



Exercise Regimen Could Cut Prescription Drug Use, Study Finds

Description

Although CrossFit often conjures images of the exceptionally fit, this perception should not deter anyone from participating. CrossFit is inherently designed to be inclusive, featuring workouts that can be scaled to accommodate individuals of varying ages and fitness levels. This reflects the philosophy that the requirements of elite athletes differ from those of novices solely in terms of intensity rather than type.

By integrating both strength and aerobic training, CrossFit proves to be a [potent method for enhancing](#) functional fitness, muscular strength, and cardiovascular health.

Moreover, a recent [study we conducted](#) suggests that the health benefits associated with CrossFit may even diminish the necessity for prescription medications among individuals with chronic conditions.

This presents a potential alternative to conventional pharmacological treatments, which could alleviate pressures on healthcare systems. In our research, we engaged 1,211 CrossFit practitioners from the UK, aged 19 to 67, with a significant proportion, 38 percent, in the 30-39 age group.

Among the participants, 280 reported using at least one prescribed medication for health issues such as anxiety, asthma, hypertension, type 2 diabetes, and chronic pain prior to beginning CrossFit. Remarkably, 54 percent of these participants indicated a reduction in their medication dosage following their involvement in CrossFit.

Of those who reduced their prescriptions, 69 ceased their medication entirely, while 82 reduced their doses by over fifty percent. Such improvements predominantly occurred within the initial six months of training.

Our findings reveal that younger participants, particularly those aged 20 to 29, exhibited a greater propensity for medication reduction, with 43 percent reporting significant cuts in dosage and 27 percent entirely discontinuing their medications.

In summary, while this study does not establish a direct causation between CrossFit and reduced medication use, the observable enhancements in health are noteworthy and signal the potential of CrossFit to positively influence health outcomes.

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Vocabulary List:



1. **Inclusive** /ɪnˈkluː.sɪv/ (adjective): Including all elements or groups; not excluding any.
2. **Potent** /ˈpəʊ.tənt/ (adjective): Having great power influence or effect.
3. **Enhancing** /ɪnˈhænsɪŋ/ (verb): Improving or increasing the quality value or extent of something.
4. **Chronic** /ˈkrɒn.ɪk/ (adjective): Persisting for a long time or constantly recurring often referring to illness.
5. **Causation** /kɔːˈzeɪ.ʃən/ (noun): The action of causing something; the relationship between cause and effect.
6. **Propensity** /prəˈpɛn.sɪ.ti/ (noun): An inclination or natural tendency to behave in a particular way.

Comprehension Questions

Multiple Choice

1. What perception about CrossFit should not deter anyone from participating?
Option: It is only for elite athletes
Option: It requires high levels of intensity
Option: It is not inclusive
Option: It focuses solely on aerobic training
2. How many CrossFit practitioners were engaged in the research mentioned?
Option: 1,011
Option: 1,211
Option: 1,311
Option: 1,411
3. What percentage of participants reported a reduction in their medication dosage after starting CrossFit?
Option: 34%
Option: 44%
Option: 54%
Option: 64%
4. Which age group exhibited a greater propensity for medication reduction?
Option: 30-39
Option: 40-49
Option: 50-59
Option: 60-67
5. Where did the study on CrossFit and medication reduction take place?



- Option: USA
- Option: UK
- Option: Australia
- Option: Canada

6. What type of training does CrossFit integrate?

- Option: Strength only
- Option: Aerobic only
- Option: Cardio only
- Option: Strength and aerobic

True-False

- 7. CrossFit workouts cannot be scaled to accommodate individuals of varying fitness levels.
- 8. The study showed a direct causation between CrossFit and reduced medication use.
- 9. Younger participants aged 20 to 29 exhibited the least reduction in medication usage.
- 10. The researchers conducted the study at Harvard University.
- 11. CrossFit is designed to be inclusive.
- 12. The study included participants from various age groups.

