



The Practitioners guide.

Makes Perfect.

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

Volume #6 October 08



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Stick2itivness

It should be blatantly obvious that to accomplish anything worthwhile you have to work at it, and work at it for a while. But apparently its not. First off why would I write an article outlining what stick2itivness means if it was already clear to everyone. Maybe the definition is skewed. Maybe society has jaded the length of time required to have truly stuck with something long enough to get, or at least be on your way to getting whatever it is u want. As a general rule people like to leave out the consistency standard required to be lumped into the stick2itivness category also. As far as fitness is concerned 4 workouts this week, followed by 1 next week is not how we define our topic either. Setting our goals so low its almost impossible not to achieve them is almost so ridiculous I cringe as I write it, but I wanna make sure we're all on the same page, and that is not acceptable either. I'm not trying to berate or be a prick for the sake of bein a prick, but I would be doing a disservice to anyone I work with, or may work with in the future if I neglect this very simple yet important topic. It all boils down to keep followin the plan. If u look over during a POD to the person next to u, and think "I'm doin the same stuff they're doin so why don't I look like them". U have a very valid point, and unless u have some medical condition preventing positive bodily changes u very well could look how they do. The next factor u must consider is how long they have been consistently working out. I would wager they have been going at for a while unless they are just a genetic freak. Lastly, take into account their fitness level when they first began Practicing. If they were an avid workerouter, they may have transferred into our PODs nicely. If, however, u started ur PODs with 30 years of TV watchin under ur belt, I heavily doubt 1 solid month of training is gonna make u a god or goddess. Your everyday run of the mill consistency and desire to truly change makes all the difference. I say run of the mill because I believe we all have this trait. What I have yet to figure out is why its so hard to find it in some individuals. I began to theorize, "what if some people just have a jacked up definition of fortitude. I will concede right now that there are at least 5% of the population that is totally, and inconceivable lazy with no desire to change, improve, or even be alive 3 years from now

By: Josh Bunch



Nicole, and Scott tire Flipin.



Bonnie shovelin. Ryan observin.

Stick2itivness

For the rest of us we just need to once and for all clear up all the misconception of fitness, starting with how long till u get where u wanna go. There are many factors that go into this of course. True desire, motivational circumstances, genetics to a degree. However, one of the biggest is also the most related to how long u gotta stick it out till u c what u wanna c. It is how far gone u r now. Realize if u have been treating ur body like some kinda crystal temple thats gonna shatter the minute u do a real push-up, it may take a while. Six weeks of workin out won't make u prom queen again if uv been hangin with little Debbie for the last 15 years. Sorry to be the 1 to disrupt your commercially misguided view of 8 minute easy workouts, and in 3 weeks ur Brad Pitt. Truly the most important factor of fitness after finding the right program, is stickn the damn thing out, and the required time is pre-set by the way u have lived ur life prior to your newly found fitness resolve. So if u have been afraid to sweat for the last 20 years, plan at least six months if your semi-physically gifted to reach your goal. If its been only a year of lackluster performance, u may be in for a month of work to get back to where u were. Now, I'm well aware of all the other factors to get where u wanna go physically. I merely want to describe, so there can no longer be confusion, what it really takes to be the person u want to b. The easy part of the equation is finding the right program. Practice is right here and were not goin anywhere. We are not for everyone. We employ techniques meant to illicit the fastest possible bodily changes....AKA we don't stop cause we don't like something, and while we may truly have the fastest, best possible program out there, it still ain't magic. U still need to apply some old fashioned stic2itivness, before u go runnin off to the next 4 easy payments of furniture that double as some type of sit-up machine.



Bonnie flyin through Man-makers.

