

THE GARAGE

MONTHLY NEWSLETTER

October 2023 Edition



MEDIA OF THE MONTH

Headspace is your go-to mindfulness and meditation app for a happier, healthier life. It offers guided meditations, mindfulness exercises, and sleep stories for various needs. Personalized progress tracking keeps you engaged, and their SOS exercises provide instant relief from stress and anxiety. The app is user-friendly, accessible anywhere, and backed by scientific research. In a busy world, Headspace provides a sanctuary for peace and mental clarity, making it your ideal companion on the journey to a better you. Check it out for yourself or try it in the mobility/recovery room at the gym next time you're in!



OCTOBER WORKOUT HIGHLIGHTS

The heart of this month's workouts will be October's benchmark week (Oct. 9-15) followed by bring-a-friend (BAF) week (Oct. 16-22). Benchmark week will be a different set of workouts than we saw in June's benchmark week. These October benchmarks will be repeated again in 6 months, in March 2024. Remember, this is a week to be selective with your intensity. Choose 2-4 workouts you'd really like to push on, use a few as active recovery days, and take an extra day of rest this week. See a coach to learn more about how to do an active recovery day!



NUTRITION NOOK: THE HUNGER-SLEEP CONNECTION & HOW POOR SLEEP AFFECTS YOUR APPETITE

Sleep and hunger are intertwined in a delicate balance. When sleep is lacking, your body's hunger hormones go haywire. Ghrelin, the hunger hormone spikes, while leptin, the satiety hormone, plummets. This hormonal imbalance can lead to late-night cravings and overeating, especially for high-calorie, sugary foods. Additionally, multiple consecutive nights of poor sleep can disrupt insulin sensitivity. Over longer periods of time, this increases the risk of weight gain and other metabolic issues. Prioritize quality sleep to regulate your appetite and help you make healthier food choices. A well-rested body is better equipped to maintain a balanced diet, promoting overall health and wellness.

NEWS AND EVENTS

Bring a Friend Week!

Bring a friend week is coming October 16th-22nd! This is your opportunity to introduce a friend to CrossFit for absolutely free! You know those people in your life that are curious about the gym but haven't actually seen what you do? Bring 'em down!

We are offering an awesome referral program during our Bring a Friend Week! For every friend you bring that joins the gym, you will get \$50 and your friend will get \$50. There's no limit to how many referral bonuses you can earn!

"Friends" won't need to pre-register for class, but it is helpful if they complete an on-line waiver ahead of time. You can send them [this link](#) to have them fill it out in advance.

We are so excited for this event and hope you are too!



Halloween Hopper

Our annual Halloween hopper workout will be on Friday, October 27th at 6:00pm. We will have a fun hour hopper-style workout and time afterward to kick back, relax with some friends, and have a good time! Costumes STRONGLY encouraged. This event is BYOB! Please register in Zen Planner so we can get an accurate headcount.



New members!

Abby Swegel
Erika Rosnyoi

We always love welcoming our members. Staff and current members alike always look forward to being a part of one another's life journey and you being a part of theirs! Thank you for making the choice to become part of the CrossFit Honesdale community.

Fall Apparel Sale



We will be launching a fall apparel order in November! Stay tuned to next month's newsletter for information on how to place your apparel orders! After all, what is holiday shopping without treating yourself during the process?

Did you know that switching from a credit card payment to an electronic bank transfer (EFT) can save you money every month? Bank transfers are completely free to set up and avoid the pesky credit card transaction fees. Reach out to Chris or Sarah if you want to get this set up!

Credit Card Payments

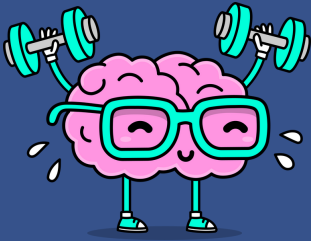


Brain Training

Motivation: Friend or Foe?

Picture this: It's the end of the year, and you've spent the last few months running around in the chaos of the holidays. You've attended so many parties, ate, drank, and stayed up late. You haven't made it to the gym in a few weeks. As you approach New Year's Eve, you think to yourself that you are fed up! Dry January? Sign me up. Hitting the gym 5 days a week? I'll be there. Getting 8+ hours of sleep every night? Count me in. Whole foods? Nothing but. You are so motivated! Yet by February 1st, you've all but thrown in the towel. Life got in the way. Plans got derailed. You feel like a failure.

Sound familiar? More than likely it does. So why does this happen to so many of us? And what can we do to avoid this trap? The answer lies in motivation. Motivation is a fickle friend. It appears when you need it the least, and disappears when you need it the most. While motivation can be a powerful force that drives us toward our goals, relying solely on it is a recipe for inconsistency and disappointment. So what do we do?



Discipline and Habits: The One-Two Punch You Need



While motivation is fleeting, discipline and habits are dependable. Discipline is the ability to get done what needs to be done, even when you don't feel like doing it. The best part about discipline? It's a skill you can work to improve and hone in over time. When you develop discipline, you can take action consistently, regardless of your motivation in the moment.

Habits, on the other hand, are automatic behaviors that require little effort. Once you establish habits, they become ingrained in your routine. By creating habits that align with your goals, you can make progress on days when motivation is lacking.

How to Create Discipline and Habits:

1. **Set Clear Goals:** define your goals and break them down into achievable milestones. This provides a roadmap for your actions
2. **Create a Routine:** Establish a daily routine to help you achieve your goals. Consistency in your schedule can help reinforce discipline.
3. **Start Small:** Begin with manageable tasks and gradually build. This is why our example above fails - trying to do it all at once!
4. **Accountability:** Hold yourself accountable to your actions. Track your process, seek support from others, or find yourself an accountability buddy!
5. **Practice self-compassion:** Understand that the goal is not perfection, and there will be days you falter. Be kind to yourself, refocus on your goals, and get back to it!

Motivation is powerful, but don't make it your driving force! Set yourself up for success by building habits and discipline into your life, and watch yourself crush your goals!

"Motivation may get you started, but discipline is what will keep you going."

Bonnie Pfister

MEMBER SPOTLIGHT

JAY NACINOVICH



How long have you been a member of CrossFit Honesdale?

A year and a half

What made you decide to try it out? What did you believe about CrossFit when you walked in the doors for the first time?

Some of my friends inspired me to try it out first and foremost. I honestly believed I couldn't do it, it was very intimidating.

What is the one thing you are most proud of accomplishing since starting CrossFit?

Stepping out of my comfort zone and applying myself to making sure I learn/grow with every workout.

What is your best piece of advice for someone just starting out with our gym?

No one has time during class to watch/judge you and wouldn't even if they did, so just do you.

What is your favorite CrossFit movement?

Cleans

What does life look like outside of the gym for you?

I spend my days working and volunteering in the community all while wrangling an eleven and eight year old.

What is something people would be surprised to know about you?

I don't really have an answer for this. haha. (editor's note: ask Jay about the time he beat Sarah in fantasy football)