



Makes Perfect.

The Practitioners guide.

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

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Whit on da glute ham

Plateaus

Even with the best program, best intentions, and best athletes around, results inevitably come to a stand still from time to time. If your new to the exercise game these plateaus can reek havoc with your motivation to stay on track. If you're a seasoned veteran you may actually look forward to these bumps in the road. Hey anybody can be in a good mood when everything's perfect, but its what u do when the chips are down, or everything isn't going exactly the way u want it to that counts. Its naive to believe that you could continue to lose weight every week....wouldn't u disappear after a while. Its foolish to believe that we could get stronger at every lift every time we do it....everyone would be overhead squatting small cars in five months of training with that theory. Physically you cannot improve on everything every time you do it. Mentally, however, I believe we can improve daily in the good times, but even more so in the times of duress. Obviously u have to trust what your doing and have the where with all to stick to it. You may need to make sure your Plateaus aren't caused entirely by u. For instance, have u been sneaking away to Cold Stone creamery for your post workout meal. If u have and u still expect to lose weight.....well, sorry u haven't learned better than that. Have you been getting 5 rounds as opposed to 7 simply because u don't wanna try that hard. And don't make it look like ur dying when u could go faster, we know when ur workin and when ur slackin. Now if you have been going after your workouts hard, and maintaining the Zone meal plan that you have, and u still hit a plateau its time to change some element of your plan. If you have lost a significant amount of weight, but continue to eat the same amounts of food before u lost the weight...then we just change your food intake. Maybe focus on a movement you have trouble with. Even if your just interested in weight loss, there is no reason why u cant try to gain a little ground in your overhead lifts.



Mike push-upn, with Justin observing

**PRACTICE**

By Josh Bunch

Plateaus Cont

A mere 20lb increase in your normal lifts will greatly increase results. Your calorie burn alone goes through the roof when u have to lift even slightly heavier than what u are used to. So lift heavier if u wanna burn fat faster. And no, girls don't get bulky when they lift a little heavy. Neither do guys for that matter. Bulk is in relation to calorie consumption. So pick up a heavy bar to get thin, and a candy bar to get bulky. This isn't about the physical changes you need to make though. More about your mental awareness of the ever present plateau. We can easily change any number of program particular standards that will help to stay on the road to whatever your goals may be. But ur mind has to be there first. At the first sign of trouble do u turn and run. At your first set back do u start blaming others instead of taking a mental inventory of your personal habits and efforts. When ur trainer challenges u, do u crawl into a hole and lament on how they are picking on you. If u are constantly being corrected its because we care. Its when u don't get corrections anymore when u should worry. It means u have been given up on. If you havent hit a stumbling block yet u haven't trained long enough. Success should be measured by our daily lives no matter whats happening. Not on our supposed good days. Learn how to look at your program through the eyes of constant victory. I wager there is always something to improve on. I say "let us never be complete". I say "let us never be content". Constantly strive for something new every time you workout, and leave happy, even when u think it wasn't your greatest performance. A constantly varied program means there is a good chance tomorrow will be completely different, and hopefully your attitude towards it says "I will never give up".



Michele, Andrew, and Ann

By Josh Bunch

Practitioner of the Month

Lisa Bixler

In a relatively short period of time at Practice, Lisa Bixler has definitely made her mark. Lisa is contagious. Unless u are amazingly selfish, and totally self absorbed u can't help but smile when your around her. She is a Practitioner who truly makes others feel welcome no matter if they can keep up with her or not. Lisa's intensity is that to marvel at, but at no expense to proper form. She is also very consistent, even when u add n the fact that she has to drive a considerable distance just to Practice with us. I don't like driving across Troy....Lisa drives in from another county. Immediately upon entering she smiles, says hi, then begins to warm up and wait for the class, because she is usually early. She does more than required, rarely modifies, and never complains that others are late to class holding up her daily activities. She merely looks at the board....goes all out every time...is a positive light to all....and never complains....even when hurt, she works through the pain. She is a rare breed who recognizes the difference between hurting, and injury. Hurting is what we all do when we push our bodies to change and improve when they don't want to. Injured means u stop, and just can't. If u haven't figured out the difference...u haven't been injured....but if u need confirmation ask Lisa. I'm sure she has a list of ailments that nag her from time to time. In short, Lisa's effort at Practice is enough to gain her the right to be Practitioner of the Month, but when u add in her enlightening personality u get a genuine individual everyone enjoys spending time with.



