

CrossFitter on Fire

Eric Hall

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Occupation: Research Scientist. Currently developing diagnostic tests for Miss Rona.

When did you join CFSL?

I joined in late February of 2020, shortly after I started a new job and moved to San Leandro.

What made you decide to try CrossFit?

I'd been wanting to switch up my workout routine with something that was more varied and organized. I did karate for 12 years and krav maga for another 3, but after that spent several years just weightlifting on my own. I realized having someone making a workout program and yelling at me to do it was way more effective, so I decided to finally try out CrossFit.

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

I actually don't weigh myself. Since weight sums both fat and muscle, and it fluctuates throughout the day, I've never found it a useful measure of fitness. Instead, I try to be mindful of my energy level, how my digestion system feels, and other holistic internal feelings to judge health. I know what I should feel like when I'm healthy, so I go by that. If I don't feel healthy, I think back to what I've eaten or things I've done to see what might be missing or in excess.

What are your current goals? And, future goals?

Current goals are to be active 6 days a week and try to mitigate the loss of muscle during shelter-in-place as much as possible. CFSL's online workouts have been amazing for this. I feel so incredibly lucky that I joined right before all of this happened. I think I would have gone nuts by now trying to stick to my own poor attempts at a self-assembled workout routine. Future goals are to get back to where I was and then blow past it.

Least favorite CrossFit WOD/ Movement?

Double-unders. I cannot for the life of me figure them out (yet). However, now that I've gotten a jump rope, I'm hoping to use some YouTube videos to figure them out before the return to the gym.

Biggest accomplishment so far?

In life or in CF? If we're talking CF... I guess finally getting my squat form right so that my adductors don't get screwed up. Thanks Cecilia! If we're talking life in general, definitely when I got my PhD.

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

For exercise, find something that you can easily fit into your schedule and enjoy doing. That way, it's easier to get into the routine. Once it's really a routine, I've found it's easier to stay in it than get out of it! For maintaining a healthy weight, eat a variety of foods and pay attention to your stomach. The worst lesson American kids are taught is to finish everything on a plate. Paying attention and being mindful to what your body wants, and how much of it, really helps.

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

I make sure I get a good amount of veggies, fruit, and protein. I think back to what I've had in the last 24 hours and try to have something different or something I feel I'm missing for my next meal.

What is your favorite cheat meal?

In-N-Out, #1 with onions. I'm not on a strict diet, so it's not 'cheating', but it's definitely the thing that I love to eat that I have to regulate myself on. Has it been less than a week since my last one? Then I'm eating some veggies and chicken instead.

Hobbies? What are they.

My biggest current hobbies other than fitness are gaming and singing. I even run a D&D campaign once a month. I'm a gigantic nerd. I used to do dance and martial arts as well.

Favorite CrossFit WOD or movement?

I always enjoy the rounds for time or amraps that combine weightlifting with some aerobic exercise like running. My competitive side takes over and I end up completely exhausting myself.

What is the best thing about CrossFit San Leandro?

The best thing about CFSL is the welcoming community, especially the instructors. Before I tried CFSL, I heard a lot of things about CrossFit gyms and the attitudes of coaches, and many of them were not good. However, I immediately felt welcomed when I walked through the doors of CFSL. It meant a lot to me to see the pride flag hanging right at the front of the gym. I also loved my intro sessions with Cecilia and was excited to start classes with the rest of the gym. Since then, I've loved the energy of the class (both in the gym and in zoom calls) and can't wait to work out with everyone in-person again!