



Case Study #6

I hope you have taken some time to read a few of our case studies. It is so amazing to me to see the differences in why people try CrossFit On the Move.

I have another story for you today.

Since Carrie joined CrossFit On the Move, she has kept us laughing. Her sense of humor and practical approach to life is great!

I think it is safe to say that Carrie isn't a "die-hard" fitness fanatic. She just wanted to live a healthier life and that is what brought her to us.

Let's have a good laugh...

Case Study #6

Carrie Amesroy

Age: 40

Title: "I'm not an athlete and I don't inspire to be one"

"I am not by nature a joiner of anything.

I do not belong to a political party, a religion or a video rental store.

I don't like doing things with groups of people. And I don't like to be athletically competitive with myself or anything over a foot high.

I am not an 'athlete' and don't aspire to be one. I am not coordinated. I do not run fast. I cannot do a handstand (yet).

I do not play sports or watch them on TV and seeing a dumbbell makes me break into a cold sweat.

Now, with all that said, I am 40 and I plan to live until 120 with future scientific advancements so something life-altering (but not taking more than 4 hours a week) had to be done.

Since my 35th birthday, my body had acquired 15 pounds it was unwilling to part with. I tried Weight Watchers, the treadmill at the YMCA, homeopathic slimming herbs and nothing was working.

I might lose four or five pounds but then I'd put it right back on after an evening at a Mexican restaurant.

I was wearing too much loose fitting polyester loungewear for a woman of 40 not in a Florida retirement home.

Lucky for me, I ran across a former acquaintance's testimonial on another CrossFit website. I vaguely knew this person because I vaguely dated her brother back in the very vague late 90's.

Her story blew my mind. She went from 160+ lbs to 132 lbs in a matter of months doing CrossFit combined with The Zone & the Paleolithic diet. She looked fit and strong!

All the sudden I wanted muscles in my arms and my stomach. Muscles I could see.

I called several CrossFit gyms in the Atlanta area looking for the one that returned my call the quickest and seemed most excited about me coming to their gym.

Toby, gym owner and all-around special guy, at CrossFit On the Move won the prize.

The prize being ME: my loyalty, my slowest-to-learn-anything-in-a-class AND my excitement about writing this testimonial.

I have a few observations since I joined CrossFit On the Move.

WHAT I LOVE ABOUT CROSSFIT ON THE MOVE:

1. The classes are small and you get a ton of individual, 1-on-1 coaching.
2. You see IMMEDIATE results in your body, your mind, your discipline, your health, your impressiveness with yourself.
3. The people (owner, trainers & fellow CrossFitters) are AMAZING
4. There is a strong sense of family and community at this gym
5. Everyone progresses at their own pace...you are not in competition with other people....there are people in your class of all different shapes, sizes and levels of fitness...and strangely all this variety is what gives the gym its life-force
6. CrossFit is NOT time intensive. You are in and out of the gym in one hour.
7. CrossFit is holistic. If you want to, you can just come for the workouts. Or you can delve deeper and begin changing your food consumption, educating yourself on nutrition and tapping into the resources of the worldwide CrossFit community. CrossFit is a Movement. You can choose to drink the cool-aid and join the Movement, or you can just do a lot of squats and cleans and have a nicer looking body. Whatever works for you.
8. Never the same workout. Every day is a surprise.

WHAT I DON'T LIKE ABOUT CROSSFIT ON THE MOVE:

1. The water bottles in the refrigerator are not free (they have to be stolen).
2. I have to personally put away the weights after I use them. It would be nice if the gym hired After Workout Weight Movers.
3. There is no onsite swimming pool.

I have heard people who have yet to try CrossFit complain about the price. Let me just say this, my monthly fee breaks down to \$8.25 per class. Personal trainers are \$25+ an hour.

I have a personal trainer every class I come to. If you use your membership and come to the gym, you will not complain about the monthly membership fee because you will be so happy with your fit body and your energized life.”

Funny approach to CrossFit don't you think?

Carrie certainly has a different view than most members but she does share one common view I see in the members of the gym – a desire to improve her life.

By the way, Carrie can do that handstand she mentioned earlier!

Whatever motivates you to come to the gym, I promise someone has that same desire you have and the same insecurities.

Every path is different.

Call me and let's start down your path.

Toby Watson
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