

March Member of the Month Cont.

When not at Shifted, where are we most likely to find you? "Hunting, hiking, shooting my bow, organizing something, or eating...likely in that order."

How has Shifted positively influenced your life inside & outside of the gym?

"Shifted has made me better at life. I'm mentally stronger and can back that s*it up if my brain fails me. It's been an awesome adventure to share with my husband and daughter too. Some of our closets friends have come from our Shifted community, as well."

Best achievement so far? "Getting that 95# snatch a few weeks ago in the Open. That couldn't have happened without the Friday Night Lights vibe and my husband's crazy yelling!"

What are your goals for this year? "I hope to get a ring muscle up this year, and increase my Clean PR past the 125lbs I have been stuck at for a year."

Something that no one at the gym knows about you? "I used to have no athletic abilities and was known for tipping over in the hunting field because I would trip over my awkward a** big feet."

What is your Favorite Food? "My mom's homemade carrot cake."

What is your Drink of Choice? "Champagne/Mimosa"

If you could party with three people dead or alive, who would they be? "My husband, Steven Rinella (Meat Eater author and outdoorsman), and my soul sister Suzanne Seymour (love you blue!!)"

What is the one thing you can't live without? "My dorky hands-free Ninja backpack purse."

If you could have one super power, what would it be? "I would love to be able to freeze time because life is pretty darned awesome and Jersey is growing up way too fast."

What is your advice to someone thinking about trying CrossFit for the first time?

"I know Shifted may look intimidating from the outside looking in, but that awesomeness was created there...it didn't walk through the doors like that. If you want it for yourself, jump in and the community will rally around and help you find yours."