

TW: Mental illnesses, some language, disorder dialogue.

Our Fragile Orange Theories

Saffron, orange. That's the color of the lights in the room when they power on, jarring in their lack of hesitation when I expect the world to move like me. I'm aware of the intertwined voices behind the glass door, a female with the settlement of a mother asking about the workout, and the young man working the 5:45 front desk answering.

Initial onsite procedures and responsibilities include: room/exercise area assessment (temperature and lighting, notify supervisor of hazards); music and equipment set-up (sound system and microphone, damaged/missing equipment, set-up equipment if applicable).

I set to work, bunny-like, pulling a inch-long black windscreen out of a carefully labeled pill box and onto the end of the only slightly outdated microphone. This was an improvement.

Floor team! Eyes on me for block 1.

Floor Block 1: POWER

Rep & Recover

Round 1: 0:00 - 0:20

0:20 to Complete:

BW - Bench Tap Squat Jump x 8 AQAP

When done: Recover until next round begins

Round 2: 0:20 - 0:50

0:30 to Complete:

BW - Bench Tap Squat Jump x 10 AQAP

When done: Recover until next round begins

Round 3: 0:50 - 1:30

BW - Bench Tap Squat Jump x 12 AQAP

When done:

Circuit: Superset

DB - Bench Chest Fly x 8

Strap - Low Row x 8

Repeat until time is called

Floor team! You've got 3 rounds of the dumbbell tap squat jump on the bench. In these first 20 seconds, you'll complete those 8 reps as quickly as possible and rest until it's time for the next round. Next 2 rounds, you'll add 10 seconds on your time and 2 reps on your count.

When you're done with those 3 rounds, you'll move on to our superset: 8 weighted chest flys and 8 low rows with the TRX strap. You'll repeat this circuit until those 7:00 minutes are up.

I'd gotten used to coaching the multitudes of dissatisfied members, people who wanted to change their bodies, skinnier, slimmer, muscle mass and a conspicuous tightness. Some were insatiable, ripping through their own skin, tearing the flesh off their own bones until all that was left was...

Transverse abdominis. Rectus abdominis. External oblique. Internal oblique. Anterior tibialis. Gastrocnemius. Soleus. Tensor fasciae latae. Sartorius. Rectus femoris. Psoas minor. Psoas major. Iliacus. Latissimus dorsi. Semimembranosus. Semitendinosus. Gluteus maximus. Biceps femoris - long head. Biceps femoris - short head. Rectus femoris. Vastus lateralis. Vastus intermedius. Vastus medialis. Triceps brachii. Biceps brachii. Deltoid (middle). Deltoid (posterior). Longissimus. Spinalis. Iliocostalis. Quadratus lumborum. Pectoralis major. Upper trapezius. Middle trapezius. Lower trapezius. Rhomboid minor. Rhomboid major.

They think I don't know what I'm talking about? I cracked my knuckles and that was the result.

“Orangetheory is 5 Zone heart rate based interval training using specifically designed and timed interval training blocks. During a workout, members focus on Zones 3, 4 and 5. The workouts are designed to produce 12 minutes or more in Zones 4 & 5 combined (to achieve the after burn) during the treadmill training portion of the workout.” (Orangetheory Fitness).

3, 2, 1, base! Green (Zone 3), 71 - 83% of MHR (max heart rate).

It's the day of my audition. I'm nervous. I live by myself, sans permed jubilant puggle mix. No one to wish me luck. The only sound in the apartment was one of kibble knocking.

Funny, how failure was so imminent then.

3, 2, 1 push! Orange (Zone 4), 84 - 91% of MHR (max heart rate).

Funny, how failure is so imminent now.

3, 2, 1, all out! Red (Zone 5), 92 - 100+% of MHR (max heart rate).

Funny, I'm a failure.

3 - 4 miles per hour with a 1% incline in 3, 2, 1, walk it down.

The Function-Health-Fitness-Performance Continuum indicates that in Phase 1, individuals are focusing on stability and mobility training, aerobic-based exercises, and beginning rapport. By Phase 4, that same individual should be able to train for performance (anaerobic-power training). Rapport is a continued process so that the individual does not lose interest or motivation.

Around 8:30 PM each night, my brain melts and dysphoria, anxiety, and some sort of sluggish mania takes over. I don't despair. I sleep and I dream the dreams of a mentally disturbed person.

It's because you're alone, you know. An ESA can only do so much.

