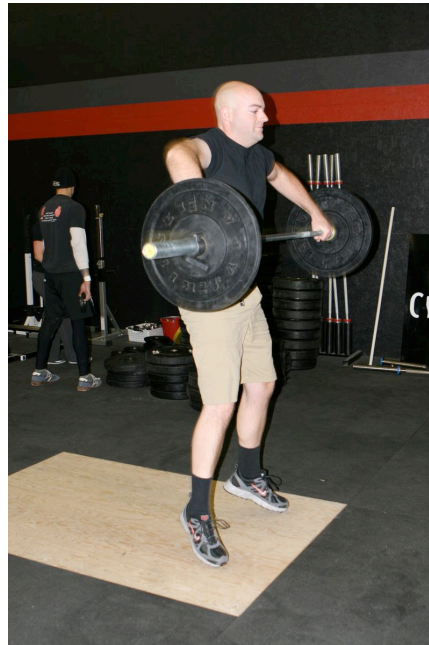


NEWSLETTER

No Sugar Success Stories...

The monthly challenge for January was to cut sugar out of your diet. Here are some success stories.



Melody has been tweaking her diet by concentrating on quality foods, and proper quantities. Here are her results, "I have since then lost 14.6 lbs., I've gone down 2 pant sizes, I've lost 4 inches on my waist, 1 inch on my arms, 2 inches on my thighs, and no longer have migraines. I am sleeping better than I have in years, and my back pain due to a herniated disc has been at it's lowest. I am feeling great. I couldn't have come to this far in 2

months and 8 days without the help and encouragement from my husband Shawn, Cullen and Lisa with CrossFit, and all the other CrossFit trainers."- Melody Ross. You can read the rest of Melody's story on the [Nutrition Blog](#).

Everett has also seen dramatic changes in his body composition this past month. He has made food quality changes to his diet, as well as, played with food quantities. He has dropped from 30%

Past Successes...

Amanda took it upon her self to work on her diet after attending the 2010 Crossfit Games. She competed on the Crossfit Flagstaff team, and was a spectator for the men's and women's individual competition. Watching the competitors inspired her to make some diet changes to improve her performance.

She has indeed improved her performance, and lost 20 pounds while she was at it. Now she is the one inspiring us. You can read the rest of her story [here](#), on the Nutrition Blog.



body fat to 18% body fat in just five weeks time. This change no doubt has improved his health, but it also allowed him to be selected for the armed services to serve our country.

February Challenge...

SQUAT THERAPY



The Basic Air Squat

WANT THE PERFECT SQUAT?

The basic air squat is essential to everyday life, and without question is essential to being a good crossfitter, and athlete in general. In life one cannot sit and stand without squatting. In crossfit the squat is used to build athletic capacity. The squat, when performed correctly, will improve knee, hip and back strength. This strength will lend itself to every other athletic movement or skill performed in life. If you squat well it will be advantageous to every other athletic endeavor you pursue. If you squat poorly the flaws in your mechanics will be exposed and penalized in every other athletic endeavor you pursue. The perfect squat is a noble goal, so lets work on it together this month.

SO HERE'S HOW IT WORKS

If your interested in working on your basic squat this month there will be a sign up sheet at the gym, put you name down, and commit to work on your squat.

Next, get with Katie if you attend the 6:30 or 8am class or Lauren if you attend 12, 4:45 or 5:45 class within the first week of Feb. Whoever you meet with will take pictures/video of you and give you feedback on the faults that you need to work on.

After you have feedback from one of the trainers commit to doing ten SLOW squats working meticulously on those faults. Do ten slow squats everyday, even if that means you do them at home.

Either Katie or Lauren will video/photo you again on week 2, week 3, and week 4. Every week they will evaluate your progress, and give you further feedback. At the end of the month you will compare your week 1 photos and your week 4 photos for improvements.

COMMON SQUAT FLAWS

- Not going to parallel
- Caving the knees
- Dropping the head
- Dropping the shoulders
- Loosing lumbar curve
- Coming onto the toes
- Not opening the hip at the top

SQUAT THERAPIES

- Wall squats
- Box squats
- Bar holds
- Overhead squats
- Bottom to bottoms

Birthdays

February 11

JP

February 14

Ann Hull

February 21

David

February 27

Donna

February 28

Wally

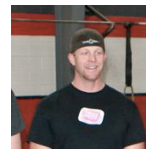
Events

February 26-27

[Ragnar Relay Del Sol](#) 24-Hour Race - Team CrossFit Flagstaff is going!

Firsts in January

TODD



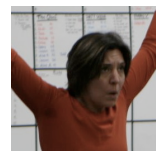
First Muscle Up

TARA



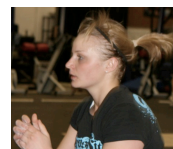
First Muscle Up

SARA S.



First Kipping Pullup

SARAH B.



First Rope Climb