

## CrossFitter on Fire

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April 2020

**When did you join CFSL?** June, 2011

**What made you decide to try CrossFit?** I had started gaining weight in my mid-section. My diet had changed to more pasta given my recent marriage to my husband who ate a lot of pasta due to his Italian heritage. I was used to jogging, but was looking for something more than that. In 2011, I decided to give myself a birthday present of a personal coach at 24 Hour Fitness. That coach then introduced me to CrossFit and I have not looked back since then.

**Have you lost weight? If so, how many pounds?** I am now coming up on almost ten years at CrossFitSL. My weight has fluctuated some but not wildly. I am happy to now be consistently at my target weight between 98 lbs -103 lbs which feels right from my body frame.

**What are your current goals? And, future goals?** I am in my 50's and in a new decade of life. My goal is to remain healthy and happy. I want to sweat everyday, so that means working out in some way everyday.

**Tricks or tips that have helped you with exercising or weight loss?** Being in my 50's, I try not to compare myself to others in the gym who are younger in their 20's and 30's. I just do my best work, break into a sweat and am satisfied if I got a good workout.

**Hobbies? What are they.** I have been really into non-fiction reading the last few years, Sudoku, traveling, masterpiece theater, foreign languages and dancing at home.



**Are you Paleo? If not, what is your diet/ or food plan you follow?** One of the life changing things/habit I created was to half the carbs I eat. So, I eat a lot less rice (and only brown) and very little pasta or bread. I hardly eat much cheese and drink only a little of goat's milk. I am a pescatarian. I heard one of the coaches, maybe it was Ruth, who said that good health is 30% exercise and 70% diet. I took this advice to heart.

**What is your favorite cheat meal?** My husband's home made pizza.

**Favorite CrossFit WOD or movement?**  
Squats

**Least favorite CrossFit WOD movement?**  
Push Ups

**Biggest accomplishment so far?** Deadlifting over my body weight.

**What is the best thing about CrossFit San Leandro?** The positivity and being able to participate no matter where one is in one's fitness abilities.