By Josh Bunch

Enzymes

DIGESTIVE ENZYMES

Enzymes are called the “sparks of life.” They play a role in almost all biochemical activities within the body. They are energized protein molecules that digest food, stimulate the brain, provide cellular energy, and help repair all tissues, organs, and cells. Enzymes function as protein catalysts that stimulate biochemical reactions. There are thousands of enzymes within a single cell that help separate or join together a wide variety of substances.

Enzymes can be divided into two groups: digestive enzymes and metabolic enzymes. Metabolic enzymes are the workers that build the body from fats, carbohydrates, and proteins. They are found doing their specific work in the tissues, organs, and blood. Metabolic enzymes catalyze energy production and detoxification within the body.

Two important metabolic enzymes are catalase, which breaks down hydrogen peroxide, a metabolic waste product, and liberates oxygen for the body to use. Superoxide dismutase (SOD) is the partner of catalase. SOD is an antioxidant that protects the cells by attacking a common free radical, super oxide.

Digestive enzymes are secreted along the GI tract and break down food, enabling the food to be absorbed into the bloodstream. There are three categories of digestive enzymes: amylase, protease, and lipase. Amylase (found in intestinal and pancreatic juices and saliva) breaks down carbohydrates. Protease (found in stomach, pancreatic, and intestinal juices) breaks down protein. Lipase (found in stomach, pancreatic juices and fat in foods) breaks down fat.

Another component of digestion is hydrochloric acid (not technically an enzyme) interacts with enzymes as they perform their functions.

Use discretion when taking hydrochloric acid. It may increase risk of gastric irritation or ulcer development if there is already an overproduction of stomach acid. Also be aware the use of digestive enzymes is not suggested if there is inflammation of the stomach lining.



Sabra Tomb is the owner of Body & Soul, A Natural Health Store. She has a bachelor of Natural Health and is working on her doctorate in natural health. Body & Soul sells high quality vitamins and herbs. She can be contacted at 937-335-2422.

By Sabra Tomb

Enzymes Cont

Commercially available enzymes are extracted from various sources such as: animal enzymes and aspergillus, a type of fungus. There are vegetarian formulas available.

Leaky Gut Syndrome is caused when the body is unable to correctly digest protein. The undigested particles make their way into the bloodstream through intestinal wall with other nutrients. This is one of the reasons proper digestion of proteins is important.

Although the body does produce enzymes, they are also available in food. Unfortunately, enzymes are extremely sensitive to heat. 118 degrees or higher destroys most enzymes in food. To obtain enzymes from food, one would need to eat *raw* food.

<u>ENZYME</u>	<u>SUBSTRATE</u>
Amylase	Carbohydrate
Bromelain	Proteins
Cellulase	Fiber
Chymopapain	Carbohydrates
Diastase	Carbohydrates
Glucoamylase	Carbohydrates
Hemicellulase	Carbohydrates
Hyaluronidase	Proteins
Invertase	Carbohydrates
Lactase	Lactose
Lipase	Fats
Maltase	Carbohydrates
Pancreatin	Fats, Carbs, Protein
Papain	Fats, Carbs, Protein
Pectinase	Carbohydrates
Pepsin	Protein
Phytase	Carbohydrates
Plasmin	Protein
Protease	Protein
Rennin	Protein
Trypsin	Protein