 PRACTICE

By: Josh Bunch

Practitioner of the Month

In a wealth of Practice talent lies Melissa Mitchell. Waiting for a challenge. Seemingly longing for that next thing she can't do. So that soon after Practice to exhaustion, she can mark that 1 thing off her achievement list. Its not so much her pull-ups till her hands bleed, or dirty white t-shirt because her chest touches the floor on each and every push-up. No, its not even that she will sacrifice a POD time if she feels there is any way to do it un-modified, or as close as possible. Well, I guess its some of that. Added to all those attributes is this almost obsession to be good at what she does. Melissa is not comfortable with mediocrity. Simply put, she tries. She is not afraid to fail, which will make her, and whomsoever with the same attitude accomplish whatever they desire. As a trainer I can demonstrate, correct, adjust, teach, and modify all day. But I cannot, and will never be able to teach the desire, and attitude Melissa demonstrates on a daily basis. The universal divider between success, and failure is all in ur attitude, and suffice to say, some people just ain't got it. Melissa not only posses these qualities in excess, but she outwardly offers encouragement to those around her. This by far makes her an easy choice for Practitioner of the month. Just as a side note. Melissa has a full time job, kids, and a husband. So before u go complainin to her about how u just can't find the time to get in shape, u better think twice. I'm sure she could use the same excuses. The difference is....she chooses not to.



Melissa Mitchell



By: Josh Bunch

Why Unintended Gluttony is Still a Sin.

I'm gonna go out on a big shaky limb here and believe people when they say they didn't know eating what they were eating was that bad for them. This is truly a huge step for me, because I still find it ridiculous to add 8 tablespoons of sugar to your latte along with supper fatty cream, and say "well it cant be that bad". Basically individuals place all the blame on their lack of knowledge referring to dietary choices. Quickly and randomly I will try to clear up some simple factors about this maniacal food conundrum. I may write on this in the future cause there is no way for me to get them all. Besides I hear like 4 new ones a week, and I have been in the fitness business for like 8 years.

1. Don't drink ur calories.

I'm not gonna argue with u about how u like ur coffee, and how its so impossible to drink black. I'll merely go on record saying, If ur unfit, unhealthy, and out of shape, and u are putting up a fight about relinquishing this notorious habit....then u should just be honest and say "I'm fat and outta shape, and even though I know I shouldn't, I'm drinkin my sugary fatty coffee no matter the effect it may have on me. Pop, and alcohol are included in this by the way, but are so obviously bad I won't even dignify them with a funny story. Just don't drink em.

2. Eat only when the clock tells u to.

Every time u eat positive, and negative hormones are released in your body. Practitioners who follow the zone diet know how critical meal timing is, and how the ratios of what we are eating is paramount. On any good eating plan u will eat 5-6 times per day, and only that. If its not meal time, don't eat. Grazing like a farm animal is not permitted. Simply put, eating releases insulin, and excessive insulin release can cause a plethora of ailments all coined under the term syndrome X. Eat balanced meals by the clock, not snacks by ur stomach.



Melissa, taped up, and chalked up.



Mindy Jaknifin.

Why Unintended Gluttony is Still a Sin

3. A single packet of splenda will not kill u. I am well aware of the fact u can Google aspartame, or Sucralose, and find how ur poisoning urself. I am also very aware the same people who tend to bring up those studies just happen to be the people who clamor on and on about how they can't take their coffee black so they will use regular sugar instead of that "poisonous stuff". So by that logic, individuals would rather error on the side of being a diabetic, rather than toss in a packet of splenda because sometime somewhere they're friend said "that stuff will kill ya". If u seriously make the argument of death by artificial sweetener as u roll between the arches, someone needs to slash ur tires on the way in, because apparently u just ain't gettn it.

These three diet malpractices are not meant to ridicule or discourage. In no way do they even chip the ice of all the misconceptions out there. The previous three just seem to arise frequently in a manner of different ways. If u read this and wonder, "Is he talkin to me". Then yes I am, and stop doin the bad stuff, or at least stop lookin for help or sympathy cause u don't wanna change some of the simplest habits. I am not interested in the 30 different studies stating how bad artificial sweeteners are. If u don't like what I'm writing...just stop readin. The same people who write theses studies conveniently forget to study the items thy enjoy. Lets face it. U put anything under a microscope, or take enough of it, and its probably gonna look bad. Come at me with studies on Splenda, and Equal killing people, and I can present studies on how grilling your food is bad. Or how bad it is if your food is still hot when it goes in the fridge. What about water...if u drink too much it kills ya. If u spend all your life tryin not to do every single thing that could possibly have some sort of negative effect on you...when do u spend time livin.

