

December 2011

*New Members
for November:*

Kate Breitbach
Tanya Dutton
Danielle Scott

Please welcome
them into the CFN
community!!

**Be sure to check
out our blog page
on the CFN
website. This is
kept up to date
with all the
upcoming events
and happenings at
CFN. Check it
daily!!**

**December Holiday
Schedule:**

December 23rd :
5:30 am only

December 26th :
5:30 pm only

PALEO WORKSHOP AND CHALLENGE KICKOFF JANUARY 7

We will be conducting a Nutrition and Fitness workshop on January 7th at 10am. The workshop will last about an hour and teach you how to use Paleo eating plus smart exercise and lifestyle tweaks to lose fat naturally and easily. Naturally – as in how nature intended – not through extreme calorie restriction, diet pills, weight loss surgery, spending hours on the treadmill, or starvation diets that don't work long-term. If you remove all that tripe then fat loss is, well, easy...

We will be discussing Robb Wolfs "Total Transformation" and "What is Fitness". We will also take measurements for the challenge.

This event is FREE for all members and to the public, so invite a friend.

Lots of cool prizes for the Top Female and Male winners!

WHAT: Paleo Workshop

WHEN: January 7th at 10am

WHERE: 347 Hughes Road, Madison, AL (in between Subway and Brueggars)

NUTRITION AND FITNESS WORKSHOPS COMING IN JANUARY!



We are partnering with Madison Drugs to educate the public on proper nutrition and fitness. If you've been to our previous Paleo Workshops and want to do something a little more challenging with your nutrition, then these workshops are for you. They will include more detailed markers such as blood pressure and cholesterol and includes a detox program.

We will have flyers in the gym detailing the dates and cost.

FREE INTRO CLASS!

Bring a friend or family member to our Free Intro Class. They are conducted weekly on Monday evenings at 6:30pm. Coach Scott Bean will give a brief introduction about CrossFit followed by a WOD. You are free to join them in the workout!!



We want to invite you and a guest to a "Nomad Christmas Party"! You are all family to us and it would not be right to end the year without getting together and celebrating this time of year. The circle of friends that have come into our lives is a treasure and continues to grow daily.

Please bring a dish to share. Nomad will be providing beverages. Please RSVP to lori@cfnomad.com.

Josh Bateman

Josh is a Level I CrossFit Trainer and started working with CFN in July 2011. He has been active in various sports including Motorcross, trail running, and competing in Tough Mudder. If you want to know how made he made it past 1st grade without getting killed or came to have a relationship with his Savior, Jesus Christ, or why he's now a CrossFitaholic then just ask. He's better at verbal explanations.



Starting in January, he will be a full time CrossFit Trainer at Iron Tribe Fitness in Birmingham. He has been an integral part of us getting off the ground! He helped us with our logo, HUGE!!, and did a lot of design work for us. His love for CrossFit showed with every class he coached. He took time with each athlete to motivate and assist to make them better, stronger and more confident.

Thanks JOSH!! You'll be missed!

NEW Foundations Class at CFN!!

We have now changed our Foundations Course to be 3 sessions!

This course prepares you for moving into group classes by providing you with education and coaching on the basic movements, practice of the movements and intelligent substitution exercises to suit your specific needs. It is also the safest and surest way that we can help you get started. It is here you will get instruction on the basic movements necessary for reaching peak performance. **To insure individual attention for each participant enrollment is limited to 5 per class.**

The Course is \$60.00 for 3 sessions.

Email: info@cfnomad.com to register for the course

Athlete of the Month: Mark Hull

- 1. How long have you been with CrossFitNomad?** My first workout was an Open House in August.
- 2. Favorite Workout/WOD/Exercise?** I've really started to enjoy the weightlifting/strength portion of CrossFit.
- 3. Least favorite Workout/WOD/Exercise?** Handstand Pushups because I can't do them... Yet!
- 4. Favorite Workout shoes/clothes brand?**
Shoe: (running) Brooks Ravenna **Clothes:** Nike Pro Combat
- 5. Favorite Food/Paleo?** Eggs
- 6. Favorite Cheat Food(s)?** Pepperjack Cheese on top of those eggs.
- 7. Interesting Fact about You?** I earned my pilot's license from Wallace State Community College.
- 8. What were you doing before CrossFitNomad? How did you hear about CrossFitNomad and/or CrossFit?** I worked out on my own, focusing on the pushup, situp, and 2 mile run, with some occasional weight lifting. I avoided CrossFit because I wasn't good at pullups, and I didn't know how to safely perform the weightlifting movements. Josh Bateman and Whitney Medlen told me about CF Nomad.
- 9. Give us some insight as to your thoughts after your first workout at CrossFitNomad?** It was a 6 minute AMRAP of 5 pullups, 10 pushups, 15 air squats. I was exhausted but motivated after the workout. I thought, "This is something I can do that will help me reach my goals." I liked the structured environment and the equipment available, such as the weights, pullup bars, and especially the ROPE!
- 10. Tell us a little about then VS now in regard to your performances on a couple of the benchmark WODs, such as Fran or Cindy?** Before CF Nomad I could not do many pullups, nor did I know how to do a kipping pullup. After Nomad, I was able to do over 70 pullups during a workout. My run times are improving and my overall fitness level is rising. I can lift more than ever.
- 11. Do you have any special or successful CrossFitNomad memories/moments?** I got excited when I completed my first workout at full Rx. Nomad has a built its own CrossFit community, and whether I go in the morning or evening I know I will see a friendly face. Those same people inspire and encourage each other to do their best. CF Nomad and it's members motivate me, and Nomad has made me CONFIDENT in CrossFit and what it can do for me.
- 12. What advice would you give to a newbie or someone just joining CrossFitNomad?** Reaching your fitness goals is extremely rewarding. To get there you have to will yourself to get up and go in the morning or evening, and not make excuses to not workout. Also, don't be afraid of the exercises you aren't good at--you will get better at them. Push yourself, but be safe about it.



December Featured Recipe

Zucchini Pancake Breakfast Tower (from Paleo Digest)

- 1 zucchini, 1 egg, 2 tablespoons almond flour
- 2 eggs
- 1/2 cup fresh spinach
- 2 ounces turkey kielbasa
- 2 tablespoons guacamole
- 2 tablespoons diced jarred roasted red pepper



Shred the zucchini and squeeze out all the water. Mix with the egg and almond flour. Add salt and pepper to taste. Using a non-stick skillet, make the mixture into three pancakes. Go low and slow so the inside cooks before the outside burns, about 3 minutes per side. Set aside.

In three 4 ounce ramekins (or repeat first step 3 times) divide the spinach, egg and turkey kielbasa in each ramekin and microwave for 1 minute.

To assemble: Place one zucchini pancake on the bottom, then add the egg/spinach/kielbasa layer on top of that, then add guacamole and diced red peppers over the top.



167 Westchester Driver
Madison, AL 35758

Phone: 256-258-9347

www.crossfitnomad.com

Want to contribute to the CFN newsletter? Let us know by Emailing us nomadcrossfit@gmail.com by the 15th of the Month.

Email Us:
nomadcrossfit@gmail.com

Coaches:

Scott Bean: scott@cfnomad.com

Lori Bean: lori@cfnomad.com

Josh Bateman: Josh@cfnomad.com

Whitney Medlen: whitney@cfnomad.com

Search for “CrossFit Nomad” and “Like us on Facebook!!”
<http://www.facebook.com/pages/Crossfit-Nomad/>