

CrossFitter on Fire

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Occupation: Preschool Teacher

When did you join CFSL?

I joined July of 2019

What made you decide to try CrossFit?

My friends (Elsa and Miguel) talked about how much they loved it, and it piqued my interest. So I decided to give it a try. I enjoy the intensity of the CF WODs, and the support of the coaches.

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

Pre-quarantine I did lose weight! I think about 10-15 lbs.

What are your current goals? And, future goals?

To continue to feel healthy and strong, and to lose weight.

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

Having friends keep me accountable has been the key. Also the fact that somebody (*cough cough* Ruth) texted me asking where the f I am when I missed a zoom class. There's nothing like fear to keep you motivated

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

No, I'm not paleo. I don't really follow any diet, I love food too much. I just try to eat reasonably well, and incorporate more fruits and vegetables into what I'm eating everyday.

What is your favorite cheat meal?

I have a huge sweet tooth. So anything that has chocolate in it. Also, bread!

Hobbies? What are they.

Listening to music and podcasts, driving, hiking, cooking, drinking beers with friends.

Favorite CrossFit WOD or movement?

Weighed squats. They make me feel strong.

Least favorite CrossFit WOD movement?

Burpees. Ugh.

Biggest accomplishment so far?

Doing the WODs consistently during this whole SIP mess has been my biggest accomplishment so far.

What is the best thing about CrossFit San Leandro?

I know it's been said before, but the CFSL community is amazing. I appreciate that the coaches emphasize feeling strong, good, and healthy. I also love that the classes are filled with a lot of sarcasm and humor; it helps a rough workout go by faster.