

# Julius Nyanda

September 2019

**Occupation: Founder:**  
CEO, HouseKeys

**When did you join CFSL?**  
May 2016

**What made you decide to try CrossFit?**  
I've been doing Crossfit on and off for about 10 years. It was that realization that I couldn't "wing it" anymore with my fitness and my shallow need to be able to fit comfortably into a nice suit.

**Have you lost weight? If so, how many pounds?**  
I hover within 5 or 10 pounds of the same weight. I've reached that age where I want to start eating a lot better and even stretching. Feeling my mortality a lot more nowadays.

**What are your current goals? And, future goals?**  
Be able to wear a really nice suit...need about 25 pounds off of my current average. Maintain that. Gain more flexibility and improve my posture.

**Tricks or tips that have helped you with exercising or weight loss?**  
Shout out to Jen for getting me to do the pre-workout each morning about 15 minutes before class. It's like a whole different experience now. I realize that I used to warm up about 5 to 7 minutes into the workout...now I feel a lot better.

**Are you Paleo? If not, what is your diet/ or food plan you follow?**  
Nope. I have flirted with Whole 30. I get meals delivered to my office in Morgan Hill from Freshly and a local service called RealFuel out of San Jose. I want to cancel my Freshly service, but they have this really great mac and cheese meal that keeps me on the hook. If they ever take that out of my delivery, I will immediately cancel. I love RealFuel though.

**What is your favorite cheat meal?**  
Any kind of pizza or dessert. My current one is the Strawberry Shortcake dessert at Paradiso. I'm not one for cooking...so can't help you there. Oh, and if Avocado Toast qualifies as a cheat meal...that's my habit right now.

**Hobbies? What are they.**  
I'm still a work-a-holic. Working "on" the business on the days when I'm not working "in" the business is a lot of fun for me. Coming up with strategies and forecasts, working on my Radio Show...I just really love to work. That may change in a few years, but I'm that guy for now.

**Favorite CrossFit WOD or movement?**  
Hang Power Clean used to be my favorite. I pretty much hate them all now....but in a very love-hate way. A good pull up is great when you get in a groove where you can rattle off 15 in a row.

**Least favorite CrossFit WOD movement?**  
Since I technically hate them all...the list is too long for this exercise. Although, I must admit that burpees are the worst.

**Biggest accomplishment so far?**  
Having done this for 10 years is something I'm happy about. I may have taken several months off here and there, but I've at least stayed active into my 40s and I'm happy about that.

**What is the best thing about CrossFit San Leandro?**  
The welcoming and pragmatic culture. There is a basic understanding that we're here to stay in shape and put forth a decent effort. I love the other gyms I've been to, but I'd bring my family members here as a way to introduce them to CrossFit without fearing that they'll be made to feel like they are out-of-place. OH! And our Joanie. She's the best.