

CrossFitter on Fire

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Occupation: Pediatric Critical Care Nurse Practitioner. In short I'm a goofy ball who loves taking care of the sickest kids in the world!

When did you join CFSL? January 2012

What made you decide to try CrossFit? Being tired of the treadmill, stinky spin room, and overcrowded Zumba classes at 24 Hour Fitness, pushed me to look for other fitness gyms.

Have you lost weight? If so, how many pounds? Weight loss isn't my main goal anymore. I'm enjoying the challenging WODs, heavy lifting skills, and team atmosphere.

What are your current goals? And, future goals? Pull ups (kipping of course), Toes to the Bar, Push up's, Shoulder Press, Rope Climb, EVERYTHING!!!

Tricks or tips that have helped you with exercising or weight loss? Consistency is key!! Show up at least three times a week and allow yourself to try something new.

Are you Paleo? If not, what is your diet/ or food plan you follow? No paleo for me. However, I am watching my macros and struggling to get all the protein and calories in daily.



What is your favorite cheat meal? Turkey taco's with cheese!!! And, a gourmet glaze twist donut when no one is looking...lol! Don't judge me please....

Hobbies? What are they. Beside Crossfit!! LOL!! I am big nerd, I love mystery books, the farmers market, SHOPPING, cooking, and most important; Mindless TV.

Favorite CrossFit WOD or movement? Snatches, Toes to Bar, and Clean & Jerks!

Least favorite CrossFit WOD movement? THRUSTERS at any weight and Bear Crawls...Oh MY!!!

11. Biggest accomplishment so far? Rx'ing most WOD's!!! And, getting over the one-ply toilet paper in the bathroom.

What is the best thing about CrossFit San Leandro? EVERYTHING!!! The coaches, the crazy WOD's, I'S, Y's, & T's, great friends, super athletes, Ruth & Leanne, and all the sweaty fun!!