



I'm a Mother CrossFitter

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I have a secret. I don't talk about it at book clubs, playdates, numerous birthday parties, staff meetings, or at the school picnic. I'm a CrossFitter and have been doing it at 5:00 a.m. for two years.

There are several reasons I don't discuss it with people in daylight. There is a huge stigma attached to it. The times I have mentioned it, people have thrown so many negative "facts" at me, that it is not even worth defending. The one thing I do get asked all the time is, "How do you stay in such amazing shape?" This is a valid question. After all, I have a career in communications and publicity at a university. I have a family with young boys, a writing career, and I'm a producer of a theater production, which has sold out audiences. Not to mention, two dogs. I usually answer with a smile and say "I work out". But the very reason I can do all of those things, and have the energy to continue is CrossFit.

The general person doesn't want to hear that though. They are looking for a quick fix like a 90-day workout link or a specific diet. CrossFit is associated with difficulty and intimidation. Most people have convinced themselves that it is dangerous without setting foot in a CrossFit gym. I am the motherboard of our household. If I go down, chances are the entire house will go with me, so the last thing I would do would be to threaten my health or mobility. The following are the reasons I have heard as to why a person, specifically a woman shouldn't CrossFit.

#1 I will die.

Well, at some point we all will. More people have died from healthy complications from obesity than CrossFit. I belong to a gym that is educated and very conscientious about the health of its members and their form. They push me to achieve my personal best, not to break a world record, which results in a newfound confidence I never had prior.

#2 I will look like a man

I get compliments on my physique often, and nobody has ever said I looked like a man. Don't get me wrong, you can see my muscles and my biceps are noticeable. I wear a women's size 4 which wouldn't be comparable in men's sizes. I don't jiggle when chasing my son at the pool. I still have breasts, and with those, it would be hard to look like a man. I look strong. Strength and masculinity should not be synonymous. Women have worked too hard to shrink to the notion we may have just as much physical strength to match our inner strength.

#3 I don't have time

This is what I like to call bullshit. The first thing that attracted me to CrossFit was the efficiency of the workouts. You are in and out in an hour. If you have more time you can do additional things, but time is something I don't have. Every day I challenge myself to what feels like my limit all before I get home to make my children breakfast.

#4 It's not for me

Until you try it, you can't say that. If you try it, and I mean try it, say for 2 months, and decide it is not for you, then I will understand. I have worked out with a 75-year-old man, an 18-year-old girl, and a dozen of other people at all different fitness levels and every age in between. If you don't fit in that category, then maybe it isn't for you after all.

#5 It's a cult

If I had a dollar for every time I have heard this, then I could retire at 37. Nobody is forcing me to wake up at 4:30 every morning. If I don't show up I won't get a knock on my door. What I may get is a text to see if I'm all right. The friendships I have formed through CrossFit are established from authenticity. There is no room for pretense when you are attempting to achieve your personal best. The friends I have made have cheered me on through more than just my workouts. They have been a much-needed support outside of the gym too. When I had a death in my family, they showed genuine compassion and helped me through that also.

The stress of being a mother can be overwhelming. But at my gym, we are not our professions or our daily titles. We are just ourselves. This is why I'm a Mother CrossFitter. I can just be me, a funny, sometimes grumbling woman who needs a personal outlet, both emotionally and physically. Which in turn lets me truly enjoy the fruits of my labor, my children, and my family.

And, it doesn't hurt that I can do it all while having a great ass too.