“Predominantly Hyperactive-Impulsive Presentation: the person fidgets and talks a lot. It is hard to sit still for long (i.e., for a meal or while doing homework). The individual feels restless and has trouble with impulsivity. Someone who is impulsive may interrupt others a lot, grab things from people, or speak at inappropriate times. It is hard for the person to wait their turn or

listen to directions. A person with impulsiveness may have more accidents and injuries than others” (Centers for Disease Control and Prevention).

It’s not like that. Not all day, all the time.

Adzenys XR-ODT (Amphetamine Extended-Release Orally Disintegrating Tablets). 1. Tear here.
2. Bend. 3. Peel. Neos Therapeutics Brands, LLC. NDC 70165-025-30. 3P112E 03/26. 15.7 mg.

Thank god.

“In addition to behavioral therapy and medication, having a healthy lifestyle can make it easier for your child to deal with ADHD symptoms. Here are some healthy behaviors that may help:

- Participating in daily physical activity” (Centers for Disease Control and Prevention).
- Participating in daily physical activity
- Participating in daily physical activity
- Participating in daily physical activity

Apple iCloud Calendar for the week of 9/11/23 to 9/17/23.

September 11, 2023

Monday

Orangetheory CLASS(ES) - Coach, Orangetheory Fitness Chapel Hill - Timberlyne (1129

Weaver Dairy Rd, Unit AA-1, Chapel Hill, NC 27514, United States), 6:45 - 10:15 AM. Kara's

Cycle Class, Fetzer Hall (210 South Rd, Chapel Hill, NC 27514, United States), 5:30 - 6:15 PM.

September 12, 2023

Tuesday

Orangetheory CLASS, Orangetheory Fitness Chapel Hill - Meadowmont (104 Meadowmont

Village Cir, Chapel Hill, NC 27517, United States), 6:15 - 7:15 AM. Orangetheory CLASS(ES) -

Coach. Orangetheory Fitness Chapel Hill - Meadowmont (104 Meadowmont Village Cir, Chapel

Hill, NC 27517, United States), 7:30 - 11:00 AM. Sasha's Cycle Class, Fetzer Hall (210 South

Rd, Chapel Hill, NC 27514, United States), 5:15 - 6:00 PM. FitWell Cycling Class, Fetzer Hall

(210 South Rd, Chapel Hill, NC 27514, United States), 6:30 - 7:15 PM.

September 13, 2023

Wednesday

FitWell Cycling Class, Fetzer Hall (210 South Rd, Chapel Hill, NC 27514, United States), 7:00 -

7:45 AM. FitWell Power Yoga Class, Rams Head Recreation Center (340 Ridge Rd, Chapel Hill,

NC 27514, United States), 12:00 - 1:00 PM. Monthly Business School Private Yoga Class, UNC

Kenan-Flagler Business School (300 Kenan Center Dr, Unit 3490, Chapel Hill, NC 27599,

United States), 2:00 - 3:00 PM. PRIVATE Yoga Class - Omega Phi Alpha, Greenlaw Hall (UNC

Chapel Hill, Rm 0101, Chapel Hill, NC 27514), 7:00 PM - 8:00 PM.

September 14, 2023

Thursday

FitWell Power Yoga Class, Rams Head Recreation Center (340 Ridge Rd, Chapel Hill, NC 27514, United States), 7:30 - 8:30 PM.

September 15, 2023

Friday

Orangetheory CLASS, Orangetheory Fitness Chapel Hill - Timberlyne (1129 Weaver Dairy Rd, Unit AA-1, Chapel Hill, NC 27514, United States), 12:00 - 1:00 PM. Orangetheory CLASS(ES) - Coach, Orangetheory Fitness Chapel Hill - Timberlyne (1129 Weaver Dairy Rd, Unit AA-1, Chapel Hill, NC 27514, United States), 4:00 - 7:00 PM.

September 16, 2023

Saturday

Orangetheory CLASS(ES) - Coach, Orangetheory Fitness Chapel Hill - Meadowmont (104 Meadowmont Village Cir, Chapel Hill, NC 27517, United States), 6:00 AM - 1:00 PM.

September 17, 2023

Sunday,

Orangetheory CLASS(ES) - Coach, Orangetheory Fitness Chapel Hill - Timberlyne (1129 Weaver Dairy Rd, Unit AA-1, Chapel Hill, NC 27514, United States), 6:45 AM - 12:00 PM.

September FitWell In-Service Training, Student Recreation Center (208 South Rd, Chapel Hill, NC 27599, United States), 2:30 - 4:00 PM.

The general guidelines for using exercise to treat ADHD (Attention Deficit Hyperactivity Disorder) are: moderate-intensity exercise (65 - 75% of MHR - VO2 max) for 30 - 40 minutes a day, at least 4 - 5 days a week.

