



Makes Perfect.

# *The Practitioners guide.*

A comprehensive newsletter covering fitness, nutrition, technique, and general exercise topics.

## Volume #3 July 08

Whats Inside:

Homework

Practitioner of the month

Laments of a Trainer

Practice Attitude

Testimonial of a  
Practitioner

The oil we can all afford

Tidbits



# Homework

By Josh Bunch

• How many times a week do you get in your car, start driving, and have absolutely no clue on where you are headed. How many times have you started a project without having a clear understanding of what you wanted the end result to be. I don't wanna sit here and be another author telling the same story. Write down your goals.....but whatever, write down your goals. I refer to Fitness, and health. But it is a universal principle of course. An added benefit is that being in better health, and becoming fitter usually makes it easier to achieve other goals u may have set that are not fitness related besides just fitness related ones. I will not delve into the multitude of goal writing techniques, but rather tell you the one I enjoy most. I believe we should have various lists with different periods of our future, and possible past lives wrote down. As far out as 10 years is a great start, with breaks at the 5 year, 3 year, and 1 year mark. These goals need to be available for you to see on a weekly basis, so as that they always stay fresh. As for the monthly goals, they should be more in your face. Before each new month you should really take the time to make a upcoming monthly goal list of exactly what you want to conquer or achieve by the end of those 30 days. It has to be measurable, repeatable, and observable, just like our workouts. It needs to always be against the clock, just like our workouts. I believe your monthly list should be posted for you to see everyday no matter what....and don't make it like a piece of furniture , and walk right by it....read it everyday.. As for your weekly list, it should be on you at all times, and referenced several times per day, at length. Maybe a laminated card in your wallet. Small, just a reminder. It has to be doable, and not stupid big either. You cant say lose 50lb on you weekly card unless that week you have an appointment with a plastic surgeon. You could however, break it down to a loss of 2lb per week. Then see how many weeks in a row you can meet or exceed that goal. If you really wanna be held accountable, show others your goals. Hang them up where others are bound to see them, and possibly comment on them. Who cares what they think. At least your putting yourself out on that ledge going for something they are not. People get super jealous when you try to better yourself, and they are too damn lazy to try. Maybe goals as a word is to redundant...maybe we should call them promises. Promises to ourselves. How we wanna look. How we wanna live. Who we are gonna help achieve their goals . It never fails. When we focus on other people and their goals, ours just seem to come easier. I'm really tryin not to sound like a tired author tryin to make a buck off such a commonplace item, but it works. The following page is a template for some of your promises to yourself. If you want them to be private, fine. If you want Practice to hold you accountable.....at least for your fitness and health goals, we will. Bring em in. Don't bring me a goal list that says get married or somethin crazy.....I'm not a matchmaker, just a trainer.... sorry to disappoint. One of the coolest things is knowing where you were, and where you are at now, and then, where you will be post accomplishing your promise to yourself. Checkmark after checkmark on you list. Leave it up so you see each one you knock off. Winnin is winnin, no matter what.



Michele, at one of the 5k's she will no doubt dominate.

 PRACTICE

# Homework Cont.

My 3 fitness promises to myself are: (i.e. kipps, handstands, dips, max deadlifts.)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

My 3 fitness deadlines to reach each goal listed above....if it doesn't have a deadline, its not real. (i. e. kipps by 8/1/08.)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

My 3 health promises to myself are: (i.e. blood pressure, cholesterol, body fat.)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

My 3 health promise deadlines to myself are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

My 3 friends I will introduce to Practice for a free workout, and equal chance of attaining their personal health and fitness goals.

1. Name \_\_\_\_\_ Phone: \_\_\_\_\_
2. Name \_\_\_\_\_ Phone: \_\_\_\_\_
3. Name \_\_\_\_\_ Phone: \_\_\_\_\_

# Practitioner of the Month

By Josh Bunch



Mike Jones



There is a plethora of items that are weighed to determine who the Practitioner of the month should be. This person should be a regular, attending class with a rare miss at most. Their attitude should be Practice approved, ever willing to challenge themselves to get to the next level. This person has also improved at a dramatic rate in the PODs and skills we teach. Most of you know Mike. Mike has great genetic ability.....and I could give a @\$% about genetic ability. Typically individuals with naturally good technique squander it, and only get about as half as good as what they should be if that. They rely on their god given talent as opposed to their work ethic. This couldn't be farther from Mikes personality. He attends 4-5 classes a week. Stays extra or comes early almost everyday to Practice skill sets. He constantly wants criticism to makes his movements better, hence better results. He also knocks off a girls name, or hero workout, by choice, every week. Mike's inquisitive nature, allows him to understand exactly how the program works, merely because he asks. When making this decision genetics is actually a con. If you are naturally good, then u better be a damn hard worker to receive The POM award. Mike does just that, and he does it with the right attitude. Yes, Mike may be a natural....but he's naturally a hard worker as well.

