

The Practitioners guide.

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

Practice CrossFit



Volume #10 February 09

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Hate Me...

Trainers may wear many hats when it comes to each and every client. The error is when one of those hats prevents another from fitting properly.

For instance, knowing a clients life goals, their hopes, aspirations, measurements is all very personal. Quality friendships are commonplace between client and trainer that will stretch well beyond a simple workout. Personally, I have made many friendships I wouldn't change for the world, nor would I ever let them go a day without knowing this. I may be their trainer, but I luv em all the same.

Where some may falter is on the workout floor. Where that want to make ur friends happy overrides the need. The need for hatred.

Call it what u will I doubt its true hatred, but for lack of a better term were gonna use it. I very well could throw myself in front of a bus for u 5 minutes after your workout, but during, I could care less how much luv u have for me. In fact I may be provoking a response from u by antagonizing the hell out of whatever activity u may be performing.

Why ? Because I have spent time studying how, and when u react. What that reaction is, and why u do it to a certain stimulus. I can pretty much guarantee that there is rarely a human that pays as much attention to u thru the day as I do. U give off subtle clues that I notice, I respond accordingly. I will always give u what u need, whether u think u do or not. Never confuse need with want either. I can read u much better than u know, so trust me I'm right.

While I am not trying to make u mad at me, or trying to make u fantasize about running me over if u saw me crossin the street. I am pushing u. Here's a news flash pushing hurts, and not 1 of those this hurts me more than it hurts u kinda things....definitely u more than I. If a bullwhip wouldn't get me arrested I would use that to get your pace up, but it would be outta love. Training is not synonymous with coddling, so go somewhere where they play pretty happy fun time music, and voice nice little sentiments at u while u read and prattle along on a lifecycle for 30 minutes.



Lauren during burpee hell, and Mindy below preparing for a Dead



Hate Me...

At PCF I will yell. I promise I will make u uncomfortable. I will be honest with u. I will teach u. I will help u all I can, and I will be right there when u achieve what u wanted.

That is why u need me. To tell u the things everyone else is afraid to. To be that fire under your ass to get u in the best shape of ur life. To be the proverbial cattle prod of reason, that shows u just how unreasonable u are when u give less than 100% for me daily. To show u how ignorant it is to eat that....and believe its not entirely horrible for u. I will dawn the mantle of what seems like eternal malevolence, (while it is the exact opposite), for u, because I can. Because I believe in u, and if u don't I will make u, I promise.

While hate may be the improper term applied, it speaks volumes for the level of intensity I put into u, so I expect the same in return. If my voice rises, or gets short, I'm not mad....usually. I am merely imposing my will upon u at that point. There are a million little chemical precursors going off in you body as you reach your breaking point. Inevitably this breaking point is profoundly physiological as opposed to physical. So your body, to alleviate the discomfort says, "slow down", "stop", "ur killin me". Just as u slow or falter along comes ur heroic trainer and says...."GO". Now this could be some nominal ineffective term used any number of times through the day. However, if u recall the previous statement about how well I may truly know u in relationship to ur physical effort, I'm not just saying it to fill empty silence. Im saying it cause at that particular point in time I am smarter than u and ur body, no matter what kinda mess it's tryin to sell u. I truly know whether u can give a little more, or if that extra rep will paralyze u. This means trust me. U need me to know u better than u do while u workout, and over time, I will, then I will use that in your favor. It will not feel like ur favor at the time. Hell, its gonna appear as though Im committing some kind of exercise related man-slaughter.

After all of this, we can hang out. Be cool as best of friends. Text all day. Whatever. But when ur on my watch. When ur danglin from a pull-up bar. When the 75th burpee is on the horizon. When everything looks impossible. Trust in me to be the necessary evil u need me to b. Trust me Ill take care of u. Hate me, ill push u like u never thought u could. In the end thank me for never giving up on u cause I never will, as long as you trust in me.

By: Josh Bunch



Cheryl after....Melissa during.



Sore, Hurt, Injured

Beginning this article makes me wanna Google recommended exercise durations, recommended exercise bouts per week, and recommended intensity dictated by age. Just as I begin to type this into the search bar it hits me.....who the hell is making these statistics anyway. Out of shape scientists. Statisticians who will use statistics to argue any point. I mean come on u can just about make statistics prove anything u want....14% of all people know that.

