

OSC 12
Ohio Safety Congress & Expo

WELL AT HOME. SAFE AT WORK.

213 CrossFit Introduction, Part 2

Doug Price

Wednesday, March 28, 11 a.m. to Noon

Ohio Bureau of Workers' Compensation

Health & Wellness/Crossfit II

Ohio Safety Congress
213
Doug Price

Crossfit

- Pros
 - It's fast
 - Well rounded
 - It works

Crossfit

- Cons
 - It's Dangerous! ...not to
 - It's too much cardio/heavy lifting
 - It's Expensive ...can be free
 - Who do you want showing up to your house when its on fire?



World Class Fitness in 100 Words

- Eat meat and vegetables, nuts and seeds, some fruit, little starch and NO sugar. Keep intake to levels that will support exercise but not body fat.
- Practice and train major lifts: deadlift, clean, squat, presses, C&J, and snatch. Similarly, master the basics of gymnastics: pull-ups, dips, rope climb, push-ups, sit-ups, presses to handstands, pirouettes, flips, splits, and holds. Bike, run, swim, row, etc, hard and fast.
- Five or six days per week mix these elements in as many combinations and patterns as creativity will allow. ROUTINE IS THE ENEMY. Keep workouts short and intense.
- Regularly learn and play new sports!



10 General Physical Skills

You are as fit as you are competent in each of these ten skills

- **Cardiovascular/respiratory endurance** - The ability of body systems to gather, process, and deliver oxygen.
- **Stamina** - The ability of body systems to process, deliver, store, and utilize energy.
- **Strength** - The ability of a muscular unit, or combination of muscular units, to apply force.
- **Flexibility** - the ability to maximize the range of motion at a given joint.
- **Power** - The ability of a muscular unit, or combination of muscular units, to apply maximum force in minimum time.
- **Speed** - The ability to minimize the time cycle of a repeated movement.
- **Coordination** - The ability to combine several distinct movement patterns into a singular distinct movement.
- **Agility** - The ability to minimize transition time from one movement pattern to another.
- **Balance** - The ability to control the placement of the bodies center of gravity in relation to its support base.
- **Accuracy** - The ability to control movement in a given direction or at a given intensity.

Where do I start?

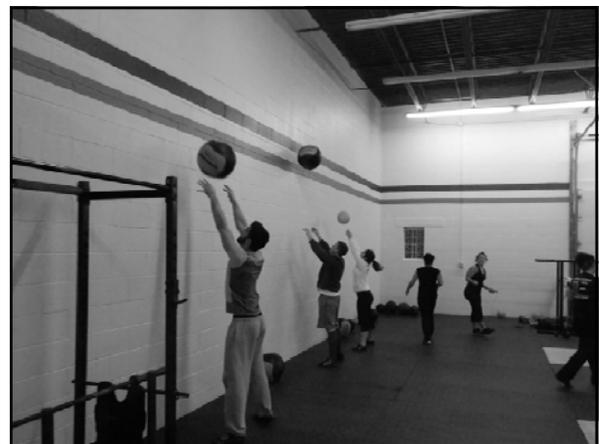
- On your own - Free
 - Eliminate sugar(s) from your diet
 - Walk and jog (telephone pole method)
 - Push-ups and sit-ups
 - Progressively add more volume and intensity
 - Stretch
 - Educate your self crossfit.com
 - Be consistent with your diet and exercise

Find an Affiliate

- Eliminate sugar(s) from your diet
- Be consistent with your diet and exercise
- A trainer will scale you appropriately, slowly adding weight and intensity
- Much less guess work

Is it for me?

- Absolutely (but maybe not)
- What does game day look like?
- Be prepared for the unknown
- How will you age
 - Nursing home; losing the ability to feed and bath yourself or...
 - Golfing, hiking, biking, and still making Granny happy at 90 -- choice is yours



Quality of Life

- What do you want to do?
 - Crosswords, Sudoku for the mind
 - Exercise, Crossfit for the body
- Million dollar thoroughbred, how would you treat him? (Zig Ziglar)

Running and Lifting

- I go to the gym and do 30 minutes of weights and 30 minutes of cardio.
- Light bulb Moment – I wasted so much time and energy
- Is your workout hard? Intense? Boring?
- Do you want results?
- Intensity is the variable most commonly associated with favorable adaptation (results)

Talk, Talk, Talk

- Just do it!
- You have to try it – it isn't for everyone, but there's only one way to find out.
- It's intense – and that's why it works
- Police, fire, military, and college athletes usually make an easy transition



Kids/ 65+

Fitness is for everyone.

- Crossfit is infinitely scalable (adjustable)
- A knowledgeable experienced trainer will make a huge difference

Supplements

- Most are a huge waste of your money
- Multi-vitamin – varied diet
- Creatine – it works
- Fish oil – latest studies show many benefits
- Protein Powder – meal replacement

Change

- Some people eat it for breakfast. Some fight it with every ounce of their being.
- An individual has to really want to change.



Strategies to Facilitate Healthy Changes

- Make Fitness Easily Accessible
 - Basic equipment at work
 - Provide instruction
 - Show the benefits
 - Provide time (20-30 minutes)
 - \$ Reasonable

Accessibility

- Basic Equipment
 - Dumbbells 10's, 20's, 30's (\$60)
 - Jump rope (\$15)
 - Rings (\$75)
 - Barbell, 300lb. Weights (\$199)
 - 2 rubber horse stall mats (\$80)
 - Squat rack with pull-up bar (\$300)

Accessibility

- Provide Instruction
 - A Certified Trainer
 - Crossfit.com
 - video library very comprehensive
 - You Tube
 - Nutritional Guidance

Accessibility

- Showing The Benefits
 - Health and Wellness program
 - Before and After pictures
 - See someone Crossfitting – it spreads like fire

Accessibility

- Time at Work – some say yes, some say no
 - Depends on your job and boss

- Be the Captain of Your Own Ship!



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