



When did you first start training at BICF and what makes it special to you?

I started training at BICF in January of 2018 as part of a new year's resolution to get in better shape and just be healthier. I started with the encouragement of my good friend, and now my coach, Jessica Bratonia, to "just give it a try." I also started at the same time as our good friend Lindsay Fiorito (still an active member) because we knew we would hold each other accountable for working towards our goals. What makes BICF special to me is that in this crazy world we live in its often hard to find some positive in all the negatives floating around. At BICF, I have found a place that is extremely well run, always inclusive and encouraging to its members, their families, and the greater community on the island, and full of truly wonderful people who just make you feel good and want to be a better you, not just physically but all around!

What is your sports & fitness background?

I have always been involved in sports since a young age and grew up playing track and field, volleyball and basketball through middle school and softball through high school. I love participating in team sports and did intramurals in college, working out inconsistently over the years but never really finding something that worked for me. A dental colleague of mine in Texas got me to try CrossFit and I did enjoy it, but didn't stick with it. After moving to Bainbridge two years ago, I joined BICF and haven't looked back. I am still learning so much but have made progress I am proud of and make it a goal to attend class 3-5 times per week.

What sort of changes have you seen in your body, health and fitness since starting with BICF?

The changes I have made since BICF are awesome. Physically I have lost weight and gained muscle in a way that overall just feels better. My friends and family, especially those I don't see on a daily basis, have noticed and encouraged me, and some, including my husband Rich, have been impressed enough to sign up and do it with me! I think besides just feeling better in my skin and in my clothes though, I feel my mental and emotional health is at a high point as well, as surrounding myself with other people working towards their own goals helps me to achieve mine, and a healthier me over the last year has definitely led to a happier, more energized me. Even my 3 and 6 year olds are more excited about "exercising and working out to be healthy."

What would you say to folks who are on the fence about getting started with us?

I would say: "Don't waste another day on the fence! Come in and try it!" There is literally nothing to lose and the staff and members will welcome you and show you the ropes. There is no person too "in shape" or too "out of shape" to benefit from CrossFit at BICF. We have people of all ages and backgrounds. There are ways to scale exercises to your level as a beginner, and there are ways to challenge yourself in every workout by striving to reach heavier weights or faster times based on your goals and based on the excellent efforts of those around you. I guarantee that if you set a goal and keep a commitment of attending class, you will not be disappointed with the changes you see and the way you feel. You also will meet some really great people and that is always a bonus!

~Holly McIver