

## **“A fitness regimen that doesn’t support health is not CrossFit.”**

Crossfit may provide a better immunity to colds and flu than vaccines. When you attend a crossfit level one cert they teach you about the sickness, wellness, fitness continuum. In this they explain that “if everything we can measure about health will conform to this continuum then it seems that sickness, wellness and fitness are different measures of a single quality: health.” If you draw an arch and place three points on the arch one at the beginning, middle, and end. Label them “sickness”, “wellness” and “fitness”. The wellness point on the chart represents your average healthy person blood pressure of 120/70 and 20% body fat. After 6 to 12 months of consistent crossfit workouts you begin to move towards the “fitness” side of this continuum where blood pressure goes to 105/55 and body fat drops to 10%. If you are at fitness then you are two steps away from sickness. You first have to go through wellness before you reach sickness. That is why fitness is very important to your health.

The two trainers at Sparta Fitness that have been crossfitting for over a year have not been sick since. It is flu season and a lot of people around us have been getting sick. These germs are passed around to co-workers, training partners and spouses. Yet even being coughed on sneezed on and sprayed with sweat from sick members the trainers have not become sick. At worst they contracted the virus and dropped down a level to wellness and didn't miss a beat.

Done right, fitness provides a great margin of protection against the ravages of time and disease. The flu vaccines effectiveness is dependent upon the drug companies guessing the right strain to manufacture. Why leave your health in their hands when you can take action to protect yourself. Survival favors those who do for themselves. Start a crossfit program now and have no worries of being sick next flu season.