



## Meet Sarah!

CrossFit Trainer  
CrossFit Level 1 Certified



### What is your fitness philosophy?

I have many thoughts on this, but here are some big ones for me: 1. Make fitness fun! If you love what you do, you will be more consistent, which is key to success! Also, finding and joining a community of like-minded people who share your interests is so rewarding. Fitness can be so much more fun with friends! 2. There is nothing more important than your health! If you neglect your health, you won't have as much to give to the other important areas of your life – your family, friends, work, etc. Prioritizing your health and making fitness a part of your lifestyle will give you more strength and energy to channel into your relationships and your ability to do just about anything. 3. Hard work pays off! This applies to everything including your fitness. You will get out what you put in, so give everything your best effort. You're only cheating yourself when you don't. And the only workout you will regret is the one you didn't do! 4. Consistency is key! Everyone has legitimate reasons why making time for fitness can be a challenge, but if you are consistent, you will reap the benefits. Make a point to schedule some time for fitness into your busy schedule and make it part of your lifestyle. Finding something you enjoy and people you enjoy doing it with can make this much easier.

### What is your greatest fitness accomplishment?

One of the many things I love about CrossFit is seeing progress when I dedicate time and effort to learning new skills. To date as a CrossFit athlete, landing my first bar muscle up was undoubtedly my proudest and most satisfying moment! I put in a lot of hard work building up to it and finally landing my first BMU was the most amazing feeling!

### What are your goals as a coach?

As a coach, I want to help athletes prioritize and meet their fitness goals whatever they may be. My goal is to encourage and motivate and to help athletes of all skill levels build on their strengths and to develop and tackle plans to keep making progress.

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

Before finding Yolo CrossFit, I had been dealing with chronic pain from fibromyalgia for nine years. I also had a nagging case of achilles tendinitis from long distance running. Although I always found ways to work out, it wasn't until CrossFit that I felt truly healthy. Now, after many years of CrossFit training, I feel better and stronger than ever before and fibromyalgia and tendinitis no longer bother me. The strength and conditioning that I've gained through CrossFit has been absolutely the best medicine!