

The Practitioners guide.

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

Practice CrossFit



Volume #17 September 09

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Health or Healthy?

There is a long standing argument in the fitness/health community about how to properly define the above terms. Simply Google either term and skim the results, and you will understand why.

As Crossfitter's we are proud to encourage our definition of health to all who will listen. First eliminate the definition that says completely free from disease, and instead of attaching a marker like the word "completely" lets use fitness as our yard stick.

"Fitness is work capacity across broad time and module domain". Simply put...you can perform lots of activities in a lot of different ways for lots of different time domains, and the better you are at a higher variety of theses formulas...the fitter u are. Whala, a very quality definition.

The belief in CrossFit as it pertains to our general level of fitness is that there is an acquired physical capacity that would lend itself generally well to any random activity. These random activities are measured through these 10 attributes of fitness;

- cardio respiratory endurance
- flexibility
- balance
- strength
- power
- speed
- accuracy
- agility
- coordination
- stamina

Health on the other hand was kinda the caveat to the whole thing. Sure being more fit should make you healthier...but scientifically u still are required to explain why, and if it's a real definition it has to have a scientific method behind it, which means it needs to be observable, empirical, and repeatable...not just do as I say kinda stuff.

If fitness is the ability to perform work across broad time and module domains then a very simply definition of health would be; the application of this work for many years to come, at as high a level as possible.



Ash, Kara,
Mitchell...backtastic

Health or Healthy?

As this relates to the world of fitness and health, Coach Glassman (the creator of CrossFit, and whom we owe everything to) successfully was the first to offer a simple, understandable, measurable, and repeatable definition of health that can be applied and studied for year to come.

How so u ask? Well the man himself eloquently explained it in the way that at least to myself resonated better than any other fitness nugget ever has.

The story goes....if u had high cholesterol when u were 80 years old, but still lived on your own, could still run up and down stairs with your groceries, could whoop the hell outta the kid tryin to take your money at the ATM, have lots of sex with ur wife, and smile all the way....would u really care about your cholesterol at that point. If that doesn't work for you. Would u rather be taken care of as virtually an invalid from 75-85 year of age....or would u rather kick ass till 75 then go quick..with the chance of making it older....again we never said u would necessarily live longer by CrossFitting (although we believe u will) we just claim u will live better...easy choice right?

Just readin that gets me all goose pimply. Coaches definition seems to clearly make the argument that fitness and health are the exact same reality, and that the next big push in health care is us....not drugs. Your RXD weight of the day is your anti-depressant the rest of society takes in pill form. Your sleeping pill is a PR Fran that you pass out directly afterwards in a sea of achievement.

We don't CF because of how we feel right after a wko....we CF because of how we feel the other 23 hours of the day, until the next workout where we are challenged yet again.

If you haven't figured it out yet the way you look while crossfitting is just a side benefit to the drug....the psychological benefits we receive are all the more dominant, and rewarding a happening than we could have ever dreamed. Our minds need it to be mentally stable...hence all the instability in the world could directly be linked to lack of exercise.....novel theory huh?



Bart at the top, and JB sprintin with Big John retired Eagles, and Chiefs athlete



Health or Healthy?

Health or Healthy?

After that condensed definition of our fitness and health contention, we are still left with the daily habits of “health”...or “healthy” behavior.

On a daily basis are you making a legitimate effort to increase your health...or are you acting healthy. Listen to individuals in their explanation of the 2. Here is a frequent statement; “today I've been eating healthy all day, now I can have my chocolate cake reward”. Get it? Healthy has a fake connotation of something you can trade in on a daily basis when it seems inconvenient or socially inept. Health, as a state of being, relates to you and your ability, and cannot be traded in.

It all relates to the psychology of fitness. Define what you want you to be. Define the necessary actions it requires to get there. Define the actions that will only hinder your progress.

We are all human and as such we all fall. The difference with the successful individual and the failure is they call a spade a spade. If its bad, and unnecessary, and they did it they claim it learn from it, and move along never lingering on the negative of the moment. A mistake is merely a learning experience, as long a u call it a mistake to begin with, instead of justifying bad behavior. Chocolate cake is bad, no matter how u wanna package it to justify its unnecessary existence. Alcohol is a cheat no matter if u try to tell yourself 1 beer a night isn't that bad.

