



The Eagle/Richard Hanners

Clients at the Canyon Creek Crossfit gym in John Day do pull-ups on rings for strength training.

ROUTINE

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Working with a trainer in a group session motivates people to exercise harder, she said.

“It’s a lifestyle — the gym becomes the epicenter for life habits,” Sherman said.

Exercises can include pull-ups, hanging abdominal work, leg raises, knee to elbows, toe to bars, a blended workout format, bench pressing, dead lifts, squats, the snatch and the clean and press. They also include running, jump-roping and box jumps.

“It’s worthwhile to learn balance and coordination along with lift strengthening,” Sherman said.

She also offers tips based on her diet philosophy.

“I recommend a diet that fits into a person’s lifestyle — not fad diets,” Sherman said. “That will help ensure that they stick to it.”

She uses an app on her phone that utilizes height, weight, gender, age and other factors to determine a person’s basal metabolic rate — how many calories they burn in a day. The high-intensity exercises in cross-training require immediate energy, so her clients need some carbohydrates, she said.

“I recommend you eat whole foods and less amounts,” she said. “And use common sense.”

For more information about Canyon Creek CrossTraining, call Megan Sherman at 541-792-0166.