These various studies usually amount to virtually the same result. Controlled variables with inept effort from inferior programs. I for one will prescribe to the empirical data housed on the internet over the past 7 years on crossfit.com. Ages, bodyweights, genders, who times, weights used, scores, are all housed producing the biggest base of knowledge concerning true fitness. If u take a gander at the archives on CrossFit u will find no RXD weight in the early days. It was just a wko. U picked the weight then logged it all up to the seconds. Over time consistencies arose and through collected data over the most substantial survey that still continues, prescribed weight was born. Also logged was rest, and rest in relation to performance.

The go stop conundrum is different for everyone. A lot of folks are awesome at 3 days on 1 off. Some are great with 5 days two off. Some train all the time and take off when their body tells em to (I believe this one is too loose, and has far to many holes for me to even argue, so I say a huge no for that one). Its good to change it from time to time. Also, one is not perfect for everyone. So it bears questioning....which for me.

Excluding the performance aspect of times, and gains and such simply look at the SHI occurrence and recovery ratio. Never ending soreness. Actually sensation of hurt. Or incapacitated by injury. Lets fist Define the 3.

Injury

Easiest of the 3....ur stuck. Wait till whatever won't work works. Injured means unable to perform at most fashions.



Ash above Sit-upn for 4 minutes
...Johnathan below Dippin.



Sore, Hurt, Injured

Hurt

A little more questionable in nature is hurting. Hurting can mean u can still do. If u ever tell a trainer something hurts, they should modify adjust or correct if necessary. Realize however if what your doing is right by all general standards, it still hurts, and ur not injured.....it just may be ur body tryin to get u to stop discomfort, and u may be required to surpass what currently feels like "hurt", which will subside as soon the activity is over. I say this without judgment or ridicule, but "hurt" means life. Having the mental fortitude to bring urself, and ur body to a place where it is trying to make u stop is a fantastic endeavor many will fail to ever reap. Im not saying do our movements till u hurt, that would be irresponsible. I am saying define hurt properly. There is a level of "hurt" required for the level of intensity we wish to see. Find it, and go live there. Everyone may have a different level they can function at or handle, but what u do not want to see is a looming "hurt" turn into an injury. If your "hurt" is spot specific i.e. shoulder girdle, and u still do 100 push-ups per day till its injured....ur fault. If the look on your face is of udder torture because u are 1 deadlift away from paralyzation...ur fault. No-one training u can ever truly know how bad it feels, so in the end u are the boss, don't be stupid, or show off some false sense of bravado, or unimaginable pain tolerance. Trainers can only correct the visibly un-safe. A previous underlying issue that is not presenting itself outwardly is only known by u. If the "hurt" is gonna be injured in one more round....modify, adjust, or stop. I cannot find a better way to depict this other than a 1-10 chart of "hurt". By my definition I believe a seasoned CrossFitter can maintain a workout pace and total body "hurt" ratio of 7-8. Beginners are much less. As far as certain body part afflictions, I would say no more than 4 in any one area. There is a big difference in whole body intensity to the point of exhaustion, than site specific my knee will snap off if I squat once more kinda pre injury hurt. Discern the two for yourself.

Sore

Most will be, are, or just have gotten used to it at times. Muscles ache. Backs get tight. Legs feel like lead. Hands bleed, days after they tear and make washing ur hair feel awesome. Some weeks soreness is of no consequence, others nightly hot tub trips with ibuprofen chasers are the cats meow. The body will not change through smiles and sunshine. What makes it change will leave u compromised, unable to climb stairs at times, and a much different individual for it. The better kinda different, not the different just to be different stuff.



