



AUGUST

MEMBER OF THE MONTH

BECCA CARVALHO



1. Where are you from? How long have you lived in the area?

I'm a born and bred Jersey girl- But I've been a transplant in New England for almost 10 years now. I have lived in Sutton with my husband, two kids, and two dogs for the last three years.

2. What's your favorite CF movement? What's your least favorite?

My favorite movement is a toss up between power cleans and back squats. Snatches are my least favorite.

3. What do you do for work?

I'm a Police Officer!

4. If you were stranded on an Island for a week, what celebrity would you want to be stranded with?

Taylor Swift, for sure!

5. Tell us something most people don't know!

I used to ride horses competitively from my childhood, and throughout college! I actually have a bachelors degree in equine business management.



6. What is your favorite thing about CrossFit AC?

Easy- the coaching. Zathan and Mike have been very patient with me getting back into shape after the birth of my son, but at the same time, have pushed me harder than I push myself sometimes. It's the extra nudge I need to get to the level I want to be at in the future. They're always very conscientious of making sure I'm doing things correctly, and give me the encouragement I need to get through a tough workout, or to throw a little more weight on the bar. Thanks for believing in me, guys!