

CrossFitter on Fire

# Jorge Perez

November 2017

## When did you join CFSL?

February 2017

## What made you decide to try CrossFit?

I was extremely overweight and I felt horrible. My doctor told me I was pre-diabetic I knew I had to do something fast. I felt a little intimidated at first, I work next door and would always see everyone working out, so I finally took the plunge.

## Have you lost weight? If so, how many pounds?

I've lost 40lbs since being here.

## What are your current goals? And, future goals?

My goal is just to show up at least 4 times a week. My future goal for next year is to do a Tough Mudder.

## Tricks or tips that have helped you with exercising or weight loss?

Always workout on Mondays and my tip that worked for me is not to snack on bad stuff through the day. I drive a lot for work and I'd always be eating sunflower seeds and chips, I cut that out and it's helped.

## Are you Paleo? If not, what is your diet/ or food plan you follow?

My diet is really not good, someone needs to yell at me. But I have stopped over eating so much.

## What is your favorite cheat meal?

I'm pretty country so chicken fried steak.

## Hobbies? What are they?

I play in a adult baseball league and am a weekend warrior on the golf course.



## Favorite CrossFit WOD or movement?

Kelly. I like those workouts where your legs feel like jello when your done. The Sunday workouts are the best they make everything during the week seem easier.

## Least favorite CrossFit WOD movement?

Overhead squats I'm so off balance their pretty awkward for me.

## Biggest accomplishment so far?

Completing Murph, this kinda was a big deal for me personally, I didn't think I was going to complete it all but I pushed through and finished it in 58 minutes. I hadn't ran a full mile in like 10 years. I did it twice that day.

## What is the best thing about CrossFit San Leandro?

Crossfit San leandro is awesome. I love the coaches. Joanie is a sweetheart, Matt chats me up about sports and Dirk always plays the best music. I really like Jessica on Saturday she's great at motivating me through those tough

