

CrossFitter on Fire

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Occupation: Psychotherapist-Licensed Clinical Social Worker

When did you join CFSL?

I have been a member of CFSL since June 2017.

What made you decide to try CrossFit?

Although I have been involved with amateur athletics for many years, this has mostly consisted of venturing out on my own to train and prepare for marathons, half marathons--sprint, Olympic, and half Iron Man Triathlons. I began to dabble in CrossFit several years ago but was very inconsistent and never really connected. And in all honesty, I did not anticipate my joining CFSL would be any different. Wrong! Thinking it would be similar to my past experiences, I started out with a limited membership. However, within several weeks, CFSL altered my motivation and gave me a greater level of interest and commitment. This was due in no small part to the amazing professional coaching, CFSL's top down inclusiveness, the diverse community and a passion for the sport of CrossFit. As with many others here at CFSL, it has evolved into a perfect fit for me.

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

A have not lost any significant amount of weight since June of 2017, however I have gotten stronger and my body has changed.

What are your current goals? And, future goals?

My current and future goals are similar: Overall skill development in Olympic Lifting, string together 30-40 double unders. Building a stronger cardio/aerobic engine through HIIT on the rower, running, kettlebells and burpees, etc.

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

For me diet and exercise (in that order) go hand in hand with weight loss and maintenance. A mere few pounds makes a big different for me. Especially in sprint exercises when running, swimming and rowing. A few less pounds make it much easier for me to breath. Also pull ups. This is huge, being on the lighter side makes all the difference in the world when trying to pull 215 lbs. up as opposed to 195 lbs.



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

For the most part I stick with food choices that we know are clean and healthy and try to avoid those that are not. Plenty of protein mostly from fish and chicken, lots of vegetables, fruits and nuts. Almost no processed foods. Some dairy but very limited these days and no sugar. That's not to say I don't wonder into the center parts of the grocery store from time to time.

What is your favorite cheat meal?

Hands down pasta, pizza and ice-cream.

Hobbies? What are they?.

I like playing the guitar, (not in public) photography and reading. I'm also a political junkie. While it's not really a hobby, I spend a fair amount of time working informally with people struggling with substance use and addiction as well as involvement in issues of homelessness and social justice.

Favorite CrossFit WOD or movement?

Anything with burpees, rowing, running, kettlebells, barbells/dumbbells.

Least favorite CrossFit WOD movement?

Movements I can't do...muscle ups, pistols, handstand pushups.

Biggest accomplishment so far?

Overhead Squat, pull ups and moving closer to consecutive double unders.

What is the best thing about CrossFit San Leandro?

The community, coaching and management and their overall support and encouragement every step of the way. The commitment to the community beyond CFSL is awesome. The facility and equipment is amazing and well maintained.

