



Case Study #5

I hope you have had some time to read the case studies from our members. We have some truly inspirational people in the gym.

This case study is no exception.

I want you to meet Peyton Warren. He's an insulin dependent Type 1 diabetic.

Peyton knew he had to make some changes in his life and looked to CrossFit On the Move for one of those changes.

Peyton's story is motivating and sheds some light on how a healthier lifestyle goes hand-in-hand with managing his diabetes.

He doesn't allow diabetes be a road block to living life.

Let's meet Peyton...

Case Study #5

Peyton Warren

Age: 31

Title: "I am beating this real-life WOD"

"Hi my name is Peyton Warren and I have diabeetus.

I hope you have seen the Wilford Bremley commercial on TV and because that's my way to break the ice when talking to folks about this.

I have been a Type 1 insulin dependent diabetic for almost 27 years.

My endocrinologist had been trying to get me on an insulin pump for the past 15 years. I thought I was too good for a pump or I was an athlete and didn't need one.

But I knew I needed to make a change especially being a new dad. Changes in managing my diabetes and changes in my lifestyle.

After a couple of trips to the emergency room this past summer and with encouragement from my wife, I got an insulin pump.

Immediately my sugars were under control and I have been doing great ever since.

I couldn't help that I was born with diabetes and I didn't let that slow me down from doing everything I wanted to do.

And with the combination of my new pump and CrossFit, I have never felt better, never wanted to do more with my life and never been in better shape.

CrossFit is driving me to want to be better at what I do. I want to eat better. I want to look better. I want to work harder.

CrossFit gives you discipline with what you do every day and is focused on healthy eating – I've lost 31 lbs since Aug 2010!

I feel like a new person from what I was 6 months ago before I joined CrossFit On the Move.

Do I like having Toby and the trainers have their way with me for an hour? No.

But it's the sense of accomplishment that keeps me coming back.

I'm not the best CrossFitter but I make sure I try my best and at least finish.

CrossFit is like golf; as frustrating as it is, there is always that one hole, shot, or birdie that keeps you coming back for another round next time.

I go to CrossFit On the Move not because I want to but because I know it will make me and my diabetes better.

Whether you are fighting diabetes or any other obstacle in your life, you find something that works for you. Stay with what works.

CrossFit works for me. My insulin pump works for me. My family works for me.

I feel I am beating this real-life WOD.”

What an inspirational story! And another case study how CrossFit On the Move has made a positive difference in someone's life.

Peyton didn't let diabetes become an obstacle in his life. He used it as a motivator – to be the best he could be and that included changing his lifestyle to a healthier one.

Did you notice he lost 31 lbs too? That's amazing!

Don't let any obstacle get in your way to a healthier lifestyle.

Take a step in a healthy direction.

Call me today at 404-333-2700 and let's take that step together.

In Fitness,
Toby Watson