

Mirror Mirror on the Wall

It is difficult to put into words the direction my life has taken me this past year. The changes I have made go far beyond my physical appearance and the reflection I see every day in my mirror.

As a hair stylist by trade for over 35 years I spend the better part of my day in front of the mirror. My goal is to make my clients look and feel beautiful about what they see reflected in that mirror. Just as important as it is for me to make my clients look and feel good about what they see, I also wanted to project myself as an image of beauty as well. As the years went by and the pounds began to slowly pile on me I would find ways to work on my clients without looking at myself. I knew if I looked in that mirror, I wouldn't see something even close to beautiful reflecting back at me. Not only did I avoid mirrors I also avoided any opportunity to have my picture taken as well. I hated how overweight I had become. If I didn't look at myself I could ignore what was happening to me. What I didn't realize was my slow and steady weight gain was not only affecting my physical appearance but it was impacting my health, my energy level and my drive. My cholesterol level was high, I was tired all the time and I had been living a very sedentary lifestyle.

I was lacking self confidence in my personal relationships and at work. My ambition, enthusiasm and enjoyment of life was at its lowest level and my weight was at its highest. I knew I needed to do something but I had no idea where to begin.

The first I learned of Farrell's was through my sister and brother-in-law and was inspired by the amazing results they achieved in their 10 week transformations. Not only did they both look fabulous, they seemed happier, full of energy and leading a very fun and active lifestyle. They were both very enthusiastic and encouraging when I inquired about the program. I then attended a friends and family class with my brother-in-law in the spring of 2016. When I realized I could actually make it through a 45 minute class, I thought I could probably make it through a 10 week program. I really couldn't afford the classes but I knew if I did not spend it at FXB, I would need to spend it on a new wardrobe the next size up. I just wasn't willing to go there. I finally decided it was time to make myself a priority and I joined Blaine Farrell's that April. I don't know what was stronger my desire to get my money back by winning the \$1,000 prize or a bit of sibling rivalry kicking in, but something sparked a small flame in my competitive nature that I hadn't felt in a long time. I set my sights on achieving the best results I possibly could and my eye on the \$1,000 prize!

For the next 10 weeks I made my attendance at Farrell's and my nutrition a #1 priority. I tapped into every resource available in order to achieve success. I asked my coach about nutrition and healthy recipes, my instructors about technique and form, and my Farrell's fit members about their experiences. Everyone was so kind and willing to help me. My family and friends gave me their support and encouragement as well. It was difficult but I was fully committed. I achieved awesome results and won the \$1,000 prize! This is a memory I will truly cherish the rest of my life. After my 10 week session I decided to commit to the year long challenge. I knew I wanted to continue to get results physically and I liked the way I was beginning to feel mentally and emotionally.

This year long commitment has certainly had its ups and downs, but that is like life. There were times I would stumble, but that just taught me to find my balance. I needed to find my balance in work, family and me time. Taking the time to turn my priority to myself I have learned just how strong I can be, not just in my physical strength but also in my mind and spirit. I have had some great successes and achievements this past year. I have accomplished

things that have gone beyond any expectations I could have ever imagined I was capable of. I have made many new friends and have become more adventuresome and outgoing. I am beyond grateful for what my Farrell's family has helped me to achieve and can't help but feel a desire to share my knowledge and support others in their fitness and weight loss journeys.

I now know we all have the ability to change. We are all capable of creating our own beautiful. Today when I walk into the salon and start working in front of the mirror, I am not afraid to take a moment and look at my reflection, and when someone gets their phone out and wants to take a selfie I don't try to run and hide. Today I know I will like what I see in the mirror. I know someone beautiful inside and out is reflected back at me.