

My journey began this February when my sissy called me and asked me if I wanted to go to this gym called CrossFit she had been going to for a while, I said sure sissy she knew I was very depressed about my weight and didn't even like looking in the mirror...When I began CrossFit I weighed 198 I was almost 70 lbs overweight. and I am only 5 ft 2 I am suppose to weigh about 120 I wasn't even close. My first day at CrossFit when Coach Todd was talking to me I took every piece of information that came out of his mouth very seriously. I never had a workout that actually felt like it was going to change my life. after I left the gym that day I totally changed the way I ate cold turkey went straight PALEO I live by it like its my bible. I started to go to CrossFit every Saturday and starting eating right and doing everything coach Todd told me to do and I started seeing changes in my body in my clothes in very thing the way i felt the way I thought and the way I lived...I have been going to CrossFit now steadily sense may when I bought my membership I now weigh 137 and my BMI is now 26 I am so very happy and my life is amazing I say now my first love is CROSSFITTING I will be forever thankful for the ongoing education support and

such an amazing place to be myself and work on
myself...thanks to My God and Todd my life is complete...