Fitness can prevent chronic disease—the cause of 70 percent of deaths in the United States.

ADAPTED FROM LECTURES BY GREG GLASSMAN
Adapted from CrossFit Founder and CEO Greg Glassman’s Level 1 Certificate Course lectures Feb. 27, 2016, in San Jose, California; March 27, 2016, in Aromas, California; and April 24, 2016, in Oakland, California.

In 2002, we observed that almost any health parameter sits well ordered on a continuum of values that ranged from sick to well to fit. Take high-density lipoproteins (HDL cholesterol), for instance: At less than 35 mg/dL you have a problem, 50 mg/dL is nice, and 75 mg/dL is a whole lot better. Blood pressure: 195/115 mm Hg you have a problem, 120/70 mm Hg is healthy, and 105/50 mm Hg looks more like an athlete. Triglycerides, bone density, muscle mass, body fat, hemoglobin A1c (HbA1c, aka glycated hemoglobin)—all can be plotted relative to these three values.

The significance is that these are the predictors, the cause and the manifestation of chronic disease. Chronic diseases include obesity, coronary heart disease, Type 2 diabetes, stroke, cancer (to include breast, colon and lung, but my theory is this will include all the positron-emission-tomography-positive cancers eventually, which is 95 percent of all cancers), Alzheimer’s, peripheral artery disease, advanced biological aging, drug addiction, among others.

It is very likely that if you have any chronic disease, you have deranged markers. If you have Alzheimer’s, you would see your HDL suppressed, your blood pressure up, your triglycerides up, your body fat up, your muscle mass down, your bone density down, your HbA1c high, etc. The same is true with diabetes. The same is true with most cancers.

Medicine has no effective treatment for chronic disease: It is symptomatic only. The doctor gives you a drug to bring your cholesterol down, a different drug to raise your bone density. You might need bariatric surgery if you have morbid obesity. If you have paved-over coronary arteries, they can do bypass surgery. If you become glucose intolerant, the doctor can put you on insulin. But all of these are not fixes. They are masking the problem. If you have persistent malignant hypertension, you should take an antihypertensive if you cannot get your blood pressure down otherwise. But how would you get it down otherwise?

CrossFit Inc. holds a uniquely elegant solution to the greatest problem facing the world today. It is not global warming or climate change. It is not the worst two choices imaginable for president.
CrossFit trainers provide non-medical health care. By focusing on work capacity, clients can avoid chronic disease.
It is chronic disease. The CrossFit stimulus—which is constantly varied high-intensity functional movement coupled with meat and vegetables, nuts and seeds, some fruit, little starch and no sugar—can give you a pass on chronic disease. It is elegant in the mathematical sense of being marked by simplicity and efficacy. It is so simple.

Seventy percent of deaths in the United States are attributable to chronic disease. Of the 2.6 million people who died in the United States in 2014, about 1.8 million died from chronic disease. This pattern of increasing deaths due to chronic diseases also holds in countries that are ravaged by infectious disease. The numbers are rising, and when we finally add the postion-emission-tomography-positive cancers in, the number might be 80–80 percent in the United States. It is estimated by the Centers for Disease Control (CDC) that the United States could have up to a hundred million diabetics in 2050. That will affect everyone. You will not go into the emergency room for something as simple as a broken arm: you will be seeing heart attacks on every corner. Medicine has no solution; you do. CrossFit—with meat and vegetables, nuts and seeds, some fruit, little starch and no sugar—will help you avoid all of this.

The other 30 percent are dying from accidents that come in four “-ic” variants: kinetic, genetic, toxic and microbial. Kinetic: physical trauma, car crash, hit on a bike. Toxic: environmental toxins, such as lead poisoning. Genetic: genetic disorders like cystic fibrosis, you are born with it. Microbial: virus, bacteria, prions. This is where treatment can be symptomatic. This is where the miracles of medicine are. If you have a genetic disorder that is making you sick, you need a doctor. If you have been poisoned, you need a doctor. If you caught a nasty virus or a flesh-eating bacteria, you need a doctor. You do not need to go to the gym, you need a doctor. If you caught a nasty virus or a flesh-eating bacteria, you need a doctor. If you have been poisoned, you need a doctor. If you have got a genetic disorder that is宋代 disease. Of the 2.6 million people who died in the United States in 2014, about 1.8 million died from chronic disease. This pattern of increasing deaths due to chronic diseases also holds in countries that are ravaged by infectious disease. The numbers are rising, and when we finally add the postion-emission-tomography-positive cancers in, the number might be 80–80 percent in the United States. It is estimated by the Centers for Disease Control (CDC) that the United States could have up to a hundred million diabetics in 2050. That will affect everyone. You will not go into the emergency room for something as simple as a broken arm: you will be seeing heart attacks on every corner. Medicine has no solution; you do. CrossFit—with meat and vegetables, nuts and seeds, some fruit, little starch and no sugar—will help you avoid all of this.

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