

# CrossFitter on Fire

## Elsa Castillo

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**Occupation:** Human Services Specialist, City of San Leandro

**When did you join CFSL?** April 2019

**What made you decide to try CrossFit?** It started with peer pressure (from Javier) haha. But once I got started, it was easy to stick to. I feel like I have found what works for me!

**Have you lost weight? If so, how many pounds?** Yes, 40 pounds!

**What are your current goals? And, future goals?** My current goal is to drop another 20 pounds. In the future, I would like to focus on strengthening my core. I suffered a back injury several years ago that flares up easily with any wrong movements. I would like to strengthen my core to prevent any future flare ups.

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

Take before and after pictures and don't focus on the scale. Some weeks are better than others so I make it a point to also measure myself and not stress about the number on the scale.

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

I currently follow a pescatarian-keto diet.



**What is your favorite cheat meal?**

I haven't had a cheat meal since starting keto (May 27th) but if I were going to have a cheat meal it would be a big cheesy PIZZA!

**Hobbies? What are they.**

I love trying new restaurants, dancing, hiking and hot tubbing!

**Favorite CrossFit WOD or movement?**  
Deadlifts

**Least favorite CrossFit WOD movement?** Burpees, ugh!

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

Without doubt, the best thing about CFSL is the community environment. Especially when I know that the WOD is going to be difficult, there is solace in knowing we are all going to suffer together hahaha.