



# Let it Snow!

We're in Canada! We are **MEANT** to have cold, snowy, icy winters. If you ask some, we live in igloo condos and commute by dog sled. So where is the snow already!?

We've had plenty of cold...and a rainy Christmas... but very little of the white fluffy stuff. What the heck Mother Nature...you're raining on our parade!

Snow is essential to our winter well-being:

- tobogganing
- skiing and snowboarding
- tubing
- that crispy noise lovely fresh snow makes on wintry walks
- snow angels
- snowmen
- snowball fights
- exceptional excuse for hot chocolate, warm apple cider, hot toddies, and evenings in front of the fire

Even without the white stuff, it seems we still can get hit with the February blahs, winter blues, and cold comas. If we can't have the tropics we best hit back!

FACT: a tub of ice cream and several cupcakes will not help your blues!

- sugar and processed foods tend to quickly raise the level of insulin in your blood which pushes you into a mood hole and that's not what happy superheroes need

- lean protein, fruit, vegetables, and good fats, keep the serotonin pumping and mood high

FACT: exercise helps combat those icky blues.

- releases feel-good chemical powers through neurotransmitters and endorphins (happy high!)
- it fights sneaky immune system chemicals trying to make you blue
- it gets ya hot! and increased body temperature actually has a calming effect

FACT: interacting with people and taking part in activities boost your spirits

- meeting new people and hanging out with fantastic friends boosts your self-confidence, and takes your mind off worries, anxieties, and negative thoughts that those pesky winter blues can bring on
- surrounding yourself with positive people and taking part in group activities can fight the negative cycle our brains like to get into when in a blue-fit
- the more you hang out with great people the more you are bound to smile. and that's free love right there...results in huge happy payoff.

be better than yesterday

**FACT: [CROSSFIT QUANTUM](#) HAS ALL THIS AND MORE TO HELP YOU TACKLE THE WINTER BLUES**

## WINTER HAPPENINGS!

### WHAT'S UP AND COMING:

What's the QCrew been up to! BIG NEWS! 2

Paleo Nights 2  
Cosmopolitan Primal Girl was such a hit the first time, we're bringing her back with more recipes, incredible food and tips for great Paleo living!

Hoover WHAT?! 3

### FUN WE'VE HAD:

Paleo Nights #1 - Meat Protein 3  
Cosmopolitan Primal Girl hosted an incredible Paleo dinner party!

Operation Lift Haiti at CrossfitGyms 3  
Owner and organizer, Dhani Oks, opened his box on the West-side to raise funds to benefit Haiti Relief in partnership with Global Medic.



## So What's the Q Crew Been Up To?

In a simple word...a lot! Ok so that's two words! But it doesn't even begin to tell our story!

We've been busy planning, planning and well, more planning. Lots of steamy coffee shop meetings, pages of document review, and email, after email, after email!



And finally, all of our hard work has come to now...A HOME! Yes we have FINALLY found our space.

It's been a long journey to this point, but worth every step to arrive at this amazing destination.

Leaside is OFFICIALLY home to [CrossFit Quantum](#)..or as we like to call it "Awesometown!"

The Q Crew have done the official high-fivin' and are ready to work! Over the next few weeks we will be putting all our strengths into getting our home "quantified" and ready for our MARCH 1st OPEN.

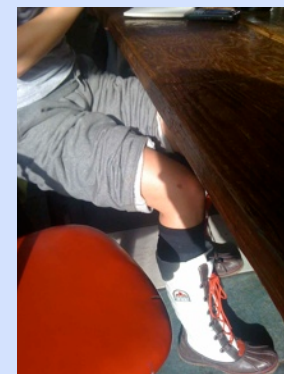
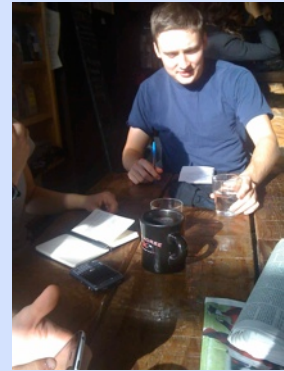
We are incredibly excited and looking forward to celebrating what lies ahead.