# Laments of a Trainer

By Melissa Rhoades

When I first came to the Practice in January, I was not in the best of shape-I gave birth to my son in May and had gotten back into workin out a little here and there but had not fully committed myself to getting back into shape. I had no idea what a P.O.D was, and was not even close to succeeding at a pull up! Now, six months later, I can honestly say that I am in the best shape I have ever been in. The Practice is different from any other gym I have ever been to. Like many others, I used to go to the gym and do my "usual" workout, about an hour of cardio and some weight training three days a week. I can honestly say, I haven't done the same workout twice since I've been here! That's one of the thing I love most, every day is something different. You come in, and the first thing you want to see is...what's today's P.O.D.? Everyday is a challenge! That's what I love most about it-not only are we challenging ourselves physically, but mentally you have to have the mindset to come in every day and push yourself to not only complete the workout, but to get a better time, or to do the "prescribed" workout and not modify. We all know that one of the main reasons we work out is to look good, but there is just something so satisfying about pushing your body to the limit, being able to do 100 pull ups, 100 squats and 100 push ups. Practitioners are exceptional athletes! There are many that go to the gym 3-5 days a week, but I guarantee you they don't work out as hard as we do! I say kudos to all of you practitioners! Stick with it, keep working hard, keep setting new goals and enjoy the amazing results your gonna see!



Melissa Rhoades



# Practice Attitudes

By Josh Bunch

Your face cringes. Your teeth grind. You jump on da phone and call your husband/wife, and tell them how much you hate you trainers.....did u just look at the POD. I wonder whats on it that you hate. We all have our nemesis. For some, deadlifts. Others, overhead squats. For the rest....burpees. But its all in you approach to these tasks, on our PODs that can make them horribly effective. And yes, something can be horribly effective. If your layin on the ground sweatin to death after a great POD, it was probably horrible, and definitely effective. Your approach doesn't just apply our POD, but on a broader scale to your entire day. Have you ever heard of "eating the frog." It means do the worst first. Or knock out something you don't particularly wanna do, but you know once its over you're a better person because of it. This article into to make you wko harder. Its meant to maybe give you an idea of how to live harder. Be absolutely ferocious in your daily activities. Make others revel in your attitude towards even the most insurmountable tasks. If you hate an exercise on the POD, or a task at your job...so be it....attack it....break it....suck at it....but at least u tried it. U can go onto the next day knowing you gave it your all. Who cares about that co-worker you cant stand. I bet they cant get their Chin over the bar like you did in your Kipp last night. Or go through a POD 4 times a week like you do. B proud you can survive a POD....and come back asking for more. B proud solely because you try. Others don't try out of fear of failing. Just being here makes you one of the few. It sets you apart as a goal oriented, dedicated, hard worker. When other give you excuses on why they cant Practice with you.....you could laugh, because you know it doesn't matter what they say, its because they are scared and you are not.....or you could be like me and feel a general sense of pity for them. They wont step out of their comfort zone like you did. They would rather make excuses than effort. I truly feel bad for these people. We could help so many, and yet society has become a wealth of lackluster individuals coasting through life waiting for someone else to do something for them. Completely void of true effort. Completely lacking hard real effort. Life is meant to be a vicious cycle of challenges, followed by accomplishments. Society has made almost a sub-life. Sub-life is getting through everyday with the least amount of thought, effort, and relationship building possible. This is despicable. Practice wants everyone to have fun at life. To try....and to fail. To put forth tons of effort, and win...or lose who cares. At least your out on that ledge. Let others judge you constantly. Let them think you weird because you pack a zone approved lunch, and they eat pizza while they converse about losing weight. Sorry bout the rant.....I have oodles of respect for all practitioners....and tons of pity for other individuals without enough fortitude to get off their asses, and try something hard, that works well, and works quick.



# Testimony of a Practitioner

By Missy Weaver

Looking over the past two months, my experience training at the Practice has been an unbelievable one. I have a new outlook on what it means to workout. I now know that a workout isn't a leisurely stroll, but that it should be a challenge. I appreciate everything Josh, Ryan, and Melissa have done in getting me motivated to reach my fitness goals. And yes, there are times when I want to change my name, especially when I hear "pick it up Missy!" There's nothing like your trainer right in your personal space, all eyes on you, to finish the POD. No pressure guys. When you've seen Melissa pass you up for the second round, as you're completing your first, it makes you want to pick up speed.

Our goals are an uphill battle that only the unique programs posted have brought about each practitioner's competitive nature. Even though I drive approximately 45 minutes every morning to torture myself, I love it. I know that I'm working out with the best of the best athletes. We don't settle for less or just average. We strive to see what new abilities we can reach and encourage each other to do so. We don't give up. That's not who we are. So instead of singing, "We are the Champions" at the end of this note, I'm just going to say, I'll probably be reminded of my words during my daily PODs, but that's okay. I think we all need to be reminded of why we push ourselves to the limit. It keeps us in focus.



