

# CrossFitter on Fire

## Sierra Reed

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**Occupation:** Social Media & Influencer Marketing at Mozilla

**When did you join CFSL?** November 2017

**What made you decide to try CrossFit?** I first heard of CrossFit from a childhood friend who owns an affiliate back home with her husband. I tried it once but the next week received a job in the Bay Area so I moved to the Bay. I was really into running half marathons and marathons when I first moved here. As time went on, I reached all of my running goals and was over running. It didn't satisfy me anymore and honestly it just stopped being fun. For cross training, I'd go to 24 Hr Fitness and lift weights (thanks internet) but looking back, I really had no clue what I was doing. Boredom became laziness. I was always an athletic person and I no longer recognize the person in the mirror. I knew I needed a change and I needed something different. Stat. I needed something that was going to constantly challenge me physically and mentally so I finally took the plunge and tried CrossFit with an open mind.

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

Yes! About 10 el beez!

**What are your current goals? And, future goals? Is everything a valid answer? Lol.** My dad always said to break things down into measurable steps. I'm currently focused on improving my pull-ups, stringing together 10-15 double unders, and 2 days/week of mobility. Later this month, I'll start adding in HSPU progression work.

**5. Tricks or tips that have helped you with exercising or weight loss?** My running coach always said, "There's three things you can't control on race day: the course, weather, and other runners." I can only control how I respond, trust my training, and my body. I'm always working on focusing on what's within my control, and responding rather than reacting. It's similar to me for WODs. There are plenty of places for improvement but I am going to do my best each time, no matter what.

**6. Are you Paleo? If not, what is your diet/ or food plan you follow?** I'm currently working with RP Strength so it's all IIFYM for me!



**What is your favorite cheat meal?** BBQ Bacon Cheeseburger with avocado, onion straws, and a side of steak fries...or Wendy's (guilty pleasure).

**Hobbies? What are they?** I'm a major advocate for helping underrepresented groups so volunteering is big more me. I volunteer with GetHerElected.com. I also play kickball, love to cook/bake, and binge watch Netflix because yes, that's a hobby!

**Favorite CrossFit WOD or movement?** I love chippers! Movements would be deadlifts, back squats, and yes running.

**Least favorite CrossFit WOD movement?** Bar-facing burpees get me every time.

**Biggest accomplishment so far?** Kipping pull-ups

**What is the best thing about CrossFit San Leandro?** I'd tried a CrossFit box in the Bay Area once before and it was a hard nope. Never returned. What separates CrossFit San Leandro is the diversity, community, and welcoming environment from every person there. I know that there will be smiling faces, people to encourage me, and a true sense of community where everyone is welcome every time I step inside of CrossFit San Leandro.