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Farrell's Write up for the \$10K Challenge

My story is not much different than many others. I was active in high school and involved in many sports including cross country running and softball. College hit and the pounds started piling on. Fast forward 10 years and two kids later and I had really done a lot of damage to my body; inside and out. Throughout those years, I had tried everything; personal training, bog box gym classes, diets, etc. I have a condition called PCOS that makes it very difficult to lose weight; especially in your mid-section which is my problem area. I would use this as an excuse for my past failures and leaned on it as a crutch. Searching for the newest weight loss fad became a hobby of mine. I was searching for quick fixes that hardly required work. Today, I look back and know that many of those fad diets contributed to my weight issues over these years; not PCOS.

My Farrell's journey started the day after thanksgiving. My husband's cousin was in the middle of his 10-week session and had a lot of positive things to say about it. I went home and immediately signed up for the next session. I had been searching for the next thing to try and this program seemed to offer it all; nutrition, strength, cardio, etc. Shortly before my session began, I ended up in the hospital for an emergency gall bladder removal. This was a fairly common surgery that ended up more complicated due to my weight. This certainly scared me and my family and I knew I couldn't wait for Farrell's to start and had to start now. I lost 15 pounds that month after following a nutrition program suggested by my Dr. When I started Farrell's, I was happy to see that the nutrition plan was very similar and this helped me succeed during my 10-week session. By the end of the 10-week session, I lost another 14 pounds bringing my total weight loss to 29 pounds. This was the most success I had seen in the past 10 years and I was thrilled. I decided to join the year challenge to continue this momentum and challenge myself to see something through. I wanted to break the cycle I'd follow in the past of succeeding and quitting and re-gaining as a result.

A year goes by and I did it. I made my workouts a priority and only missed classes when I was out of the state for work, travel, etc. I followed through and tested out every session. I knew I wasn't making the progress I was hoping for, but I decided to continue on and follow through. I wanted to finish this challenge to prove to myself that I could do it. Some people would look at my numbers and say I did not make a lot of progress over the past year. However, I have a different take on it and the coaches and support at Farrell's have helped me realize such. I lost a few additional pounds, but what I gained is the true measure of success during my journey. I gained strength, self-confidence, & friends. I made life changes that have become a part of my daily routine and most importantly, I am setting a great example for my children who mimic my every move.

The program at Farrell's is ALL about life-style changes and it is doable. It is doable for anyone willing to put in the effort. I am so thankful for everything this program has taught me and I would not be where I am today without it.

