

## Farrell's Nationwide Challenge Joleen Morin

Obesity has been an issue with my family for a long time. Being younger I have only just begun the slow path toward obesity with losing weight and gaining weight in a yo-yo style each time getting heavier. Like an addict, I would seek out food to feel fulfilled. I knew my habits were unhealthy, but I could never find a sustainable solution. My twin sister and myself had heard of Farrell's but always thought it was for super fit people to become more fit and were intimidated by that thought when discussing signing up. Finally, we took the leap and signed up for the 10-week challenge at Farrell's Extreme Bodyshaping Elk River in October 2016. Our competitive nature has always helped us push each other, but in this case, we wanted to support each other completely so we agreed to split the money if one of us won the challenge because through our support of one another we would both deserve the reward. When I first started the challenge, it was very difficult. My goal was to have perfect attendance and no excuses. As the weeks progressed I became stronger and started to form relationships with various people at the gym all supporting each other's individual fitness journeys. I stuck to the food plan and kept perfect attendance and managed to lose over 20# and 10.25 inches. My commitment to the 10-week program was enough to win the \$1000 female 10-week challenge award. You would think that my success throughout the 10 weeks would be enough to have created a new lifestyle and sustain new habits, but I knew deep down that I could easily fall into bad habits again. Unfortunately, my bad habits are so hard ingrained that it was clear it would take more than 10 weeks to lock down new habits so I committed to the year long nationwide challenge. I also committed to coaching and fit challenges to help keep my focus and remain accountable for the decisions I was making. Through various life challenges and blessings, I managed to sustain my weight loss and stay committed to a new lifestyle. There are countless people that have supported me throughout my journey and helped me to push across the finish line. Through this program I have gained control of my life and meet many great friends with similar goals. Farrell's has changed my life in ways that are contagious to the people around me. I have now inspired various friends and family members to join the program of which all have loved it! I am so blessed to have found this program! The program has helped me to shape more than just my body, I have become a happier and more confident person, which in turn has made me a better wife, mother and person. I appreciate consideration for this challenge and even more I appreciate all this program has done for me. Regardless of if I am elected as the winner for this year long challenge, I have already won.