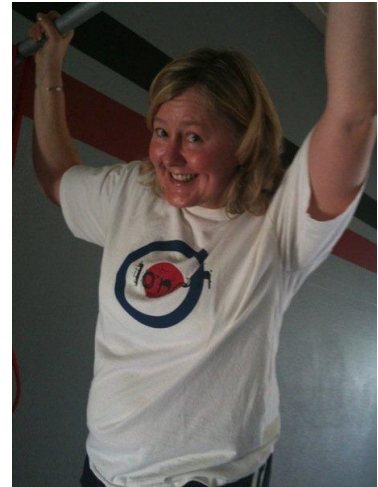


## CFNL Member Testimonials, September 2009

"It hasn't been even a month since I started working out with Amy at Cross Fit and I can already see and feel a huge change in my mind, body and spirit. I am so much stronger and feel great! Amy is positive and fun to work with! In my wildest dreams, I never thought I could work out in 15 -20 minutes and see such results. Amy's healthy food guide is easy to follow and delish! The best part of all is when my husband said last week that I feel different to hug. Oh ya! It's working!!"

Angie S.



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"Last November 2008 a friend kept telling me about a CrossFit gym that was coming to Steilacoom and that we should give it a try together. CrossFit No Limits opened in December and I was one of the first to join this amazing gym. The name says it all....there are no limits. It doesn't matter if you are a beginner or advanced...this gym has a workout of the day (WOD) to fit your level of fitness. I used to go to a local gym and do the same routine every day for about 1-1/2 hours each time, but at CrossFit No Limits you can expect to have a different timed work out every single day and most warm ups/work outs average 45 minutes total.

"Since beginning last December, not only have I met a great group of men and women wanting to physically increase their fitness level, but I have become a different person both physically and mentally. CrossFit No Limits has helped me reach a different level of fitness that I never imagined. I have lost weight, gone down in size, and have more energy and strength than before. I have gone from not being able to do a single pushup, pull-up or box jump to being strong at them all. And to give you an idea of my personal strength gained, in February I could deadlift 125 lbs. versus 165 lbs. today.



"I would encourage anyone thinking about CrossFit to check it out and give it a try! They have nothing to lose except weight."

Tracey T.

“I have been a resident of Steilacoom for over 20 years, and I am a physician practicing Otolaryngology/Head and Neck Surgery. I always say that my profession is "sick care," my hobby is "health care". I played three sports in high school, and have been a runner for the last 41 years. I have completed 17 marathons as well as multiple other races over the years. I had done some weight lifting in the past, but not to the extent I do now at CrossFit, which I tried to do on my own for 2 years until Amy Desmond opened her gym in Steilacoom. After 10 months of CrossFit training, I feel fitter than ever.

“The purpose of CrossFit is to train people for a healthy and functional life through exercises involving randomly selected functional movements performed at high intensity. At CrossFit there is no age-grouping, and everyone is viewed as an athlete from the 25 y.o. highly fit individual, competing at high level competition, to the 81 y.o. widow who wants to stay fit and independent in her own home. The difference is that workouts are scaled to a person's ability, i.e. the 25 y.o. male may do overhead squats with 135 lbs. and the 81 y. o. widow may perform the same movement with a PVC pipe. I enjoy the variation of the workouts which are changed daily, and I appreciate the emphasis on proper nutrition which is so vital.

“This program is great for individuals of all ages who desire to be fit and are not afraid of hard work with no short cuts. Although the workouts are either timed or otherwise documented (depending on the type of workout) and competitive (like life), the camaraderie at the gym is infectious, with everyone encouraging each other. I've learned to leave my ego at the gym's door, and in this manner progressed to better fitness.

“I highly recommend this program, and must say that in the 41 years I've spent as a physician and the 35 years I've practiced Otolaryngology, I've seen far too many individuals suffering preventable conditions had they followed a program such as CrossFit. CrossFit is healthcare!”



Dr. Jim R

“As a professional firefighter I need to be in good shape to meet the physical demands of the job. Like most people I would hit the weights and treadmill a few days a week and tried to stay in pretty good shape. Eventually I would get bored with the routine and start to make excuses why I couldn't make it to the gym. You know, I'm too busy, it costs too much or my favorite one I'm too tired. My workout routine of running and lifting was inconsistent, mostly because it just wasn't very fun or interesting. Then I saw this new gym in Steilacoom called CrossFit No Limits and everything changed.

