



CrossFit On The River PALEO Challenge

- The Seminar begins @ 7pm on Friday Feb. 5th, 2010 with a Paleo nutrition seminar by Rich Voss (www.myresultstypical.com) @ the CrossFit OTR facility: 1 Shurlite Dr. Lawrenceburg, IN 47025.
- The cost for the seminar is \$15 per individual. If you would like to participate in the 40-45 day challenge the cost is \$20. This includes the 2 hour seminar and packet of info for the challenge.
- Those who wish to participate will have the additional motivation of your fellow CrossFitters as well as the motivation to win some kick-ass prizes (including 1 month free training at CrossFit OTR, massage gift cards and others to be determined. Prizes will be awarded to 1st, 2nd and 3rd place winners for the most stunning physique transformation. This contest is not based on weight loss, so even if you don't have a whole lot of weight to lose you can still lean out and have a great chance to win!
- **What is Paleo?**
If you've been training with us for any period of time and don't know the answer to this then we have some problems! Most of you know that Paleo = meat, veggies, nuts, seeds, some fruit, little starch and NO SUGAR! Basically removing all the processed bread, rice, and pasta-like items from your daily plate (and any and all sugar/artificial sweetener infused beverages) and eating clean for the duration of the challenge. To be successful you will empty your cupboards of all such processed junk so as not to be surrounded by it. You will keep a detailed food log and bring it in for us to review periodically. You will try to reduce your stress and sleep more. All of these lifestyle factors influence whether or not one is living Paleo!
- To be eligible for the challenge you must be a current CrossFit OTR member and have your before photos taken on or before the date the challenge begins (Feb.13, 2010)
- You may bring friends and family to the seminar for some great info on eating Paleo @ \$15 per person.