

# A Lasting Change

The year 2015 was full of changes for my husband and I. We celebrated our wedding, I finished my Bachelor's degree, and my husband finished his foreign assignment in Chile which meant we would be moving back to the US after three years. During our time in Chile, we had worked extremely hard to better our future, me through getting my degree and Chris through throwing himself full on into his work. This had benefitted us in many ways but it had also taken a toll on us. We hadn't put any effort into taking care of ourselves or our relationship.

We felt the full weight of this neglect when we landed back in the US and began to build a life here again. We had each gained about 80 pounds and were not as happy as two young professionals should be. We both recognized that we needed to make another huge change. We needed to change our lifestyle.

I had tried the FXB program at Peoria back in 2012 during the brief period that Chris was in Chile without me. I was in love with the program from the start and saw incredible results. Unfortunately, I didn't have a great coach at the time and didn't stick with the diet at all. In fact, I was barely eating and barely sleeping (working third shift and going to school full time). I saw incredible results but they didn't last once I left for Chile because I hadn't learned how to take the exercise program I loved and incorporate the other parts of FXB into a lifestyle change. But I knew the program worked and wanted to try again, this time with the help of my husband, we would do it right.

I signed us both up for the January session using the Black Friday deal (we moved back to the US just in time for Thanksgiving). I was excited to get some of the weight back off, Chris was terrified. He'd never done any kind of group fitness before and I was worried he wouldn't stick it out. But that all changed after orientation.

We met our coaches who were a lovely couple we would come to be close with and they answered all of Chris's questions about the program as well as mine about nutrition. We set out that afternoon (already sore from the push-ups, sit ups and mile run) and went shopping for our new lifestyle. The first few weeks were rough; we were more sore than we'd ever been in our life. But like the instructors kept repeating, it got easier. It got easier and we got better. We kept pushing harder and harder.

I was so inspired by my husband. This wasn't even something he had wanted to do and he dove in headfirst and gave it his all. He quickly became an expert on nutrition and was in love with the feeling that came with working out. He even began trying out every type of exercise he could from lifting to climbing and has even completed a half marathon, a triathlon as well, a Spartan Trifecta and a Tough Mudder!

We both saw incredible results that first session, Chris lost 30 pounds and I actually won the \$1,000 prize with my 20-pound loss. We were so encouraged by our results and our newfound energy that we couldn't wait to sign up for a full year. We locked in our membership, signed up for the national challenge and were even asked to start coaching!

I absolutely fell in love with coaching. As I had had two very different experiences from my first 10-week session in 2012 to our January 2016 session, I knew what type of coach I wanted to be. I loved watching new 10-weekers fall in love with the program, I loved answering nutrition questions, watching for form and just generally getting everybody excited about their transformation journey.

The changes I've seen physically have come from the bare bones FXB program; the six days a week in the gym and the nutrition program. And those changes have been incredible. I have more energy, I fit into clothes I wore in high school, I no longer hide when the camera comes out, etc. However, the more impactful, lasting changes go far beyond the physical.

Over the last year, I have seen a complete transformation of who I am as a person and how I relate to the world around me. I now know what I'm capable of. I know what it means to commit to something and give it everything I've got. I know that the best things in life take work. This experience has completely transformed my relationship with my husband. We're both happier, healthier and more committed to each other and I have FXB to thank for that. The program and the people.