“My initial thought was this was a gym full of hardcore people who are in great shape, and it looked pretty intimidating. What I found was a mix of people at CrossFit, from high school students getting in shape for sports to the forty something group looking to get back in shape, to people like myself who were just bored with the same old routine. CrossFit has something for everyone. The workouts are designed to increase strength, speed, endurance, stamina and overall fitness in your everyday lives.

“So if you are tired of the same old routine, have that high school reunion coming up or want to take your sport or hobby to the next level come checkout CrossFit, you won't be disappointed. I am in the best shape of my life and I look forward to working out mostly because I never know what to expect but I know it will be rewarding. I think I'm even starting to get a six pack. Ok, maybe not, but at least I look forward to the daily workout.”

Andy M



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“My story starts on Mother's Day of 2008 when I met one of the most phenomenal people I would ever meet in my life. I had a membership to Anytime Fitness in Dupont and I saw that one of the

trainers there Amy Desmond was giving a free CrossFit class for mothers. I showed up to class and needless to say it was not fun at all for me. I was weighing 217 pounds at the time, and I could barely do any of the exercises she had planned for the workout. Amy was great, she cheered me on and made me feel a slight bit better.

“I would see Amy in the gym and we would say hello, but I never took another CrossFit class until September 2008. I was living a double life, I was a mom and a wife, I worked full time; but I was also an alcoholic. I went to rehab on August 6th of 2008, and after I got sober I told my husband I wanted and needed to lose weight. I asked him if I could hire a personal trainer, because I knew I did not have the strength to do it on my own. He agreed and then I needed to find a trainer. The first person that came to my mind was Amy, I just knew she would be able to help me.

“I talked to Amy a few days later and she agreed to give me a free training session so I could see if I really wanted to hire her. I walked from my house with my daughter to the gym that day and did a grueling workout that is called “Tabata Intervals.” It is 20 seconds of work with 10 seconds of rest for 8 rounds. I did 400m run, sit ups, push-ups (on my knees), and squats. When I was finished with the workout she told me the only available time she had for training was at 5am on Tuesdays and Thursdays. I agreed, and then had to walk home, that is when I vomited three times. Not such a good day after that.

“I started going to see Amy faithfully twice a week at 5am, and at first it killed me. I was so exhausted I would fall asleep at work, but within 2 weeks, I started to see the weight come off. When I first started I could not do one push up on my toes, I had to walk a lot of the 400m runs, could not do pull-ups without assistance, and I could not lift anything for weight.

“By November I had lost about 20 pounds and I was under 200, that is when Amy suggested I do the Pineapple Classic 5K fun run with another CrossFit member. At this time Amy was teaching CrossFit out of Anytime Fitness. I worked really hard to get ready for the 5K and when the day finally came, I was so nervous. Amy ran her heat before I did, but she stuck around to see us run. She was there at the finish line waiting(yes I finished). I was so happy and excited I cried for a long time. After that I continued my training with Amy and eventually was able to start doing pushups on my toes, and I was getting strong.....real strong.



“In December of 2008 Amy moved into the space she is in now in Steilacoom and named the gym CrossFit No Limits. I of course followed her. Right around that time my husband found out he was going to recruiter school for the Army and we were moving. I trained even harder because I did not know where we were going and was not sure I would find a CrossFit gym where we were going.

“My last day at CrossFit No Limits was March 10th 2009, and one goal I had was to deadlift 225 pounds before I left. I made that goal on March 10th. With Amy standing there cheering me on I lifted that weight. I have shed many tears and a lot of sweat for this thing called CrossFit, but mostly I did it for Amy. She is one of the most caring compassionate people I have ever known, and without her I would never be where I am today.

“I cried like a baby when I left Amy that early snowy Monday morning in March, but I knew I had a gym to go to in New Mexico. When I found out we were getting stationed in Rio Rancho New Mexico I looked for a gym, and I found one. By the time I left Washington I had lost 47 pounds, I was down to 170 pounds. When we got here I immediately started working out at my new CrossFit home; CrossFit Rio Rancho. I am so blessed with the trainers here. While they are not my Amy D., they are a good second best.



“I have now become certified to teach CrossFit, I am at a great gym, I am down to 157 pounds, and I can do 100 pull-ups without assistance. I am stronger than I ever imagined, and I owe it all to Amy. She is by far someone I will never forget in my whole life. I miss CrossFit No Limits, and I still check her website every other day to see what they are up to.”

Nicole R.