

**CrossFitter on Fire**

# Tandra Trenholm

**December 2018**

## **When did you join CFSL?**

I joined CrossFit the first time in February 2016 but my original gym closed in July 2016. I joined the San Leandro CrossFit in November 2016 after some searching for one closer to my work place.

## **What made you decide to try CrossFit?**

I joined CrossFit because my daughter tried it before joining the Air Force and enjoyed it. She told me about it. I also needed to do something to get back into shape after not exercising for quite a few years and to help with the chronic pain.

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

I have maintained my weight since joining CrossFit but have lost inches around my body.

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

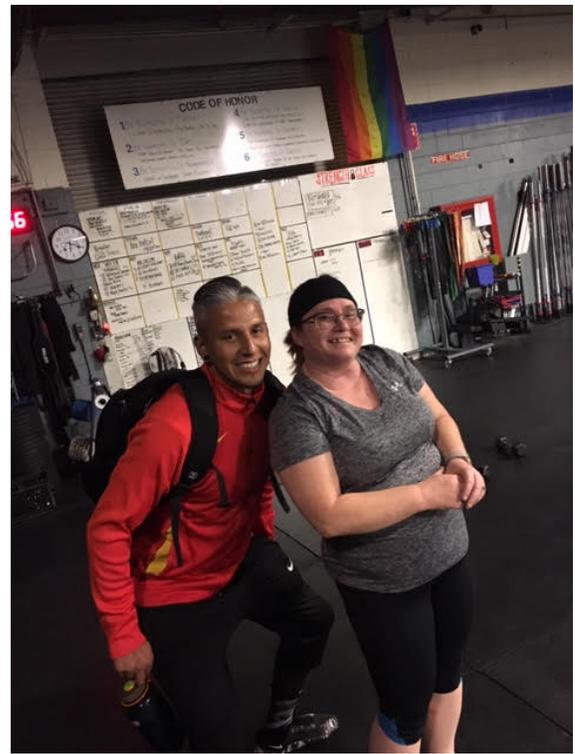
My current goals are to keep going to CrossFit on a consistent basis. Future goals would be to start losing weight within the next year.

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

I believe in baby steps when adjusting to a lifestyle change. I find if I jump right in, then I will fall off the wagon and won't return.

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

Right now, I don't follow any diet plan. Just try to keep the sugar intake down to dull minimum and drink a lot of water.



## **What is your favorite cheat meal?**

I don't really have a cheat meal. It's more like a dessert. I love Dryer's Chocolate ice cream with brownie bites in it.

## **What are your Hobbies?**

I am on a bowling league on Friday's. I also like to read and do puzzle either on the computer or a 1000 piece puzzles. Hobbies? What are they.

## **Favorite CrossFit WOD or movement?**

I like when we get to do weights off the rig. Finding out how much I have improved in strength makes me even more motivated to do better.

## **Least favorite CrossFit WOD movement?**

My least favorite movement would have to be burpees and pull ups.

## **Biggest accomplishment so far?**

My biggest accomplishment so far was when I did a work out at an RX weight. I don't get to do too many of them at RX weight.

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

There are numerous things I like about CrossFit San Leandro. I like the family atmosphere. Most gyms I have been to don't have that feeling. I look forward to going to working out. Even on days that look hard, I'm excited to be there. The coaches are helpful when I need to modify my movements because of injuries. That alone will keep me going to CrossFit.