Health is a lifestyle you constantly try to improve, healthy is a fleeting moment of behavior society adopts to make the masses feel good when they take a walk, all the while they are entirely capable of much more strenuous result oriented activity. The most disrespectful action I can perform while training an individual is not pushing them to the redline, or believing in them enough to help them live up to their potential. The biggest gift I can ever give is caring enough to fly in the face of general opinion....be the bad guy, who says. If u want to be, feel, or look like ____...U can't do _____. Don't confuse honesty with ridicule, just because you may dislike the way in which it was told to you. Sensitivity is a luxury the dead and unhealthy would trade in on a dime.

By:Josh Bunch



Mitchel, Walters, and Deb danglin...

Practitioner of the Month

Don't let this one fool ya. That seemingly silent exterior seems to all but melt away when the clock starts. In a short time Melody has made us all very proud of her many achievements. There are those who enter, and immediate are eaten alive. Complainers need not apply, and egos are shattered daily, and if any o that scares you or pisses u off, then we on the right track. Fitness has nothing to do with doing what you want. Its all about doing whats necessary to reach your goals, and Melody seems to gotten that right from the start.

Melody was like a missing puzzle piece that just kinda feel outta the box in place. She grasps onto everything quickly(which is cool, but not a characteristic of a POMer), she also cheers on her fellow cohorts. She goes the xtra mile with additional work after her PODs. She makes the place better just because she shows. Interestingly enough this is a mirror image of many PCFers. It speaks volumes to the personalities who stay fighting in the game like Melody. Who don't shy away to a challenge. Who remain even when they have a showing they would rather forget.

At the end of the day Melody is xactly what we look for in a PCFer. After all, a credit card doesn't guarantee your membership at PCF. If you don't add to the family, u hurt the family, and as u can imagine, whoever hurts our family can't play in the sandbox.



Melody McClure



Clean Plate Or Not

Wondering where this is going, well, often I have friends ask me, how did you get your kids to be such good eaters? First off, what do they mean by good, well, my kids love rare tuna, mussels, salad to brats, burgers and PBJ, when I define good, I define it as variety. I never understand the statement, "my kids won't eat anything other than hotdogs and macaroni and cheese." My response to that is simple, "Why? You are the MOM, right? Doesn't that make you in charge? "Or is it really a case of you don't want to deal with the aftermath of trying to get them to eat what you think they should? Usually that is the case. I offer a few suggestions to help get your kids to try new things, but just for the record, my kids are not perfect eaters, Zack my 12 year old, hates fruit, but he will eat most vegetables, meats, cheeses and nuts. Tyler my other 12 year old son, loves all fruits and vegetables, most meats, but is not crazy about seafood, however does eat it. Eliie, our 9 year old daughter is the queen of variety, she will eat anything!

Tips for getting your kids to eat what you want them to eat:

If all they want to eat is Mac and Cheese, DON'T buy it!

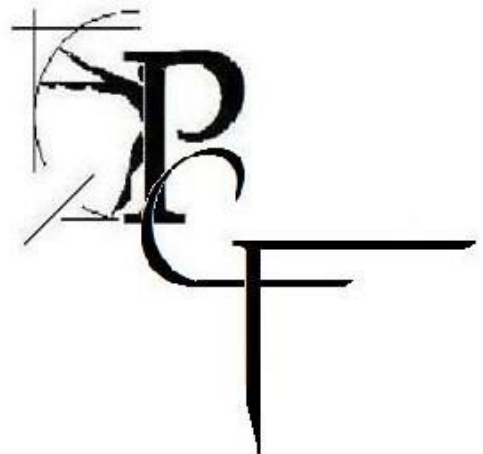
Make eating fun, create a special night, try cultural foods, for example make one night Mexican or Asian and introduce something new.

Name foods fun names, like Cowboy eggs or Sleeping Beauty Sweet Potatoes

Plan snack time, make sure you know when your kids eat, grazing only makes the chances greater that they won't eat when it comes time for dinner



Stacy Scott



Clean Plate Or Not

Don't buy snacks you don't think are healthy foods, then if you feed them dinner and they don't eat it, you will know they have had something healthy, they won't starve.