By: Josh Bunch



Chad and Mindy...so fast they can't stay in focus



Terra tearin up pull-ups...and her hands.

Testimony of a Practitioner



Bonnie McMaken



I started looking for a place to work out in April. Up until that point I ran... a lot. But I'll be the first to tell you that it's easy to get burnt out by running almost every day for three years straight – especially on a treadmill which has a great view of a cement wall and a water heater.

Before I started coming to Practice I'd never lifted anything more than some wimpy little dumbbells I found in my basement (undoubtedly left over from my parents and their glory days of jazzercise and plastic sweat suits). I'd always wanted to try something more, but I never knew how and had no one to show me how to do it right. So when I heard about the type of program Practice offered I thought of it as my chance to do something intense and different, and not inadvertently kill myself in the process. And that's exactly what I got.

It's all about breaking thresholds – finding your perceived breaking point and then going beyond. Every POD is a challenge – which they should be, and I always find myself working to get one more rep, add more weight to a lift, or just go faster. I look forward to that battle against myself every time I come in. And, if for some reason I'm not battling quite hard enough, Josh and Ryan never fail at giving me an extra shove in the right direction, nor does anyone else. It's not everywhere that you'll find such great people to work out with – people who give you encouragement and fierce competition at the same time. There are days when I'm not particularly thrilled with how I've done on a POD but it's never a failure. I can't be upset because I always notice some facet of improvement. And it shows me what I need to work on too, so the next time I see a movement on the board that I've had trouble with, I know I am ready to tackle it again.

Because of Practice I have learned things and made little changes in myself that have made a huge difference. I know what to eat, and instead of going hours without eating because I "don't have time or access to good food," I carry a cooler with me everywhere I go so I have no excuse. I've gone from "working out" because I know that's what I should be doing to working hard because I'm addicted. There's nothing like the feeling immediately after finishing a POD. Something about being an exhausted, sweaty, chalk-covered mess (also included – bleeding, bruised, or missing a chunk of hand) and feeling like I've given the best effort I could. It's great and very few things compare. I knew working out was supposed to be hard, but without Practice I would have never known it could be this rewarding!

By: Bonnie McMaken

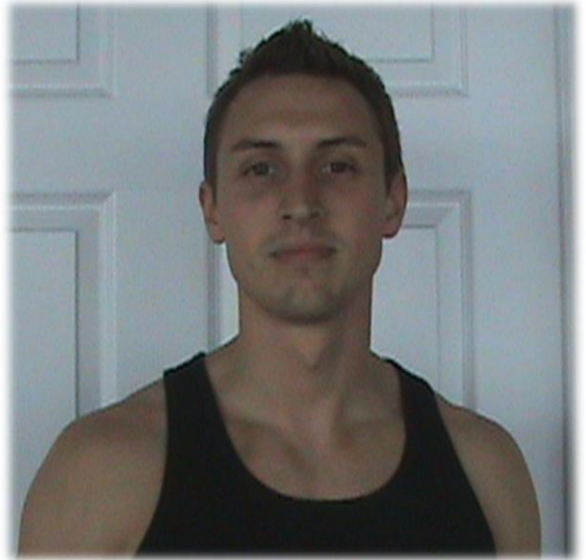
Absolut Health

In 1996, the AHA, American Heart Association, issued a science advisory report stating that the consumption of 1 to 2 alcoholic drinks per day may have beneficial cardiovascular effects. Since the release of this statement, drunks country wide have had an airtight response to the age old question, "Don't you think you drink too much?" What are these benefits that the AHA clings to, and do they outweigh the risk of long-term alcohol consumption? Let's discover the answer to this sincere quandary, as well as, breakdown the health benefits of the big three: wine, liquor, and....a personal favorite....beer.

