

Hello, I'm Valerie,

and I found CrossFit totally by chance. I had no idea when I joined the Compound that CrossFit was a worldwide fitness phenomena, but I liked what I saw.

I have had the privilege of learning from all of the trainers and also being motivated by the members at the Compound. I hope to share the encouragement and motivation I received with the new members at the Compound. I enjoy seeing members work toward and attain their fitness goals.

With a back injury several years ago, CrossFit has enabled me to do activities I never thought I would ever be able to do again.

I would like the opportunity to share that same experience with those who have had setbacks and disappointments which have negatively affected their fitness and confidence levels.

Like many of you, I'm a Navy brat. I have lived in the Virginia Beach/Chesapeake area for most of my life. I completed the tri-city tour of local colleges and graduated on the ten year plan from Virginia Wesleyan College with a degree in business administration. I have held several different positions in the legal arena, and currently work as a field supervisor for a state regulatory agency.

I don't have an excess of formal training in the fitness arena, but I hope to share the excitement and enthusiasm I have gained for fitness and nutrition. I completed my CrossFit Level 1 certification in December 2009.

Don't think that you have to get into shape before trying CrossFit, you will get into shape by doing CrossFit – no matter what your current level of fitness is.

Everyone starts somewhere - any CrossFit exercise can be scaled or modified.

You will be amazed by the development of your strength and abilities as you continue with CrossFit.

My basic approach to CrossFit is that each workout takes as long as it takes, you are only competing with yourself, and never give up.

I encourage anyone to try Compound CrossFit – the motivation, camaraderie, team spirit, trainers and members are simply awesome and will help you achieve your fitness goals.

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