

# CrossFitter on Fire

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### When did you join CFSL?

I joined CFSL in early February.

### What made you decide to try CrossFit?

I first tried it a few years ago in San Francisco when I weighed nearly 300 pounds. At 42, I was a smoker, had chronic back pain, had done no real exercise my whole adult life, had yo-yo dieted for decades and was given a pretty grim long term prognosis from my physician. Quite simply, proximity is what made me first investigate it but I knew right away that something about CrossFit seemed different. There was a box near my office at the time, LaLanne Fitness, and I made a promise to myself to give it a few months and see what happened. I was instantly hooked. The community, the constantly varied workouts and the results kept me coming back for more.

When I moved to the East Bay a couple of years ago, I fell out of my routine. I tried going to a globo gym thinking I could do it myself, but it was not working. By the end of 2016, I had gained back 40 of the 75 pounds I had lost. In addition, I lost my Mom, at a relatively young age, due to preventable health issues. In January, my Doctor scolded me saying my numbers were not looking good (high blood pressure, rising cholesterol and wonky blood sugar). Using my Mom as a cautionary tale (and threats again from the Doc to put me on a bunch of meds), I knew it was time to get back to basics. Long story longer, I joined CFSL and was quickly back on track! As of today, no new meds were required and numbers are back where they should be!

### Hobbies? What are they?

I have a pretty legit collection of action figures! My focus is characters from 70's TV shows! My inner child and nerd rules my life for sure!

### Favorite CrossFit WOD or movement?

My favorite movement is definitely the Push Press! My favorite WODs I would say are Grace and DT. And weirdly, I am really starting to like pull-ups and box jumps (something I thought I would never say).

### What is your favorite cheat meal?

Pizza!! Also burger and fries and of course, ice cream! Great, now I am hungry!



### Least favorite CrossFit WOD movement?

Without a doubt, overhead squat or a snatch when it requires a squat.

### Biggest accomplishment so far?

In addition to the weight loss, since joining CFSL I got my first bar muscle-up and pistols on both legs (before I could only do one leg).

### What is the best thing about CrossFit San Leandro?

Wow, that is a tough one as there is so much to love! The facility is beautiful, the community and the people make it a pleasure to come and the programming is great (and the full warm-up and stretch inclusions).

However, I would say the Coaches have made it really special. It is such a great mix of folks that have made me feel like family. Great cues, a push when necessary, genuine excitement when you accomplish something, consistent technique review, encouragement, humor, fun and an obvious enthusiasm and passion for what they do! Thank you all!!

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

Since joining CFSL, I have lost 50 pounds and 85 overall from my lifetime high.

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

No particular plan, but I might label it "Paleoish". Lots of lean protein, vegetables and fruit, very few processed carbs and very little refined sugar. Honestly, I keep it pretty informal and not too rigid in terms of rules. Too much rigidity ultimately leads to failure. I don't want to think of it as a sacrifice based "diet" but an ongoing lifestyle change that is sustainable and allows enjoying life. I think it is safe to say I am not in any danger of becoming a fitness model or highly paid athlete at this point in life, so no need to overkill!

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

For weight loss, I have found food logging to be a huge help this time around. I use My Fitness Pal but I think there are a lot of apps out there. It is not about calorie counting, per say, but it makes you very aware of everything you put into your body. I was really shocked by how much mindless eating I was doing. A "handful" of this or a "bit" of that led to a LOT of extra calories every day.

In terms of exercise, consistency is the key. I try to set a schedule each week and calendar gym visits just as I do any work meeting. It becomes a priority and not something that can be skipped at the last minute. The key is accountability to yourself. Also, find what makes it fun/motivation for you to come to the gym. Is it the people and community, the competition, the Coaching, the accomplishment as new skills are unlocked? CrossFit offers a lot of options for that motivation!

### **What are your current goals? And, future goals?**

My main goal is simply to keep on keeping on! Lock in the habits and keep getting better. Specific CF goals: Ring Muscle-up without false grip, butterfly pull-ups and doing the open again this year (it has been like 3 years since I participated).

Another goal is to feel comfortable enough to take my shirt off in a public situation or for a picture someday (something I have artfully avoided most of my life). When I look in a mirror, I still see that husky kid afraid of being embarrassed! And it nearly 50 and in the best shape of my life, I am still terrified of someone seeing me shirtless! Like full-on panicked by the idea!