

What a year! As I sit in my living room waiting for 2018 to ring in, I can't help but reflect on this incredible year. A little over a year ago I was lost. I was unhappy with my appearance which left me feeling sad, lonely and lack luster. I needed a change and I needed one fast. I had always been an athlete, growing up playing hockey, soccer and lacrosse. Although a great way to stay fit and active I had never been on my own with my fitness. Once I left high school, I was unsure of what to do. I went to the local gym and attempted to get a good workout, but felt like I was missing something. I craved a group workout experience, and others to push me to be my best. After gaining 70 pounds and losing a big part of me, I start searching for an answer. I had heard great things about Farrell's from so many people on Facebook and started looking online at other's results. Hours later I was convinced. I had to sign up. Being a college senior I had very tight purse strings. I knew however, this was what I needed to regain my confidence. I quickly became a firm believer in the FXB program and followed it to a T. 10 weeks later, I was 30 pounds lighter and much, much happier. I was beginning to feel like myself again. I knew I couldn't stop there. In my year of FIT, I have done so many things I didn't think were possible. From coaching a group of 10 weekers, running the Rugged Maniac, and increasing my push-ups by nearly 100%. I am so thankful for this program, and for what it has allowed me to accomplish this past year.