

# Patti's Success Story

I started going to Crossfit KOP in March of 2009 after a friend told me about it. I was already signed up for my first long distance run, 10 miles, and wanted to get some cross training so I could cross the finish line in May of that year. Up until that point the longest race I ran was a 5k. I only started running in my early 30's after being a wife and mother of 3 children. I had gained a lot of weight with all my pregnancies and had issues with asthma and gestational diabetes. I started out running in place in front of my TV and try to run non stop through the commercials until the show would come back on. I was still using an inhaler for pregnancy induced asthma two times a day. Running was tough but I had my mind set that I wanted to get better at it. I eventually ventured outside. I would run short distances around the neighborhood. I would tell myself that I was going to make it to a certain street sign or mailbox. In 2006, I finished my first 5k run in 39 minutes which is a pretty slow pace. Now that I was signed up for a 10 mile race I was worried I wouldn't be able to run that far.

Aimee worked with me for the two months prior to the race. I was going to Crossfit two times a week. I was hooked! I love a challenge and working out with a group of people was so motivating. I was able to finish the race without a problem.

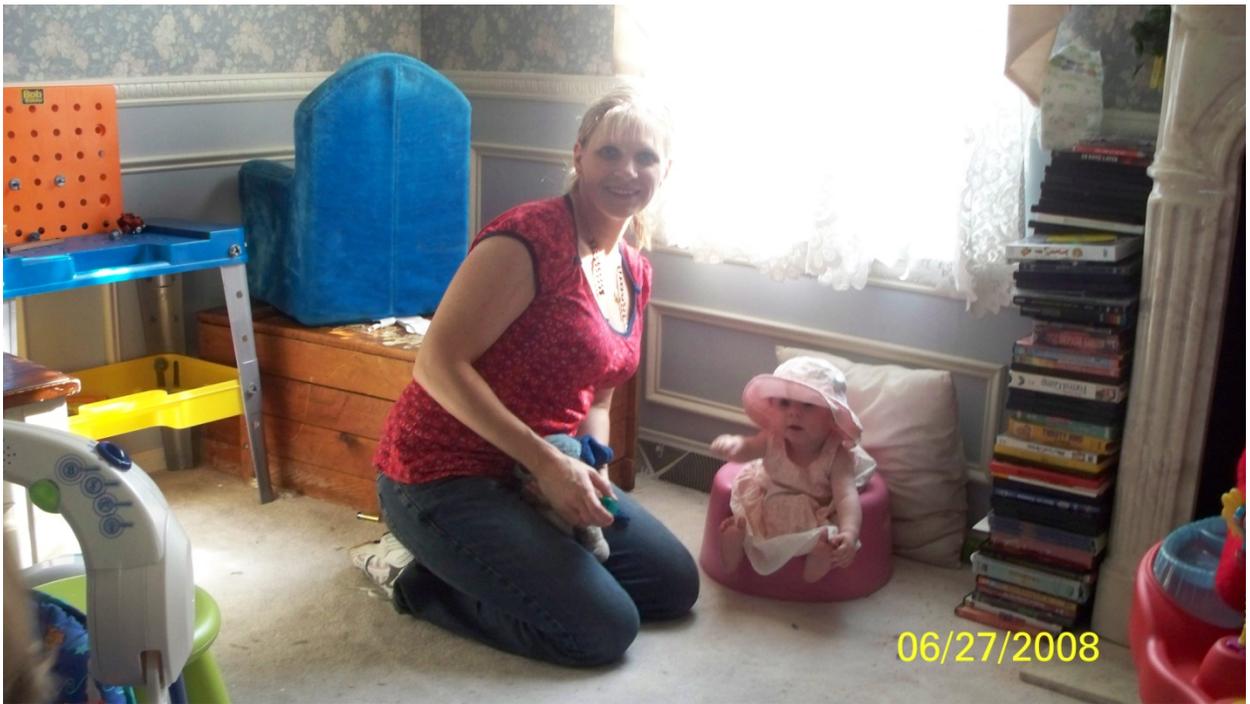
I continued going to Crossfit as often as I could. It was hard juggling family and a full time nightshift nursing job, but I usually went 2 times a week. I remember thinking there were certain things at Crossfit that I would never be able to do no matter how hard I tried or how long I practiced, for example, being able to climb the rope or do a pull up without help from the wide black band. I was fine with the idea of not being able to do all the movements or wod's at an RX level. I would do what I could at the best of my ability. I knew I would never be the strongest or fastest and that was ok. I didn't realize just how much better my body looked and how strong I was until I saw a picture of me in the summer of 2010. I saw a picture of me in a bathing suit and realized I had amazing abs! I couldn't believe it. How did that happen? We never spent hours doing sit ups and crunches?? I was so excited I sent a picture to Aimee. I warned her I was sending a bathing suit picture so she didn't think I was a complete wacko. LOL. I was so proud of myself!!

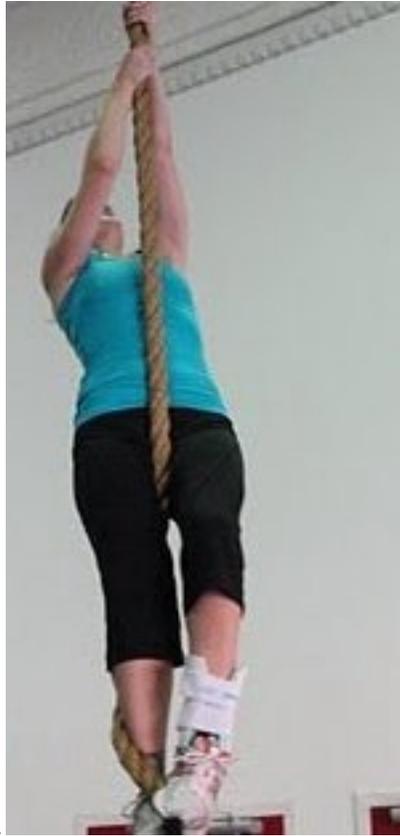
It's now 3 years later. I haven't had to use inhalers for a few years. I still try to juggle a full time nursing job, the family, and time to workout. Thanks to Aimee and all the great coaches at CrossfitKOP I am now able to climb the rope, and can do kipping pull ups without a band! I have also run and completed a full marathon in October of 2011, at the age of 40. (ouch!! it's hard to admit that I'm that old) I am in better shape now then when I was in my 20's.

Crossfit has changed my life. I have done things I've never thought I could. I have scaled walls and lifted more weight than I ever thought I could. I'm proud of how I look and feel and very proud to be a part of Crossfit KOP!!! Thank you Aimee and Jason



BEFORE





**AFTER**



