

My 40th birthday was coming up and here I was, at 39 years old, the heaviest I have ever been for the 2nd time in my life. I decided to stop the madness and get the weight off for my 40th birthday. The timing was perfect!

I remember the first time I was weighed this much. I joined Weight Watchers and was successful in losing over 30 lbs. in 3 months! I remember being hungry all the time but followed the point system to a "T". Over time I couldn't keep up with the plan and eventually gained it back.

At one point I got myself together and joined a gym and started taking classes. I was doing ok, working out 2-3 times a week in a friend group, running a few 5k's here and there (but all the while, binging on Taco Bell in-between). Like a yo-yo my weight and health was up and down. My "bad" cholesterol was high and my doctor was concerned with my constant headaches.

I bounced around to different gyms over the years and my dedication to fitness varied from nothing to sweating a few times a week and complaining about it. Most recently, I finally found a pretty good spot and I was getting really good at running but the membership was pricy and I could only go 8 times a month (which was actually a lot for me at the time). After being laid off from my job I could no longer afford this "luxury". I found a new job fast but did not renew that gym membership. Over 2 years past and I gained about 35 Lbs. My dress was far too tight on my wedding day and I was only comfortable taking selfie pictures because you couldn't see my body.

Unfortunately (as you might have expected) my 40th birthday had come and gone and I had done nothing about that goal I had. I really needed to do SOMETHING!

I had been eyeing up a Farrell's for a while now. A few people I knew had tried Farrell's and raved about it! I had this feeling that I would love it but I just couldn't get myself "ready" for such a thing. One day I was browsing through some pictures that were posted from a work event that just took place the prior month. I was upset about the way I looked (not to mention the way I felt). It was the final push that I needed! I walked into Farrell's on a Tuesday evening in October and learned that they just started their 10 week program. I was able to hop in the very next day and begin my journey. And what a journey it was!

I followed each and every detail I learned from the owners, managers, trainers and members. I completely changed my nutrition and I gave it my all at each workout. My body was tired and it wasn't easy but my competitive spirit was thriving! After the 10 weeks, I was awarded perfect attendance. I also won the \$1,000 transformation challenge at my location! I was thrilled with my results and I wanted more. The motivation continued and I later became a coach. It was so exciting being able to inspire others! I was setting goals and meeting them one by one (for instance, push-ups from my toes)! I joined my FXB members and competed in the 1st annual FIT Games and also ran the Rugged Maniac. I became a food prep pro (if you fail to plan, you plan to fail!). I cannot say enough great things about FXB. I have become such an advocate. I mean, once you hold the key to success you want to shout it from the rooftop and let everyone know! A place that pushes you 110% to meet your goals. A place full of friendships and support with vigorous workouts to help sculpt your body and build your spirit! Plus, my cholesterol is normal and my headaches have subsided!

Now 41 years old, I am most fit I've ever been in my adult life! A full year of FXB has gone by and I am so ready to see what another year will bring!