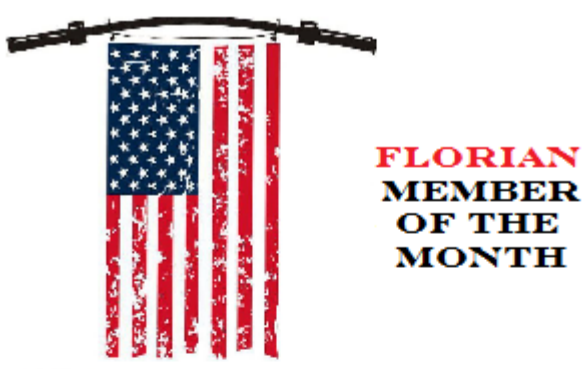


## January Molly Alesh



Molly won December's double under challenge with an impress 30+ increase to her average. She has also completed her L1 certification. Here are some other things about our first Member of the Month.

Hometown: Denison, Iowa but currently living in Randolph, Massachusetts

Age: 30

First Start at Florian: December 2011

Favorite WOD: Filthy 50

Least Favorite WOD: Cindy

**Sports and Fitness Background:** I was a four-sport athlete in high school. In college I joined the Army and received my officer commission through ROTC. I have always been active but more of a runner than anything. Prior to Crossfit, I hated lifting weights.

**First Exposure to Crossfit:** In December 2011 I decided to run the Boston Marathon and a colleague recommended I include Crossfit as part of my training. It helped me stay injury free for the marathon and since then, I have been hooked. The camaraderie and challenges of Crossfit rival those that I receive from the Army.

**First Wod:** My first WOD was awful. I remember it included dead lifts and that my form was atrocious. I was used to excelling in most everything related to athletics and was so frustrated. I also remember that even though Beau was coaching, Bill, Krissie, and their girls came in to watch (this was long before the box was packed every night with lots of people standing around to cheer). During the middle of the workout they were all cheering me on and I thought that was pretty cool. I wanted to quit that day but the simple encouragement I received from Bill and his family encouraged me to come back for at least another WOD. Little did I know that it was only a small dose of the community and camaraderie provided by the Florian Community.

**Unexpected Changes:** 1) I did not go into Crossfit expecting to change my diet. However, the changes I have experienced due to adopting a grain-free diet are far too numerous to list. 2) Most importantly, Crossfit has probably done more for me mentally than it has physically. It has given me purpose and direction and has made me value humility and courage. It has taught me to be humble and to be able to admit that "I suck" at something or that I need help with something because we all have our strengths and weaknesses (in Crossfit AND in life). It has taught me what it means to be courageous: daring greatly even though you might fail. You either lift the bar or you don't, you either PR or you don't but you will never know if you don't try.

**Favorite Crossfit Moments:** 1) Combining my passions for the military and fitness by witnessing the support from the Florian Community and by participating in the 31 Heroes Workout to Remember. 2) Participating in my first Crossfit Competition in November 2012: I had never been in an environment where it was so starkly clear that people were being celebrated for what their bodies could DO rather than how they LOOKED. This is an especially important aspect of Crossfit (celebrating strength!) for me as 3 out of my 4 sisters have/had eating disorders.

**Advice for People Getting Started:** Be humble, acknowledge you do not know everything, and absorb everything you can from your coaches. Realize "the suck" but do not dwell on it. Eventually you will realize that Crossfit is a constant love/hate relationship for most everyone but our health and future is well worth it.

**Hobbies/Interests Outside of Crossfit:** I still have a passion for running and enjoy participating in endurance events. I am a full-time National Guard Officer so I obviously have an interest in the military, politics, and national service. I also have my Master's Degree in School Psychology and am interested in helping children and supporting education.