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## Fitness Regimen Cuts Prescription Drug Reliance : New Study

### Description

While CrossFit is often perceived as a sport reserved for the exceptionally fit, don't let that intimidate you from giving it a try. CrossFit is designed to be inclusive for everyone, offering adaptable workouts suitable for individuals of all ages and fitness levels, epitomizing the concept that the requirements of elite athletes and novices differ primarily in intensity, not in essence.

By integrating elements of strength and cardiovascular training, CrossFit serves as an effective method for enhancing functional fitness, muscle strength, and cardiovascular well-being, as evidenced by [research](#).

Furthermore, a recent [study](#) suggests that the physical benefits of CrossFit may potentially decrease the necessity for prescription medication among individuals with chronic conditions, offering an alternative to conventional drug-based treatments and potentially alleviating the burden on healthcare systems.

Our study, encompassing 1,211 CrossFit practitioners in the UK spanning from 19 to 67 years old, revealed that a significant number experienced a reduction in their prescription drug usage after commencing CrossFit training. Notably, participants with conditions such as anxiety, diabetes, and chronic pain reported substantial improvements.

The positive outcomes observed within the first six months of training extended to various age groups, with younger participants, particularly those in their twenties, showcasing a notable decrease in medication intake as well as a reduced need for doctor visits.

In addition to physical benefits, CrossFit's group-oriented nature fosters a supportive community environment that enhances mental well-being, compounded by the release of endorphins during exercise, a combination that may explain the observed decrease in antidepressants use among participants.

Overall, while the study offers promising insights into CrossFit's potential benefits, more research is warranted to comprehensively understand its impact on healthcare practices.

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### Vocabulary List:

1. **Epitomizing** /ɪˈpɪtəˌmaɪzɪŋ/ (verb): To be a perfect example of something.
2. **Cardiovascular** /ˌkɑːr.di.ɒsˈvæs.kjə.lər/ (adjective): Relating to the heart and blood vessels.
3. **Chronic** /ˈkrɒn.ɪk/ (adjective): Persisting for a long time or constantly recurring.



4. **Enhancing** /ɪn'hæɪn.sɪŋ/ (verb): To improve the quality or value of something.
5. **Substantial** /səb'stæɪn.jəl/ (adjective): Of considerable importance size or worth.
6. **Medication** /,mɛdɪ'keɪʃən/ (noun): A substance used for medical treatment.

## Vocabulary quizzes

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

1. A consortium refers to:
  - Option: A group of individuals with shared interests
  - Option: A solo business enterprise
  - Option: A state government organization
  - Option: An independent research institute
2. Toxicity is a term used to describe:
  - Option: The medicinal benefits of a substance
  - Option: The harmful effects of a substance on living organisms
  - Option: The taste of a particular chemical compound
  - Option: The color of a poisonous gas
3. A chronic condition is one that is:
  - Option: Temporary and short-lived
  - Option: Fatal and incurable
  - Option: Severe but brief
  - Option: Persisting over a long period of time
4. Cognitive processes involve:
  - Option: Physical movements and reflexes
  - Option: Brain functions like thinking and memory
  - Option: Emotional responses and reactions
  - Option: Respiratory and circulatory activities
5. Enhancing means:
  - Option: Diminishing or reducing
  - Option: Improving or making better
  - Option: Maintaining at current levels
  - Option: Modifying to be different
6. Proliferation refers to:
  - Option: Decrease in population
  - Option: Rapid increase or growth



Option: Stabilization of numbers

Option: High mortality rate

7. Being meticulous involves:

Option: Careful attention to detail

Option: Hastily completing tasks

Option: Being reckless

Option: Lacking concern for accuracy

8. Correlations refer to:

Option: Causal relationships

Option: Unrelated factors

Option: Negative outcomes

Option: Statistical associations between variables

9. Neuroticism is characterized by:

Option: Stability and calmness

Option: Excessive worry and anxiety

Option: Outgoing and sociable behavior

Option: Confidence and assertiveness

10. Vascular pertains to:

Option: Bones and muscles

Option: Immune system

Option: Blood vessels

Option: Digestive system

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

11. Hazards are potential sources of \_\_\_\_\_ to health or the environment.

12. The study of changes in gene expression caused by modification of the \_\_\_\_\_  
rather than alteration of the genetic code itself is called epigenetics.

13. Smoking is a habit that has many \_\_\_\_\_ effects on health especially on the lungs and  
heart.

14. Being \_\_\_\_\_ in unhealthy eating habits can lead to obesity and other health issues.



15. The concept of \_\_\_\_\_ in molecules refers to their mirror-image symmetry.
16. Regular exercise has a \_\_\_\_\_ impact on overall health and well-being.
17. An \_\_\_\_\_ studies the patterns causes and effects of health and disease conditions in defined populations.
18. Taking the prescribed \_\_\_\_\_ is important to manage certain medical conditions.
19. To \_\_\_\_\_ the negative effects of stress individuals can practice relaxation techniques.
20. The \_\_\_\_\_ impact of small lifestyle choices can significantly affect long-term health outcomes.

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

21. The reckless actions of the driver led to severe repercussions for all involved.
22. Her meticulous attention to detail and conscientiousness made her a valuable team member.
23. Various psychological disorders can impact an individual's daily functioning and well-being.
24. Consuming foods rich in flavanols may have positive effects on heart health.
25. The alterations made to the original design improved the efficiency of the product.
26. The process of methylation plays a role in gene expression and regulation.
27. Regular exercise is beneficial for cardiovascular health and overall fitness.
28. Fruits and vegetables are rich sources of antioxidants which help protect cells from damage.
29. His dedication and hard work epitomized the values of the company.
30. The epidemiologist conducted a comprehensive study to determine the cause of the disease outbreak.



## Answer

**Multiple Choice:** 1. A group of individuals with shared interests 2. The harmful effects of a substance on living organisms 3. Persisting over a long period of time 4. Brain functions like thinking and memory 5. Improving or making better 6. Rapid increase or growth 7. Careful attention to detail 8. Statistical associations between variables 9. Excessive worry and anxiety 10. Blood vessels

**Gap-Fill:** 11. danger 12. epigenome 13. detrimental 14. indulgent 15. homochirality 16. substantial 17. epidemiologist 18. medication 19. counteract 20. cumulative

**Matching sentence:** 1. Repercussions 2. Conscientiousness 3. Disorders 4. Flavanols 5. Alterations 6. Methylation 7. Cardiovascular 8. Antioxidants 9. Epitomizing 10. Epidemiologist

## CATEGORY

1. Health - LEVEL5

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