Don't make yourself a slave to the kitchen, fix and offer the same dinner to the whole family, no exceptions!!!!

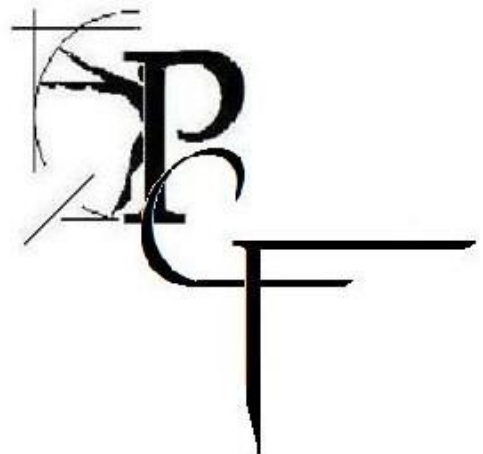
Go out to eat, tell them you are going somewhere special where the chef is really talented and have them try something new, my kids will always try new things out and realize they like it at home too!

Make sure your kids know why they eat, food is fuel and it is important to growing bodies, teaching kids healthy eating habits early is key to a lifelong healthy lifestyle.

Treat your kids after a well done job at the table, they are kids, nothing is wrong with a bowl of ice cream!

Set a good example, remember you are the parent, you are in charge!

One question that always comes up at our dinner table is the issue of clean plate or not? I would love to hear comments on this one. Benny and I live a lifestyle of portion control and moderation, my thought is that this is what we should teach our kids. I think we should be teaching habits of eating what is served to them but only until they are full, I choose to respect the kids' right to know when they are full! Benny on the other hand is from the clean plate club and thinks kids should clean their plates; he leans toward the philosophy that kids will rush through dinner if there are not boundaries. I see both sides to this one, blog thoughts to share [comments](#).



On Bended Knee Part 3

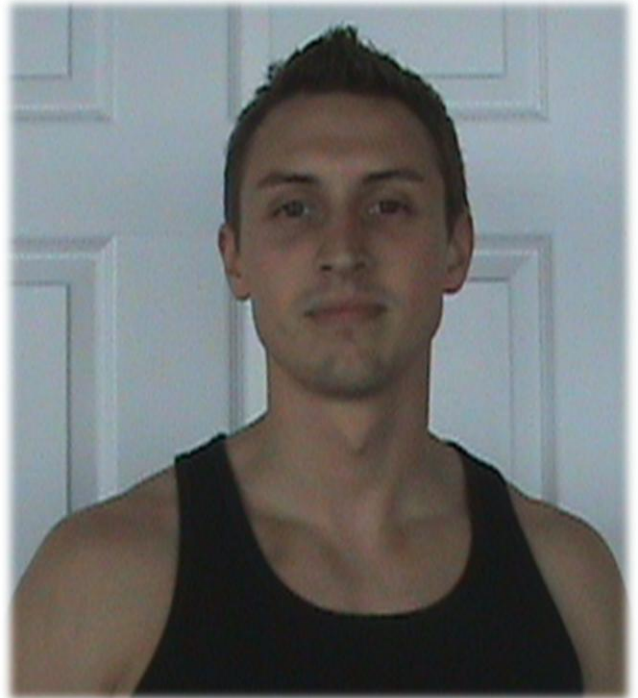
So to recap, we've discussed the anatomy of the knee, as well as knee injuries, and now its time to delve into the treatment and prevention of knee injury in our third installment of this focus. A common trend in treating knee injury is the RICE method of acute injury treatment. If you're an avid reader of the guide, then you know that this is a method we have discussed before, but to review RICE stands for: Rest (for effective healing), Ice (to slow down the inflammation post injury), Compression (to prevent future swelling of the area), and Elevation (usually raised above the level of the heart to remove elements of inflammation from the area). This method of therapy will be used in treating many of the knee injuries we experience as CrossFitters, remembering that we are addressing those minor ailments, and not the sort of injury that would require major surgery. With this in mind, we will break the symptom and treatment of individual knee injuries. Yet another point of discussion will be that of prevention, because let's face it the best way to combat knee injuries is to never acquire them!

