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Health Impact and Physiology Changes of CrossFit

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Message from the Guest Editors

CrossFit is the best known and most successful high-intensity interval training (HIIT) concept. Today, there are more than 15,000 CrossFit affiliates worldwide. While the number of people performing CrossFit is continuously increasing, however, CrossFit's sports science is only just beginning. Hundreds or maybe thousands of narrative reports describing the individual experience of how CrossFit has changed health and life are available. Scientific evidence is mostly missing, though. Research on the physiological basics, effects, or changes triggered by this training concept has just yet started. This sport has not only a physiological but also a psychological component, which also needs to be investigated. CrossFit, however, is not only a sport. Its understanding of nutrition and eating behavior is based on a so-called "Zone Diet". People must track their macro-nutrition and reach an intended balance between carbohydrates, fat, and proteins. A scientifically profound understanding of sports nutrition in connection with CrossFit is therefore also desired.



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