

CrossFitter on Fire

Brittney Jones

November 2018

Occupation: Kindergarten Teacher/ Stay At Home Mom

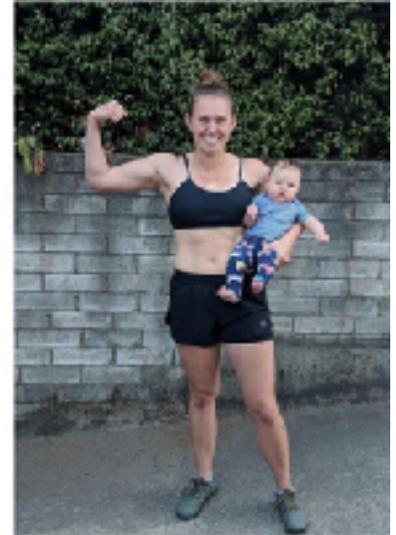
When did you join CFSL? I joined CFSL two years ago as of this November.

What made you decide to try CrossFit? I was looking for a gym on my way home from work that would help me reset after my day. When I found CFSL, it was my first year of teaching, and I was in desperate need of some way to help me release all of the tension I was feeling from my job.

Have you lost weight? If so, how many pounds? Honestly, I haven't really lost a ton of weight (although I will say that it was a main contributor for getting back to my pre-pregnancy weight in less than 4 months!), but I have noticed that it has changed my body composition significantly—specifically my muscle gain! I feel stronger and healthier than I have ever before.

What are your current goals? And, future goals? My current goal is to gain back the muscle I lost during pregnancy (as well as targeting core strength). Future goals are to get back into OLY, and get my first MUSCLE UP!

Tricks or tips that have helped you with exercising or weight loss? Stay consistent, and log your progress. It's been amazing to see how far I've come since I first started CrossFit. Also, I would totally encourage women to try CrossFit while their pregnant (obviously that depends on the nature of their pregnancy). I think there is an unfortunate stigma to working out while pregnant, when in fact our bodies are capable of amazing things! I was able to work out up until about 38 weeks (scaling where needed along the way), and I truly believe it contributed to a healthy pregnancy, as well as helping me maintain sanity.



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

This is probably my greatest weakness! I currently have been trying to log my macros, but in the past my routine has been: workout hard = eat fun things.

What is your favorite cheat meal? Pizza and Mexican food!

Hobbies? What are they. Hiking, reading and hand lettering.

Favorite CrossFit WOD or movement? Snatches and Cleans

Least favorite CrossFit WOD movement? Thrusters and wall balls (basically they're the same terrible movement)

Biggest accomplishment so far? Completing the Open while pregnant, and getting back to CrossFit after 4 weeks post-partum.

What is the best thing about CrossFit San Leandro? The community! I think probably everyone says this, but it is so true. I've never been this committed to any sort of gym in my life, and I believe that is largely due to the fact that I genuinely enjoy coming to CFSL every week. I love the high intensity workouts, coupled with the great people I get to do them with.