

CrossFitter on Fire

GENESIS FERMIN

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Occupation:

IT Manager/Executive Assistant by day, Musician by night!

When did you join CFSL?

I joined CFSL January 2017

What made you decide to try CrossFit?

My friend/mentor, Jay R Aguda, encouraged me to join a CF box. I signed up for basics after loosing around 30lbs through diet alone. I thought it'd be fun to try, but I didn't realize it would become a big part of my life.

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

I've lost over 100lbs since November 2016.

What are your current goals? And, future goals?

My short-term monthly goal is to clock in at least 15k meters total on the rower every month. My biggest goal is to be in "one-derland" (under 200lbs for short), and other future goals? Oh, there's waaaay too many to list!

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

I constantly have to remind myself to take it one step at a time. I had to learn to be patient with my progress in Crossfit and with my weight loss. Also, when in doubt: eat bacon, lift barbel, done.

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

I've been following a ketogenic way of eating since November 2016.

What is your favorite cheat meal?

With keto, it's really hard to "cheat" when homemade avocado ice cream, chicken wings, double doubles (protein style), and fatty all you can eat KKBQ are fair game!



Hobbies? What are they.

I play drums. It's super rad. I call it "fun cardio." I love it!

Favorite CrossFit WOD or movement?

Anything with rowing and barbells!

Least favorite CrossFit WOD movement?

Wallballs (but it's mostly because I'm scared that the ball will hit me in the face...or my face will hit the wall...or both wall and ball...the possibilities are endless)

Biggest accomplishment so far?

Loosing weight and gaining a lot of strength and confidence.

What is the best thing about CFSL?

Everything is the best thing about CFSL. I remember the first time I ever stepped foot at the gym feeling at home and having a sense of belonging. This box has changed my life and I'm grateful to have a place of comfort and a really buff, supportive crew to call my Ohana

