



## Case Study #2

Did you get a chance to read our first case study?

If not, go back and take a moment to learn about Eric Simontis. It's a great story about how we all think we are covering all the fitness bases only to find out we're not!

It shows how much CrossFit On the Move can change your life.

Ready for case study #2? Let's switch gears and get started with another inspirational story...

Ever find yourself frustrated by looking for something new in your fitness routine?

Lots of people do.

**Here's something I know** – people go looking when they are bored or unsatisfied.

Monotony builds unrest. Unrest settles into a boring routine. Results are lost. It becomes a struggle.

This is where Elizabeth Harris found herself. Spending more time looking rather than finding a real solution for her fitness needs.

I think you will enjoy her story. She became honest with herself and found answers at CrossFit On the Move.

Here she is in her own words:

### Case Study #2

**Elizabeth Harris**

**Age: 39**

**Title: "Been there, tried that"**

"I was at my fitness wit's end.

Been there, tried that. I was frustrated and didn't think I would ever see any real physical changes in my body especially since age was not on my side.

I am a runner, a boot camper, worked with a personal trainer and finally participated in the personal trainer's camp. I never lost any weight or realized any real strength gains.

I tried it all.

I even supplemented with spin and abs classes when my calf muscle tore from overuse. I was lost and irritated that my one true love, running, was put on the back burner due to injury.

I went looking for something else... again. I heard about CrossFit but wasn't sure what it was. I had two friends who tried it and hated it.

I was intimidated and a bit scared of CrossFit and the mythology that surrounded it.

I was concerned I wasn't good enough to be a member of a CrossFit gym. I thought people who did this sort of training were animals.

I realized a CrossFit gym opened in Grant Park and I googled it. I found Toby Watson and sent him an email.

Toby's response offered me a free class and an opportunity to dispel the myths and learn first-hand about CrossFit On the Move.

I was intrigued.

That class changed my life.

I realized CrossFit On the Move is for everyone. It is all encompassing and I witnessed all ages, types and shapes during my visit.

I was hooked. Toby worked with me that day and dispelled all the myths. He graciously answered my seemingly endless questions. He knew more about me than I did.

But I was still a bit scared. I tried to make excuses for myself, "I can't afford it" or "Do I have time?"

Afford it? Of course I can. Cancel the trainer and the trainer's boot camp.

Time? I stopped supplementing my workout schedule with spin and abs classes and whatever else struck my fitness fancy.

I found my way, stopped with all the excuses and started CrossFit On the Move seven months ago.

Now, my clothes don't fit. My body shape has changed. I feel better and stronger than ever. And, I am almost 40!

All my bootcamp and spin friends are dying to know what I am doing. They can't believe how "in shape" I am. And I love telling them it is CrossFit On the Move. I can't stop talking about the training.

Let's be honest, the training still scares me sometimes. But I know I can do it.

I know there will be a group of people with me in the class cheering me on and giving me support and vice versa.

I don't have to be the fastest or the strongest. I just finish and go home knowing I just did more for my body in one hour than most people do in a week and it shows.

And, I know I can take CrossFit On the Move to the next level – nutritional counseling.

I have just started a lifestyle change that involves CrossFit On the Move combined with paleo eating. While this new level has just started for me, I am already seeing results in the nutritional shift.

I look good on the outside and feel just as good on the inside.

CrossFit On the Move is about being honest. Being honest with yourself and your health. Excuses are easy. Honesty is hard.

Honesty opened the door to CrossFit On the Move and I finally stop looking for that next fitness fix.

Mystery solved.”

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How is that for finding the truth?

Elizabeth started being honest with herself and found her personal fitness truth.

You are not alone in your search.

Let's do something about this, shall we?

I can help you find your fitness truth. We can do it together.

Hope to hear from you soon. Call me at 404-333-2700 and let's talk

To Your Health,  
Toby Watson