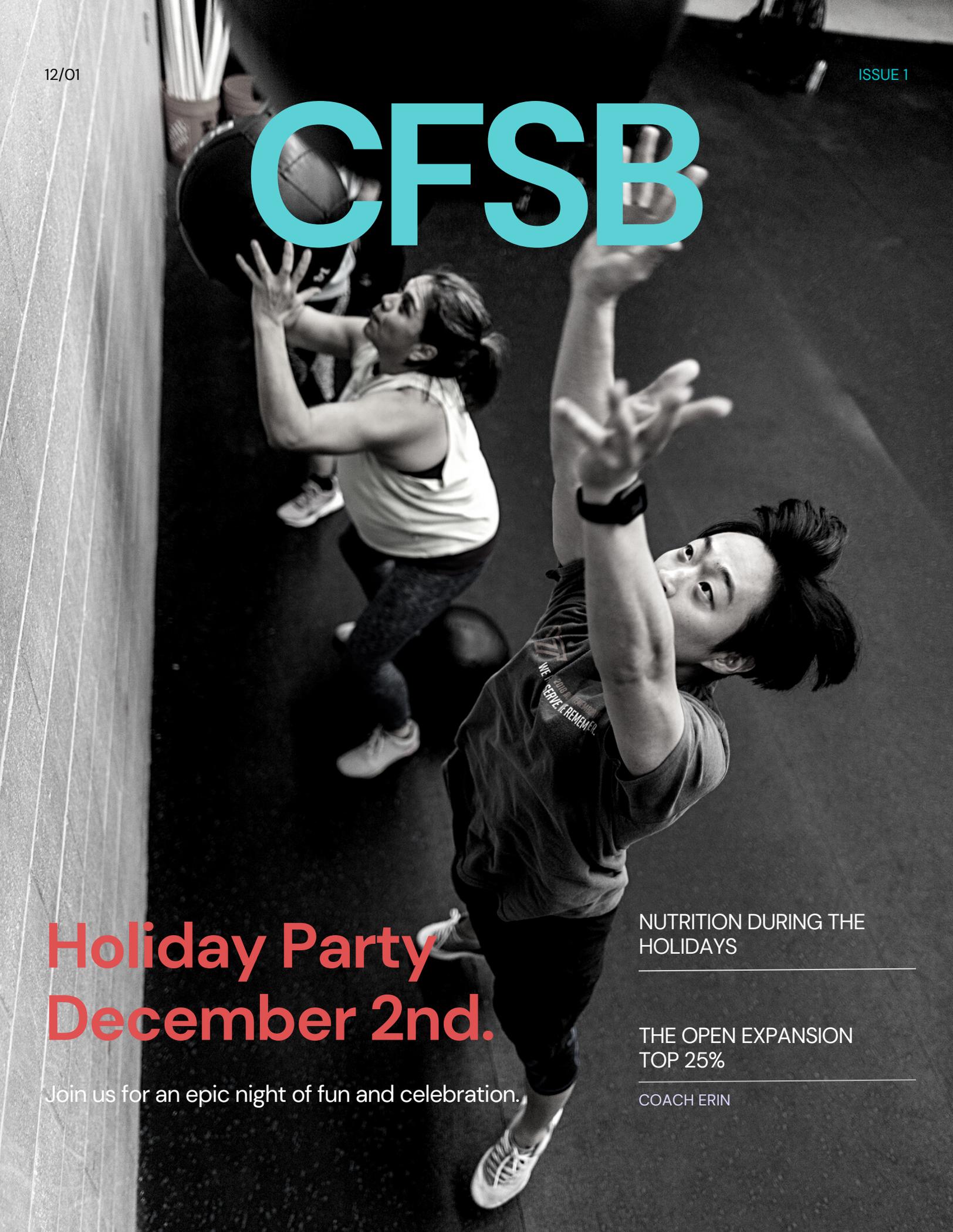


CFSB



Holiday Party December 2nd.

Join us for an epic night of fun and celebration.

NUTRITION DURING THE
HOLIDAYS

THE OPEN EXPANSION
TOP 25%

COACH ERIN

IN THIS ISSUE



Holiday party this Saturday. Handling nutrition choices during the holidays. And getting ready for the Crossfit Open.

