



Role at Yolo CrossFit and Credentials

CrossFit and Strength Trainer; CrossFit Level 1

Do you have a day job?

Coordinator, UC LEADS, Diversity & Professional Development for Graduate Studies at UC Davis

What is your fitness philosophy?

Variety in physical activity is the spice of life! We are constantly seeking the ultimate anti-aging miracle, but we needn't look further. We must take control of our journey and stay moving especially as we age.

What is your greatest fitness accomplishment?

In my past fitness life - completion of 23 half marathons. In my recent fitness life, 50ft 530lb sled push

What is the biggest obstacle you have had to overcome on your fitness journey?

Continuing to find fulfillment with fitness and training routines without getting bored and hitting a plateau; experiencing injuries that hinder doing what I love - moving, especially moving big weight!

What are your goals as a coach?

To encourage others to have fun! To empower them to explore new and creative movements and physical activities that inspire continuous motivation

What is your regular fitness regime?

Strength bias training supplemented with CrossFit. I love CrossFit, but I'm a sucker for strength stuff. I lean towards strength bias training because I enjoy it, but more so, I believe regular strength work and practice is the key to anti-aging and life-long movement

What else would you like YCF members to know about you?

I love helping people fitness-wise, but as a counseling professional, I am passionate about helping others develop mental/emotional wellness in all aspects of life

What is your favorite fitness quote?

The best workout is the one you actually do!

Any fitness advice for someone reading this profile?

Why wait? The best time to start your health and wellness journey is now! Trust me, it doesn't require endless hours and a bunch of equipment - dig deep for mental motivation and just start moving!

