

CrossFitter on Fire

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When did you join CFSL?

Started at CFSL in Nov 2019

What made you decide to try CrossFit?

Joined because I wanted to get stronger, fitter, improve posture and balance.

Have you lost weight? If so, how many pounds

Yes I have lost 22 lbs

What are your current goals? And, future goals?

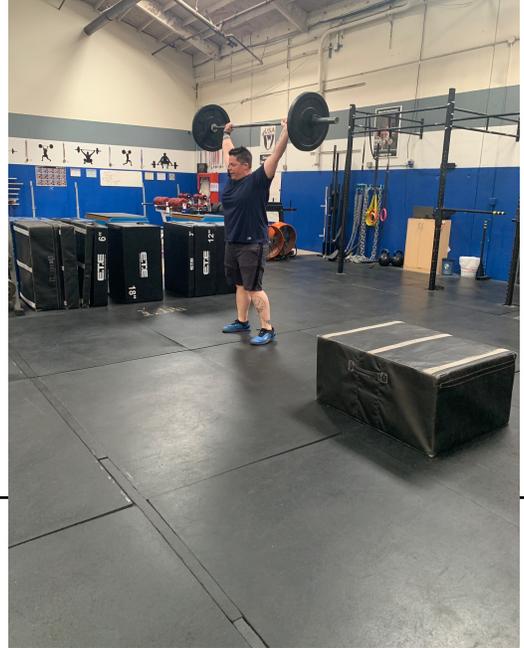
Current goal is to make it to more classes!
Future goal is to learn how to tolerate running.

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

I don't have any tips or tricks for the exercising. The main thing that has helped me is accountability and encouragement from my coach.

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

No Paleo, I don't like eating dinosaurs. I have been working on increasing protein and fiber intake but other than that nothing special.



What is your favorite cheat meal?

My favorite meal that I don't eat very often is pasta, specifically spicy shrimp pasta from a restaurant in Portland

Hobbies? What are they.

Hmmm, right now my hobby is collecting hotel points I guess. When time allows hiking in the forest.

Favorite CrossFit WOD or movement?

Favorite CrossFit movement Snatch

Least favorite CrossFit WOD movement?

Least favorite CrossFit movement Burpees of course or running or when I had to fight that tiger...maybe that was a dream or maybe the tiger is a metaphor. Let's go with burpees and if anyone ever invents running burpees I will hate that the most.

Biggest accomplishment so far?

Biggest accomplishment for me is making the gym a priority and showing up and of course getting stronger and achieving personal records

What is the best thing about CrossFit San Leandro?

Best thing is the coaches of course!