HOLIDAY PARTY

This Saturday. White Elephant. Plenty of beverages and pizza. Doors open 6:30pm.

The Goleta Holiday Parade starts at 6pm, so bundle up and enjoy the parade, and then walk on over to the gym to continue the festive celebrations. Hollister Ave will be closed to through traffic from 5-8pm. I believe that you can still get to the gym by taking Fairview to Carsen to Orange, but parking is going to be limited, so we strongly encourage you to carpool or Uber / Lyft over, especially if you are planning on partaking in any adult beverages during the party!

We will have pizza, beer, and non alcoholic options, but feel free to contribute any snacks or bring any beverages of your choice if you have a strong preference.

We will be doing a White Elephant exchange - participation is optional! \$25 limit on gifts.

We are looking forward to celebrating with you!





Nutrition for the Holidays.

As the holiday season approaches, the air is filled with the scent of festive treats and the warmth of gatherings with loved ones. For gym enthusiasts, this time of year can present a unique set of challenges, as the temptation to overindulge in holiday feasts can be overwhelming. However, with a mindful approach to nutrition, it's possible to enjoy the festivities without derailing your fitness goals. In this article, we'll explore some practical tips to help gym members strike a balance between savoring holiday delights and maintaining a healthy lifestyle.

Plan Ahead

One of the keys to successfully navigating the holiday season is to plan ahead. Before attending gatherings or parties, consider eating a balanced meal or snack rich in protein and fiber. This can help curb your appetite and reduce the likelihood of overindulging on high-calorie treats later in the evening. Additionally, having a small, nutritious snack before heading out can prevent arriving at an event feeling excessively hungry.

Choose Mindfully

When faced with a spread of tempting holiday dishes, it's essential to make mindful choices. Opt for lean protein sources, colorful vegetables, and whole grains whenever possible. Fill your plate with a variety of nutrient-dense foods before reaching for the more indulgent options. By prioritizing these nutrient-rich choices, you can enjoy the flavors of the season without sacrificing your commitment to a balanced diet.

Control Portions

Portion control is crucial during the holiday season, especially when faced with a multitude of delicious options. Instead of piling your plate high with every dish available, take smaller portions of your favorite items. This allows you to enjoy the festive flavors without consuming excessive calories. Listen to your body's hunger and fullness cues, and savor each bite to fully appreciate the culinary experience.

Stay Hydrated

Amidst the array of holiday beverages, don't forget the importance of staying hydrated. Opt for water or other low-calorie, non-alcoholic options to accompany your meals. Not only does adequate hydration support overall health, but it can also help control your appetite and prevent overeating.

Incorporate Physical Activity

Maintaining a regular exercise routine is crucial during the holiday season. Find creative ways to stay active, whether it's participating in holiday-themed fitness classes, taking a family walk after a meal, or squeezing in a quick workout at home. Regular physical activity not only helps offset the extra calories consumed but also boosts your mood and energy levels during this festive time.

THE OPEN SEASON CHANGES

This year, the top 25% have the opportunity to participate in quarters. This means that YOU, yes YOU, have a real shot at qualifying to move on!

Open Season Changes!

Hi Athletes! CrossFit HQ has just announced some updates to their competitive season. The most important: mark your calendars for the Open - a worldwide online competition - that starts on Thursday Feb 29th! The Open will feature 3 weeks of workouts, with the TOP 25% (!!!) qualifying to move on to Quarterfinals.

Last year - only the top 10% moved on. This year, the top 25% have the opportunity to participate in quarters. This means that YOU, yes YOU, have a real shot at qualifying to move on! I'm honestly anticipating that the number of people from our gym that will now qualify to compete in quarters will literally triple from last year.

So - even though it seems far away - NOW is the chance to continue to put in the work, start to dial in those skills, and turn up the engine work. This does not mean that you need to be at the gym all the time, doing a lot of extra work. More is not always better. It just means that you need to be consistent with your attendance - which can be really hard through this holiday season. So, no need to be perfect, or to miss out on fun things, but just keep showing up. And we'll get to see all that effort on display come March!

