

# ATHLETE OF THE MONTH: JULIE SMITH



**Hometown:** Amarillo

**Age:** 47

**Weight:** 116

**How long have you been CrossFitting:** a little over a year

**Athletic/sports history/highlights:** Actually grew up playing classical violin from age 4-18. But as a young adult realized how much I had missed as far as being involved in athletics.

**How did you get into Crossfit?:** I have done triathlons, and just running in the past and always worked out alone. Bri brought me into the world of CrossFit and has been such a great support to me in getting me started and keeping me motivated.

**Favorite WOD or Crossfit Movement:** Did Murph for the first time this year and enjoyed the physical challenge...and at the same time remembering the story behind it. I'm not really at the same level of most of my CrossFit friends as far as lifting, so I like anything that pushes me in my cardio.

**Least favorite WOD:** anything with snatches!!!!

**Who and where was your first concert?:** probably most of my younger CFA classmates won't know this artist....but Rick Springfield!



**Most memorable moment:** Have had many in my life...and hard to choose....but the day my daughter was diagnosed with cancer at the age of 2 1/2 is forever committed into my memory.

**How has CrossFit improved your overall wellness:** before CrossFit I was "in shape"....but never really pushed myself. CrossFit has shown me that I can do things I NEVER thought possible. It proved that I was stronger than I ever believed I was, and even though I still have a long way to go....there is always a group of people that are so supportive at CFA, that push me to better myself! They don't see my shortcomings!

**Advice to new people:** it's hard to look around and not compare yourself to others....you have to learn to check your ego at the door and do your own workout. Know the others are not watching you...but are cheering you on....and will be there when the clock stops to tell you great job!