

# CrossFit

*Flagstaff*  
Forging Elite Fitness

*Flagstaff, Arizona*

## Athlete of the Month

He quietly walks in about 11:30 and begins stretching for the Noon class. He likes to be in the back, "out of the way." He never complains and leaves the gym after class as quietly as he came in. Most don't know it, but this sextagenarian has come a long way since he started. That's why June's Athlete of the Month is Jules Salberg.



**How long have you been doing CrossFit?**

About 3 months

**Why did you start CrossFit?**

Recommended by a chiropractor for management of chronic pain.

**Who introduced you to CrossFit?**

Oryan Salberg, a chiropractor in Prescott and a member of CrossFit

Prescott for 2 years.

**What do you enjoy the most about CrossFit?**

The way that it transfers to other sports that I engage in such as climbing rock and ice.

**What is your favorite workout?**

All of them.

## ISSUE 25, JUNE 2014

### Upcoming Events

Sat. June 28<sup>th</sup> 9 & 10 am  
Mike and Lisa's last WOD (for awhile)  
CrossFit Flagstaff

Sat. June 28<sup>th</sup> 5 pm  
Going away Potluck BBQ  
CrossFit Flagstaff

Fri. July 4<sup>th</sup>  
4th of July Parade  
No Classes

Sat. -Sun. July 12-13<sup>th</sup>  
CrossFit Kids Cert at CFF  
No Classes



**What is your motivation to come to the gym and work as hard as you do?**

1. The results
2. Still crazy after all these years

**What are your future goals?**

To improve my technique and total core strength.

**Cont. pg 2**

**AOTM Cont.**

**When you first came to the gym you had flexibility problems. We have watched those things you struggled with get easier for you. What do you credit the improvements to?**

Proper strict technique, improvement of alignment and improving core strength.



**Who do you admire as an athlete?**

No one in particular, but the athletes I admire the most for their skill, strength and balance are professional dancers.

**What advice do you have for new members or other CrossFitters?**

This is the most rewarding and beneficial training I have ever engaged in, and I feel it is especially important for anyone who wants to improve their game; and even more so as those years sneak up on you to keep your game going!

## Does Having More Fat Help You Burn More Fat?

Doug Dupont

Contributor – Health and Fitness News, Reviews  
More Articles from this Author

People who have lost a lot of weight often note it gets harder drop more weight after the initial loss. A recent [study in the Journal of Strength and Conditioning Research](#) examined one reason why that might be.

### The Hypothesis

One hypothesis is that people with more fat also have a [greater ability to burn fat](#). For example,

if one woman had ten pounds of lean body weight and weighed 125lbs on the scale (twenty percent body fat) and another woman had the same lean body weight but weighed 135lbs (26% body fat), it is believed that the second woman will have a greater ability to burn fat.

There are a few reasons to think this might be true. First of all, it seems that [macronutrient availability](#) influences energy expenditure. This seems to be true regardless of how those substrates are available in the body. For example, consuming more of a particular macronutrient in your diet can increase your body's willingness to expend energy from that nutrient.

Secondly, people with greater body fat levels have higher resting levels of energy expenditure. All of this points to the fact that when more energy sources are available, more energy gets spent.

### Study Design

To test this hypothesis, fourteen women were [tested for their body fat levels](#). Their fitness was tested via VO2 max, and their substrate utilization for both fat and carbohydrate was examined. Having the values for lean body mass, the researchers expanded the results by determining the substrate utilization rates relative to lean body mass.

Each of the women had similar amounts of lean body mass and similar macronutrient consumption in grams per pound of bodyweight. Both of these factors, if majorly different, could have influenced the results, so they were factored out.

### Results

The researchers found that peak fat utilization occurred at around 55–60% of the women's VO2 max. For most people, that pace would correspond to a heart rate averaging between 130 and 140 beats per minute, depending on age and weight.

As for [body fat levels](#) and fat burning, there was no significant correlation, but this is worth some discussion. In statistics, "significant" would mean that higher rates of fat burning could reliably be explained by some feature of the women, such as greater levels of body fat.

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## Mushroom and Spinach Quiche

By [Jans Sushi Bar](#)

### Ingredients

- 6 ounces thick-cut bacon, diced
- 1 medium Vidalia onion, diced
- 8 ounces white button mushrooms, sliced
- 8 ounces fresh spinach, washed, hard stems removed
- 3 large eggs
- 1 1/2 cups coconut milk
- 1 tablespoon fresh thyme
- 1 1/2 teaspoons kosher sea salt
- 3/4 teaspoon freshly ground black pepper
- 1/4 teaspoon freshly grated nutmeg

