

CrossFitter on Fire

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Occupation: nurse practitioner

When did you join CFSL?

I joined CFSL part time in 2014, just coming for a few weeks at a time when I was in town on school breaks. When I moved back to the bay in 2017 I joined as a full time member.

What made you decide to try CrossFit?

I started CrossFit in Baltimore when some of my friends from nursing school talked me into giving it a try. I haven't looked back, since!

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

I've lost 40lbs since I started focusing on my diet this past April

What are your current goals? And, future goals?

Continue to work toward a healthy weight and to get toes to bar in 2019!!

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

Just being mindful about what I'm eating, cutting out sugar and most other carbohydrates. And just making an effort to show up. I know I feel better when I work out, so I just make myself get out of bed and get it done.

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

I'm not paleo, but I do follow a low carb lifestyle and I track my macros.



What is your favorite cheat meal?

Definitely pizza and ice cream. I don't cheat often, but when I do, I go big.

Hobbies? What are they.

Hobbies? What are those? My main hobby is Crossfit, but I also enjoy knitting and spending time with friends, family, and my doggo.

Favorite CrossFit WOD or movement?

Pretty much anything with a barbell. I also really like double unders even though they frustrate me to no end sometimes.

Least favorite CrossFit WOD movement?

Burpees.

Biggest accomplishment so far?

Finally being able to see myself as an athlete. Crossfit has made me do things I NEVER thought I would be able to do.

What is the best thing about CrossFit San Leandro?

The people are hands down the best part. I love my 5am-ily. I always feel supported and motivated by the people around me. You guys keep me sane and I don't know what I would do without you.