

## How's Farrells has changed my life

My name is Harmony Horn. I'm a wife and mother of 3. They are my life. Going in for my annual physical my numbers were terrible. I was overweight being 220 lbs. had high cholesterol at 210 mg and my Trigl at a high 215 mg. The doctor tells me that I have the beginning of type 2 diabetes. My doctor told me I need to make a life style change. That I need to change my eating habits and exercise more. I decided I needed to make a change to get healthy so I can be alive to see my kids grow up. My aunt, cousin, and sister in law have all went to Farrells and seen results. So I said what do I have to lose so I signed up for my 1<sup>st</sup> 10 weeks. One thing you see in Farrells right away is the support. I will never forget my 1<sup>st</sup> day of testing on how many pushups and sit ups you can do in a minute. Come to find out as much as I tried and pushed myself I couldn't get not one sit ups. I was in tears feeling defeated and 2 women Sarah and Heather that were helping with the testing said don't worry we have all been there you will get stronger. You can do this! There is so much support at Farrells you feel it right off the bat. I went my whole 10 weeks without missing a day perfect attendance. Farrells has made me stronger and has given me a new lease on life. After my year I have went down 20 lbs., down a total of 23" over all. I have increased my pushups by 31 and what I feel is my greatest compliment is going from doing zero setups in a min to doing 29 that put a huge smile on my face. Sarah and Heather were right I did have this! I can even now do sit-ups with no one holding my feet. Farrells has given me so much body strength and confidence in myself. I can't wait to see what the future holds for me. Also on a side note on my follow up visit with my doctor he told me excellent diabetes control. I feel Farrells has help make that possible and I'm so thankful for that.