

Katie Johnson: Good morning and welcome to Apple A Day, Lake Region Healthcare's health and wellness segment featuring news and information that you can use to live a healthier lifestyle. This is Katie Johnson and my guests this morning are Missy Mattson and Adam Schueller. Missy is a participant in CrossFit Fergus Falls, which is a new program being offered at the Health & Wellness Hub where Adam is the CrossFit director and a personal trainer, health and fitness trainer at the Hub. Thank you both for joining me this morning. I'm really excited to talk about this new program. For people who don't know what CrossFit is, Adam, tell us. What's CrossFit?

Adam Schueller: It's a little bit of everything. What I tell people right away is that's something that's going to challenge you, whether it be in your balance, your strength, your conditioning, your muscle endurance. Some days it's agility. It can be a whole bunch of things. Like I said, it's going to challenge you in all aspects of fitness, so some days we're going to work on strength. Some days we're going to work on stamina, where we're going to run maybe a 5K or something like that. Other days it's going to be high-rep, so it's going to be muscle endurance. It's just going to challenge you in all, I guess, ways of fitness.

Katie Johnson: Is it a class? Is it a program? How do you describe it?

Adam Schueller: It can kind of be both. We do offer classes and we do offer open gym. With the classes you are in a group, obviously, with anywhere from 2 people to, I've had as much as 17. When you come into the gym there's always going to be a workout on the board and obviously there'll be a trainer and that sort of thing if you come to the class. If you come to open gym the work out will still be on the board, but you're responsible to do that workout alone. We only offer open gym to our participants that have done 10 classes, so they know what's going on.

Katie Johnson: Okay. What are the benefits of this type of fitness regimen? Maybe on the opposite side, are there any risks with this type of program?

Adam Schueller: I guess the benefits, for sure, is it's challenging. I say that a lot when I explain it. We work a lot on strength, your stamina, endurance, that sort of thing. Another thing is just mobility. With CrossFit I always tell people that it's functional movement, so when we're dead-lifting or we're squatting or we're doing sit ups or even a burpee, you do those things every day. You sit up. Out of bed in the morning, you do a sit up. When you get out of a chair, you squat. When you bend down to pick something up, you're dead-lifting. If you're doing a burpee, it's when you're the floor and you have to get up. It's functional. It's usable movements and that sort of thing. As far as risks go, there's risks walking the dog around the block.

You know, a lot of people look on the internet and they say, "Well, this will hurt you. This does this. This does that." That's my job. That's why I'm here and that's why we have trainers at the facility to teach, I guess, the techniques and how to do things so we don't get hurt. One thing, again, that I tell some new people is that,

"Come in for your first session or whatever and it's going to be a classroom. You're going to be taught what to do" and that sort of thing. We say, "Be coachable and leave your pride at the door" because some people come in and they say, "Oh, I can do this much weight" and then that's when they get hurt. If they keep learning and using coachable techniques and that sort of thing and then are reasonable with their weight, then they're definitely going to see progress.

Katie Johnson: You talk about this being about functional movements and things people do every day, so what kind of people are right for CrossFit or aren't right for CrossFit?

Adam Schueller: Really anybody. I have my youngest, I guess athletes is what I call them, participant is 14 and my oldest at one time was 82. Like I said, it's functional movement. Some people, if they're not as flexible and they can't get that low on a squat, I work that range of motion for as low as they can go, and then whether we put a box underneath them or something like that, that they can do it. Everything is scaled and modified that we can do it, so some days I write up on the board, "Pull ups" and everybody's eyes get big. Like, "There's no way I can do a pull up." Well, I'm going to make it so you can do a pull up. We have to pull, we have to push up, that sort of thing. Everything is scaled and modified so everybody can do it.

Katie Johnson: That's exactly why I invited Missy to be part of our program today because I wanted to talk to someone who's involved in CrossFit, actually living and doing it, and get your perspective. First of all tell me just a little bit about yourself and what got you started with CrossFit.

