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our contributors



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James Patrick, ACG, ALB is an award winning and internationally published commercial and editorial photographer based in Arizona. He has also worked as a marketing professional, website strategist, journalist and a public speaker covering a variety of topics including photography, marketing and business development.

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Melissa Putt is a Soma therapist and myofascial expert. She specializes in posture, alignment, and pain management and is currently studying osteopathy. She is also a nutritionist, an author, and the owner of Healthy Habits Nutrition and Fitness Consulting Inc. in Toronto, Canada. Her fitness training programs focus on fascial release exercise and manual therapy to correct posture misalignment, and to eliminate pain. As a dynamic keynote speaker, Melissa promotes the importance of fascial integration for lifelong wellness and management of chronic pain.

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KENDELL MACLEOD / PHOTOGRAPHER

Kendell MacLeod is a photographer that resides in the waterfall capital of the world, Hamilton, Ontario, Canada. She began photographing yoga and from there she quickly fell in love with photographing movement. She is always looking for the moment and angle that reflects strength and uniqueness. Kendell specializes in product, real estate, and business photography. She is known for being slightly goofy, quite tall, and quick with her camera.

You can follow her latest work:
www.AP360.ca or [@kendell.ca](https://www.instagram.com/@kendell.ca)



MARY MCCASHIN / WRITER

Mary McCashin is a NTA Nutritional Therapist and freelance writer from Mocksville, NC. She holds a Krev Mega Yellow Belt and has trained in CrossFit for three years.

She has also published two books which are available on Amazon.com.

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By Mary McCashin

WHY DID YOU CHOOSE MEDICAL SCHOOL OVER BEING A CHIROPRACTOR, NUTRITIONIST, PHYSICAL THERAPIST, ETC.?

Oh, that's a very good question! It's funny because I think my eyes were opened to this whole other world of practitioners that can help people become healthier later in the game, probably while I was applying to medical school or even already in med school. I wanted to go to med school because I love math and science, I love problem solving, and I love interacting with people so the physician/patient relationship was compelling. It wasn't until later on that I even had much exposure to osteopathic programs, which are probably more aligned with the way I ultimately like to practice.

It's probably good I went down the MD path, though. I think in this world of medicine there is so much change that needs to happen and that is starting to happen. I hope that I can be one of the people to help bring change and shed some light on the prevention aspect of medicine.

WHAT IS YOUR HOPE FOR THE FUTURE OF THE MEDICAL WORLD AS FAR AS INCORPORATING NATURAL AND NUTRITIONAL HEALTH INTO MODERN DAY MEDICINE?

I think through CrossFit and my own experiences as an athlete, I learned about so many other tools we can use to create health. I look at most of what we learn in our traditional medical training as acute care. There are amazing things we can do with medicine. There are amazing drugs and amazing surgeries out there that need to be done in certain instances, but these are not what we need to use on a regular basis to control and prevent chronic disease or to create health.

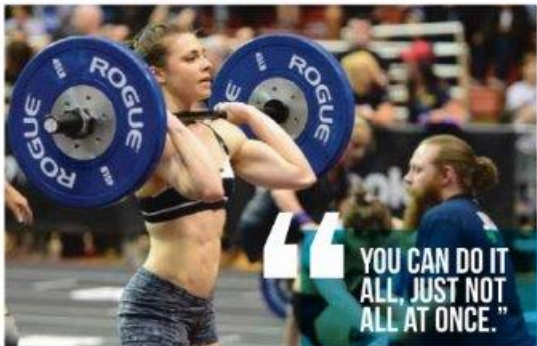
I want to empower my patients to live a healthy lifestyle and avoid chronic disease, and only to use medications when necessary or as a bridge to a future where they might not need them. I think one of the most important foundational pieces for preventing chronic disease is nutrition. There's a reason why it's the base of our CrossFit pyramid. Eating real foods is going

JULIE FOUCHER

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Julie Foucher is a 28-year-old 4x CrossFit Games Athlete, Medical Student, CrossFit Level 1 Seminar Staff member, blogger and host of the Pursuing Health Podcast. She looks to empower individuals to live lifestyles that support optimal health.

PURSUING HEALTH



“YOU CAN DO IT ALL, JUST NOT ALL AT ONCE.”

to do wonders for keeping chronic disease at bay.

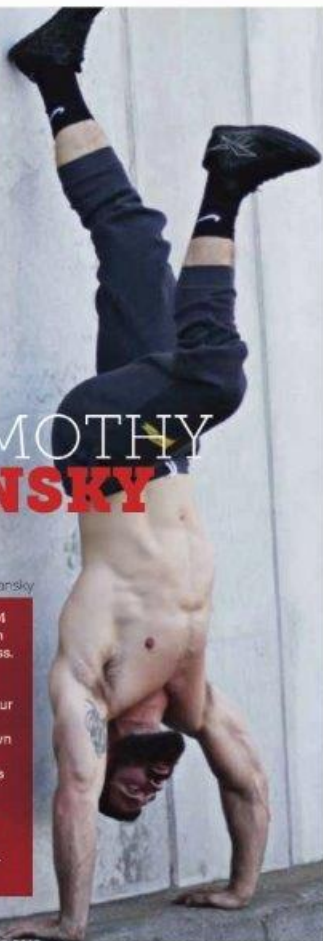
HOW DO YOU BALANCE WORK AND FITNESS? MANY PEOPLE SAY THEY DON'T HAVE TIME OR ACCESS TO DO BOTH THINGS, WHAT IS YOUR ADVICE FOR THEM?

