

*The Practitioners
guide.*

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

Practice CrossFit

Volume #8
December 08

Whats Inside:

Today is Better
Than Yesterday

Practitioner of the
Month

Testimony of a
Practitioner

To suffer the slings
and arrows

TidBits



Today is Better Than Yesterday

I know what ur thinkin. I just got done watchin some Tony Robbins DVD about how much we should love ourselves, and go pick flowers and pet kittens all day. While this is definitely not the case, I do believe staying positive is a lot more than big ass smiles and coined cliché phrases.

It starts when that alarm clock is screaming for u to get outta bed. Just a side note, sayn ur not a mornin person just so u have the right to be an ass, or less than urself when u wake up, ain't cool either. If u can't give everyone around u the respect of consistency in personality from morning to evening, then u may need a shovel to get ur head outta ur own ass. Wow...that sounds harsh even when I re-read it but its for real. Happiness just for the sake of waking up should be a prerequisite for us all, not insensitivity and rudeness just because we don't approve of the hour we must arise.

The focus should obviously be on constant improvement and variety. This is perfect for training, but it also is easily transferable in any other facet of our life. Its easy to stay comfortable and stagnate with daily activities, but the truly innovative will toss that wrench in just to see what happens. With our CrossFit training the variety is already there but u could always take it one step farther. Bring a friend to push u more. Workout in the evening instead of morning. Workout twice a day for a week, then only three days the next week. The list goes on and on. Throughout the day drive a different route everyday to work. Go to a different coffee house. Drink that coffee completely black with no additives at all so u can really taste it for what it is. Say a damn nice comment to the person next to u without caring if they will think ur a freak. Conversely, tell the truth even if they might b offended. Remember, our critics care about us the most, because at least they care enough to say what others wont.



Three Ladies Flipn tires. Ash, Terra, and Stacy.

Today is Better Than Yesterday

Today I can lift heavier than what I have ever done before. Today I can run faster than I ever have (especially me cause I'm not a very good runner, so I almost always get better, but at least I try). Today I can bypass the cocktail that I have tricked myself into believing I need everyday. Today I can eliminate that crutch that has been hindering my progress because I let it.

Bad attitudes. Negative self-talk. Bullshit excuses about poor planning and time commitments. All curable diseases of the mind waiting to be replaced by goals, wisdom, and positive experiences. The average individual speaks 300 words to themselves per minute. Can u imagine if every one of them was positive, and filled with intent, and initiative? Add to that speakin out loud about urself in positive manner and u will at least annoy the hell outta all the naysayers that just can't seem to get it together.

Even if ur improvement is less tangible so what. If ur run time was worse than last week, be happy u are able to run at all. Even if my shoulders ache from holding a heavy bar overhead, at last I have shoulders strong enough to hold a bar that puts me in discomfort. Masochistic as it may be, revel in the fact that u have the ability to pull a bar off the floor, that may make getting up in the morning feel more like crawlin out of a coffin. At least u can feel at all.

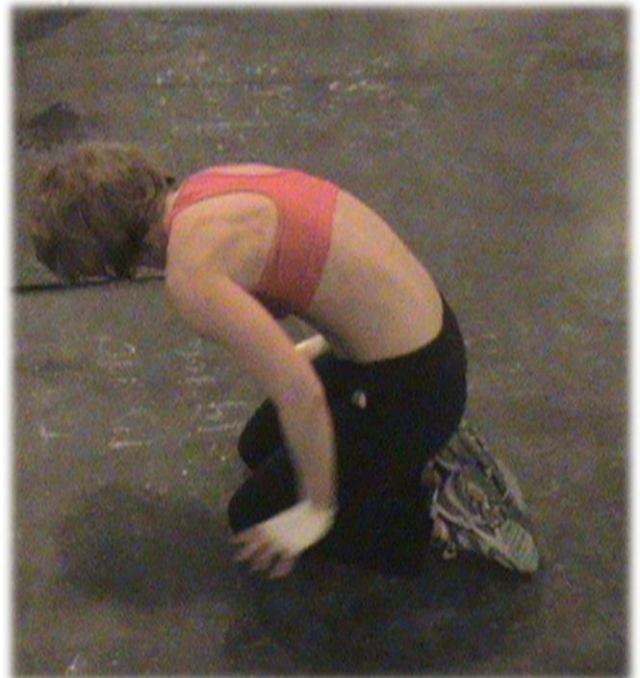
At no point did I say b content with bad pain or less than stellar results. I'm sayn attack whatever as it comes and b thankful, and respectful to the challenge. Realize today is the best day of ur life until tomorrow, and it is that way because u want it to be. If the person next to u is floatin through life on easy street, and u seem to have to work twice as hard to just stay afloat. Be thankful u were given the strength to persevere in the first place. The other individual did not even receive that quality.

