

How FXB Has Changed My Life

By Karla Geving

While my body weight and body fat loss numbers will not be as significant as other 10K participants, I am immensely proud of the success I have achieved during this past year. I began my journey at FXB when I was approaching the big 4-0. I was the heaviest I had ever been, felt sluggish, unmotivated and just wanted to blend into the crowd. I had my annual physical with my doctor and was shocked at my weight, and that in combination with my blood work (borderline high blood pressure, borderline high cholesterol, borderline high blood sugars), was the catalyst I needed to “do something.” I was already a member at a big-box gym in Roseville, which I never visited and basically donated my money to every month. I knew I needed something different and recalled a flyer I received for FXB in the mail. I scheduled a visit and signed up on the spot! It turns out to have been one of the best decisions I have ever made.

Reflecting on my year at FXB following my initial 10-week introduction, a few of the changes I have noticed had in my life include:

- I went from going to the big box gym approximately 10 times **a year** to attending class at FXB 4-6 times **a week**.
- I went from eating whatever I wanted, whenever I wanted, to suggesting and researching restaurant choices with healthy dining options for dinners with friends and family.
- I went from *squeezing* into a size 12 dress pant to wearing a size 8 dress pant comfortably.
- I went from not knowing a soul on my initial 10-week testing day to inviting a number of my classmates to my October wedding!
- I went from purchasing a too tight bathing suit two years ago to wearing a bikini on my recent trip to St. John in March (and actually feeling good about it).
- I went from not wanting to be noticed in a crowd to being a person who says “hi” and smiles to strangers on the street.
- I went from eating greasy fast food most days of the week to very rarely eating fast food.

Finally, one of the most important ways FXB has changed my life, is the difference my friends and family have noticed in me. I have had a number of people in my life, who have known me for years,

comment on how confident I am now that I have FXB in my life. I love the fact that they notice the change that I feel. To me, that is the Level 10 Life and I plan to continue to live it for a long time to come!