

CrossFitter on Fire

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Occupation: pre-k teacher

When did you join CFSL?

August 2019.

What made you decide to try CrossFit?

I was tired of going to the gym alone and missed team workouts.

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

I haven't lost weight, but gained muscle and lost fat.

What are your current goals? And, future goals?

Just get better and keep having fun!

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

For me, CrossFit has become my happy place, where I put everything on hold and enjoy the moment. It is all about the fun and doing your best.

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

Not paleo, but I have a meal plan from a nutritionist and have been following it well, although it has been tough during the holidays.

What is your favorite cheat meal?

I don't have a cheat meal, but I am weak for chocolate.



Hobbies? What are they.

Hiking, reading, CrossFit. :)

Favorite CrossFit WOD or movement?

For now. The handstand push up. But I like the gymnastics part of it mostly.

Least favorite CrossFit WOD movement?

Lifting is a tough part for me, but I try to work hard on it.

Biggest accomplishment so far?

In CrossFit, I would say hitting PRs on weights.

What is the best thing about CrossFit San Leandro?

The community is awesome! The coaches are not only knowledgeable, but they are encouraging and kind. It is a fun place to be.

