

# SPOTLIGHT

Kara Pickowits



About 4 years ago, I was attending EIU to obtain my teaching degree. Throughout my time there, I would go to the gym on campus 4-5 times a week and go through the motions on the cardio machines, weight machines, and an occasional workout on the track. I did my best to eat right and stay active, but something was missing. I wasn't seeing the results I strived for, my workouts were a "hodge-podge" of Pinterest workouts or just what I was feeling that day. This daily regiment became rather boring and unfulfilling to me.

A close friend from home convinced me to come to Crossfit Effingham to switch it up. Walking into the box the first time, I was a bit intimidated. I continued through the "On-ramp" program with other newcomers, where Ben

and his staff taught fundamental movements. In that first week, I was sore and miserable! I figured this intense training was not for me and considered not coming back. However, I was incredibly inspired by the training staff and other members who worked so hard every day and did so with the support and love like a family. That's exactly what I was missing. I was missing a piece of my daily routine in which I pushed myself to become the best I could be, physically and mentally. From there, I continued to attend class 6 days a week (sometimes twice a day). From week to week, I learned more about the technique of gymnastic skills, weightlifting, how to maintain my aerobic capacity, proper nutrition, and appropriate recovery to maximize my performance. Not only did I set and reach goals in the gym, but I was setting and reaching goals within my personal life as well. I became more energized, confident, and ready to tackle any obstacle.

As time has progressed, I have met so many people who have inspired me, pushed me, and supported me throughout my journey. That journey will continue, as I will focus on the process and not so much the product, such as a certain number on the scale or fitting into a certain size. For me, it's about the relationships I've made, the day-to-day grind, established teamwork, and hidden successes found in myself and others around me. I used to have a fixed mindset of what I could and could not do throughout all aspects of life. Working with my team has changed my outlook to a growth mindset, in which I see a challenge work

and I work to achieve it. God has blessed me with the ability to hard and find success in life. I intend to use the gifts I have been given and hope to inspire others to do the same to reach their fullest potential and be their best self.

**Kara's go to time: 5am Unicorns**

**Primary Coach: Alex Frohning**



**CrossFit Effingham** was established in 2012. Coach Siemer has been training since 2004. He along with his army of coaches host over 1400 session a year and continue to strive to make Effingham the Fittest Community in Illinois.

***Community-Driven-Results***

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