

This is my 8th week of CrossFit. Maybe it's the lawyer in me, but I will get right to the point: I am stronger, have increased my fitness and my body has changed. I am developing beautiful legs and a tight little tushy and for the first time in my life, I can see some muscle definition in my abdominals.

I really, really put off joining CrossFit. I was hearing all these weird terms like "clean," "push-jerk," and "burpees" and figured it was easier to stick with my stair stepper at Urban Active. I understood a treadmill. I hated it, but I figured I wasn't going to blow out a knee on the treadmill. I watched men and women pressing weights on CrossFit videos thought, "Yeah, right. I need to get into shape before I can do that!" I was also strongly opposed to doing squats.

Somehow, though, I made my way to Todd's gym. Maybe it was the three months I spent at Urban, two hours a day, 6 days a week, killing myself without minimal results. I figured I would give it a month.

He ran me through the elements first. I liked learning the elements and I didn't leave the gym in a state of near exhaustion every night but I did get a good workout. When he thought I could handle it, he increased my weight. I started out pressing 55 lbs, dead lifting 150 lbs and squatting 95 lbs.

So much for hating the squats. I am a squatting fool. Squats are great – my biggest roadblock was the one in my head. They are also the number one reason my lower body is tight. I am getting back the body I had in my 20's and I am in my late 30's.

I decided to sign up for a second month. I was seeing my body change and I didn't have to live at the gym to do it. The intensity of the workouts increased but I love them and love challenging myself.

By week six, I was breaking PR's (personal records) like crazy. I increased all my max weights with squats, dead lifts and presses. I could run 400 meters without stopping to catch my breath and believe me, I hate to run and ALWAYS have to stop and catch my breath. That was a first.

Did this happen overnight? No, it took about a month. Was it easy? No, but it was worth it. How often do I go? Five to six days a week. Did I change my diet? Not yet, but when I do I will drop body fat like crazy. Can I lose weight and still eat what I want? Sure, but the results won't be as impressive. Paleo and Zone, that's the way to go. To break this down in the simplest terms to the non-fitness folk, "Zone" means eating about five small meals a day and watching portions. "Paleo" means eating in the

hunter-gather fashion. If your Great-grandmother would not recognize it, don't eat it.

Is CrossFit for me? Absolutely. I HAVE NEVER GOTTEN SUCH GOOD RESULTS AS QUICKLY AS I HAVE WITH CROSSFIT!! Frankly, I am surprised that I love it as much as I do. I have never been hurt and I am always challenged. Some people view it as expensive, but it is the best money I have every spent and worth every penny. I sleep better, have money energy and am getting in the best shape of my life.

-LeAnn Schemrich