


“A journey of 1,000 miles
begins with a single step”

~ Lao Tzu

November 9, 2016



Robert Case

November 9, 2016 ·  



I need some help friends. Some of you know I smoke; some don't. Thanks to some encouraging words from [Ashley Case](#), I went to the doctor this morning, picked up my "quit smoking pills" this afternoon and have set a quit date of 11/24/2016.

Here's where I need you: help hold me accountable to this commitment for a healthier lifestyle. When you see me, ask me how I'm doing with quitting. Offer encouraging words. Help keep me honest while I break this awful habit.

Here we go 💪



Kristin Mabry Hopkins, Linda Allan Pasto and 47 others

45 Comments



November 29, 2016



Robert Case

November 30, 2016 ·  

...

I have been smoke-free for exactly 24 hours 👍 Part of what got me through the day was looking forward to sharing this milestone on FB. Today was unbelievably difficult, but I broke the routine. Help keep me accountable friends... 💪



Amy Wood Gonzalez, Erik Newlin and 32 others

33 Comments



Like



Comment



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“Start walking 3x a week” - Doctor



Robert Case

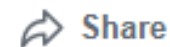
December 30, 2016 · 2



Just finished my first ever CrossFit trial class at the box on Green St. I'm sore, can't lift my arms above my head, there's an ice pack on my back...and despite all that...I'm probably going to join. The environment there seems collaborative, supportive, safe - and one that will continue to propel me through these lifestyle changes. The class this AM was no joke, but the further removed I am from it being over, the more I want to go back. And the more I never want to go back to my old unhealthy habit of smoking. Part of quitting smoking is finding a new hobby...I think CrossFit may be it. At least I'm going to try. [Ashley Case](#)... you are my emergency contact for CF. Keep your phone close and ringer on at all times. Here we go...



Barbara Gehm-Jordan, Loren Gardner and 34 others · 6 Comments · 1 Share



I Survived “Boot Camp”



Profile Picture Tag Photo Options



Robert Case

January 14, 2017 · 2 people

Today was the final Foundations class for us newbies at CrossFit. It was structured like a normal class, so we know what to expect now that we're officially members.

Yeah, I totally got my ass kicked. It's the hardest I've pushed my body in a long time. I struggled, no doubt, but I finished that workout and feel super good about myself for pushing through. My first real class as member is Monday 8AM. 🙏 for me 😂

(YouTube "Fran CrossFit" if you want to see how we finished up class).



Nina Cobb, Michelle Barber and 11 others



Like



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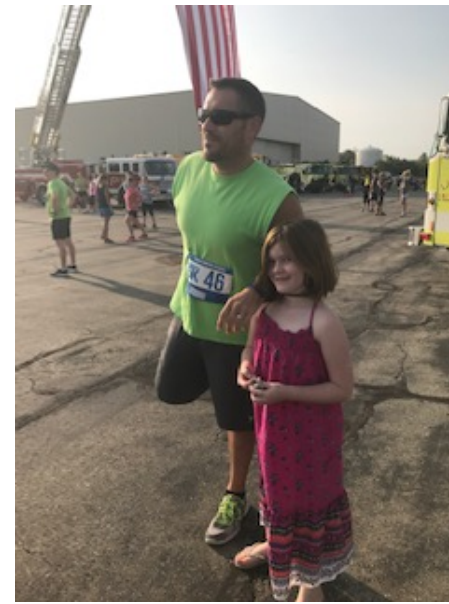
What Helped...

- I made my efforts public on social media
- I asked for ACCOUNTABILITY from others
- I replaced a bad habit with a good one
- I found a new community of like-minded people who helped hold me ACCOUNTABLE to show up
- Eliminated the word “can’t”



**YOU ARE
ALWAYS ONE
DECISION AWAY
FROM A TOTALLY
DIFFERENT LIFE.**

The Next 9 Months...



The Past 9 Months...



The Past 9 Months...



A Family Affair



Over the Past 2 Years...



- Quit smoking
- Quit drinking
- Changed nutrition
- Tried new things (5k, mud run)
- Lost 54 lbs
- Bought Slim Fit jeans – woo hoo!
- Size M shirts – woo hoo!
- Feel healthy, happy and alive!
- Replaced disappointment with pride
- Being called inspirational is still weird

**Giving up on your goal
because of one setback**

**Is like slashing your other
three tires because you
got a flat**



**'FINISHED LAST'
WILL ALWAYS
BE BETTER THAN
'DID NOT FINISH',
WHICH ALWAYS TRUMPS
'DID NOT START'.**

...you will become more inter-
ested in your own health and well-being.
The people we surround ourselves with either raise or lower
our standards. They either help us to become the-best-version-of-
ourselves or encourage us to become lesser versions of ourselves.
We become like our friends. No man becomes great on his own.
No woman becomes great on her own. The people around them
help to make them great.
We all need people in our lives who raise our standards, remind
us of our essential purpose, and challenge us to become the-best-
version-of-ourselves.



benbergeron

Imagine you hear a knock on the door. When
you answer it, you see yourself in 10 years
standing on the other side.

What would your future-self tell you to do
right now?

Go do that.