

V23 White Board

Ingrid Wold

6/1/2016

Edition 1 Volume 5



How do I begin to explain Lindsay's personal journey inside and outside of the box. I initially met the Avants roughly 2.5 years ago during a brief conversation over the phone. Looking for something more challenging, the couple had spent a good amount of time giving personal training and other cross training classes a try. My first impression of Lindsay was that I knew she was a natural and competitive spirited athlete. I learned that she had spent her high school years playing basketball and softball and unfortunately acquiring a few knee injuries along the way. After a good year of CrossFit under her belt she had exacerbated an old injury which required surgery. It would have been so easy for Lindsay to give up and sideline herself but that was just not part of her character. Completing her entire rehab on the mats and slowly

beginning to scale WODs, Lindsay was able to recover from an ACL reconstruction with a hamstring graft. With new PR's in several areas (post-surgery) Lindsay has continued to attack workouts while teaching us all that injuries shouldn't define us. I get excited watching her perform strict pull-ups, then nonchalantly grabbing a barbell to hit some heavy snatches. Lindsay is a full-time Pharmacist, wife and athlete that continuously reminds us of what we are all capable of doing. Each day she walks through the door with a great attitude and her usual 3 or 4 bags in her hand (LOL.) Vanadium CrossFit is beyond blessed to have a committed and passionate sister that we all love. Congratulations on Junes Athlete of the month!

Written by Coach Jerry

"CROSSFIT IS A WAY OF LIFE, YOU EAT WELL, YOU TRAIN HARD, YOU PUSH YOURSELF, IT TEACHES YOU SO MUCH ABOUT YOURSELF."

CROSSFIT GAMES ATHELTE BEN SMITH

Hero WOD Potluck

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Date: Wednesday July 6th

Join us to celebrate a specific hero that day. We are asking members to bring a side dish. More details will come.

Tubing Party

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Date: Sunday July 16th

Time: 9 am

Join us for Vanadium's annual tubing party. Get ready to have fun, relax, and float down the Comal river. Bring water and snacks. Meet up at the box at 9am. Can't wait to see y'all there.

V23 Kids

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Yes, you are reading that right! CrossFit for kids! Fitness is meant to be for the whole family! Vanadium is currently working on the details of classes, hours, and what days it will be. More information will be put out as soon as those details are finalized.

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Ingredients

- 2 lbs salmon, cut into 4 pieces
 - 1 tbs olive oil (I used light extra virgin olive oil)
 - 1 tsp salt
 - 1 tsp ground cumin
 - 1 tsp paprika powder
 - 1 tsp onion powder
 - 1/2 tsp ancho chili powder
 - 1 tsp black pepper
- For the Avocado salsa:**
- 1 avocado, sliced
 - 1/2 small red onion, sliced
 - Juice from 2 limes
 - 1-2 tbs finely chopped cilantro (depending on how big of a cilantro lover you are)
 - Salt to taste
1. Mix the salt, chili powder, cumin, paprika, onion and black pepper together, rub the salmon fillets with olive oil and this seasoning mix
 2. refrigerate for at least 30 minutes.
 3. Pre-heat the grill.
 4. Combine the avocado, onion, cilantro, lime juice, and salt in a bowl and mix well, chill until ready to use.
 5. Grill the salmon to desired doneness. (I grilled for about 5 minutes)
 6. Top with avocado salsa and enjoy!



Nutritional Challenge

Last week many of you started the 45-day nutritional challenge. Continue to stay with it. If you follow the plan you will be closer towards your goals. Don't give up! If you are still interested in the zone diet, meal planning, getting measured then don't hesitate to contact Coach Linda to set up an appointment. Cost is \$50



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