



The Practitioners guide.

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

Practice CrossFit

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Mediocrity

By: Josh Bunch

I doubt I'm alone in this endeavor, but I define words based on what I have formed an opinion of what I believe them to mean, due to how I have heard them used. I have a feeling I continue to use incorrect vocabulary due to the fact I have spent zero time studying in dictionaries, while simultaneously reading lots of books with big relatively unfamiliar words that I continue to self-define neglecting to retrieve Webster's, because it's in the other book case.

Mediocrity to me means hangin out with the rest instead of constantly trying to do ur best. It means being comfortable....when u sure as hell should not be. It means mental conformity to adopted views or stances that tons of other people have so it makes u feel better for never having tried to step out of the herd.

The general stance on the base word of mediocrity is; Moderate to inferior in quality; ordinary, or, not very high quality; average or second rate.

While these definitions serve their purpose, and there is defiantly a word or two I thoroughly enjoy from them I believe mine's better, and as such I just would rather use mine for the sake of this article. Besides who said the first guy to defined it has to be right.

It seems as though mediocrity refers to physical output most of the time. The way performers act. The way athletes play. The way singers sing. It seems to rarely be attached to mental acuity, or the state of mind required to conquer the beast of the normal. That ornament of the ordinary.

Let me take a stab at describing what I mean. If u are a gifted athlete with ability, and talent in surplus and u out perform all those competing with u, then u would be considered exceptional not mediocre. On mental dissection this same athlete during their competition was thinking of the dry cleaning they must pick up on their way home. Or did the dogs get let out 2day, or whatever crap that can creep into the mind when its not being challenged enough to prevent wandering. Definitely not the mental picture of an exceptional athlete.

The opposite side of this coin is the individual the above athlete is training with. This individual completes the same workout in a time which is not even average of everyone else doing the same program.



Holly, Katie, and Jonathan Pullin



Mediocrity

Clearly there is a measurable appendix attached and the first athlete goes home with a piss poor W. Athlete number 2 however is still drowning in a puddle of sweat they created, thinking only of their next breath. Athlete number two is clearly not winner by a score or time domain. In fact if u were just referencing the numbers athlete number two is not average, therefore by generally accepted definition, mediocre.

Now u clearly realize where my question lieswho gained the most from the same program?

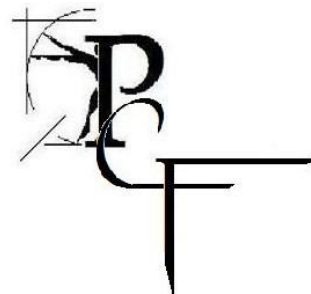
Number 1, was number 1 and gets the glory, but very sub par physical benefits, and actually has a negative mental statement engrained upon their mind. They got away with winning with less than stellar effort. They get the glory for not working. This mentally feckless individual will never reap the true rewards of CrossFit because they are unwilling to step out of mediocrity of the mind. The gains of this athlete mentally will be measureable only by dry erase markers on a white board.... nothing more.

Athlete 2 however struggled to finish. Athlete 2 battled self-doubt, and that naggy ass little prick inside us who tells u that ur heart will xplode if u do another rep. Athlete number 2 competed for themselves, and not so others could congratulate their time. They transcended so far beyond mediocrity they couldn't even tell who was competing next to them because they were so tuned into what was required to finish, not whats for dinner.

I've seen many great things spawn from CrossFit, but they all seem to pale in comparison to the mental rewards that come to those who give way to fear. To those individuals ready to cut loose the ties of majority, and become a great minority. Not physically either that's obvious, mentally. It takes a lot more mental fortitude to be the only one standing in a room full of sitting assholes. Hopefully, u would wanna b the asshole standing.



Mindy Overhead.



Mediocrity

The spoils of war go to those who have a measure of how they won. They overtook the land. They conquered a dictator. The revolted against a failing economy. Those fruits of labor are only possible because of the soldiers who had already won the battles in their minds.

Coincidence is bullshit and true winners win over their own minds, even if they never elevate past middle class white board standings. Its no coincidence these mental mongrels have better family lives. Make better financial decisions. Are socially just funner to hang with. The individuals never mentally exercising their brains to exhaustion as true PCFers do, grow stagnate. Never being able to mentally challenge urself must be a horrible place to live, and a PCFer typically either can't remember what that was like, or simply never knew to begin with.

If your not buying into the CrossFit ur way towards enlightenment then so be it.....u r either not a CrossFitter, just don't pay close enough attention to ur mental standings, or ur athlete number 1. The best example I can give u may be a case study yet to happen. If you're a PCFer watch the next time a newb comes in to begin PCFn. It may take a few people because we generally throw 80% of the fish back in the sea, but after one fish gets truly hooked watch as their personality changes right before your eyes. Im continually amazed at the demeanor difference in those first day out, and those 4 months in. Its incredible to see subtle differences in individuals u get to work with daily, and its all due to their minds, and how mentally strong they are becoming, let alone the easy to achieve physical accomplishments.

