



# ALYSSA KRIZEK

## OFFICE MANAGER

### BACKGROUND

Alyssa's grew up near Los Angeles, CA. She was a gymnast from ages 6-10 and decided to follow in her older sister's footsteps and join a local competitive cheerleading team. She was a competitive cheerleader for the next ten years, going on to move away from home to join one of the best coed teams in the world in San Diego, CA. While in college, she worked in West Hollywood as a bartender, where she met her wife Lindsay. They moved to Colorado from LA in May of 2013 and she couldn't imagine her life anywhere else!

### EDUCATION

Alyssa graduated with Honors from Cal State LA with a degree in Liberal Studies and a minor in Women's and Gender Studies. She was accepted into the Master's and Teaching Credential program at CU, but decided to not attend as she didn't think teaching was her calling. She then got into wedding planning and worked in Vail and Beaver Creek. She left the wedding business behind and after being inspired by building her own home Crossfit gym, she became NASM-GPT certified, and did two TRX certifications. As she was starting to build this business the opportunity for Office Manager became available and she knew it was too good to pass up. She hopes to still help close friends and family with their fitness goals in her spare time.

### WHY ARE YOU PART OF THE FRONT DESK TEAM?

Alyssa started Crossfit at Crossfit Wash Park in September of 2017 where she met Dr. Goodman. She was experiencing some pain while working out and had been tweaking muscles here and there and had been living with a toe sprain for about a year. She wasn't sure where to turn or who to ask for help. After a few conversations with Dr. Goodman at the gym, she decided to come in for her first adjustment and over the course of the next month of care, she fell in love with the practices that WPC had to offer. Dr. Goodman performed Graston technique on a sprained toe and muscle strain in her chest, and noticed almost instant results the following week. She noticed throughout the next month of care her recovery from hard workouts in the gym were shorter and how much she really loved being in the office. When the position for Office Manager became available she knew she wanted to be apart of such an amazing community and team. She is having a great time getting to know all of the clients and loves holding all the babies!

## **AREAS OF SPECIAL INTEREST**

Alyssa is married with two fur children, so her life mostly revolves around them. Other obsessions beside her family is Crossfit. When starting, she didn't anticipate how important the community and sport would become in her life. When she moved to Denver she struggled to find people and community she could be a part of, and now CFWP feels like a home away from home. She works out 5 days a week at CFWP and coaches Crossfit Kids with Dr. Goodman on the weekend. Another interest of Alyssa's, like most people, is food! She has enjoyed exploring the ever-so-growing food scene in Denver since moving here.

## **WHAT DO YOU LOVE TO DO IN YOUR FREE TIME?**

Besides working out, Alyssa loves to ski and snowboard. She has been snowboarding since she was 18, and was taught how to ski a few years ago where she picked it up fairly quickly (in just an hour or two!) Some of her hidden talents are cooking and making yummy cocktails. She started traveling the world in her late 20's for the first time and has been to the Maldives, Thailand, Monaco, Paris and many different cities along the south of France including Saint Tropez, Ramatuelle, St. Raphael, Cannes, Antibes, Eze, and Nice. Next year she will be going back to the south of France, as well as Paris, and Barcelona and Madrid. During the summer she loves taking her newly restored vintage trailer around the U.S. to camp. Some of the most favorite places she has been are in Wyoming, southern Colorado, and Sedona, AZ.