Ted Hodges

Dr. Ronald Partridge

English 1102

25 February 2018

CrossFit

Hailey Cowell states in her book, *Physical Activity Guidelines for Americans and a Review of Scientific Literature,* that being physically active is one of the most important steps of all ages to help improve their health (Cowell 17). Cowell further writes physical activity gives people a chance to have fun with family and friends (Cowell 13). Finding the time to dedicate to a fitness program, grasping the Crossfit concept, and getting past the front door of the gym might be the step towards achieving a healthy lifestyle.

In an article written by Kristin McNealus titled, *The Fitness Priority: Motivation to get Moving,* McNealus states that the number one excuse for not exercising is limited time. “Making time to work out for 30 minutes six days out of the week is less than 2 percent of your time” (McNealus 1). Taking this statement into consideration McNealus goes on to say that 3 hours a week is not to far fetched to get some exercise in. Jonny Bowden puts it like this, “Time is a great equalizer, the poorest person on the planet and the richest have the exact same amount in a day” (64). Bowden makes a great point; everyone has the same amount of time in a day to find time to exercise. Crossfit uses a combination of Olympic weightlifting, gymnastics, and calisthenics, Workouts can last anywhere from five to 40 minutes, depending on the workout for that day is (Rolfe 109) In a independent study started by the American Council on Exercise (ACE), research found that individuals that used Crossfit were able to burn calories at a high rate. The study went on to find that males were able to burn an average of 20.5 calories per min and females at 12.5 calories per min during a Crossfit workout (ACE). If an individual is looking for a workout program that can produce results listed in the study, Crossfit seems like an option.

Greg Glassman developed Crossfit, a gymnast turned fitness instructor after injuring himself and leaving him with a limp. Glassman liked the idea of developing different exercises to throw at his clients randomly, believing it mimicked early human’s way of overcoming obstacles. Glassman also made sure to make the workouts for time, or as many reps as possible in a given time (Helm 104). Glassman continued to grow the company over the years; now with over 14,000 affiliates worldwide, the company is now worth over one hundred million dollars. In *Cross Fitting In,* Brendan Rolfe describes Crossfit as a circuit training type workout that test your physical and mental ability during vigorous workouts. Rolfe goes on to write that the Crossfit community prides itself on pushing the limits, and yourself to places that did not seem possible (109). The article does go on to say, anytime a person starts a new fitness routine, it is always a good idea to consult with a medical doctor, and to consult with a knowledgeable professional that can properly teach fundamentals to prevent injury.

“Crossfit’s ethic of constantly varied, high-intensity, functional movement is motivating more people to get fit, it’s now the go to training program for average Joes”(Heffernan 90). In *Crossfit Training,* Jodai Sarmi describes how walking into a new gym is always intimidating, but she felt very different walking into a Crossfit gym for the first time. Sarmi goes on to describe the atmosphere of the gym, how everyone was very upbeat and friendly. The people that Sarmi interviewed for the article were sold on the fact that being successful in the gym and the positive attitudes from the community, made them keep coming back for more (Sarmi 55). The health benefits associated with physical activity include improved cardiorespiratory and muscular fitness, improved bone health, lower risk of coronary heart disease and stroke (Cowell 21). The ability to change how you feel, and improve your health drastically by making the step to exercise could save a persons life. McNealus says starting will help energy levels to increase, allowing more oxygen to the brain making a person feel more alert (22). McNealus also warns that starting out, expect to be sore and tired, but after some time those symptoms will subside. She suggests getting a good workout partner that is motivating also helps with no quitting (22). Going back to what Haley Cowell states in her book, *Physical Activity Guidelines for Americans and a Review of Scientific Literature,* “All adults should avoid inactivity. Some physical activity is better than none, and adults who participate in any amount of physical activity gain some health benefits”(5). In other words just getting up and walking will help gain some health benefits, not just sitting.

Crossfit seems to have a proven record of positive results. The benefits of getting healthy and reducing the medical conditions are higher then being stagnant and unhealthy. This research is intended to prove that time can be worked around; there are options for getting to a healthier lifestyle. The community and results from Crossfit are pretty amazing. Using functional movements that can apply to a person’s everyday life, keeping the workouts different and not monotonous helps with wanting to come back for more. Having friends and family to help motivate to continue a difficult workout is beneficial. The stories about how Crossfit helped make someone’s mindset better, made someone want to go and accomplish more then they thought was even possible. Greg Glassman wanted to break away from traditional gyms and create something that was different. Create something that he related to how the early humans might had to survive. The personal account from Jodai Saremi, who was terrified about walking into a new atmosphere, not knowing what to expect and found a place that made her feel comfortable and helped build confidence. A community that strives to work hard and push each other to limits otherwise seems unattainable. That sounds like, at least a start to living a healthy and productive lifestyle.

Work Cited

Cowell, Hailey A. *Physical Activity Guidelines for Americans and a Review of Scientific Literature Used*. Nova Science Publishers, Inc, 2010. EBSCO*host*, proxygsu-alb1.galileo.usg.edu/login?url=http://search.ebscohost.com/login.aspx?direct=true&db=nlebk&AN=540512&site=eds-live&scope=site.

MCNEALUS, KRISTIN. "THE FITNESS PRIORITY. Motivation to Get Moving." *Exceptional Parent*, vol. 47, no. 7, July 2017, pp. 22-23. EBSCO*host*, proxygsu-alb1.galileo.usg.edu/login?url=http://search.ebscohost.com/login.aspx?direct=true&db=eue&AN=124079909&site=eds-live&scope=site.

Bowden, Jonny. "Finding TIME for Exercise." *Total Health*, vol. 24, no. 1, Mar/Apr2002, p. 64. EBSCO*host*, proxygsu-alb1.galileo.usg.edu/login?url=http://search.ebscohost.com/login.aspx?direct=true&db=fth&AN=6401530&site=eds-live&scope=site.

Rolfe, Brendan. "Cross Fitting in." *Alive: Canada's Natural Health & Wellness Magazine*, no. 395, Sept. 2015, pp. 108-111. EBSCO*host*, proxygsu-alb1.galileo.usg.edu/login?url=http://search.ebscohost.com/login.aspx?direct=true&db=awh&AN=109352720&site=eds-live&scope=site.

Heffernan, Andrew. "Get Crossfit Strong." *Men's Health*, vol. 31, no. 2, Mar. 2016, pp. 90-97. EBSCO*host*, proxygsu-alb1.galileo.usg.edu/login?url=http://search.ebscohost.com/login.aspx?direct=true&db=fth&AN=112449078&site=eds-live&scope=site.

American Council on Exercise, (ACE). "ACE Study Finds Crossfit™ Workouts Yield High Caloric Outputs." *Business Wire (English)*, 11. EBSCO*host*, proxygsu-alb1.galileo.usg.edu/login?url=http://search.ebscohost.com/login.aspx?direct=true&db=bwh&AN=bizwire.c51858431&site=eds-live&scope=site.

HELM, BURT. "Do Not Cross Crossfit." *Inc*, vol. 35, no. 6, Jul/Aug2013, pp. 102-116. EBSCO*host*, proxygsu-alb1.galileo.usg.edu/login?url=http://search.ebscohost.com/login.aspx?direct=true&db=bth&AN=88999665&site=eds-live&scope=site.

Saremi, Jodai. "Crossfit Training." *American Fitness*, vol. 26, no. 5, Sep/Oct2008, p. 53. EBSCO*host*, proxygsu-alb1.galileo.usg.edu/login?url=http://search.ebscohost.com/login.aspx?direct=true&db=aqh&AN=34161309&site=eds-live&scope=site.