CrossFit Quantum believes in a personal approach to fitness and health, and knowing each athlete as a person not a membership quota or number. We intend to build a space where our members are our priority, our business, and together we will build a community of strength.

CrossFit Quantum is the reality of our passion. It is all about our member's health, athletic excellence, and a community of support.

We can't wait to share our news in full...but be sure to keep **February 27th** open for some sweating and bubbly! (wink wink)

"CrossFit Quantum is the reality of our passion!"



## "Second Helpings of Paleo Nights are Coming!"

## Second Helpings and Then Some...

[Cosmopolitan Primal Girl](#) was such a hit the first time we're begging for second helpings! More incredible eats, more informative health tidbits, and more great conversation!

She's got a ton of Paleo love to share and CrossFit Quantum will be hosting regular Paleo Nights!

Each Paleo Night will focus on an aspect of primal/primal living, and more importantly, the health benefits whole foods can bring to your life.

A primal/primal lifestyle doesn't, and shouldn't, condemn one to broiled chicken and steamed broccoli.

Please join us for our February [Paleo Night - Comfort Foods](#).

Childhood memories and family gatherings are often filled with warm memories and food. Embarking on a Paleo lifestyle shouldn't mean the end of these. Cosmopolitan Primal Girl has a knack for recreating dishes with a delicious primal flair. The night promises to be full of old favorites with new twists...and ALL flavour.

Please join us Saturday February 20th. Full details on the [Quantum Facebook fan page](#).



## Cosmopolitan Primal Girl Shares her Wares at Paleo Nights



CrossFit Quantum hosted the first Paleo Nights starring the lovely Cosmopolitan Primal Girl. "Meat Protein" was a night of incredible food, friends and conversation.

Cosmopolitan Primal Girl transformed her delicious online blog recipes in reality for over 25 enthusiastic paleo'ers!



We were all treated to an unbelievable 3-course meal that was completely Paleo and absolutely delish. From appetizers to dessert, Cosmopolitan Primal Girl proved Paleo is full of intense flavours and health benefits.

### The Menu:

#### Appetizers

- Spicy Sweet and Sour Elk Mini Meatballs
- Duck hash on Lettuce Crisps

#### Main:

- Grass-fed Beef Roast
- Pureed Roasted Parsnips
- Sautéed Rapini and Spinach

#### Dessert

- Pineapple-banana Upside Down Cake (aka Paleo heaven)
- Assortment of Paleo cookies and treats

## KARMA WOD'ing



On Saturday January 30th, the Q Crew and some awesome do-good CrossFitters headed west to [CrossFit Gyms](#) to help raise funds for Haiti relief efforts.

Together we shared in a lot of sweat and smiles. Teams of 2 completed a heavy 20-minute AMRAP and their hard work contributed to Global Medics efforts to help Haiti earthquake victims rebuild their lives.

The initial goal was tripled! A huge thank you and congratulations to all participants and sponsors.

## Community at it's Best!



Be Better then Yesterday...



## STOP...Hoover Time? Sure Fire Cure for Winter BLAHS!

### Hoover What!?

The ever lovely Lisa B has had yet another FANTASTIC vision and she is busy making it a reality!

Hoover ball is volley ball meets CrossFit. Or more accurately, a medicine ball, a net, teams, and some serious throwing! OH, and in this case also some serious dance moves on the court!

Still confused?! Join us Sundays at Wynchwood Barns outdoor volleyball court to find out how what it's all about. Hysterical laughing guaranteed, and quite the upper body workout!

Lisa has BIG plans for Toronto's Hooverball movement...you don't want to miss out! All are welcome so let the fun begin!

Note: this is outdoors and it can get COLD! Dress warmly and gloves are definitely recommended!

Most Sundays

Time: 11:00am - 12:15pm

Location: [Wynchwood Barns Volleyball Court](#)  
601 Christie Street. 2 blocks south of St. Clair W on the east side of Christie, beside the dog park

Join the [Facebook Fan Page](#) to track the fun