To get u started here is a cute little quote from the movie Wanted. I believe it goes something like this.

"So what the #\$@% have u done lately".



Whit (above) and Kara (below). I wonder what they are thinkin about?



Practitioner of The Month

I could sit here and pine over Bonnie all day, but I think it would piss her off. Bonnie isn't looking for approval. She isn't looking to follow, or be lead. Bonnie doesn't want coddling, babying or empty sympathy. All Bonnie wants is for someone to pull that string then walk away. I can't remember the last time someone looked at me the way Bonnie does when I give her any correction or modification. She listens, adjusts, and patiently waits for me to get the hell outta the way so she can finish.

Bonnie is the epitome of consistency in personality. Whenever Bonnie walks in PCF I can be assured it's the same Bonnie that was in yesterday. Even if she hates whats on the POD for the day, she stills does it with the attitude of so what. There are much worse things that could go wrong today than thrusters, and Wall-Balls.

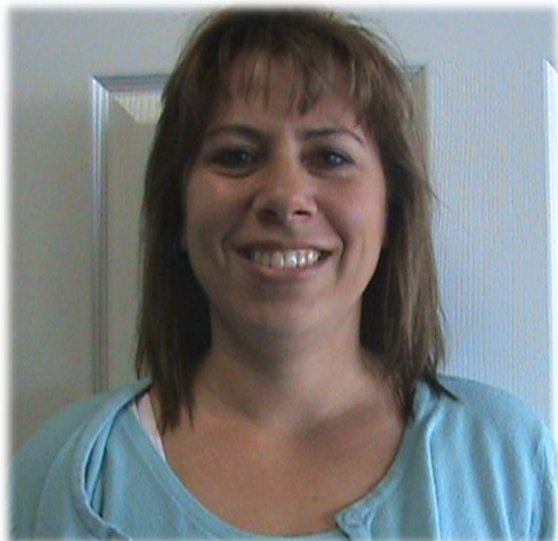
Even if Bonnie had zero skill. Which is not the case in fact she is a natural Olympic lifter. She would be good at PCF workouts because of that delightfully satirical attitude. Bonnie waits in the wings of every POD. Hunting all those around her. She doesn't sprint outta the gate, she just lays back and settles in to a rhythm unsustainable for most of us. Then after the game is up she quietly congratulates those around her, and never brings attention to the fact that she is up at the top of the board daily.

Hyper intelligent, hard working, and a quality listener round out this premier individual we are lucky enough to spend time with daily. Add n that she will always be the first one to stand up and say ur an idiot if ur bein an idiot, and u have many more reasons than necessary to be the practitioner of the month.

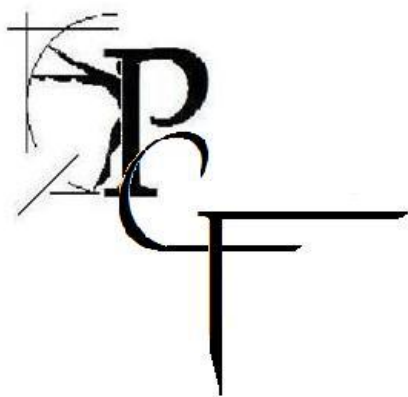
Bonnie McMaken



Testimony of a Practitioner



Cheryl Dohme



The scale kept going up and up. No matter what I did, it wouldn't go down.

I was too lazy and too busy (family, school, work, pick an excuse) to exercise so I looked for alternative ways of losing weight; low carb, low calories, Lean Cuisine, Slim Fast, diet pills, etc.

This seems like the norm for the Generation Xers-- trying to find that quick fix that allows me to have a beautifully toned body while still being lazy and not working out. Here's a hint, it doesn't exist. Something had to change in my life.

Enter, The Practice.

When I first entered the doors of Practice, it looked like a jungle gym for adults. I had never worked out prior to this and after Ryan worked me for ten minutes, I thought I was going to puke. On my way home that day, I couldn't believe how much body hurt...and the day after was...well,...OMG! I couldn't believe it; they kicked my ass in ten minutes! It was the best workout I ever had. I knew that I could build up to doing this on a regular basis. I get an intense workout in a short amount of time that is very effective. This was my shortcut to a leaner and toner me. I could find time to workout for 20-30 minutes...no big deal.

I wasn't sure if I'd continue or get lazy and drop. The structure of Practice is perfect for me. I don't have to worry about what I will be doing each day, how many reps, rounds, etc. Having two trainers there watching and making sure I was doing the workouts correctly and pushing me is exactly what I needed in order to stick with it and not quit.

My life has changed.

