

KA's April News

Athlete Spotlight!

The members have spoken! This month's Athlete Spotlight shines on **Pete Caigan!** Aside from Pete's awesome sense of humor and impeccable taste in workout music, he's got an impressive list of accomplishments that you are probably not aware of! He's a founding member of Catskill Mountain Search and Rescue Team (I hear he saved a life last week). He's a drummer, sound engineer, record producer, artist and audio design consultant. He's recorded, mixed and produced albums for many artists, including Sarah McLachlan and Billboard #1 Reggae artist Roots of Creation. Pete's toured as a drummer and mixed front of house and designed studios and sound systems for top facilities in the Hudson Valley. On the fitness front, Pete stumbled across CrossFit while on vacation in Miami. While watching through the window at 242 pounds and feeling like crap, he decided it was something he had to try! Two years ago, he had no idea what his potential was and now he's in the best shape of his life and running mountains. Who would have thought?! Pete needs to stay on point in all facets of his life and being at KA helps him to be strong, flexible and have endurance. Everything in life is easier for him and he feels like a much more capable human being since starting at Kingston Athletics.

Aside from the dedication and hard work Pete puts in, he couldn't do it alone. "Embracing the suck' is a lot easier when you look around and realize you're all in it together!" Pete's super proud of getting his bench press up to the glory days of his time as a 17 year old football player and his next goals are double-unders and getting good at kipping pull ups and toes to bar. His diet consists of mostly whole foods and beer, cycling through gaining and cutting phases. He's now down to about 200 pounds!

Pete's advice to someone thinking about starting at KA, "Don't be intimidated by watching the Crossfit Open. You can be at any level and get going. It's all about pushing yourself and getting after it at whatever fitness level you are at."

People love working out with Pete because he's got the best music! They look forward to the moment he heads up to the radio and puts on his mix... If you get a chance, hit a workout with him!

PR's, Achievements, Accolades

Nicole F—First Handstand and HSPU!!! **Ryan P**—first HSPU during open

Tom P—Finally nailed a few chest to bar and placed 421 out of 4589 worldwide on 19.5.

Sarah D—First Bar Muscle Up during 19.4!!!!!!!

Erin K—Huge PR on 19.2!!!! Crushed my old score!! **Dawn M**—Doing the open for the first time!

Kaitlin B—graduating with associates this May, finally got with the program and signed up for CrossFit!

Nate H—7 bar m/u in open workout, had only gotten them in practice first time in a WOD

Suzanne H—I am about to walk the Portugal Camino - its a 400 mile walk from Lisbon to Santiago

Brenda—Completed my first Open! And super pumped to have completed 19.5 (scaled) under time. I didn't think I would come close to finishing that monster.

Welcome! Say hi to these new members!

Tiffany A—BootCamp

Phallon D—BootCamp

Kelly E—BootCamp

Diane L—BootCamp

Cicily W—BootCamp

Jess F—CrossFit

Drew F—CrossFit

Steven C—Welcome Back!

Sammy D—BootCamp

Alisha M—CrossFit



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Coming in April

- April 20—Bring a friend Saturday
- April 27—Festivus Games
- April 28—Kingston Classic
- May 5—Women's Day



Jackie loves burpees... And Stacie loves to watch.

Women's Wellness Day.

Join us in celebrating the power of women with a day full of personal wellness. Take the day to enjoy with all your favorite ladies- mothers, daughters, sisters, girlfriends! Yoga, meditation, bootcamp, lunch provided by Christina's Restaurant, wine tasting, makeup lesson, and certified speakers on nutrition and mental health. Tickets include all activities and speakers throughout the day. Brought to you by your very own women (Olivia, Sarah D, Sarah R, Janet, Erin K, Leah, Christina K and more), for women!

Bring a friend Saturday!

If you know someone who is interested in getting fit, have them join you in a Saturday morning workout! Every 3rd Saturday of the month is "Bring a Friend" day. Have them come by for 8am CrossFit, 9am Bootcamp or after at 10am to check things out and get a sweat on with you. This month's Saturday is **April 20th**. Spread the word!

"It always seems impossible until it's done."

~ Nelson Mandela

Meal Ordering

Are you looking to make things a little easier on the meal front?