Another fantastic all female class, and Bonnie below doin.....well it look cool anyway



Sore, Hurt, Injured

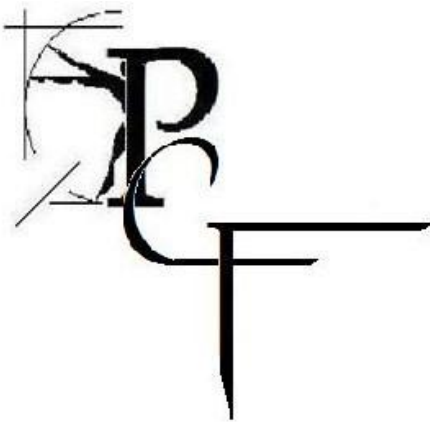
A very close friend of mine posed a interesting query. They asked since u are willing to workout in discomfort of every kind. Be it lack of sufficient calories, rest, recuperation, site specific pain, or whatever mal-formation u can think of. Do u xpect others to do it as well? No. I believe our workouts prepare us for the unthinkable. They make us better at life. We can all work through a variety of theses sensations, but to compare urself to one another is unrealistic, and sometimes dangerous. I never want to impose my will of deprivation onto others mainly because its not always necessary. Just because I will fight tooth and nail for the clients I train because of the belief I have in them doesn't mean they must train as myself, or anyone else for that matter. Some can handle more, some less, all are different.

Know urself well enough to stop "hurt" before injury. To welcome soreness as change for the better. To take a day off when needed. To observe, and emulate those seemingly better, but not to the degree of danger. Remember adequate rest makes u better. Too much rest makes u weak. Caution and fear both have a place...right behind desire, and consistency.



Nic and Ash OHS n a 10ft snow bank, for fun. Heather below deadliftin.

By: Josh Bunch



Practitioner of the Month



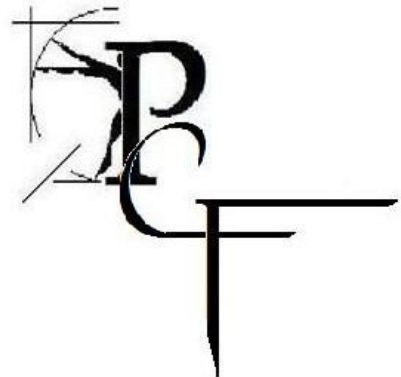
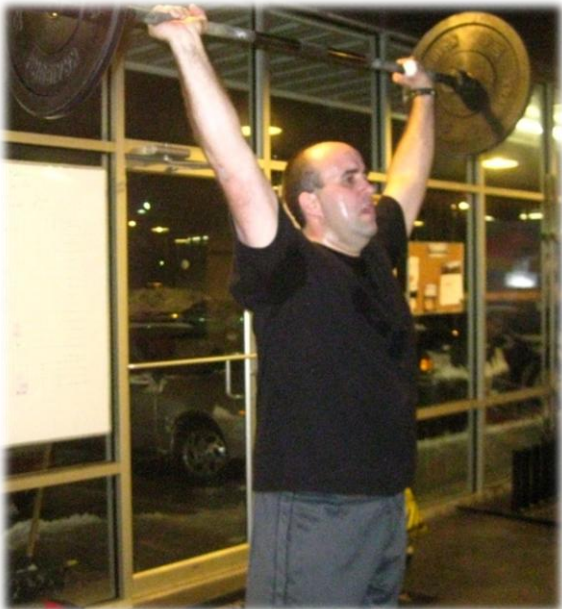
Phil Wagner

What do you say about an individual as dedicated and determined as Philip Wagner. The man is a true inspiration. A somewhat shy and until now undisciplined person when it comes to exercise, and fitness. Phil started Practice CrossFit training about 4 months ago, and is now working out 6 times per week. You may not have seen Phil during regular class times, and that is unfortunate because he is incredibly motivating and fun to be around. Phil's work schedule does not allow him to arrive at our designated times so he employs my help as a trainer during 1 on 1 sessions. This costs extra. Phil picks up extra shifts at work to pay for this additional cost. If that doesn't show dedication....what does?

Starting PCF Phil weighed in at 320lbs. In under 4 months he lost over 60lbs. Phil works out religiously now, and packs his food for work. Phil is a new man with brand new determination. If you ever are lucky enough to meet him consider yourself blessed. You would of just met a man on a mission, with true determination, and a zest for life rivaled by few.

Nice work Phil, you inspire us all.

By: Ryan Vest



Testimony of a Practitioner

2008...What a year! Lost 57lbs and over 19" ...Oh! Wait a minute, that didn't happen in the year. That happened in just the last 90 days of 2008.

