

OSC 12
Ohio Safety Congress & Expo

WELL AT HOME. SAFE AT WORK.

211 CrossFit Introduction, Part 1

Doug Price

Wednesday, March 28, 8:15 to 9:15 a.m.

Ohio Bureau of Workers' Compensation

Health & Wellness

Doug Price

Back Ground

- Husband father of 2
- Akron Firefighter/EMT-P, 2000
- EMS, Fire Instructor
- Gym owner/trainer
- B.S. Physical Education the University of Akron 1999
- Former competitive bodybuilder

Definitions

- **Fitness-**
 - 1. The state or condition of being fit; suitability or appropriateness.
 - 2. Good health or physical condition, especially as the result of exercise and proper nutrition.
 - 3. *Biology* The extent to which an organism is adapted to or able to produce offspring in a particular environment.
- **Wellness-** the state of being in good physical and mental health

Spectrum of Wellness

- Olympic Athlete
- Average Joe
- Nursing Home Patient

- Where do you fall on the spectrum?
- What kinds of markers determine that?

The Wellness/Fitness Spectrum

Olympic Athlete



Granny



The needs of an Olympic athlete and needs of Granny differ in degree not kind

By Crossfit

Spectrum (Cont)

- Blood Pressure
- Body Weight or Mass
- Resting HR
- Fasting glucose
- Triglycerides
- Ability to perform physical tasks
- Age
- Attitude, Mental Fitness

How can we effect positive change in these areas?

- Diet, by making healthy eating choices
- Exercise, by exercising

Tell me something I don't know

Diet



Diets- what's Healthy, what works

- Atkins
- South Beach
- Vegetarian
- Body For Life
- Paleo/ Cave Man Diet
- Weight Watchers

Diet

- When adhered to, they all work
- The key is finding one that suits you and being able to stick to it.

Common Threads

- Avoidance of processed foods; the one ingredient rule
- Lean meats, fresh veggies and fruit.
- Keep starches low, very little sugar
- Calories in vs. Calories expended (RMR)
- Exercise

Exercise



Exercise

- Running, swimming, biking, rowing, skiing (CC)
- Lifting weights, Calisthenics, Yoga
- Recreational Sports; softball, basketball
- P90X, Crossfit
- What works?

Exercise (Cont)

- A well rounded exercise program
 - Elevate your heart rate
 - Train heart and lungs
 - Resistance training
 - Train musculoskeletal system
 - Flexibility, arguably to a lesser degree
 - Being able to move a joint through full range of motion

P90X

- **P90X**, or **Power 90 Extreme**, is a home exercise system developed by Tony Horton in conjunction with Beachbody.
- Program last 13 weeks exercising 6 days a week, different DVD each day of the week.
- Emphasizes muscle confusion, cross training and periodization.

P90X

- Can be done at home with minimal equipment.
- Pull-up bar, dumbbells, yoga mat, heart rate monitor
- Diet Plan/Book come along with the DVDs

Crossfit

- “High Intensity, Functional Movement, performed across Broad Time and modal domains”
- **CrossFit** is a strength and conditioning brand that combines weightlifting, sprinting, gymnastics, powerlifting, kettlebell training, plyometrics, rowing, and medicine ball training.

Crossfit

- Can be done at home following the “main site” crossfit.com, at a regular gym, or at a Crossfit Affiliate (Box)
- Crossfit is famous for combining weightlifting and bodyweight movements into one intense workout.

Crossfit

- Constantly Varied – the workouts are very rarely the same. Weights change, rep schemes change, “routine is the enemy”
- High Intensity- a correlate of intensity is heart rate. Is pulling a 450lb deadlift intense?
- Intensity is Power.
- Intensity is the most common variable associated with favorable adaptation to exercise

Crossfit

- Functional Movement- everyday movement patterns; run, squat, lift heavy objects from the ground.
- Functional movements start at the core and move outward
- They are multi joint and involve large muscle groups. Hips, thighs, and back

Crossfit

- “The Sport of Fitness” – motivation, competition, camaraderie
- Promo video
<http://www.youtube.com/watch?v=3w9E-dgLUT4>
- WOD meet or exceed the needs of the fittest people on the planet

Get Started

- Walk – Jog – Run
- Air squats
- Push-ups
- Sit-ups
- With these 4 movement patterns you can make yourself fit. Add a pull-up bar and look out. Cost = Free

Excuses

- We all got em, and
- You deserve it, your kids deserve it
- You were designed to move, so move
- <http://www.youtube.com/watch?v=obdd31Q9PqA>

Squat

- <http://www.youtube.com/watch?v=iOdwETDQXCw>
- But my Dr. said not to squat
- How are you going to get off the toilet?

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