For the Non-PCFers.....ur the case study. Try it for 4 months and see who u r on the other side. The righteous side of fitness. Not the dark side with the rest of the individuals scared to try something new.



Phil down almost 80lb in six months..... exact opposite of mediocre.



Testimony of a Practitioner

By: Stacy Scott

I never thought of myself as someone who had an addictive personality but I am starting to think differently, I am addicted to The Practice! I love going, I never thought I would say that about working out! I used to dread it, matter of fact I really never worked out a day in my life until about 6 years ago. Then I would drag myself out for a walk, talk myself into going to a trainer, but I was never truly inspired to do more. Then I started working out at The Practice and now I look forward to working out. Don't get me wrong, sometimes I dread the thought of what might be on that board but I know when I am done, I will feel great! The thing about The Practice is it makes me feel like I can do anything! Josh and Ryan have a great way of pushing you and making you feel good about yourself. And let's not forget all the hardworking people sweating it out with me; each one has a great story of inspiration and support. The more I get to know the athletes at the Practice, I find more reasons to love coming. **I wonder? What is it really that I am addicted to? The results? The people? The Challenge?**

The Practice has changed my whole families life, we all have benefited greatly from joining. I feel great, I feel the most confident I have felt about my body since I was 16 and that is saying a lot coming from a Mom of twin boys and a daughter. I am actually starting to believe there is a six pack inside of me! My husband comes too, he looks awesome, his shoulders have bulked up, his stomach slimmed down, Life is Good! My kids also love The Practice! The boys have been working out with Josh and they cannot wait to come each week. This is a lifestyle change that our whole family is committed to.

My Grandfather died when he was 91 and moments before he passed, he sat up look at my kids and gave them one last bit of advice, "When you think you are working hard, work harder!" I often think of him when I am at The Practice, I know he would be proud!



Practitioner of the Month

By: Josh Bunch

I hear individuals say from time to time, "I wear my heart on my sleeve". Great. I get the meaning, ur nice, good for u. Im not tryin to be to horribly cynical, but that phrase is uttered so much it has went beyond cliché into what tends to be a lie. That same person will turn around and bite ur head off immediately upon hearing u utter something that they just didn't wanna hear that day. Seems kinda contradictory to the heart on the sleeve person who u would imagine world wanna talk out every aspect of every feeling they are experiencing at that moment the whole time blubbering profusely.

It kinda mirrors the hard worker thing. If u walk around talkin about how hard a worker u r....ur talkn not workin, therefore ur not that hard a worker. So if u truly wear ur heart on ur sleeve, people notice, explanation unnecessary.

What about their soul. Too me heart is blah blah blah, but soul is so much more. Patti, to me, is a soul wearer. She tends to radiate this effect that I am truly having a loss at describing. Its very positive mind u, and very unique. U get a genuine feel of caring from Patti. Caring about those around her, environment, all activity in general. The very opposite of the very spurious individual who professes how warm and cozy they are, all the while they would as soon not brake when they c u crossing the street if they missed their Starbucks. Patti doesn't say she's this soulful caring being...she shows it.

This is all well and good as a stand alone, but added to her new found fitness drive, and u have an interesting formula for success. Patti wants so much to be successful at what she does she places a great amount of pressure on herself. Sadly, most folks have become complacent with horribly blasé existence, or they let that pressure surface as irritation or a self condemning attitude when they can't live up to their own expectations.

Patti chooses a road less traveled again. She chooses to let her true soul shine thru. She keeps that positive soul lighting up her surroundings even when she falls. She gets up and keeps trying weather she hits her mark, or has to try multiple times. A lot can b learned from the attitude Patti demonstrates. Physically I teach Patti stuff everyday. Psychologically, I like to b the student.



Patti Moore



Stitches & Splints

We're not goin' to talk about deep lacerations and setting of compound fractures, rather the stitch of a side and the splint of a shin. If you're an avid jogger, or just pushing through a wod that involves the insanity of a mile run in it you may experience either of these ailments. Fortunately, there is not only a rhyme, but also a reason for these natural phenomenon's. Let's break it down friends.