Crossfit? That's what Ryan told me that I would be doing when I first went to talk to him about losing some weight and getting in better physical condition. I told him what my goals were and I needed some help in getting there. As you could tell by my physical condition I didn't have a lot of discipline in my life as far as being healthy goes. I got all of the info I needed and told Ryan that I would think about it and get back with him in a couple of days. As I was leaving, I thought to myself if I let myself walk out of those doors without committing to this I would never be back. Ryan assured me that if I came to "Practice" did the work and listened to him and gave it all I had I would see dramatic results in a short time.

It worked. I started with "Practice" in Sept of 2008 weighing 320lbs and by the end of the year I am currently at 263lbs and have lost over 19". I am so pleased with the results that Ryan and I have produced up to this point. I love going to work out and see what is in store for me when I get there. I always wonder what muscle is going to hurt a little bit for a couple of days because I haven't used that one in a while or ever.

Between being motivated by Ryan and Josh, watching the determination of others giving it all that they got, how can you fail. I am so motivated by everyone here and the results that it has produced in their fitness levels and how forward I am looking to my level of fitness improving every time I am pushed to that next level.

2009 is going to be even better and I am so excited to see what next level I can push myself to and the results that I will see and feel

By: Phil Wagner



Start



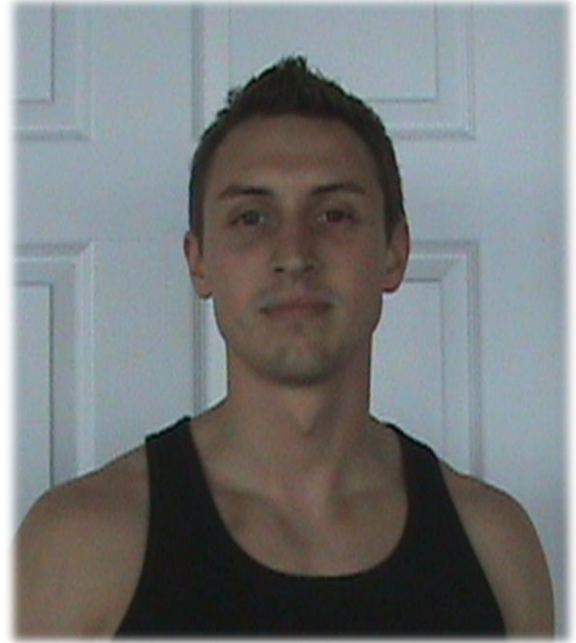
3-Months
in..60lbs
lighter

D for Depression

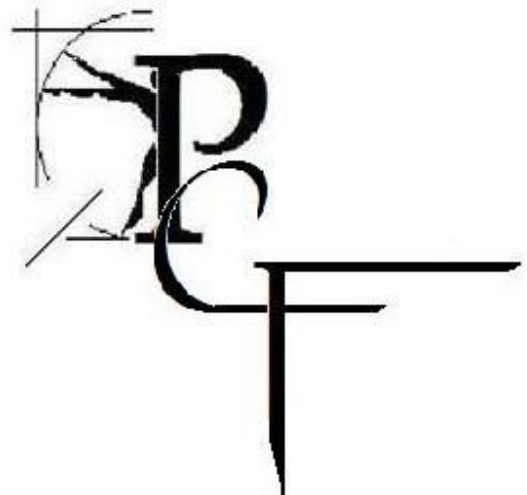
It's referred to as the "winter blues", but the NIMH (national institute of mental health) calls it seasonal affective disorder (SAD). 10 to 20% of the US population is affected by this mood disorder, in which people that have normal mental health throughout most of the year experience depressive symptoms in the winter, repeatedly, year after year. Does this scenario hit home? Although it can affect men or women of any age, SAD is most common in young adult women. In fact, SAD sufferers are 70-80% women. Sounds like a Practice clientele statistic.

Many of us notice tiredness, weight gain, difficulty getting out of bed and bouts of the grumpies as fall turns into winter. However some people experience an exaggerated form of these symptoms. Their depression and lack of energy may become debilitating to the point of disturbing work life and relationships. The typical symptoms of SAD include depression, lack of energy, increased need for sleep, a craving for sweets and weight gain. Symptoms begin in the fall, peak in the winter and usually resolve in the spring.