### Instructions

- Preheat oven to 350 F.
- Cook the bacon in a large, heavy skillet over medium heat until crisp. Transfer to a paper towel-lined plate, leaving the rendered fat in the skillet, and set aside.
- Reduce the heat to medium-low and toss in the diced onion. Cook, stirring frequently, until the onion is golden and caramelized, about 15 to 20 minutes. Remove with a slotted spoon and add to the reserved bacon.
- Increase the heat to medium high and add half of the mushrooms to the skillet, taking care not to crowd them. Cook, stirring frequently, until golden brown. Transfer to the same plate with the onion and bacon and repeat with the remaining mushrooms.
- Reduce the heat to low and add the spinach to the skillet; cook just until the greens are wilted. Remove from the heat.
- In a large bowl, whisk together the eggs, coconut milk, thyme, salt, pepper and nutmeg until well-blended.
- Spread the spinach in the bottom of a 10" deep-dish pie plate. Scatter the bacon, onions and mushrooms evenly over the surface of the spinach, then pour in the egg mixture.
- Place the pie plate in a baking dish large enough to hold it; carefully pour very hot water around the quiche, until it reaches about halfway up the sides of the dish.
- Bake for 30 to 40 minutes, or until the quiche is set and beginning to turn golden brown on top. Remove from the water bath and cool for at least 15 minutes before serving.

Fat cont. from pg. 2

However, just because that factor wasn't found, doesn't mean it doesn't exist.

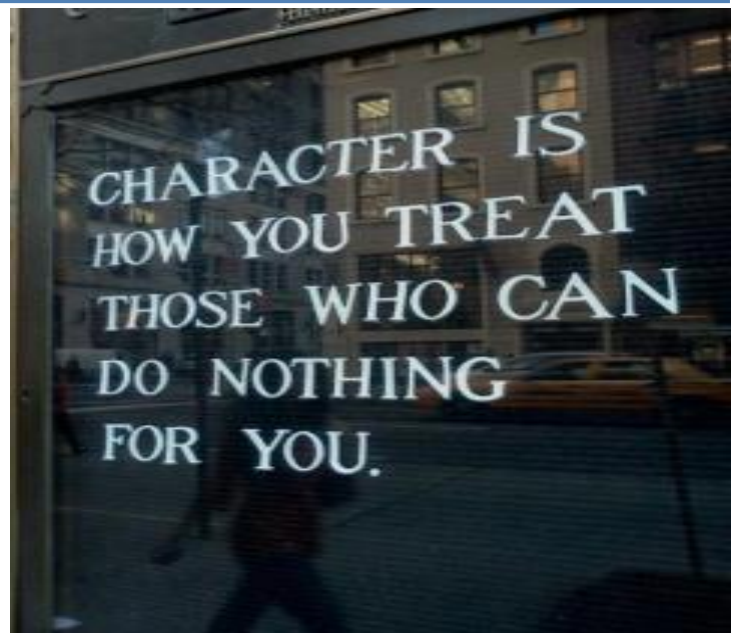
In statistics, a non-significant trend can still give you information, although that information might not be so reliable. When you look at the actual numbers here, there does seem to be a trend. The women with greater body fat burned on average about 100mg more fat per minute, which is about 25% more. It was also 2mg per kilogram of lean bodyweight more per minute for the higher fat group.

This trend seemed to hold across the studied variables. Combine this trend with the fact that none of the women were actually obese and the range in body fat levels was fairly small (from 18.6%–30%), and you wonder if a larger study might not have given stronger evidence.

To add fuel to the fire, the women were statistically considered as two groups, rather than individuals, and several of the women had body fat levels close to the cutoff point. For example, there was a woman in the lower fat group with 24.5% body fat where the cutoff was 24.9%. So, despite the statistically-correct conclusion, an analysis of the evidence shows a strong possibility that having more fat does indeed mean a greater ability to burn fat.

#### References:

1. Ashley Blaize, et. al., "[Body fat has no effect on the maximal fat oxidation rate in young normal and overweight women,](#)" Journal of Strength and Conditioning Research, DOI: 10.1519/JSC.0000000000000512



- You breathe on average about 5 million times a year.
- Months that begin on a Sunday always have a Friday the 13th in them.
- You are born with 300 bones, by the time you are an adult you will have 206.
- The average lead pencil will write a line about 35 miles long or write approximately 50,000 English words.
- One fourth of the bones in your body are in your feet.
- The average person spends 2 weeks of their lifetime waiting for the light to change from red to green.
- It takes more calories to eat a piece of celery than the celery has in it.
- The present population is expected to rise to 15 Billion by the year 2080.
- The largest recorded snowflake was 15 inches wide and 8 inches thick.
- The tip of a bullwhip moves so fast that the sound it makes is actually a tiny sonic boom.
- The Matami Tribe of West Africa play their own version of football, instead of a normal football they use a human skull.
- Coca-Cola would be green if the food colorant wasn't added.
- During the 17th Century, the Sultan of Turkey ordered his whole harem of women to be drowned and replaced with a new one.
- Coffins used for cremation are usually made with plastic handles.
- "Almost" is the longest word in the English language with all the letters in alphabetical order.
- Human thighbones are stronger than concrete.

Whenever you see the words  
"FAT-FREE" or "LOW-FAT"

Think of the words  
"CHEMICAL SHIT STORM"