Missy Mattson: Sure. From Fergus. Grew up here. I work at Lakes Country Service Cooperative and try to stay active. I would say I probably took it to the next level of active a few years when I did some personal training with Natalie Knutson. Besides CrossFit, I would recommend that to people because what Natalie did is she pushed me to places I didn't think I could go. I think that really set me up to be open to trying CrossFit.

Katie Johnson: How did you hear about CrossFit or what got you interested in giving it a try?

Missy Mattson: Well, we knew that Natalie and Adam and Karoline had gone for the training, and so a friend of mine said, "Hey. What if we got a class together and tried it?" I said, "Sure."

Katie Johnson: Good for you.

Adam Schueller: All right.

Missy Mattson: Right? All right. You hear a lot about it in the media, but I thought, "You know what? That might be fun." It would be something different to add to an exercise routine, some variety.

Katie Johnson: Yep. You mentioned hearing about it in the media and I think some people maybe

are scared by that. What do you say in response to that? How close is that to reality?

Missy Mattson: It is for everyone. Just like Adam said, it truly is because when we come and especially when you're the class setting, the coaches watch out for everyone and they modify it for you. When Adam talks about pull ups, I'm not hanging from a bar, but I've hung from a bar with an elastic band and have done it that way. That even surprised me, so really, they are very careful about making sure you're not going to get hurt, but that you are pushing yourself and making gains.

Katie Johnson: When you think about, and I don't know how long you've been doing CrossFit, maybe you can tell us that, what have you seen as the benefit? How have you progressed and what do you like most about what you're seeing?

Missy Mattson: One thing I want to make sure everyone knows is it's fun and that has kind of surprised me. It is a fun setting, especially when you're in the classes, which everyone starts out with. It's a group setting, which is really supportive, but you're at your own pace. You're doing your own weight. You do your rounds your own time, etc., so it's really a personal focus, but in a group setting where you get encouragement from others and things like that, which is really helpful as you're trying this fitness journey. We started in the winter. I think we were one of the first classes to come through. I have been surprised at how much I have liked it. You know, I didn't grow up in high school in the free weight room. That wasn't necessarily part of the world back when I was in school, so coming in where you're doing free weights and dead-lifts and squats, all those are new to me, but they walk you through it. They teach you the mechanics of it and you just build on what you do. Now Adam and I joke that dead-lifting is my jam.

Adam Schueller: Mm-hmm (affirmative).

Katie Johnson: That's nice.

Missy Mattson: Which pretty sure I'd never thought I'd say that sentence ever in my life. My personal record on dead-lift is 195.

Katie Johnson: Do you remember where you started?

Adam Schueller: It was like 130.

Missy Mattson: Yeah, 135.

Katie Johnson: Wow.

Missy Mattson: Yeah. When you hit that personal record like, "Wow, I just did that." Truly, like I said, as someone who has not grown up in a weight room, it was really surprising to me. I would say what I've noticed is I am so much stronger. So much stronger. Helps with just daily living.

Katie Johnson: Mm-hmm (affirmative).

Missy Mattson: Mm-hmm (affirmative). Your body doesn't hurt as much. Well, maybe the day after the class. The day after class you might hurt a little bit, but really just the aches and pains are much more noticeably, they're much less. I am definitely stronger, definitely stronger.

Katie Johnson: What keeps you coming back?

Missy Mattson: I would say the fact that I keep hitting personal records. That when I look up at the workout of the day I think, "God, I can't do that" and then you do it. You're like, "I did that. Wow." It is the setting. I've done open gym because I've done enough classes. Even that has been really great because that's when I'm able to fit it in, and there's still someone around when I did the open gym this week. Adam was here and I had a couple of questions about form and weight, but then I was on my own and I got it done in my time.

Katie Johnson: How would you compare your results from CrossFit to other things that you've done?

