

CrossFitter on Fire

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When did you join CFSL?

I joined CFSL exactly 1 year ago April 2019.

What made you decide to try CrossFit?

I was introduced to CFSL by a friend and, decided to join as I had already been on a weight loss fitness journey for sometime felt I needed something more intense that would push me pass my limits.

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

Since joining CFSL I have lost a little over 50lbs if not more.

What are your current goals? And, future goals?

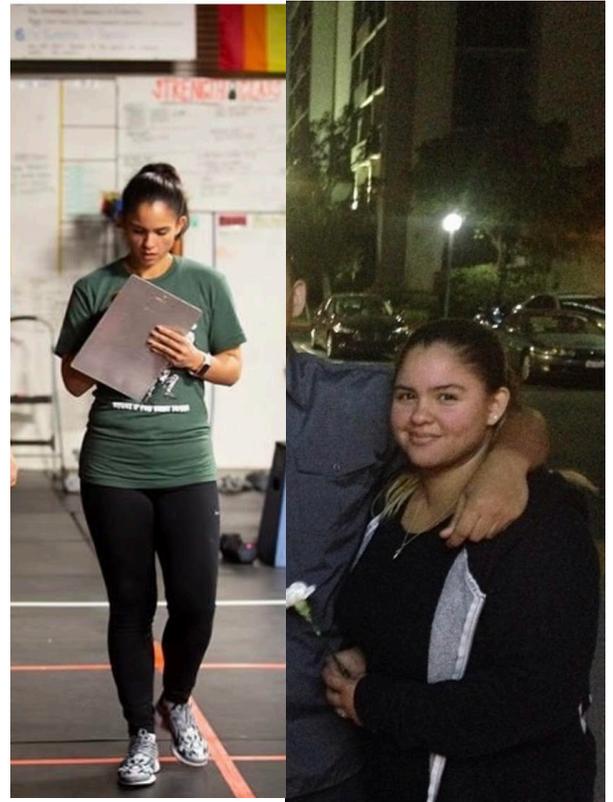
My goal is to be able to do every movement/ WOD strict w/o modifications along with building up my strength to become stronger and fit.

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

My goal/ future goal that I'm currently working on is becoming a trainer and nutritionist. I want to be able to help others reach their fitness goals as is something that I not only enjoy but love doing.

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

Overall, 80% of what has helped me has been the change in my nutrition lifestyle. Along with the push and encouragement I receive all around from the coaches to friends at CFSL after every wod. Seeing the progress results.



What is your favorite cheat meal?

My favorite cheat meal would have to be sushi & steak tacos!

Hobbies? What are they.

My hobbies, I love going on long hikes, helping friends workout. Love love going to sports games football and, basketball.

Favorite CrossFit WOD or movement?

My favorite wod/ movements would have to be lifting, squat cleans, front squats.

Least favorite CrossFit WOD movement?

Least favorite definitely Burpee's!

Biggest accomplishment so far?

My biggest accomplishment has been being able to lose weight through physical activity. Being able to do toes to bar, strict pull ups in such short period of time.

What is the best thing about CrossFit San Leandro?

The best thing I love about CFSL is the overall community and atmosphere. The story behind every wod along with the support and thrive from the coaches.