I always quote Oprah on this one - “You can do it all, just not all at once.” For me, I just focus on one thing to take priority at a time. Medical school causes me to shift my priorities and focus back and forth depending on what my schedule is like. You just have to make sure that you can take those times to relax. I always make sure I get enough sleep and now I use exercise as one of my outlets, my stress reliever, to relax and reset. I just had to set reasonable expectations from the beginning to find a balance.

WHAT WAS THE INSPIRATION BEHIND YOUR ‘PURSUING HEALTH’ PODCAST?

I started the podcast right about the time my competition career was coming to a close (Summer 2015). I knew I wasn't going to be able to compete anymore (Julie turned her focus to medical school full-time in the fall of 2015), but I felt through CrossFit I'd met so many amazing people and I loved hearing their stories and I wanted to share their stories with a wider audience. It also has allowed me to stay in touch with the CrossFit community and contribute in a positive way. It's been so much fun to connect with people through the podcast. I post one episode every two weeks, and I try to vary the content from common everyday health stories to professional CrossFit athletes.

Dr. Timothy Simansky, DC, DACBSP, CSCS is not your average chiropractor; he's also not your average CrossFit junkie. Instead, he's WODdoc, a CrossFit loving chiropractor looking to help increase education and awareness in regards to mobility, functional fitness, and avoiding injury.



WHAT MADE YOU DECIDE TO CREATE WODDOC?

I graduated in 2009 and was working in a multi-disciplinary practice in the NYC area. My senior at the practice hated CrossFit for the "stereotypical reasons." He was a prominent sports chiropractor, but had very limited knowledge about CrossFit. Some of the things he said were valid as far as injuries went, but I had coached for five years and only had one injury happen. It was an Achilles' Tendon rupture so it wasn't something I could have even foreseen.

Everyone at my gym called me 'Doc.' I'm an overenthusiastic coach in that I am on top of correcting peoples' form to prevent injury. They used to joke, "Oh, it's WOD Doc to the rescue!" It originally began as Project 365. I decided in order to prove my senior wrong and help educate people, I would film a video every single day for 365 days. I never pre-taped them, every day it was something new. Now we're at over 1,000 days - I just never stopped.

PROJECT 365 IS WHERE IT ALL BEGAN - IT HAS HELPED THOUSANDS OF PEOPLE, BUT WHAT IMPACT DID IT HAVE ON YOU AND YOUR LIFE?

Project 365 was a real life diary for me. I'm human, and like anyone else, I have good days and bad days, and all of that can be heard in the inflection in my voice. It became my outlet, and it was a way to network myself with a broader audience. If I had a certain interaction with a patient or an athlete I was working with, or even something I'd read that day, it had the possibility to influence what I talked about. Nothing has ever been pre-recorded. Snowy days, holidays, sick days, great days; they're all documented. That's why I started using the hashtag #everydamnday. I've always said that the only worthless knowledge is the knowledge

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DR. TIMOTHY
SIMANSKY

By Mary McCashin
Photos courtesy of Timothy Simansky

WODdoc was founded in 2014 as an informational website with an emphasis on functional fitness. It features daily videos to help educate individuals on various aspects of fitness and the way our bodies move.

Dr. Simansky is notably known for his involvement in the functional fitness community. He has been a member of the CrossFit Games Athlete Services at both the Regional and Games level since 2012. He has acted as the East Regional co-director of Athlete Services since 2015.



IMPACTED YOUR LIFE?

It has been both rewarding and frustrating. Rewarding in ways such as having the opportunity to travel to places like Kuwait and to have experiences and interactions with different CrossFit boxes and people. The functional fitness community is like no other. It can be frustrating when you cross paths with those people who don't want to hear what you have to offer; they think they know it all already.

But you meet these people and they kind of pop back up in your life at unexpected times. That's always encouraging to me. There are a couple people who always stick out in my mind because I truly feel like I helped change their life in a major way. That's the most rewarding aspect of my job.



that isn't shared – WODdoc allows me the ability to share.

IN YOUR PROFESSIONAL OPINION, WHAT IS THE NUMBER ONE KEY FOR IMPROVEMENT WHEN IT COMES TO MOBILITY, STABILITY, AND TECHNIQUE?

Consistency. Our bodies are fabulous machines, but most machines wear down. Our bodies have the ability to adapt and it's fascinating. Adapting can be metabolically expensive. If you're the body builder in the gym everyday, your body adapts and builds muscles. If you're the body builder who breaks up with his girlfriend and is stuck on the couch, your body starts storing energy as fat because it adapts. Consistency is key. You have to maintain your machine and the only way to do that is consistency.

YOU HAVE TRAVELED ALL ACROSS THE UNITED STATES, AND EVEN THE GLOBE, TEACHING WODDOC SEMINARS AND LECTURING. HOW HAVE THOSE EXPERIENCES

YOU FILM EVERYDAY – NO EXCEPTIONS. NOTHING IS PRERECORDED SO YOU CAN'T TAKE A DAY OFF. DOES THAT REQUIRE SACRIFICE? HOW DO YOU HANDLE THAT PACE?

It definitely has brought some heartache and tough choices, but the experiences make it worthwhile. There have been instances where I'm supposed to be at a wedding, and instead I'm overseas lecturing. Those are sacrifices and you just have to make your peace with them. As far as pace, I'm always typing ideas into my phone about things to talk about. Some days I follow that list, sometimes something else strikes me to talk about. I always have 10-40 ideas in my phone on any given day.

Check out The WODdoc on Facebook and Instagram (@woddoc) as well as his website (www.thewoddoc.com).

"I'M AN OVERENTHUSIASTIC COACH IN THAT I AM ON TOP OF CORRECTING PEOPLES' FORM TO PREVENT INJURY. THEY USED TO JOKE, 'OH, IT'S WOD DOC TO THE RESCUE!'"