

# CFBA

FEBRUARY 2016

## C F B A CROSSFIT BLUE ASH

### ATHLETE OF THE MONTH:

### JOHN STEVENOT



John is one of the most driven members we have at CFBA! He is consistent, humble, coachable, eager to learn, and checks his ego at the door. John is always in the gym working on his weaknesses and his mobility. John has come a long way and made major improvements. Recently John competed in his first CrossFit competition and placed first in he country in his division! Way to go, John! Keep it up!

**HELP US OUT!**  
DO CFBA A FAVOR BY REVIEWING US/  
BLAKE ON YELP AND GOOGLE+!  
WE ARE ALWAYS LOOKING FOR FEEDBACK!

### UPDATES:

#### Facebook Challenge:



The entire month of February, we are doing a challenge! **How to play:** 1. Friend Request Brock Landers. 2. Check-in every time you are at CFBA to workout! 3. A picture of your time under the WOD must accompany your check-in. **How to win:** Most check-in's all February WINS! **What you win:** A new pair of Nike Metcons!



#### Yoga:

CFBA worked out a new and BETTER deal with BodyAlive! They are offering us **10 classes for \$50!** You are welcome to take any hot yoga class you like; not just Sundays! Be sure to take advantage of this great offer!

#### On-Ramp:

We are still offering our On-Ramp special of **\$79 for the first month!** Please help grow our community and share this great offer!

#### 2016 OPEN:



It's that time of year again! The CrossFit Open is just around the corner! Be sure to sign up! It's only \$20, you'll see your rankings against all CrossFitters IN THE WORLD, log benchmark workouts, and it's a way to put CFBA's name out there! We will be hosting a Paleo Potluck each Friday during the Open and running different heat times. Come cheer each other on and eat lots of yummy food!



John and DJ pooped after competing in the Garage Games at CrossFit Cincinnati last month!



Both CFBA teams at the 2016 Barbell Blitz last month at NewCov CrossFit.

*Will Clean For Food placed 10/40.  
Daddy Daughter Dance placed 19/40.*

### UPCOMING EVENTS:

<b>Feb 1-29<sup>th</sup></b>	<b>Facebook Challenge</b>
<b>Feb 4<sup>th</sup></b>	<b>Keith Pettit Gymnastics Seminar</b> 5-6 pm - \$5/member
<b>Feb 25- Mar 28</b>	<b>The 2016 CrossFit Open</b>
<b>Feb 26</b>	<b>16.1 Paleo Potluck</b> 5-7 pm
<b>Mar 4</b>	<b>16.2 Paleo Potluck</b> 5-7 pm
<b>Mar 11</b>	<b>16.3 Paleo Potluck</b> 5-7 pm

## RECIPE:

Prep Time:  
**10 min.**

Cook Time:  
**50 min.**

Total Time:  
**1 hour**

## PALEO CHOCOLATE CHUNK BANANA BREAD

Recipe from:  
**Bakerita**

<http://www.bakerita.com/paleo-chocolate-chunk-banana-bread/>



### Ingredients:

- 4 bananas (2½ cups mashed or 575 grams)
- 4 eggs
- ½ cup (140 grams) almond butter (or nut butter of choice)
- 4 tablespoons coconut oil, melted
- ½ cup (75 grams) coconut flour
- ½ teaspoon cinnamon
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- pinch of sea salt
- 6 oz. dark chocolate, chopped\*

### Instructions:

1. Grease one 9"x5" loaf pan (or 8"x8" square pan, which is what I used) and preheat the oven to 350°F.
2. In a large bowl or mixer, combine the mashed bananas, eggs, coconut oil, vanilla extract and nut butter until fully combined.
3. Add the coconut flour, cinnamon, baking soda, baking powder, and sea salt to the wet ingredients and mix well. Fold in the chocolate chunks.
4. Pour the batter into the prepared pan and spread it evenly.
5. Bake in the preheated oven for about 40 minutes if using a square pan, and 50-60 if using a loaf pan. A toothpick inserted into the center should come out clean.
6. Remove from oven and allow to cool on a wire rack for about ½ hour. Flip out onto a cooling rack to finish cooling.

## NOW SELLING:



## DID YOU KNOW?

Feeling discomfort, pain, or excessive soreness?! Be sure to check out our very own, **Dr. Bob!** Bob works on many of CFBA's members and can help you deal with many muscular issues you may have.

## REFERRAL PROGRAM

**GET A \$50 BILL IF YOU SIGN UP ONE NEW MEMBER FOR A FULL PRICE MEMBERSHIP. SEE BLAKE WITH QUESTIONS!**

### WHAT DR. BOB CAN OFFER YOU:

- Joint manipulation
- Joint mobilization
- Kinesiotaping
- Manual therapy with massage, myofascial, PNF, and active release-type techniques
- Therapeutic ultrasound & electrical stimulation
- Rehabilitation protocols
- Movement analysis & restoration

### Dr. Robert Parker

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