

CrossFitter on Fire

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I first joined CFSL in September of 2016. After deciding to pursue a degree in healthcare, I left CFSL in 2017. Hitting the books at 4am every morning, instead of going to work out, my weight crept up, and my strength and endurance became kind of a mushy memory.

I love to eat. I hate denying myself foods that I enjoy in order to lose weight or be fit. I used to run 10Ks and half marathons, and was able to lose some of my mommy-baby weight, but I was still flabby. My friend convinced me to join a gym with her, and that gym happened to house a Crossfit affiliate. I tried out Crossfit (this was back in 2013), and I was hooked. No other exercise regimen has been able to bewitch me like Crossfit.

Before Crossfit, my heaviest was around 155 lbs. Today, I weigh 137 lbs. That's almost 20 lbs. Wow, that's a lot weight to take off of my joints!

My current goals: In Crossfit: Get super proficient in gymnastics movements; snatch with more confidence; lift heavier shit; get over my mental blocks with running, rowing, assault biking (ugh!). Future goals: Become a Crossfitting family (Joseph, my hubby has inhaled the fairy dust, and he likes it! Next, our three little Lee's...); WOD around the world with my hubby/BFF Joseph; transfer the physical and mental strength I gain from Crossfit to be a great nurse practitioner and help make this world a beautiful place to live in.

Tip #1: MAKE THE TIME TO DO IT. Don't make time the excuse for not pursuing your goals. If it means working out at 5AM, then find a box that offers 5AM classes. If it means studying at 4AM, sleep early enough to get up. Tip#2: Own your fierceness. Stay humble. Listen to good coaches. Help out your boxmates. Strive for integrity. Always find ways to improve. Be in it for the long term.

I do not eat Paleo. I tried, but my tongue will not accept zoodles and cauli-rice as acceptable substitutes in my pho or bibimbap. I eat sensibly. I try not to eat ultra-processed foods, but hello, I love a good hot dog with kraut at a Giant's game!. I have pretty much cut out sodas and milk. Other than that, I eat EVERYTHING.

Cheat meal: hahahaha. I eat everything. Which is why I think I will never lose my gut. I'm ok with that...for now.

Hobbies: Reading. Studying. Hanging out with my family. Dreaming about the "someday I will..." fill in the blanks.



Favorite Crossfit movements: deadlifts, clean & jerks, situps, kettlebells, and weighted squats.

Least favorite Crossfit movements: ASSault bike, rowing, running, dumbbells in place of barbells.

Biggest accomplishment so far: after 6 + years, I finally get to WOD with Joseph. I bought Joseph the CFSL two week intro class for Christmas...and now...well hey there honey!

The best thing about CFSL: When I left CFSL in 2017 to focus my time on studies and work, it was bittersweet. I loved the box and I loved the 5AM crew, and Coach Joanie. I hated having to stop Crossfit (again...I have been in and out of Crossfit and different boxes for over 6 years). I didn't think I could make the time to continue to Crossfit with the frickin CRAZY ASS HARD Chemistry class I was taking. One day, I was cleaning out my gym bag, feeling sorry for myself that I my lifters would probably disintegrate in the bag, when I found a note that Coach Joanie had written and slipped in my gym bag unnoticed almost a year before. I read her thoughtful note and started tearing up and really missing CFSL. So at the end of 2018, Joseph and I decided we would join CFSL and make it family. I LOVE CFSL. I LOVE OUR COACHES, the THOUGHTFUL PROGRAMMING, OUR