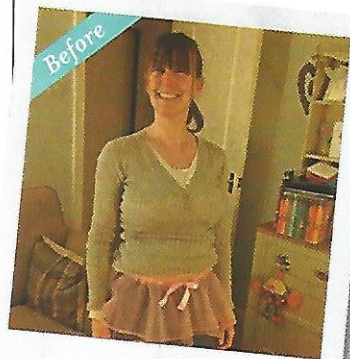


“Training helped me heal”

When physio Morag Sheridan was widowed at 34, she found strength in CrossFit

On 9 April 2014, my husband Paul died suddenly on his cycle home from work due to an undetected heart condition. Our son James was seven months old – and the only thing that stopped me crumbling. It was because of him that after four grief-consuming months, I went to my first CrossFit session. It was where I could channel my sadness, and where I spent the first anniversary of Paul’s death. At one point, it was too much, I burst into tears and a coach came and put an arm around me – I wasn’t alone. CrossFit has a harsh reputation, but it supports its community. Twenty months on, I’m stronger in every way. I can deadlift 97.5kg and have made the finals of a regional CrossFit competition. When your partner dies, you’re no longer a team of two. You have to learn who you are all over again. CrossFit has shown me how.



MY DAILY MENU

Breakfast: Cheese omelette in a tortilla wrap with sour cream and fruit
Lunch: Chicken fajita wrap
Dinner: Steak, sweet potato and mushrooms