By Sabra Tomb

Testimonial of a Practitioner

- I've been an athlete my entire life. In high school I played sports all year long, and even though I didn't play competitively, I continued to play sports and stay active in college. Because of this I've always considered myself to be in good shape... until I walked into Practice for the first time in June. As I walked in that first day Ryan asked me if I would be interested in trying something like this and I quickly said "No...I just run." He could've easily let it go at that but he didn't. And as we talked I was watching another woman go through a POD and as her workout progressed I found myself wondering "Hmm... I wonder if I could do that?" I decided to take on the challenge and join the Practice crew.
-
- Needless to say, I quickly found out that I was NOT in shape, and that this was no ordinary gym. Who knew that simple movements like squats, pushups, and throwing a ball against the wall could absolutely kick your ass? As an athlete I have endured difficult practices and have had to push my body to the limit many times... but all those times pale in comparison to the workouts I get EVERYDAY at Practice. Every POD is a challenge...no matter what. Not only have I had to physically find the strength to complete workouts, but I've learned to mentally push myself in a way I never have before, and I've realized just how much I'm capable of doing. Part of this is due to the contagious atmosphere of practice. Practitioners are amazing people- they are all there for the same purpose... to challenge themselves, to better themselves, and to support those people around them to do the same. Practitioners lead by example, and it's hard not to want to push yourself to your limit when everyone around you is doing the same, if not more. Then there's Ryan and Josh. They have been incredible in the 6 short weeks I have been working with them, and are largely responsible for my success. You couldn't find two more encouraging, invested, and motivating trainers than these two crazy guys. They root me on during every POD... and set me straight when I begin to slack.
-
- Practice really is the toughest thing I've ever done, but also the most rewarding. I've never seen results the way I'm seeing them now and I'm just getting started. Working out has actually become an addiction for me. I crave the challenge, the competition, the satisfaction of completing something that the majority of people could not do, and the results I'm seeing because of it.



Mindy Shardo



By Mindy Shardo

Follow The RX

"The magic is in the movements. The art is in the programming. The science is in the explanation."

This quote comes from Coach Glassman. The creator of CrossFit, and just all around brilliant trainer who has been working with clients for over 20 years. Practice is one of 2 CrossFit facilities located in Troy. With any luck there will be at least one more. Then maybe everyone will realize the only real way to results is real work, intensity, and commitment. The more people on the program the better. But, whats the program. U could say constantly varied, functional movements performed at high intensity. Pretty much sums it up. The program is scalable to fit any individual. Modifiable for any injury, or fitness level, and adjustable to meet virtually any goal quicker than any other program I have seen. As I mentioned above what makes the program so great is the programming. The movements, and at the intensity they are all performed. If u remove one of these elements, u lose. If u have ever done a bicep curl and a then did a thruster, u get the point of the movements. If u started with a 15 minute "Fran", and now have a 5 minute time, u get the intensity. Lastly, if u cant see that the program is almost completely different everyday then your blind. The question is. Does the program still work if modified? It most certainly does, but u need to ask yourself why did u modify. If u changed the programming due to a real injury....not just a little soreness or the possibility of future soreness then that's fine. If u scale it because u truly cannot handle the RX weight, well thats fine too. But if u took the weight down simply because your not feelin it that day....unacceptable. If u modified because u want to get done faster...unacceptable.



Michele, and Melissa in their winning visors

By Josh Bunch

Follow The Rx Cont

If your just coming in to go through the motions because u have something else planned for the weekend and u really don't wanna be sore....unacceptable. The program works so well because there is also no choice involved. U have to do whats on the board if at all possible, weather u like it or not. That is where the true results lie. If it was about like I would never run believe me. When u see a POD u are not particularly into, u need to work at it even harder. Nobody likes burpees, but the proof is in the pudding. The method has a shape and order, and at no time is it a requirement to like every single element on the board. There will inevitably be days u hate and are bad at. But that's what makes it work. By the time you have read the POD for the day immediately upon entering Practice, begin planning your workout. If its handstand-pushups, and u suck at em, be glad u get to Practice them so u can get better. Be honest would u really program items into your own workout u hated....probably not. That's why were here. The PODs are as they are for a reason. To maximize results in the shortest period of time. Everything on the board is there for a reason, and is not negotiable if u truly want the best of the program. If u enter Practice and begin going over all the things about the workout u don't like maybe u would be better off in a facility where the trainers let u have simple little workouts where u don't get sweaty or dirty. That is definitely not Practice. We program our PODs so everyone gets the best results possible, not so u have a frilly little happy time workout you could do while reading the paper. If this doesn't fit u.....stay where ur at.....if this sounds like u...change it now....if u want the results...be consistent, and be intense no matter what the workout is.



