



Case Study #3

What did you think about Elizabeth's case study?

It's a great story about finding a fitness solution that works!

I hope you are starting to get excited about CrossFit On the Move. I have sent you two case studies from our members and I hope their stories have shown you how much CrossFit On the Move has changed their lives.

I have a little more proof for you in case study #3. You'll get to know Zac Lux.

Zac is young, active and found himself with 15 unwanted pounds - those pesky "freshman 15" as they say. He found CrossFit first. Then he found CrossFit On the Move.

What's the difference? Let Zac tell you.

Case Study #3

Zac Lux

Age: 25

Title: "Self-proclaimed gym rat"

In his own words:

"All through high school I was athletic, skinny and played hockey.

I ate terribly but my teenage metabolism stayed ahead of me.

I left for college and the 'freshman 15' found me and it hit me hard.

I became disgusted at the site of myself in summer beach pictures and I started to develop some very concerning digestive issues.

I wasn't feeling like myself either.

I felt consistently unmotivated and unproductive. I knew something had to be done.

My roommate encouraged me to get a membership at the local GloboGym. He taught me a few basic movements and I lost all the weight I had gained.

There was one problem. I was bored with my GloboGym.

It lacked program variety and the boredom killed my motivation to progress.

I just did the same routine, day in and day out.

I discovered CrossFit on the internet. I started doing the WODs (workout of the day) on the website with my friends. I was blown away by the intensity and effectiveness.

My only problem with doing CrossFit on my own was that I didn't feel like I was doing the movements correctly.

This is when I started shopping for an actual CrossFit gym.

I called Toby and set up a free workout at CrossFit On the Move.

I was right. I wasn't doing the CrossFit training correctly or effectively. I learned this and so much more in one hour!

The other gym members cheered me on as I pushed through; the trainers gave me great instruction; for the first time ever, I felt challenged.

I was in post-workout euphoria.

I was in.

I've been with CrossFit On the Move for over a year and a half.

Everything about me has changed for the better - endurance, agility, sensory perception, balance, aesthetics, general life appreciation. I could go on and on.

I'd go without any non-necessities or luxuries in my life if that is what I had to do to stay at CrossFit On the Move.

It means that much to me."

Are you starting to see what CrossFit On the Move can do for people? Zac's words ring true with so many people.

Zac found himself with unexpected weight gain and an unfulfilling way to keep the weight off long-term.

Did you notice he found CrossFit but it was CrossFit On the Move that put him on a path to long-term health and wellness?

You can do CrossFit style workouts on your own.

You can't give yourself quality instruction, support and encouragement.

I can do that. Call me today at 404-333-2700 and let's set up a free, no pressure, no obligation workout to see if CrossFit On the Move is for you.

To Your Health,
Toby Watson