Gap-Fill

- 15. Younger participants, particularly those aged 20 to 29, exhibited a greater propensity for medication _____.
- 16. The observable enhancements in health signal the potential of CrossFit to positively influence _____ outcomes.
- 17. CrossFit integrates both strength and _____ training.
- 18. Our findings reveal that younger participants, particularly those aged 20 to 29, exhibited a greater



propensity for _____ reduction.

Answer

Multiple Choice: 1. It is only for elite athletes 2. 1,211 3. 54% 4. 20-29 5. UK 6. Strength and aerobic

True-False: 7. False 8. False 9. False 10. False 11. True 12. True

Gap-Fill: 15. reduction 16. health 17. aerobic 18. medication

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What is a term used to describe something mysterious or puzzling?

Option: Secret code

Option: Electrophysiological

Option: Resilience

Option: Indulgences

2. Which plant is known for its medicinal and recreational uses?

Option: Fungi

Option: Cannabis

Option: Correlations

Option: Resilience

3. What is the term for taking action to reduce the severity or risk of something?

Option: Inclusive

Option: Mitigate

Option: Proliferation

Option: Susceptibility

4. Which term refers to the ability of an individual or entity to govern itself independently?

Option: Potent

Option: Autonomy

Option: Chronic

Option: Epidemiology

5. What is the collection of chemical compounds that guide the functioning of our genes?

Option: Causation

Option: Enhancing



Option: Epigenome

Option: Propensity

6. Which term describes the rising again or renewal of an activity after a period of dormancy?

Option: Transiently

Option: Impairments

Option: Resurgence

Option: Propagation

7. What does the term "propensity" refer to?

Option: Identification

Option: Enhancing

Option: Resilience

Option: Propensity

8. What are acts of satisfying desires without restraint called?

Option: Phenomena

Option: Correlations

Option: Indulgences

Option: Mitigate

9. Which term refers to a group of organisms that includes mushrooms yeasts and molds?

Option: Enigma

Option: Transients

Option: Fungi

Option: Telophase

10. Which term means to improve or increase the quality value or extent of something?

Option: Enhancing

Option: Propagation

Option: Susceptibility

Option: Identification

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. The _____ of the novel won numerous awards for their captivating storytelling.

12. The study focused on the _____ responses of the brain to different stimuli.

13. Prolonged stress can lead to various _____ health conditions.



14. The team analyzed the genetic factors influencing _____ to certain diseases.
15. The scientist studied natural _____ to understand underlying principles.
16. Effective _____ measures can reduce the impact of environmental disasters.
17. Water _____ in the region serve as crucial sources for agriculture.
18. The report outlined strategies for the rapid _____ of renewable energy sources.
19. The forensic team used DNA _____ to determine the victim of the crime.
20. The study established strong _____ between diet and overall health.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. The research project aims to develop a new generation of medical implants using living cells and organic materials.
22. The community showed great in rebuilding after the natural disaster.
23. The policy was designed to be of all members of society regardless of background or status.
24. The new drug demonstrated a effect in treating the rare disease.
25. Long-term smoking can lead to respiratory diseases.
26. The migratory birds were considered in the region only staying for a short period each year.
27. Public health officials relied on data to track the spread of the contagious disease.
28. The rapid of rumors led to widespread misinformation within the community.
29. Individuals with weakened immune systems have increased to infections.
30. In times of stress people often seek as a form of comfort and escape.

Answer

Multiple Choice: 1. Secret code 2. Cannabis 3. Mitigate 4. Autonomy 5. Epigenome 6. Resurgence 7. Propensity 8. Indulgences 9. Fungi 10. Enhancing

Gap-Fill: 11. Author



12. Electrophysiological 13. Chronic 14. Susceptibility 15. Phenomena 16. Mitigation 17. Reservoirs
18. Propagation 19. Identification 20. Correlations

Matching sentence: 1. Biohybrid 2. Resilience 3. Inclusive 4. Potent 5. Chronic 6. Transients 7. Epidemiology
8. Propagation 9. Susceptibility 10. Indulgences

CATEGORY

1. Sci/Tech - LEVEL5

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