What the other Practitioners say is true, "It's addictive". After only one month, the scale was going down consistently and I could breathe in my jeans again. In only four months, at three times a week, I have gone down three pants sizes and have gained muscle. I have more confidence in myself, more self esteem but most of all, I'm proud of myself. I've never worked so hard and consistently for anything. Josh and Ryan set such a good example for us all and not only do I want to work hard for myself, but for them also. Their constant encouragement and positive attitudes are contagious.

I get excited about going to Practice to see what I will be able to do next without a modification or going to a smaller band. I look back and cannot believe how far I've come in such a short amount of time. I had virtually no upper body strength and the black band for pull ups was hard for me and push ups were impossible. I'm now almost ready for the last band before unmodified pull-ups, and I am now able to do unmodified push ups.

My husband saw the quick results I was achieving and joined with me. We talk about the workouts and what was the most challenging part for each of us. Joining Practice has brought us closer together and has changed both our lives. Thank you Josh, Ryan, and the rest of the staff!

To Suffer the Slings and Arrows

So...do you ever wake up two days after a WOD still feeling like you're the end result of fisticuffs with Brian Urlacher? We all have those days that entail an awkward walk or incessant stretching due to a wicked session. For some of us, the answer is a quick reach for the nearest anti-inflammatory, but what are the effects of a lifetime of relying on NSAIDs (Nonsteroidal anti-inflammatory drugs). Are the possible long-term adverse effects worth the quick relief?!

NSAIDs work by blocking an enzyme in our body known as COX (cyclooxygenase). COX is pivotal in the production of prostaglandins, which are a related family of chemicals that promote inflammation, pain, and fever, support the function of platelets necessary for blood clotting, and protect the lining of the stomach from the damaging effects of acid. On one hand, we can see the positive effects these drugs have on pain and swelling, but, on the other, they can wreck havoc on our bodies if misused.

Although the anti-clotting effects of NSAIDs (such as aspirin) may be of benefit to those with blood thinning needs, to most individuals, this could cause conflict in everyday life situations. Excessive bleeding due to a minor cut could be a sign of this side effect, and, God-forbid, major trauma could have deadly results. Besides that, impaired clotting would cause Practitioners to have bloodier hands than a Parkinsonian butcher.

Normally the stomach has three defenses against digestive juices: mucus that coats the stomach lining and shields it from stomach acid, the chemical bicarbonate that neutralizes stomach acid, and blood circulation to the stomach lining that aids in cell renewal and repair. NSAIDs hinder all of these protective mechanisms and with the stomach's defenses down, digestive juices can damage the sensitive stomach lining and cause ulcers. Luckily, NSAID-induced ulcers usually heal once the anti-inflammatory drugs are discontinued.

The real issue here isn't whether or not we can quit taking NSAIDs, or at least cut back, the issue is determining what discomfort we can and can not withstand. Sadly, just avoiding the maximum daily dose may not always keep us safe from these damaging side effects, but, happily, these problems disappear with cessation of the drugs. Post-WOD-soreness that doesn't hinder quality-of-life should be considered "growing" pains, and not necessarily constitute the risk associated with the NSAIDs. Some positive alternatives to anti-inflammatory drugs are icing, heating, sports creams, medical massage, and good old-fashioned "deal with it".



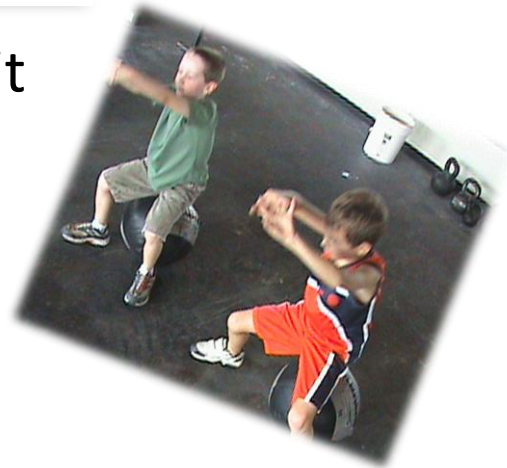
Justin Coby PharmD



TidBits



Practice CrossFit



Terra Kennett

Join Terra as she unleashes her incredible training skills on a sea of little athletes. The CrossFit Kids class will be held on an unscheduled date thus far, during holiday break. Pay close attention to the site for an update, or email Terra at kennett@woh.rr.com with questions or suggestions. The class will be very functional, and fun for most ages. Look for future updates.

TidBits



Bring this for a free trial POD.
Practice
CrossFit 2529
W Main St
Troy.

For more info call 937-552-7694. Or log onto www.gopractice.biz.



Chastity Slone

Prepare Alongside a Professional.

Engage in a eating program with IFBB competitor Chastity Slone as she prepares for the 2009 Arnold Fitness Weekend March 6-8th. Don't let this opportunity pass u by. Challenge urself today to train with the elite.

