



Case Study #1

Our first case study demonstrates that we all need to look outside our fitness box and check in with a new start every now and again. Eric was a triathlete so he must be fit, right?

Not so quick, Eric started at CrossFit On the Move and realized he was not fit. He was just bike fit.

Ever think you have it all under control and you are at your fitness peak? Eric did. That's until he started my program.

Maybe you can relate to Eric's story.

Let's get to it...

Case Study #1

Eric Simontis

Age: 47

Title: "Triathlon fit but still unfit"

In Eric's words:

"I could swim, bike and run long distances – impressive but it doesn't help you out in life.

Then my knees and shoulder gave out.

I had successive surgeries. I turned to biking and became 'bike fit.'

In 2010, I was having one of the best bike training years but my times were not showing any improvement. I was becoming more inconsistent in my races.

I came to CrossFit On the Move in July 2010 following a bike accident.

There, I learned that I needed to become fit--plain and simple. Not just bike fit.

But I wasn't sure I would be able to keep up at CrossFitting. I couldn't do a pull-up.

I walked into CrossFit On the Move with my left arm in a splint and found out that I can do anything at CrossFit On the Move. I could modify the workouts to my specific needs and immediate condition.

But the class was still intimidating.

I soon realized that I wasn't competing against other athletes like I do at my races. I was competing against myself.

It is just me in the WOD.

Sure, I still look over to see how many reps someone else is doing or what weight they are lifting. But it's more about motivating *me* now.

This was a big shift in my idea about working out.

Before, I was a member of a big box gym. I go and I work out solo.

Not anymore.

At CrossFit On the Move, I work out in a group. That group helps push me to work harder than I would on my own.

And I don't have to compete with them. I only have to compete with myself. This isn't a race.

I didn't get the one-on-one support at a gym like I do at CrossFit On the Move. The training, the people, the advice--it's all part of the package.

I get the collective benefit of all this experience and support.

And the big box gym didn't help me with nutrition like they do at CrossFit On the Move.

Since joining CrossFit On the Move, I have surrounded myself with people who want to work hard and get fit. And, I have fun doing so!

The support and camaraderie is unlike anything I found at a big box gym and unique to CrossFit On the Move.

At 47, I feel healthier and I am much, much stronger. The training combined with the focus on nutrition has helped me evolve as an athlete.

Now, I'm fit -- not bike fit, not triathlon fit but just plain fit.

Not only can I do a pull-up now. I can do successive weighted pull-ups."

From not being able to do one pull-up to weighted pull-ups.

That's incredible!

Isn't it about time you take a look at CrossFit On the Move yourself?

Pick up the phone and call me while you are still thinking about it.

You can reach me at 404-333-2700.

I look forward to meeting you in person.

To your health,
Toby Watson