Christina's Restaurant offers meal ordering options at the end of every week! Healthier options and pre-portioned meals make sticking to your intake a lot simpler.

Place your order by Sunday at 10am, pick it up anytime after Monday morning... \$9 per meal, check (to Christina's Restaurant), Venmo, or cash preferred.

Sarah's Nutrition Corner

Good vs Bad

It's very common to hear people refer to food as "good" or "bad". The pizza we had for lunch was bad so I will eat a salad tonight and "be good". These comments are made constantly, yet they are not accurate. Food is neither good nor bad. Food is food, it has no morality. Yes...some food is healthier for us than others but when you break it all down, any food will be a combination of carbs, fat and protein. I do agree that trans fat, food coloring and preservatives are not healthy. I am talking about real food. The concept of good and bad food was taught to us by well meaning adults as children and then reinforced as adults; by almost every diet book, magazine and TV show. The problem with this way of thinking is it triggers a restriction – deprivation – rebound eating cycle. We are constantly trying to "be good" while not allowing ourselves to have the "bad" foods. We do well for a few weeks and then the urge is too much and we go on a binge of pizza, ice cream, cookies...etc. Then we tell ourselves it was our fault. We don't have the willpower to stop ourselves. We need to go back on a diet, but first let's have one more binge day of bad foods. This is called Last Supper Mentality. The whole concept of good vs bad is a trigger for many people to be kept in the diet/restrict/binge cycle. My solution is stop giving food labels. Yes, there is food that should make up 80% of your diet, vegetables, fruits, high quality meat and dairy...but homemade chocolate chip cookies have their place as well. Allow yourself to incorporate a small percentage of your diet to include these foods in moderation. You will feel less deprived and give yourself the freedom to get out of the restrict/deprive/binge cycle that has become an epidemic in our country. Many research studies have been done on this exact thing and the conclusion is that cycle directly contributes to significantly higher weight gain than a steady 80/20 balanced approach.

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Attached articles for reference:

<https://www.medicalnewstoday.com/articles/321324.php>

<https://www.timeslive.co.za/sunday-times/lifestyle/health-and-sex/2018-03-28-diets-may-actually-cause-you-to-gain-weight-say-scientists/>



Pete photobombing BBM#2

The Next In-House Competition!

Riding on the coattails of the Open, we will have another In-House Competition during the month of May. The culminating event will be on Memorial Day with, you guessed it, Murph! There will be a scaled and RX division with guidelines coming out soon. There will be prizes for top finishers in each division and we will have a celebration after Murph, too! Grab a partner and get ready for some fun! \$10 per person to play.

The Open is Closed

It is incredible to be a part of 5 weeks of extraordinary achievements by all of you! To see and hear about the accomplishments that you all should be proud of, whether you were officially in the Open or doing it as part of the class, is nothing short of amazing. On a regular basis, you all reach beyond what so many are willing to do, but this time of year brings out an entirely different piece of you, and it's so exciting! Great work to everyone!

Be a Part of the Commitment Club!

We have been nagging you about signing in when you come to class... Now you'll get the recognition you deserve! We will recognize members who sign in over 12 times in a month and they will be placed in a drawing for a nifty monthly prize!



Member Birthdays

Christina K—April 5

Nick K—April 9

Kaitlin—April 16

Yaz! - April 17

Member Announcements

Jess Robie—brand new website and I'm taking new clients. If you're looking to work on a life style change, I'm happy to partner with you. If you need help with flexibility or muscle aches, I can help with that. Check it out: www.jessrobie.com April 13th 3 -5 pm at kingston library:<https://www.facebook.com/events/308021163233234/?ti=as>

Sarah D—Festival of Dance at UPAC April 6th 8pm

Dawn M—April 30th— Taste of Rhinebeck, one of our favorite restaurants “ Buns” is one of the 25 stops to eat on the tasting route. Go to tasteofrhinebeck.com for ticket purchase

Kaitlin B—I'm doing a lot of traveling this summer. In and hopefully out of the states. Putting my plans together for a trip to Cuba with my sister!

Committed Club

Mike Assa—18

Ryan Polacco—16

John Dudek—14

Jason Calinda—13

Roe Catan—13

Mary O'Reilly—13

Tiffany Appollonia—12

Travis Dillon—12

Kelly Edwards—12

Jay Gorman—12

Henry Jaen—12