

MemberSpotlight



November 2018 - Sonja and Miguel Gonzalez

Athletic Background:

M: Played Baseball since I was a kid, and in men's leagues until my mid-30's. This year I ran my first 5k EVER with an average 10 minute mile to beat Sonja (because she didn't lean in at the photo finish).

S: Varsity Cross Country/long distance track runner, qualifying for state each year. She continued to run through the years until 2008 when doctors told her to hang up her shoes because of her autoimmune diseases. This year because of Posted, she successfully completed an 8k with an average 9:40 mile!

When did you start CrossFit and what about it drew you in?

Both: We started together in 2013. At first, we started because of our youngest son Vince who kept telling us about all of the great benefits we'd gain. We are in our late 40's and have some health issues. I had high blood pressure and Sonja, has a few different autoimmune diseases. If something didn't change, she'd have to start more advanced medications. We realized we needed to do more than a temporary diet or weight-loss program, we needed to change our lifestyle. We were drawn in by the community and found the daily WODs challenging, intense, and fun, all at the same time. It is also great because they program the workout, show us what to do properly & get it all done in just an hour! Going together allows us to hold each other accountable and maybe adds a little "friendly competition". We've gained a lot along the way; e.g. both of our health issues have improved, we've lost weight, learned to eat better. We were able to use our new found strength and mobility to assist Sonja's dad with stand and transfers to his wheelchair, the friends and family gained and...were prepared for the time we were running full on sprint through the airport doing suitcase carry's because one of us drove to the wrong airport!

Favorite and least favorite WOD/movements?

Favorite:

M: DT

S: Cindy

Least Favorite:

M: Handstands

S: Ufff...BURPEES

Biggest personal accomplishment since starting CrossFit?

M: running for the Metra & not being out of breath

S: regained mobility & strength AND was able to stop taking an autoimmune medication!

One Crossfit goal you still have?

M: C2B

S: C2B

One random "fun fact" about you!

We love to dance Salsa!

