

My name is Brandi and I have a food problem. I've never tried a food I didn't like. I grew up in a large family where food was the main source of love. Sitting around a table with my family snacking and eating all the time. Even now when I go home to my family's house there are snacks and food to eat all day long. Seriously...everyone eats all day long.

Fast forward to 31 and I was severely overweight. I had gotten married, had a baby, and had become comfortable in my lifestyle. When I was pregnant I developed gestational diabetes and cried in the car on the way home when I found out. I felt like I had failed my baby in some way. According to my doctor I was morbidly obese. I remember thinking I'm not morbidly obese-I don't look obese...

Fast forward to 33 and I had started to feel depressed and was stressed out all the time. I started to have anxiety and wondered what was wrong with me. Why did I feel this way? I blamed it on my job and things that I thought were causing it. I honestly stumbled on to fitness to feel better. Mentally, not physically. I started running when I weighed 216 pounds (my heaviest being 226 after the birth of my son). I started to feel better and better the more I ran. I wasn't following a nutrition plan of any kind but quickly realized I was on to something.

At the age of 34 my husband started to see what was happening. I had somehow caught the flame of fitness and it was igniting my life in the best possible way. He had been attending Farrell's and encouraged me to try it. I was convinced I didn't need it-I was running and felt like it was working. I was losing weight and feeling better. He continued to invite me to try it-just try it he said. So I did...

One year later at the age of 35 I've never felt better. Ever. I wake up everyday feeling good about myself and happy about where I am at in this journey. I realized how important nutrition is and had no idea how "bad food" was affecting me until I started Farrell's and started taking the advice of those around me on the same journey. I discovered that I love to be active. I still run and have even picked up hot yoga along the way. Farrell's has opened me up to a whole new world and I am grateful everyday that I decided to walk in and give it a shot. It also helps that each time I walk out of the gym I feel like a total badass. :)

Thank you to everyone who has followed me and supported me throughout this journey that I continue to make. I couldn't be happier. I'm down to 164 pounds and still have work to do but I know that I am never going back and will continue to push myself to be healthy and happy everyday.