ACL and PCL Injury

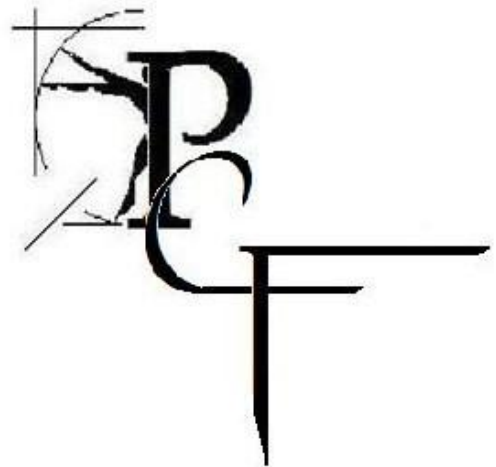
The anterior and posterior crutciate ligaments prevent the shin bone from sliding to far forward (ACL) or backward (PCL). Symptoms of this injury would be instability of the knee, causing a "giving out" feeling about the knee, as well as immediate swelling of the area. Although RICE method of therapy may be of some help, any severe trauma to these ligaments may require surgery and physical therapy due to their role in knee stability; recall that these ligaments criss-cross within the middle of the knee to establish stability.

MCL and LCL Injury

The medial and lateral collateral ligaments work together to prevent too much motion of the knee inward (MCL) or outward (LCL) of the body. Injuries occur to these ligaments most commonly when the foot is planted and a sideways force is directed to the knee. Symptoms of this injury include pain of the knee upon walking with little swelling to the area. RICE method of therapy is utilized to treat this injury, as well as, a knee stabilizer (ranging from an ACE bandage to a Velcro splint) if necessary while the ligaments recover.



Justin Coby PharmD



On Bended Knee Part 3

Meniscus Tear

The meniscus functions to distribute body weight across the knee joint, by allowing the femur and tibia to glide smoothly against one another. Injury to this cartilage is usually due to a twisting of the knee where the cartilage that is attached to and lays flat on the tibia is pinched between the femur and tibia plateau. Symptoms of this injury include similar pain (especially upon walking and climbing) and swelling that occurs with an ACL tear, however inflammation may take several hours to develop unlike the ACL. The injury may seem trivial initially, but chronic pain occurs over time. RICE therapy as well as an oral anti-inflammatory may be helpful in treating this injury, however an MRI may be necessary to diagnosis this injury if pain persists.

Patellar Tendonitis

The patellar tendon connects the kneecap to the shin bone, and these tissues may become inflamed or irritated upon over use, hence its nickname "Jumper's Knee". The main symptom of this ailment is pain upon the tendon that can be recreated by purely placing pressure on the tendon in the front of the knee below the kneecap. This injury is a perfect candidate for RICE method therapy in combination with an oral anti-inflammatory, rarely requiring professional intervention.

Chondromalacia Patella

Like patellar tendonitis, chondromalacia patella is an irritation of cartilage of the kneecap; however the damaged cartilage is located on the undersurface of the patella. Symptoms of injury are quite similar to that of the patellar tendonitis, but the pain is not recreated with pressure placed upon the front of the knee. Also, the tissues of the cartilage experience blistering due to irritation about the knee joint as well as inflammation, so the treatment is more rest focused than anything else to allow the tissue to recover and heal. An oral anti-inflammatory may be utilized as well.

Prevention

Technique, technique, form, and technique!!! This is how a Crossfitter is to prevent knee injury from putting them on the bench. Our sport is one of fitness not contact, so the only X-factor is our technique upon moving the knee. The fundamentals of proper squatting become super important here, because almost every workout will involve taking your butt down past parallel! Shearing of the knee (turning the knee inward) and improper foot placement (coming up off the heel) during a squat movement leaves us susceptible to serious ligament and cartilage tears. If technique is correct, then overuse may be the problem. The RICE method therapy should be utilized in this situation. Take care of your knees out of the gym and ensure that will be the only time spent out of the gym!!



Joe with big weight, and Shelby goin fast...



Testimony of a Practitioner



Chuck Taylor

I had gotten to the point that after going up the stairs at work I found my self having to breath heavy. Now in just over 3 months I run up the stairs breath and walk normal. I have lost 30 lbs and dropped 4in in my waist (have to buy new clothes). I can not thank everyone enough!!

TidBits



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free trial POD.
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CONGRATULATIONS ASHLEY!!!