Missy Weaver



# The Oil We Can All Afford

By Justin Coby Pharm D

Fish oil has long been disregarded as an essential daily supplement. This rich source of omega-3 fatty acid could be considered a cardiovascular "cure-all", due to the antiarrhythmic, hypotensive, hypolipidemic, and blood thinning effects that are exuded by the supplement. In general, they maintain cell membrane structure and are key determinants of the behavior of cell membrane-bound enzymes and receptors. Essential fatty acids are polyunsaturated and grouped into two families, the omega-6 EFAs and the omega-3 EFAs. While the metabolic products of omega-6 acids promote inflammation, blood clotting, and tumor growth, the omega-3 acids act entirely opposite. Although we do need both omega-3s and omega-6s it is becoming increasingly clear that an excess of omega-6 fatty acids can have dire consequences. Many scientists believe that a major reason for the high incidence of heart disease, hypertension, diabetes, obesity, premature aging, and some forms of cancer is the profound imbalance between our intake of omega-6 and omega-3 fatty acids. Our ancestors evolved on a diet with a ratio of omega-6 to omega-3 of about 1:1. A massive change in dietary habits over the last few centuries has changed this ratio to something closer to 20:1 and this spells trouble. Scientists were first alerted to the many benefits of EPA and DHA (fish oils) in the early 1970s when Danish physicians observed that Greenland Eskimos had an exceptionally low incidence of heart disease despite the fact that they consumed a high-fat diet. Intensive research soon discovered that two of the fats (oils) they consumed in large quantities, EPA and DHA, were actually highly beneficial.

Eicosapentaenoic acid (EPA) and Docosahexaenoic acid (DHA) are both apart of several omega-3 fatty acids used by the body. The main dietary sources of EPA in the United States are cold water fish, such as wild salmon. Fish oil supplements may also raise concentrations of EPA in the body. Increased intake of EPA has been shown to be beneficial in coronary heart disease, high blood pressure, and inflammatory disorders, such as rheumatoid arthritis. DHA is also found in cold water fatty fish and in fish oil supplements, along with EPA. There are also vegetarian sources of DHA, which come from seaweed. DHA is essential for the proper functioning of our brains as adults, and for the development of our nervous system and visual abilities during the first 6 months of life. Our bodies naturally produce small amounts of DHA, but we must get the amounts we need from our diet or from supplements.

**Antiarrhythmic effect:** Experimental studies have shown the potential antiarrhythmic effects of fish oils in animals and tissue cultures. Omega-3 fatty acids appear to stabilize myocardial membranes and may result in a reduced susceptibility to ventricular arrhythmia.

**Hypotensive effect:** Several clinical studies have suggested that fish oil supplements may cause mild, dose-dependent reductions in systolic or diastolic blood pressure in untreated hypertensive patients; little effect is noted to occur in normotensive patients. In relatively high doses (> 3 g/day) fish oil produce these blood pressure lowering effects.

**Hypolipidemia effect:** Essential fatty acids are thought to inhibit very low-density lipoprotein and triglyceride synthesis in the liver. Triglyceride lowering is the most consistent effect observed with fish oil supplementation; average reductions of 25-50% are reported with doses of 3-6 g/day. However fish oils can also modestly increase both LDL-C and total cholesterol levels, particularly in patients with combined dyslipidemia (disorder of lipoprotein metabolism, including lipoprotein overproduction or deficiency).

**Platelet aggregation (blood thinning) effect:** Ingestion of omega-3 fatty acids results in antithrombotic (anti-clotting) changes in platelet membranes and a significant reduction in platelet aggregation (or clumping) induced by various agonists (ADP, epinephrine, collagen, arachidonic acid). The essential fatty acids EPA and DHA incorporate into the platelets thus reducing vasoconstriction and platelet aggregation. Changes in bleeding time might occur in some individuals.

The above effects can be produced by taking an over-the-counter fish oil dosage of 4 gram/day. The suggested fish oil dosage is 1 gram capsules containing 400-450 mg of EPA and 325-375 mg, taken all as one dose, or throughout the day with meals. Fish oil may cause a fishy after-taste, and can be found in an enteric coated "burp-less" form to combat this. Just like a multi-vitamin, fish oil capsules are purely a supplement to a diet that does not contain the needed nutrients. The American Heart Association recommends eating fish two or more times per week as a source of lean protein. For those whom can not keep up this diet, or, again, are looking for some of the above benefits, fish oil should become apart of the daily supplementation regimen.



Justin Coby Pharm D.

Where's the white coat at Doc?

If you have any questions, please email Justin at: [justincoby@hotmail.com](mailto:justincoby@hotmail.com)



# Tidbits



## We have a Winner.

Practice Owner/Trainer Josh Bunch pictured above with a plethora of female Practitioners, brings home three first place trophies for the Practice crew. Employing non other than Practice PODS, Josh managed to win best routine, men's open, and overall. Pictured from left to right: Nicole, Bethany, Michele, Suzanne, Josh, Lori, Ann, and Mary Pat.

To view video of the show, log onto [www.gopractice.biz](http://www.gopractice.biz). Or log on just to see what we are all about.

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