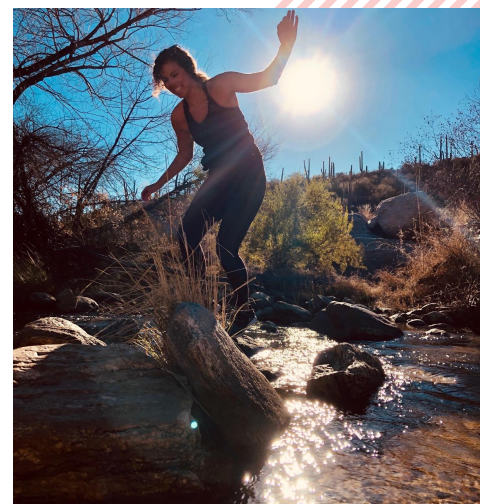
I love Tiffany Haddish! I think she is hilarious. I could see myself playing her character in the movie Girls Trip! She is 100% true to herself in that movie, loyal to her friends, and has a very strong relationship with them!

What movement(s) have been most challenging & rewarding for you?

Hang power snatch and hang power clean. Let's throw in kipping too! Honestly, each time I improve any CrossFit move, even just slightly, I feel rewarded because they are all so technical. Moving the barbell in all our power moves was very awkward for me at first and now I enjoy it very much!

You just recently joined, what made you decide to give CrossFit Phos a try?

I have always wanted to try CrossFit but I didn't join for years out of fear. I let some of my friends personal stigma of CrossFit cloud my own judgement. I have two coworkers that have said nothing but amazing things about CrossFit Phos on the east side. I'm sad it took me two years to bring myself through the doors because I absolutely love everything about it!



How to Eat Healthy and See Results Without Counting Calories or Macros

Coach Megan Randall

You work hard in the gym and want the body to show for it. You want to lean out, gain muscle, and perform well. While counting and consuming custom daily macro targets (proteins, carbs, and fats) is often the most effective way to do this, not everyone has the desire or interest in following a rigorous macro or calorie counting plan, and unless you have very specific, short-term body composition goals, it really isn't necessary either.

Here are 5 key points to incorporate into your daily nutrition that don't involve counting calories or macros:

1. **Have lean protein at every meal and snack.** The truth is, most people are not getting anywhere near the amount of protein they need in a day. If you make the conscious effort to include lean protein every single time you eat, you will automatically increase your daily protein intake, and that alone will help you feel full longer, facilitate new muscle growth and boost your metabolism, increasing your fat burn.
2. **Consume the majority of your daily carbs before and after your workout.** If you make sure that most of the carbs you eat everyday are focused around your workout time, your body will utilize



3. Eat LOTS of vegetables. The more vegetables you eat, the less room in your belly for other stuff! You could also save a lot of money on all of those extra supplements you are taking (vitamins and minerals) by getting them in your food.

4. Choose healthy fat sources. Fat is good for us, it is needed to regulate our hormones, digest vitamins and minerals, and helps our nervous system run properly. But this happens with the good fats, like avocado, nuts, nut butters, olive oils, fatty fish and seeds. The bad fats, like canola oil, margarine and vegetable shortening, raise our cholesterol, clog our arteries and increase our risk of heart disease.

5. Minimize added sugar consumption. Added sugar in our diet is simply packing on the calories that most of us just aren't burning. Lowering your sugar consumption will also reduce your risk for heart disease and type 2 diabetes.

SEPTEMBER BIRTHDAYS

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- 1st Lyndee Kamrath
 - 4th Bre Garbers
 - 6th Chelsea Johnson
 - 7th Michael Winter
 - 8th Shannon Dela Cruz
 - 10th Ayla Archer & Kelly Strand
 - 11th Ryan Johnson
 - 13th Dave Ver Steeg
 - 14th William Seykora
 - 15th Brandon Fey & Kaylee Hennen
 - 19th Nikki Nolz
 - 22nd John Schalde
 - 23rd Royal Archer
 - 24th Kendra Harberts
 - 26th Austin Schmidt
 - 27th Kristy Oros
 - 28th Ted Heath
 - 30th Taylor Rignell