

CrossFitter on Fire

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Occupation: Student! I'm in my first year of Cal State East Bay's Educational Psychology Program with the goal of being a School Psychologist.

When did you join CFSL?

I've been coming on and off for years, whenever I was visiting home. I officially moved back to the bay in January 2018 and that's when I started coming consistently.

What made you decide to try CrossFit?

Don't you mean, "Who made you try CrossFit?".... my Dad of course.

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

I have lost weight in the past year, but more importantly I've seen my body composition completely change. I feel stronger than ever!

Biggest accomplishment so far?

I did a 6 day, 55 mile backpacking trip in July through Yosemite with a 50 pound pack and I'm absolutely certain I never could have done it without CrossFit training.

What is the best thing about CrossFit San Leandro?

Getting fit with the fam! Daily WODs are a consistent dinner topic in the Scherer household.

What are your current goals? And, future goals?

I have a Half Marathon on February 2nd that I've been training for and am hoping to PR. My overall goal is just to stay healthy and have fun challenging myself to be stronger and faster.

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

Stick to a routine as best you can!

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

I had the most success with Whole30 and try to eat *mostly* Whole30.

What is your favorite cheat meal?

Pastaaaaa.

Hobbies? What are they.

Trail running, backpacking, fly fishing, hiking, and netflixing.

Favorite CrossFit WOD or movement?

Any WOD with running in it!

Least favorite CrossFit WOD movement?

Box jumps :(