So what's the X factor? Why is it that, for some folks, winter brings about this depression, while the rest of the year is fine? Although with winter comes cold weather, so come shorter days. This reduction of sunlight also means a decrease in the amount of vitamin D that is synthesized in the body, as the vitamin is produced from cholesterol by the action of sunlight on the skin. Though most famous for its work with calcium in bone strength, vitamin D also plays a role in mood and depression.



Justin Coby PharmD



D for Depression

Hold on now....from evil cholesterol becomes precious vitamin D!! I wouldn't lie to you firebreather...just think of vitamin D as Luke, and cholesterol as Darth. Oh and sunlight as Obi-Wan. You see, a form of cholesterol called 7-dehydrocholesterol sits in the epidermis of the skin. Once this cholesterol comes into contact with UVB radiation, aka sunlight, it is converted into pre-vitamin D3, which is quickly isomerized into vitamin D3, or cholecalciferol. This vitamin D3 can be produced in the skin, as just explained, or can be ingested in a supplement form. D3 is then hydroxylated in the liver to 25-hydroxycholecalciferol, and again hydroxylated in the kidney to produce the active form of vitamin D known as calcitriol. So, again, vitamin D-Skywalker...cholesterol-Vader...sunlight-Kenobi.

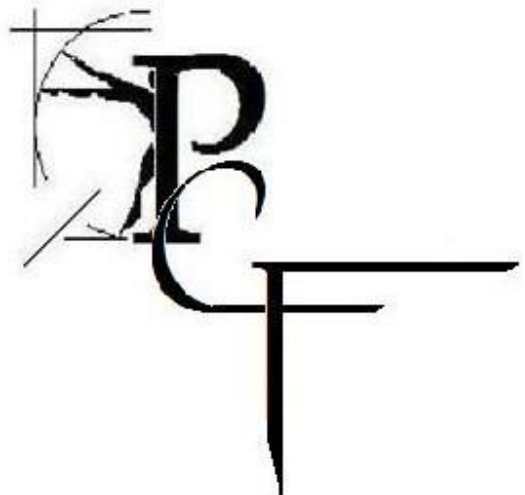
Although the science community has yet to establish a conclusive study on vitamin D's affects on depression, they have found that the D rapidly increases in-vitro (in the lab, not the body) genetic expression of tyrosine hydroxylase by three-fold. This is important because tyrosine hydroxylase is an important enzyme used in the production of catecholamines. The most abundant catecholamines in the body are epinephrine, norepinephrine and dopamine. Bold and underline?! Have you ever heard anyone say that depression can be caused by a "chemical imbalance" in the brain? Well dopamine is not only one of those chemicals; it's the husky fifth-grader on one side of the teeter-totter.

There are two ways of getting the necessary amount of vitamin D during the winter; 1. Spend time in your favorite UVB-bulbed tanning bed, or; 2. Supplement vitamin D3 into your diet. As your friendly Practice pharmacist, I would suggest going with the over-the-counter supplement...pills are good. The suggested dose of vitamin D3 to treat SAD is 1000 IU per dose, one to two doses per day. This supplement can be found at, or ordered by, your favorite local pharmacy. If you feel that you have been suffering from seasonal affective disorder, you may want to get your blood levels checked. A healthy vitamin D level in the blood is about 35 ng/mL.

Disclaimer: Although we may have seemed to make "light" of depression, it is a devastating condition that affects many Americans every year. If you feel you are suffering from major depression please seek a professional's opinion before engaging in any therapies.



Justin engaging in witty banter with Mindy....Topics discussed, philosophy, politics, religion, or I bet my Fran times better than ur Fran time.



TidBits



Happy Anniversary!

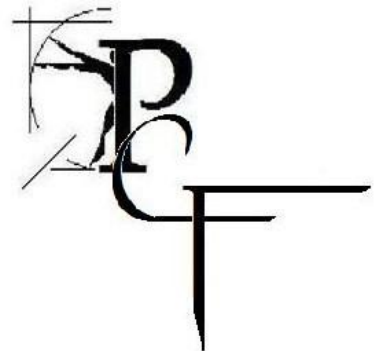
TidBits



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Feb 25th 7pm-8pm!
“What is Fitness Seminar”

Join a group of individuals looking to learn why. Why CrossFit? Why it's the best? Why if your not doin it, u should be. How to incorporate it into your life.

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