

Nutrition Levels at CFStC

Kim and I get lots of questions from folks interested in making changes or further changes in their lives with regards to health and fitness. Most of these questions revolve around nutrition and we have struggled with answers at times because of the comprehensive nature of those answers. We feel the CrossFit workout and nutrition are inextricably intertwined and no simple answers are adequate. With that being said, we decided a coherent workout and food strategy for the gym was in order and the following levels will be CrossFit St Charles policy going forward:

Level 1

Workout twice a week and keep a food journal. Quit drinking soda.

Graduation from this phase requires instructor approval. If you need simple guidance with regards to food choices, use the CrossFit prescription:

Eat meat and vegetables, nuts and seeds, some fruit, little starch and no sugar.

There you go, simple as it can be. CFStC believes the workout is MUCH more important than the food at the onset of your fitness adventure. There are typically so many changes at one time, you can get overwhelmed easily and give up all efforts. That is a HUGE mistake and we feel one item at a time is a better option. Once we get you moving in the right direction and your body is used to the workouts, we'll attack food more completely. In the meantime, soda is so pernicious, you should give it up anyway.

Level 2

Workout 3 days a week and keep a food journal. Stop eating sugar.

By the time you've graduated to this step, you be seeing enormous changes in your body and you'll be used to the idea you have to make some sacrifices to achieve fitness. Now, you're easily coachable and we will be able to go through your food journal and discuss the glaring issues you may have in your diet. Don't expect any ridiculous changes where you give up everything in your life at level 2, even though many folks think giving up soda and sugar constitute that very thing. If you've been recommended for level 2, you are clearly not one of those people. To graduate from this level, expect close scrutiny to your overall fitness and your willingness to be coached...both in the gym and with your diet.

Level 3

Continue your workout frequency and follow food guidelines for either the Zone diet or a Paleo plan. Expect your workout intensity to increase manifestly as your body responds to a better diet.

By now, your body is doing amazing things in the gym! Again, you really need someone to recommend your progression to level 3. Some folks will auto-advance because they take the time to study and are fully in tune with their bodies, but this will be the exception generally. Expect to get some reading assignments before you kick off your new diet and we will plan to have a nutrition counseling session to make sure you have a solid plan in place. Once you get moving on your diet, expect HUGE gains in your ability in the gym. Once your finely tuned body gets the proper fuel, your performance will skyrocket. To be perfectly

honest, your advancement to Level 4 will be self-directed, because you really need to study for and have the motivation to execute something extreme like a Whole 9 diet.

Level 4

Exercise plan remains the same, execute a Whole 30 diet.

This level is really about a huge detox and getting in tune with the specifics of a REAL clean diet. For 30 days, you will give up all 1. Alcohol, 2. Sugar, 3. Grains, 4. Legumes, 5. Dairy. Additionally, you will prepare food IAW the Whole 30 guidelines and really learn a lot about the interrelationship between your diet and your workouts. This step is not for everybody, but is highly recommended if you plan to continue a life of CrossFit. There are so many different things you need to know about nutrition and exercise, sometimes a radical change like the Whole30 is the best kickoff.

Level 5

Workout 5/2 or 3/1 in CrossFit and pick your nutrition maintenance plan.

This is long-term wellness in action here. Expect no guidance about your graduation to Level 5. You either know what you're doing and move here, or you aren't gonna make it. We expect to GET guidance about nutrition and fitness from any clients who live in Level 5 nirvana.