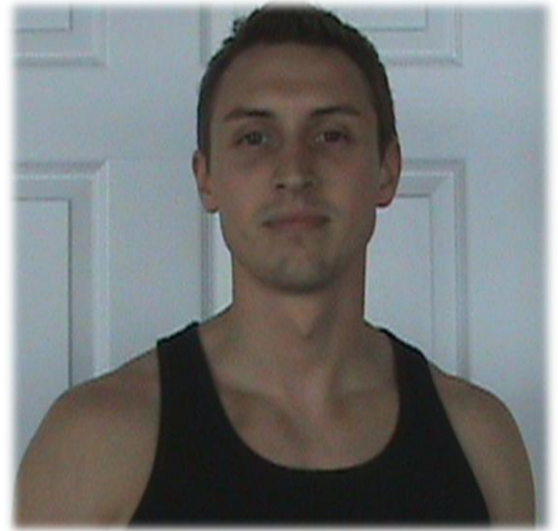
Side Stitches

Nothing halts a run like a dagger in the form of a side stitch. This sharp twinge of pain usually resides just below the ribs on the right side, and is also known as exercise related transient abdominal pain (ETAP). Researchers believe that the side stitch is caused by stretching the ligaments that extend from the diaphragm to the internal organs, particularly the liver. The jarring motion of running while breathing in and out stretches these ligaments, especially when exhaling as the right foot hits the ground. So just as the liver is dropping down the diaphragm rises for the exhalation. It is believed this repeated stretching leads to spasms in the diaphragm.

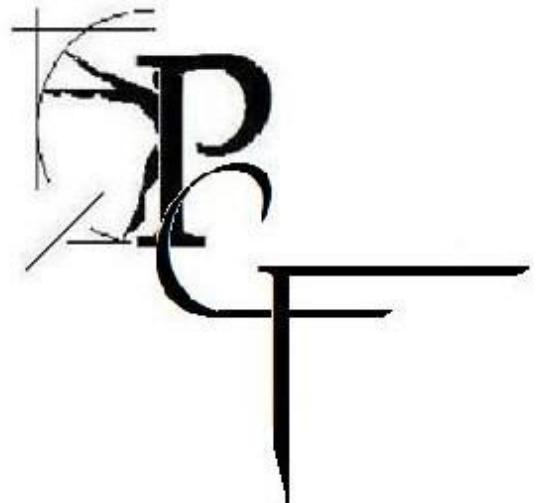
To stop a side stitch when running, place your hand into the right side of your abdomen and push up, lifting the liver slightly. Inhale and exhale evenly as you push up. To prevent a side stitch, take even, deep breaths while running. Shallow breathing tends to increase the risk of cramping because the diaphragm is always slightly raised and never lowers far enough to allow the ligaments to relax. When this happens the diaphragm becomes stressed and a spasm or "stitch" is more likely.

Shin Splints

Unlike our foe above, shin splints may not ruin your first few runs; however splints are considered a cumulative stress injury because they often occur after repeated stress on the bones, muscles and joints without proper conditioning or recovery between workouts. The pain of shin splints is typically located on the outer front portion of the lower leg or the back inside of the lower leg. Muscle trauma is often related to excessive running on hard surfaces. Repeated use makes the muscles swell and places pressure on the fascia that covers the muscles in the lower leg leading to pressure and pain. Other causes of shin splints include: improper stretching, lack of warm-up, training too hard, increasing mileage too quickly, hard or slanted surfaces, muscle imbalance within the lower leg, and shoes without proper support.



Justin Coby PharmD



Stitches & Splints

To control pain and inflammation use the **R.I.C.E.** treatment method.

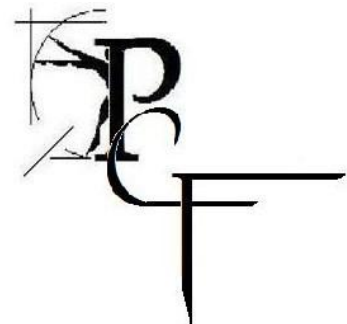
Rest: Rest is vital to protect the injured muscle, tendon, ligament or other tissue from further injury, as well as, providing the energy the body needs to heal itself more effectively.

Ice: Use ice bags, cold packs or even a bag of frozen peas wrapped in a thin towel to provide cold to the injured area. Cold application limits swelling by reducing blood flow to the afflicted shin. Never leave ice on an injury for more than 15-20 minutes at a time in order to avoid skin damage.

