

CrossFitter on Fire

Lanie Soho

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Occupation:

Assistant Manager for Vans Shoes

When did you join CFSL?

February 2017

What made you decide to try CrossFit?

I was an athlete and very active most all my life. I danced and played volleyball, basketball, soccer and Tae Kwon Do. I played competitively until I got to college. When I moved away for school I slowly gained a ton of weight do to poor nutrition decisions. 10 years later and 90 lbs heavier I decided do something. I asked my trainer what he did to keep in shape. He told me he did a thing called Crossfit. It sounded cool and he incorporated it into our workouts. This lasted for bit because going to the regular gym was boring and not motivating. I had an "Ah Ha" moment and was still carrying that extra weight and had other medical issues. I had to make a change. I walked into CFSL and never turned back. Best decision ever.

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

I have lost about 40 lbs. What I have lost doesn't compare to what I have gained. I gained mobility, self confidence, time with family and a new family at CFSL.

What are your current goals? And, future goals?

Current goal lose another 50lbs to get my first pull-up.

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

Do what works for you and don't put unrealistic timeframes on your weight loss. Make lots of small goals. When you are working out don't worry about what everyone else is doing. You will get there on your own time. Stick with it and be consistant. You will get there.

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

I have in the past but currently I am counting my macros and doing the Keto Diet.



What is your favorite cheat meal?

Pasta with Alfredo sauce. Lots of Garlic bread.

Hobbies? What are they.

I love to bake and decorate desserts. I also love anything arts and crafts.

Favorite CrossFit WOD or movement?

Call me crazy but I love DT.

Least favorite CrossFit WOD movement?

Anything that has the word lunge or squat in its name. My knees can't take it.

Biggest accomplishment so far?

Did my first 5k race last month. Weird because I always hated running.

What is the best thing about CrossFit San Leandro?

So cliché but I love it all. I have never had so much support from so many different people. The coaches, Sunday Funday and my 5-amily have helped push me out of my comfort zone. I am able to draw inspiration from everyone daily. The lessons learned at CFSL translates to my everyday life. This has made me grow and be comfortable with myself.

