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CrossFit

Daily physical activity is essential for an overall healthy life. The intent is to explain the benefits to an overall body workout with crossfit, and explain why a total body workout is more beneficial then only lifting weights. As mentioned, physical activity is very important to maintaining a healthy lifestyle, the benefits help maintain strength, endurance and to keep a healthy body weight. The challenge of many individuals in maintaining a healthy life style is they believe it is time consuming, expensive and difficult to get started by themselves.

Most individuals tend to work a normal schedule, go to work in the morning, get off in the afternoon. They believe they do not have enough time in their day to spend on staying healthy. Many researches say that 30-60 minutes per day of exercise is optimal to maintaining proper physical health. A fairly new and fun way to stay in good shape is CrossFit. CrossFit is described as high intensity, varied exercises using functional movements. Most workouts last a half hour to hour in length. The exercises are great for burning lots of calories in a short amount of time, using functional movements that can help with everyday life. With the day being twenty-four hours in length, this is a great way to get a quick effective workout in daily. **“You can tell yourself that you don’t have time to workout… But, what you are really saying is that something else is more important than your health.” (**“10 Reasons Why You DO Have Time To Workout.”) It is difficult to get the amount of calories burned, the way CrossFit workouts can in a short amount of time. One hour out of the day is not impossible considering the amount time in a day. Getting up an hour earlier everyday, or making that turn towards the gym and not home after work. It can also be something that the whole family can do together. Making time to get healthy and feel better should be something that fits into the day. Not finding the time is just lazy.

Many arguments start with, how much money is it going to cost. Many people start at a gym, and then realize how difficult it is to come up with good workouts and stick with them. So, after spending the money on an average gym membership and realizing the difficulty in staying focused, finding good workouts, working out the right muscle groups, cardio, the list goes on and on. The next phase is to get a personal trainer, which cost more money, the personal trainer then charges extra for a workout plan, and the charges go on and on. “What you get with a traditional gym membership is access to the facilities, and you pay extra for specific programming and movement correction in the form of personal training”. (“Why Are CrossFit Gyms So Expensive? - Blog.”) The benefit in using a CrossFit gym is the price is all in one. The individual can get a personal trainer who will work with them everyday, giving them workouts, and keeping them motivated. Most CrossFit gyms charge a monthly rates of anywhere from fifty to one hundred dollars per month. That compared to average gyms is a great deal, considering the extra’s you get without forking out money for every little thing you need. CrossFit takes the thinking aspect out of it. Walking into the gym, having a workout already written for you and people there to help motivate and push you to levels you never thought you could do is very fulfilling. “One thing that seems to be highly important to success, and yet almost completely overlooked in the world of fitness is social support.” (“Why Is CrossFit So Expensive?”)

Just like with anything else, everyone has been new before. Everyone was a beginner at something at some point. The hardest part is getting started and maintaining. Walking into an average gym can be intimidating, everyone is doing their own thing, and the big guys are lifting big weight, just a lot going on. Walking into a CrossFit gym for the first time can seem somewhat weird, loud music, people motivating other people, pushing each other to limits unknown. Most CrossFit gyms have beginner level classes that teach the basics of lifting weight properly, how to pace yourself and help with getting ready for a full workout. “The CrossFit training regimen may seem intimidating at first, but you do not have to be in excellent shape to start a CrossFit program.” (“Benefits of CrossFit Workouts.”)

CrossFit teaches you how to get a great workout the right way and how to not hurt yourself while doing it. This is something you cannot get out of an average gym. Over time, your ability to do the workouts, you never thought could be accomplished, are achieved. All you have to do is walk in the door and experience exercise in a different, fun, exciting way.

Sure there are other ways to accomplish good exercise, but with high intensity, varied exercise using functional movements, creates a fun way to get in great shape. It is a cost effective way to get a new workout everyday, personal training and great motivation. Adding the great atmosphere with like-minded people, who are at the gym to get better and healthier, who also want to get others better, would be money well spent. Just making the commitment is all that is waiting. Finding the time is easy; investing in great exercise is just opening the door and walking in for the first time. Getting in shape using CrossFit is a well-rounded place to start and continue to grow in a healthy lifestyle.

Work Cited

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