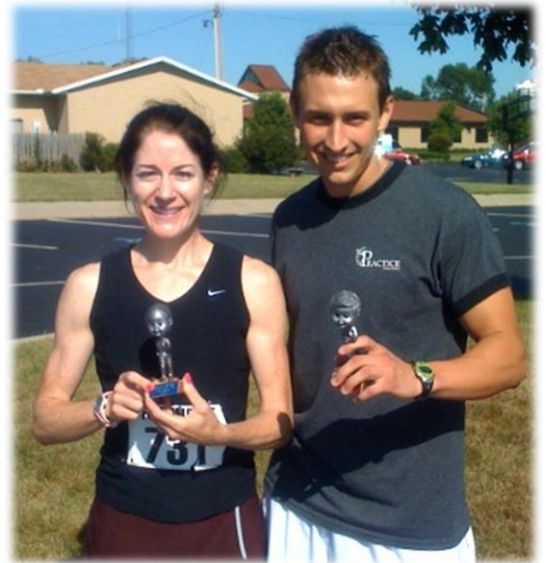
In the AHA findings, a suggested 1 to 2 alcoholic drinks per day causes a reduction in risk of CHD (coronary heart disease) of approximately 30-50%. Recent analysis suggests that roughly 50% of the protective effect of alcohol is mediated through increased levels of HDL cholesterol. HDL (high density lipoprotein) removes cholesterol from the arterial walls and transports it back to the liver, which causes a blood pressure lowering effect as blood flow is increased by the clearing of these arterial walls. Also, several studies have suggested that alcohol may affect blood clotting, either by causing the blood to clot less avidly through effects on coagulation factors and platelets or by enhancing the ability of the blood to break up clots when they form.

So when the AHA suggests 1 to 2 alcoholic beverages, what are they talking about? The standardization reads as such; 1 drink is equal to 12 ounces of beer, 4 ounces of wine, and 1 ½ ounces of 80 proof liquor. Along with its cardiovascular benefits, beer, whether ale, lager, stout, or wheat, contains our friend vitamin B6, which prevents the build-up of an amino acid called homocysteine that has been linked to heart disease. Red wine delivers a double-dose blow to clot formation with its antioxidant flavonoid phenolics, resveratrol, which increase HDL and reduces clotting, and flavonoids, which decrease arterial plaque formation. Although drinking liquor doesn't have any additionally health benefits on top of the cardio-protective ones, a Danish study in 2006 found that women whom drank liquor once a week were at a lower risk to develop CHD as those whom drank daily. The Danish findings also found that the daily frequency of imbibing liquor was required for men to see the same effects. In other words, liquor holds more bang for the female buck.....makes sense to have ladies' night once a week.

Now before you go run out and purchase a 6-pack of Guinness, a red Robert Mondavi, or a bottle of Southern Comfort (all personal favorites), keep in mind that the HDL, and blood thinning effects found to occur with alcohol consumption can be achieved with a good diet including daily fiber requirements, weight bearing exercise, and a baby aspirin. Also, 1 to 2 drinks per day means just that, you can't average it out every Friday night at the bar. Binge-drinkers are at far more risk of developing liver damage and cardiomyopathy, than the benefit of a raise in HDL levels. So enjoy your alcohol responsibly, and the next time somebody accosts you about puttin' down that daily lager you just tell them what Dr. Coby says... "PROST!"



By: Justin Coby PharmD



Michele and Justin...after running

TidBits



Chris, and Terra in the mist of Handstandpushups, during "Diane".

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a free trial
POD.
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Attention Ladies.

Cardio Strength 6am Saturdays

This class is fast paced, fun and full of energy. This class has it all; free weights, agility/sports drills, plyometrics, boot camp style training and may even include everyone's favorite Crossfit exercises. Add some variety to your training, meet some new people and maybe even learn something new! This class runs in sessions. New session starts Oct. 11th – Nov. 8th Prepayment is required. Classes are \$10 per class. You do not need to register for every Saturday, only the ones you can attend.

Fees payable to Terra Kennett. Contact Terra via e-mail for more information or to register.

Zumba Strength 7am Saturdays

Burn major calories and sculpt your body with high energy Zumba. This class is a fusion of resistance training using free weights, bands, medicine balls and body weighted exercises with intervals of Zumba. If you haven't tried Zumba this is your chance! Variety adds so much to your fitness health.

This class runs in sessions. New session starts Oct. 11th – Nov. 8th Prepayment is required. Classes are \$10 per class. You do not need to register for every Saturday, only the ones you can attend.

Fees payable to Terra Kennett. Contact Terra via e-mail for more information or to register.



Terra
Kennett