

David Watts

# Super-Fitness Changes Everything!



In June 2008

## first spoke to Chris Saini about Crossfit in July 2007.

A friend had told me about the program and I was interested in checking it out. His initial response was, “It’s a lot of work, you know . . .” I said, “Good. I’d like to try.” I did the initial assessment and signed up for 10 training sessions with Chris.



I was 225 pounds with 28 percent body fat. I could do 2 pull-ups and 10 proper pushups in a row and could run about 400 metres.

In May 2006 I soon met Craig Patterson, proprietor of Vancouver Crossfit Gym, and several of the other coaches and members—some truly exceptional people. I knew I was in a different league athletically than everyone else in the gym, but felt that by surrounding myself with excellence, maybe some would rub off on me.

I worked with Chris 2 or 3 times a week and began to see immediate results.

At first I thought I needed to rest between workouts, but quickly learned that Crossfit’s recipe of “constantly varied functional movement carried out at high intensity” meant I could work one area of my body while the other parts rested.

I spoke with Chris a lot about diet and listened to a presentation Craig gave about what the body needed and could use and how to feed it properly. I altered my diet from one rich in pasta, bagels, and sushi—which I thought was healthy—to organic vegetables, meat, eggs, and milk. I also eliminated starches and processed carbohydrates.

### ...exercise causes regeneration and healing.

By December 2007, I was down to 185 pounds with 20 percent body fat. I lost close to 50 pounds while gaining a significant amount of muscle mass.

Crossfit has changed my life. I had no idea I would be doing so much to improve my overall health. Not only has my stronger body made me a much better hockey player, a number of old physical problems have gone away. I have to assume that exercise causes regeneration and healing. Before the program, I had knee issues, tennis or golfer’s elbow, wrist discomfort that I thought was carpal tunnel syndrome, and occasional lower- and mid-back aches. All those pains have gone away.



In my working life as a BC Notary Public, my days are a mix of real estate conveyancing and Wills preparation. Those highly detail-oriented, often time-sensitive and stressful processes require me to be at my best. Now, when I operate at a high level physically, I am able to work at a very high level mentally, and find myself much better able to cope with demanding situations.

We do some amazing workouts at Crossfit. The encouragement I received from coaches and members of our 5 PM group kept me going. The feeling of accomplishment after a session is like nothing else.

My Crossfit training has had an incredible effect on my belief in myself. When you believe in yourself 100 percent, you know that when you finish that workout—no matter how challenging it is—you can do anything! ▲

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