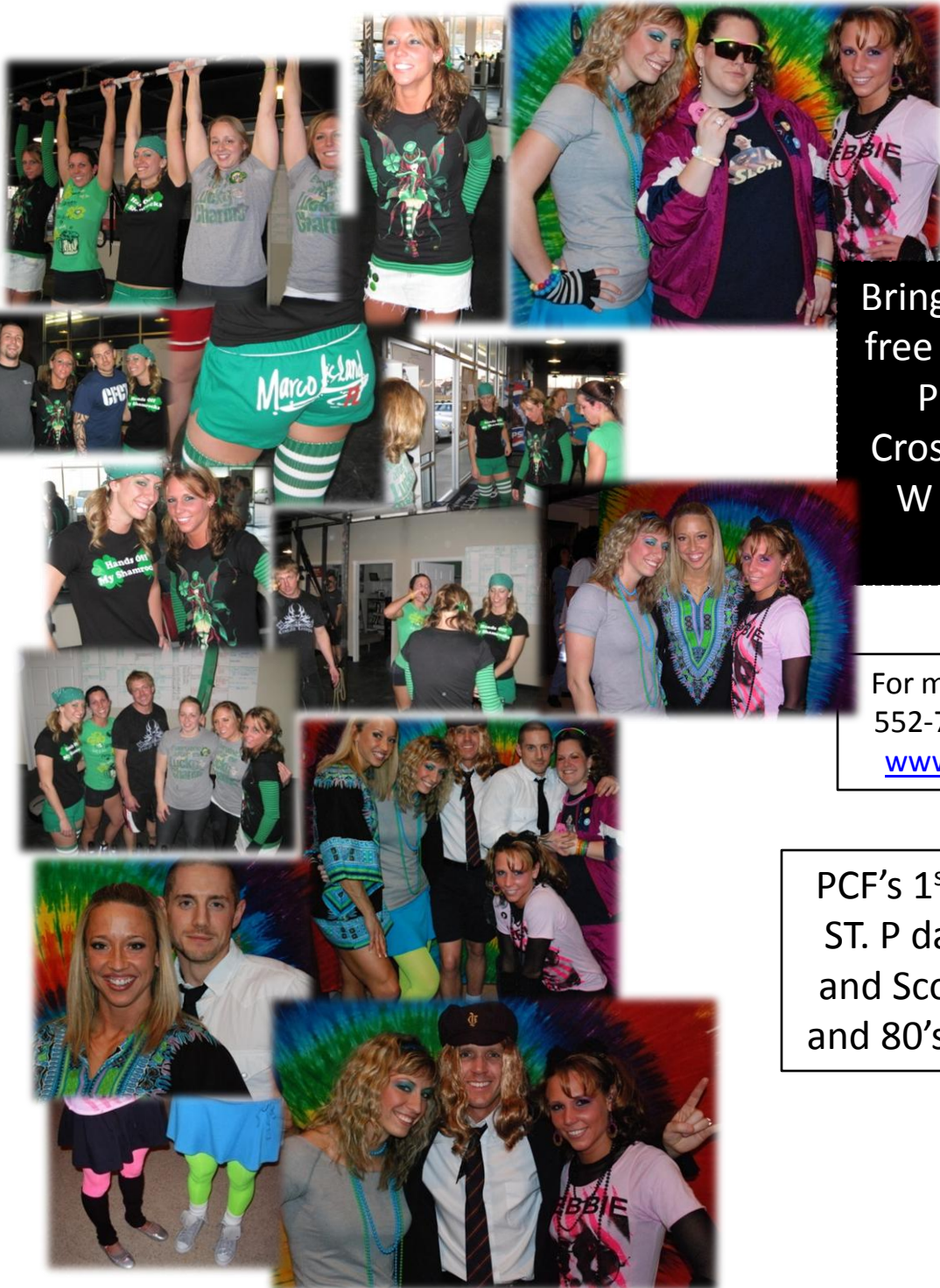
Compression: Compression limits the damages of swelling. An easy way to compress the area of the injury is to wrap an ACE bandage over it, making sure not to wrap too tightly.

Elevation: Elevating, again, reduces swelling. It's most effective when the injured leg is raised above the level of the heart.

With spring approaching plenty of us will be seeing more time on the road one stride at a time. Whether you're thinking about beginning your preparation for the 5K or triathlon seasons, or just trying to survive a run wod, keep these remedies in your back pocket. Plenty of rest and proper running form are the best prevention, and surest way to keep on your feet!



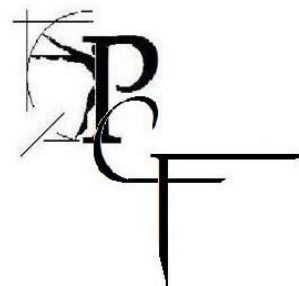
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and Scott's 70's
and 80's Shindig.



TidBits

How to Eat Workshop.



Join Us

April 23rd @ 7pm

Eat for fitness. Eat for weight loss. Eat for performance. Eat for health. Eat for fuel. Eat for life.

Don't let this opportunity pass u by to revel in an experience which will open your eyes to the diet misconceptions that are peddled as gospel to all society. What to do. What not to do, and some fun stuff in between that may change your outlook on food altogether.

RSVP at

jbunch@gopractice.biz or
937-552-7694, or just show
up.