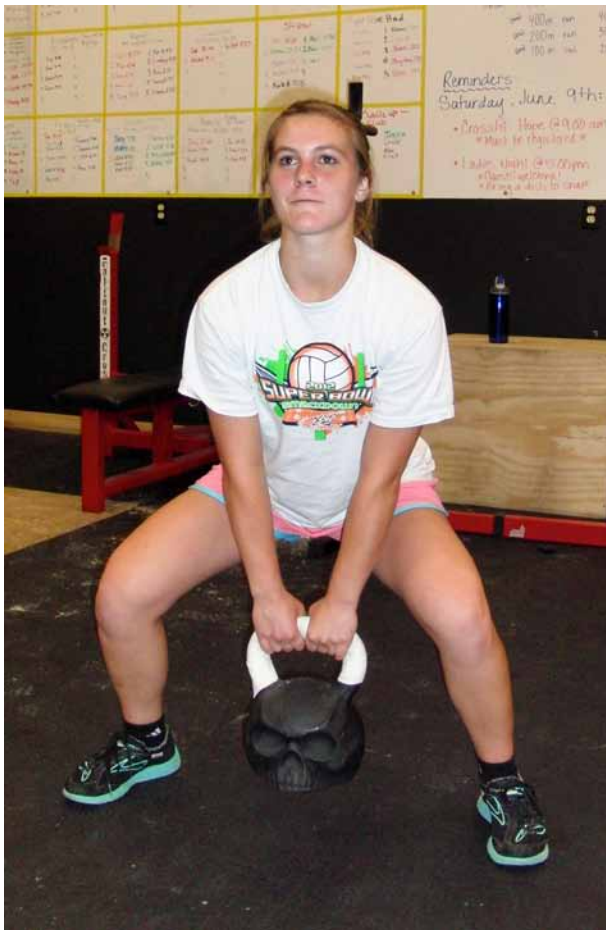

THE CrossFit LIFE

Ordinary Teen?

Emma Miles is a Washington teenager who's actually pretty extraordinary.

By Christopher Lucas

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In many ways, Emma Miles is a typical teenage girl. She is a 14-year-old middle-school student from rural Pasco, Wash. She lives with her family on a small farm. She's active in 4H, where she shows sheep every year at the county fair and loves riding her horses. She lives a peaceful country-girl life. Miles is also a dedicated volleyball player. She has played on club teams for several years, spending many weekends on the road going to various tournaments.

What is not typical about Miles is her new passion: CrossFit. She discovered CrossFit in the summer of 2011 after attending a CrossFit Kids program. It ignited a spark in Miles that has changed her life in many ways.

Miles is fun loving and a little goofy—she loves to laugh and joke—but when she starts her workout, she's all business. She attends Fallout CrossFit classes with her mom, aunt, uncle and cousin, making it a family affair. This is part of what she really likes about the CrossFit life: it's a big family. Unlike the people in most gyms, CrossFitters encourage each other to do their best and push each other to go beyond what they think is possible.



Miles lists Annie Thorisdottir as a hero and wants to run a CrossFit Kids program one day.

When asked what CrossFit has done for her, Miles will tell you that she now understands what it means to really work out versus attending typical sports team practices and workouts. She will also make note of her new “guns” and muscular legs. She’s proud of what her dedication to CrossFit has done to her body and performance. Her stamina is way above where it was a year ago, and her ability to perform in the sports she loves has increased noticeably.

Because of her newfound pride in her appearance and performance, she has also become very aware of what she puts in her mouth. She used to eat like a typical teenager: a junk-food diet with plenty of empty carbs and sugar. She has now taken on a healthy diet, which can be a challenge in the teenage world of fast food, but she maintains her drive to eat well and live a healthy life.

Because none of her friends in school do CrossFit, she’s sometimes asked curious questions about this thing she does with her free time. She tells her friends it’s different because each workout is a unique challenge. It’s nothing like going to a regular gym and running on a treadmill and lifting a few weights. Her friends have recognized the positive change it’s made in her.

Naturally an outgoing person who makes friends easily, Miles now aspires to become a trainer and run a Kids program to encourage others to become healthier via CrossFit. One of her heroes is Annie Thorisdottir, the 2011 Reebok CrossFit Games champion. Miles has joined a small group in her gym focused on training for next year’s Games, and no doubt she will go far and be an inspiration to those around her.