Missy Mattson: It's made me stronger. It's made my body stronger. By stronger I don't think that you're bulking up, but really you are becoming stronger. I would say tighter for those interested in that. You know, Dr. Lindholm, who's my primary often says, "You need to be focused on strength at your age." That's a little tough for women, I think, sometimes. This setting is fun. You're coached, so you're doing it safely, but you're doing it in a way where you're actually making progress and you're not in a rut. I have really like the variety, I've really like the fun setting. I've liked that I'm pushing myself and I'm being pushed harder than I would if I were on my own.

Katie Johnson: You mentioned the variety. It really is much more than just weightlifting, right?

Missy Mattson: Yeah. It is. Unfortunately yes. There's running, but even that could be modified. I said to Adam one day, I'm like, "Oh, man. My foot's just hurting." He goes, "All right. Roll. Sorry, road." There's always a modification. I would say anyone who's considering it really needs to come and try it. Like I said, I wouldn't think I would like as much as I did. I've hung in with it for about half a year now. Yeah. It is a variety. It is. It tests your stamina, it tests your strength, but all in a way that you're done and even as you continue with it, you look back you go, "Oh my God. Look at what I have done. That's amazing." Yeah. It really is amazing.

Katie Johnson: That's awesome. Adam, you mentioned or Missy mentioned that you went to training, so you are certified trainers in CrossFit in particular. Tell us a little bit about that and what you do to ensure that it is a safe setting for everyone that participates.

Adam Schueller: Sure. Yeah, we went down to New Orleans and went to a CrossFit gym down there.

There was many other trainers and that sort of thing. Actually one of the guys that was, I guess, our lead trainer, the lead instructor, had competed in the CrossFit Games 8 times, so he's a well-known guy. Chris Spealler is his name. He was very nice. He was a very good teacher, a very good coach in training us and that sort of thing. They went back to the complete basics. With our backgrounds, Karoline, Natalie and myself, we knew how to squat, how to do push ups, sit ups, that sort of thing, all the normal stuff, the normal exercises. They even took those normal exercises and broke them all the way down and said, "This is what you got to do. This is the muscles that are working" all that stuff. We really refreshed our memory and learned new things. I'm very particular in things, so technique is a big thing for me. If we're going to keep people safe, then you need to have good technique.

Katie Johnson: Perfect. If someone listening is thinking, "I'd really like to learn more about CrossFit" what are some next steps they can take?

Adam Schueller: We do have a Facebook page just for quick information and pictures and that sort of thing, but I do suggest to stop by. On our Facebook is does have our schedule of the class times and that sort of thing, to either drop in for a class or, if you just want to give it a go, like Missy did, she bought a 10 session card right away. That information, again, is on our Facebook page, but come in just talk to us. Even if it's not during a class time, come in and either give us a call or talk to us in person and learn a little bit about it.

Katie Johnson: Missy, anything else that you want to add about your CrossFit experience?

Missy Mattson: Yeah. I would say one of most important things I've learned is that you do not have to spend hours in a gym to see results. That you can focused time, you build your stamina, you build your strength and you still are done in a hour. You don't have to be spending 2 hours to suddenly become this person you weren't, so really, if you focus your time in the gym and you're ready to be coached, it's amazing what you can see as results.

Katie Johnson: Adam Schueller and Missy Mattson, my guests this morning on Apple A Day talking about CrossFit Fergus Falls, a new program being offered at the Health & Wellness Hub, which is in the Mehl Center, just kitty-corner across from the hospital across Cascade Street. Check it out on Facebook, CrossFit Fergus Falls or give the Hub a call and ask for Adam. He'd be happy to talk to you more about CrossFit, I'm sure. Missy and Adam, thank you so much for joining me today.

Missy Mattson: Yeah. Thanks, Katie.

Adam Schueller: Thank you.

Katie Johnson: Okay. Adam Schueller CrossFit director and trainer at CrossFit Fergus Falls and Missy Mattson, CrossFit participant, my guests this morning on Apple A Day. Missy, Adam and Katie all reminding you that there is so much to do here. Stay healthy for it. Have a great day.