

CrossFitter on Fire

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Occupation:
Legal Aid Attorney

When did you join CFSL?
June 2013

What made you decide to try CrossFit?
My sister is a coach and got me started dropping in at her gym when I visited Portland. That's her in the picture on the left :)

Have you lost weight? If so, how many pounds?
Eh - I've had two kids since I've been crossfitting, so the weight goes up and down. At this point, I'm not too concerned with the number on the scale as long as I'm happy with the way I look and I keep getting stronger!

What are your current goals? And, future goals?
Chest-to-bar pull-ups and higher volume double unders by the 2019 Open! Eventually some HSPUs and maybe BMU someday.

Tricks or tips that have helped you with exercising or weight loss?
Get in a workout whenever I can. Being active even on days I can't get to the gym. Bring my kids with me - no excuses!

Are you Paleo? If not, what is your diet/ or food plan you follow?
Paleo-ish. I don't eat mammals and I do eat soy and beans. I Whole30 a couple of times a year for a reset.



What is your favorite cheat meal?
Chicken enchiladas with rice & beans.

Hobbies? What are they?
Motorcycle (2000 Triumph Sprint RS), bicycle, chasing around after my kids, reading.

Favorite CrossFit WOD or movement?
I like big squats and I cannot lie.

Least favorite CrossFit WOD movement?
Bar-facing burpees.

Biggest accomplishment so far?
Being able to RX the weight in just about every workout. It's neat to look at a WOD with a 43+ kg RX weight with high reps and think, "Okay, I can do that!" And high volume pull-ups and T2B. Those were a long time coming. And lunging half a mile!

What is the best thing about CrossFit San Leandro?
Only one best thing? There are lots! It's an incredibly open and inclusive gym and a really fun community to be part of. The programming works for people at all level, the coaches really care, and everyone is so encouraging of each other. It's a great place for families - I worked out hard while pregnant with great support and modifications from the coaches. I was doing wallballs the day before my due date and then started bringing the baby in four weeks later. The kids' CrossFit class just rocks and the kid space in the center of the gym is the best because the little ones are part of the whole scene.