



Case Study #4

Ever feel disconnected from your gym routine?

Do you plug in your iPod and forget about the rest of world working out around you?

Danielle Pecora was that person.

But, she wanted something different.

I think you will enjoy Danielle's story about when she stopped going through the motions and found a source of motivation and accountability at CrossFit On the Move.

Let's meet Danielle...

Case Study #4

Danielle Pecora

Age: 38

Title: "Ready to stop being a hamster on the gym treadmill"

In her words:

"You do this every day?"

Those were the words out of my friend's mouth when I brought her to a CrossFit On the Move team WOD.

That question made me feel really good about making a decision to do something different in my workout routine.

I read a lot about CrossFit even before I decided to try CrossFit On the Move. I have to say some of the workouts scared me a little.

But I was ready to stop being that 'hamster' on the treadmill at the gym.

I can honestly say CrossFit On the Move can be the most miserable workout you may go through but the payoffs are far greater than any other workout you will ever do.

I am stronger since starting with CrossFit On the Move.

I have pushed myself harder than any other workout I did at the gym.

I have slimmed down and see more muscle definition.

My clothes fit much better these days!

Pretty much each week I am able to add more weight to my lifts which is motivating for me.

The workouts are getting a little easier and less painful.

We all have to start somewhere and it feels amazing to be able to jump higher and lift more in such a short period of time.

No one is judging me or anyone else on what they can and cannot do.

Each day everyone cheers me on.

That is so amazing – it's like having my own personal trainer!

Everyone is extremely nice and encourages me along the way.

I never feel out of place or bad if I can't perform an exercise.

The continued support from all the coaches and members push me and motivate me beyond my limits.

I, in turn, use that motivation to encourage others too. It is so empowering to be a participant this type of group setting.

Everyone needs a little motivation, I don't care who you are.

And, if I don't show up to class, they come find me... can you say accountability?

Accountability is a powerful motivator, isn't it?

It is amazing how much further you can reach when you surround yourself with support and reassurance.

I would like to offer you that same positive reinforcement.

Call me while you are thinking about it and let's get started.

Your CrossFit On the Move friends are waiting.

Hope to see you soon,

Toby Watson
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