

Cartwright hooked on CrossFit

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She was ranked 19th with her scores heading into the StubHub Centre this week.

And through the first two of five events in the World CrossFit Games on Tuesday, Cartwright was in eighth place after the California Club and Adios Amigos challenges.

It's been something I've been aiming for the past couple of years and it felt like it was getting closer, but I've been working on my cardio and gymnastics skills for the most part and I did surprise myself (by qualifying), said Cartwright, executive director of the North Halton Distress Centre for 13 years.

I have a niece from out west who is a competitive gymnast and when she comes home, she trains with us. We're doing pull-ups, climbing rope, hand-stand push-ups and things you just never would've considered doing a couple of years ago.

Cartwright has always been active, as a walker and hiker, running half-marathons with a local group in her 40s. When Scott Buist opened CrossFit Georgetown on Guelph St. three years ago her sister-in-law Debbie was intrigued.

Let's go for it, she said.

Her sister and some nieces and nephews signed up as well and Cartwright says heading to the gym has become an enjoyable family affair.

Most of the people who come (to the gym) are much younger than me and they laugh that my first exercise workout was the Jane Fonda Workout, Cartwright said.

(Most) people don't know what CrossFit is and it's something anyone can do, young or old. The movements can all be scaled and adapted for your stage of fitness and it's a lot of fun. The weight-bearing exercises are great for women especially in the older years to keep us nice and straight and strong.

CrossFit consists of an hour-long workout that incorporates a variety of exercises. It is said to be the truest test of a person's fitness, with challenges like carrying large logs, ascending steep hills or gymnastics-type exercise that require balance and strength at a high level of intensity, with surprise obstacles thrown in to make the participants improvise.

Cartwright added that the degree of difficulty in the exercises at the World CrossFit Games increases each year, which gives competitors newer challenges more benchmarks to strive for.

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