

CrossFitter on Fire
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Occupation:

Research Chemist

When did you join CFSL?

Sept 2018... almost a year ago!

What made you decide to try CrossFit?

I decided to try CrossFit after getting invited to a Wine & WOD with some of my co-workers back in Pennsylvania. After one WOD, I was hooked! Thanks CrossFit Royalty!

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

I have lost about 10-15 lbs and a few pants sizes. CrossFit is getting expensive for my wardrobe!

What are your current goals? And, future goals?

My current goals are to stay healthy, not get injured, and continue making gains. And of course, eventually master a muscle up!

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

I started losing weight and noticing a change in my body/ability after making one simple tweak: No desserts/snacks on week nights! It was crazy how much a piece of birthday cake or a snack at work can add up. Just that one simple tweak helped me a ton. After a few months of cutting out weeknight desserts, I definitely started to notice a difference.

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

I have done Paleo on and off (at the moment I do about 80% Paleo). Also, I do intermittent fasting, eating only between around 12- 8 PM. It was really hard at first but once I got used to it I found I had a ton of energy in the morning despite not eating breakfast.



What is your favorite cheat meal?

My favorite cheat meal is good crispy and crunchy thin crust pizza (being from the east coast I am definitely a pizza snob). My local favorite is Cheeseboard in Berkeley.

Hobbies? What are they.

My hobbies are being outside (camping, hiking, skiing, running, etc) as well as being a sports fanatic (NY Yankees, Green Bay Packers, USA and UCLA gymnastics, and Boston Bruins).

Favorite CrossFit WOD or movement?

I love Murph! And doing handstands all day everyday. As I like to say, a handstand a day keeps the doctor away.

Least favorite CrossFit WOD movement?

Assault bike is definitely a killer for me.

Biggest accomplishment so far?

My biggest accomplishment so far is my overall level of fitness. I was a gymnast for 10 years and a D1 college cheerleader, but grad school was killer! Although I still worked out, I really wasn't challenging myself (just getting in the fastest workout I could between lab experiments). When I first started CrossFit in Pennsylvania, I would always finish last in the run! I pushed myself to run on the side and now I would consider it one of my strengths. Definitely a great lesson for me in taking my weakness and turning it into a strength (and makes those running WODs so much better).

What is the best thing about CrossFit San Leandro?

The best thing about CrossFit San Leandro is how everyone keeps you accountable, whether it's a reminder you can definitely lift heavier or pushing you to do something you didn't think you could do. I appreciate all the support and encouragement.