

CrossFitter on Fire

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Occupation: Social worker with California Dept. Of Corrections and Rehabilitation (C.D.C.R.)

When did you join CFSL?

August 2017

What made you decide to try CrossFit?

I was bored with the gym and felt intimidated to use the weights.

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

Yes, i have gone down 2 dress sizes and 1 pant size.

What are your current goals? And, future goals?

Current goals are to continue to get stronger and fitter. Future goals are to get my toes to bar.

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

Consistency with exercise, hallenging myself and to count how many calories.

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

No I am not paleo. I eat a strict diet mon. - thurs. Egg whites, salad, veggies, minimal fruit and lean protein. I try to eat about 1200 calories a day. Listen to my body if i feel extra hungry i eat more if not i eat less. Fri.-Sun. I allow myself to indulge but i am mindful.

What is your favorite cheat meal?

French fries or a meal from in n out.

Hobbies? What are they.

Relaxing with family and friends.

Favorite CrossFit WOD or movement?

I don't have a favorite

Least favorite CrossFit WOD movement?

I don't have a least favorite

Biggest accomplishment so far?

Endurance has increased and strength.

What is the best thing about CrossFit San Leandro?

No matter what level someone is you don't feel judged.