“Dr. Kenneth H. Cooper is widely recognized as the father of the modern fitness movement. Cooper introduced the concept of aerobic exercise and advocated a philosophy that shifted away from disease treatment to one of disease prevention. “It is easier to maintain good health through proper exercise, diet and emotional balance than it is to regain it once it is lost,” he said. To prevent the development of chronic diseases, one must exercise regularly and maintain a high level of fitness throughout one’s life” (ACE Fitness).

“Chronic disorders examples,” a Google search: Cancer, Asthma, ALS (Lou Gehrig’s Disease), Cystic Fibrosis, Alzheimer’s Disease and other Dementias, Arthritis, Chronic Obstructive Pulmonary Disease (COPD), Crohn’s Disease, Ulcerative Colitis, Other Inflammatory Bowel Diseases, Irritable Bowel Syndrome.

“Mental illnesses examples,” a Google search: Schizophrenia, Attention Deficit Hyperactivity Disorder (ADHD), Eating Disorder, Bipolar Disorder, Mood Disorders, Anxiety Disorders, Psychotic Disorders, Personality Disorders, Obsessive-Compulsive Disorder (OCD),

Post-Traumatic Stress Disorder (PTSD), Depression, Panic Disorder, Substance Use Disorder, Specific Phobia.

“ADHD is considered a chronic and debilitating disorder.” (American Psychiatry Association).

She's fucking insane.

Have you seen the way she works out? It's like she's anorexic, but she's not even that skinny!

The way she eats, she must be hungry like a fucking horse.

Around the world, the mentally ill get iller. Only those with strong transverse abdominis survive.

Works Cited

“Heart-Rate Based Cardio & Strength Training: Orangetheory.” *Orangetheory Fitness*,

www.orangetheory.com/en-us.

“What Is ADHD?” *Centers for Disease Control and Prevention*, Centers for Disease Control

and Prevention, www.cdc.gov/ncbddd/adhd/facts.html.

“From Ancient Greece to Zumba.” *ACE Fitness*,

www.acefitness.org/certifiednewsarticle/2224/from-ancient-greece-to-zumba.

“What is ADHD?” *American Psychiatry Association*,

<https://www.psychiatry.org/patients-families/adhd/what-is-adhd>.

Writer Letter

Dear Classmates,

This essay is a comparative complaint on popular (and contrasting) views of attention deficit hyperactivity disorder (ADHD) and how those ideas relate to intense exercise/physical activity. It outlines the failures of a GFI (group fitness instructor) with ADHD and the faults of society to that instructor/coach.

I was the most surprised by how much outside information I wanted to include: historical events, statistical facts, numerical details from my own life, etc. I thought I would have trouble with the variance from norms, or the regular prose style of nonfiction creative writing, but I did not.

I was challenged the most by the admittance of my own emotions, sharing the things people had said about me (behind my back), and conjuring up those details and feelings from so long ago in my mind, since it is so often wiped clean by ADHD's execution of short-term memory loss. I absolutely despise speaking on my "feelings," which often makes it difficult to be a successful craft writer - yet, the balance between societal critique and genuine distaste is a delicate line, and I am able to walk it successfully because of my supposed "lack of emotion."

I found many successes in drafting this essay: the predominant use of paradoxes, some beautiful contradictions from highly trusted sources on the web, (hopefully) engaging, quite tantalizing details that should cause my readers to, at the very least, "perk up" a bit at their readings. My biggest success, though, was the completion of a narrative that somehow painted the picture of disarray, yet has a through-line of maintained permanence, found in my own mind. I was able to challenge assumed ideas about how ADHD manifests in adults (lazy, unkempt, impulsive, rude), while still proving some were true (hyperactive, insatiable, talkative), all the while tearing at that small thread of society that creative nonfiction seeks to bust. Better yet, I was able to, for the first time ever, challenge assumptions and offer these counterposed ideas without explicitly saying what I was thinking or trying to achieve (thanks to the use of fragments).

My vision for future drafts is to cut some of the rough edges, bad transitions, and unrelated details. I want to make the "through-line of maintained permanence" even more astute, visible, and jarring - among the disarray. Although the first draft feels a little "bit-and-piecey" right now, I've come to an understanding that the first draft will always be that way... a draft!

- As a reader, do you understand the general idea/the themes of this essay? If not, what could I do/add/take away in this draft to help you understand it better?
- How can I make the piece "flow" better (maintain a general through-line)? Where did you feel as though you got lost or displaced in the draft?
- Do all of the historical events/statistical facts/numerical details from my own life serve this piece? Should any be removed? Should anything be added?

Thank you for your valuable insight and feedback,

Camden Whitlock