Mike and Patrick....am I seein double



Whit goin overhead

Vitamin B Aggressive

There's nothing like that jolt we experience after guzzling down our favorite energy drink.....makes us feel like we could take on the world, right? In 2006, the energy drink market in the United States was estimated at 3.2 billion dollars! That figure would fund the National Institute for Dental and Craniofacial Research for eight years!....just a fun fact. With the popularity of these drinks, one must wonder, what ingredients are "wiring" our nation? More importantly, are these ingredients safe to be ingesting on a daily basis? What might not be noticed among the bottles and cans of liquid happy is the fact that they're all laced with our good friends, the B-vitamins. Let's get to know them....

The B-vitamin family contains diverse members necessary for healthy functioning of almost all body processes, which is why they are "essential" nutrients. The B-vitamins are a group of eight individual vitamins including: thiamine (B1), riboflavin (B2), niacin (B3), pantothenic acid (B5), pyridoxine (B6), cyanocobalamin (B12), folic acid, and biotin. Thiamine is essential for the metabolism of carbohydrates into the simple sugar glucose, as well as, a coenzyme in the production of neurotransmitters, or chemical messengers between nerve fibers. Riboflavin is important in the breakdown of carbohydrates, fats and proteins, and, like thiamine, it acts as a coenzyme in the process. It is also significant in the maintenance of the skin and mucous membranes, the cornea of the eye and for nerve sheaths. Niacin is needed for the metabolism of food, the maintenance of healthy skin, nerves and the gastrointestinal tract. In higher doses, niacin has been shown to help to reduce cholesterol levels. Pyridoxine is needed (like some of the other B-vitamins) for the breakdown of carbohydrates, proteins and fats. Pyridoxine is also used in the production of red blood cells, as well as in the biochemical reactions involved in the metabolism of amino acids (the building blocks of protein). Cyanocobalamin is necessary for processing carbohydrates, proteins, and fats and to help make all of the blood cells in our bodies. B12 is also required for maintenance of our nerve sheaths, as well as, a coenzyme in the synthesis and repair of DNA. Folic acid and biotin work along side B12 in the synthesis of DNA, as well as in the formation of red blood cells.

The common beneficial theme among the B-vitamins is the breakdown of the macronutrients for fuel, the maintenance of nerve sheaths, and the production of neurotransmitters. The quick breakdown of carbohydrates, proteins, and fats is essential for immediate energy, it goes without saying. Nerve sheath maintenance allows for those excitatory neurotransmitters (i.e. epinephrine, norepinephrine, and dopamine), that B-vitamins help to manufacture, travel throughout the brain and body, supplying the energy needed for the flight versus the fright.

So is it safe to be ingesting these B-vitamins at the levels that our "super-size me" nation does? Absolutely yes! B-vitamins are a water-soluble vitamin, unlike vitamins A, D, E, or K which are fat-soluble. This means that B-vitamins are stored in our body water, and any excess levels will simply be exposed of in our urine. Therefore, B-vitamin toxicity is almost impossible to occur, and the worst side effect of overdosing on these vitamins is a lighter wallet.

If you are not partial to the taste of robitussin mixed with feline urine, then energy drinks may not be for you. Luckily, B-vitamin supplements have been around before Redbull was making poorly animated commercials, and can be found at your local pharmacy. If you're one of those organic types, B-vitamins can be found in a balanced daily diet of eggs, red meats, vegetables, and grains....eat up!



Justin Coby Pharm D



Nice throw Justin....whats Mike doin?

TidBits



Labor Day POD must of not been that hard...they r still smilin, and standin.
Nicole, Bethany, Patrick, Whit, Mike, Justin, Bonnie, and Lisa

For more info call 937-552-
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