

Fighter to Fit

The only way to express how Farrells has changed my life is to tell you from the beginning of my journey. Today I am strong. I am a fighter. I am fit. It wasn't always that way. There have been many trials in life I have had to overcome. While some I might have fallen short, it was those times that made me fight harder.

Growing up I had faced physical, emotional and mental abuse. People say either you become the victim or the victimizer. I didn't want to become either. Through my faith in God, music and art as my outlet I pushed through it. Fighting everyday battles that life had tossed my way. I did not want to become a product of my environment.

As a child, I was sent to live in a foster home which led to a lot of relocating and changing schools. Always having to be the new girl made it hard to make friends, join teams and be confident in my own skin. Just as I would begin to get familiar, I would be whisked away. As a coping mechanism, I became a smoker at a young age. It became a part of who I was & I believed it defined me. After 15 years I had finally made the choice to quit by fighting through the addiction.

Due to the environments I grew up in, I ended up in abusive relationships. I fought my way through the chaos & drama that I had allowed in my life until I finally grew the strength to break away.

I felt that I had pushed through these battles without being scarred but I was wrong. How could I go through these things and not be affected? Every experience in life changes us in some way, either for better or for worse. True it made me stronger mentally but I also suffer from anxiety, depression and PTSD. My scars may not be visible, but they are real.

After having two pregnancies/C-sections (2006 & 2015) I had gained a substantial amount of weight. My confidence and mental health decreased immensely. How could I ever turn this around? There seemed to be no hope. This led to a lot of self-loathing and added to depression/anxiety that I had no idea was building up. This brought my self-confidence to its lowest point.

These things had hindered me from becoming that physically fit person I always wanted to be. Although I had overcome many hindrances that was one I couldn't conquer so easily.

After beginning to work out more often and eat healthier, I still felt stuck. Every time I went to the gym I felt alone & isolated. It was like I was wasting my time. I didn't know what I was doing or how to go about getting where I wanted to be. Why was this so hard for me? My thought process was falling back into doubt.

Until the day I heard the Farrells ad on the radio. It described a 10-week program that could help transform you & get you to reach your fitness goals. I knew that's what I needed. A transformation. Something to get me out of this funk that had developed over the years. Something that was fool proof. I had heard about Farrells in the past but didn't know much about it.

I was tired of beating myself up mentally and new that I couldn't change if I wasn't willing to try. Deep down I knew I still had that fire, the drive to be something better than what I had let myself become. No looking back. 10 weeks and we will see where it takes me. Without much thought, I signed up and officially committed to it. This was the moment in my life where I decided to fight because I wanted to, not because I had to.

While my journey is ongoing, it has thus far done exactly what I had hoped it would do. Farrells has transformed me from the inside out. My anxiety, depression & PTSD are almost non-existent. I feel stronger mentally and physically. Like I can do anything. Be anything. Push myself past limits I could have never imagined.

I finally feel in control of my life. Myself. My purpose. The best part is that I am now a member of a team, a family. This journey isn't just about me, it's about all of us. I was recently asked to be a coach for the last 10-week session and I was honored. Me? The girl who envied those gym goers, the girl who couldn't run a mile in 12 minutes if her

life depended on it? Coaching an entire group on how to become fit themselves? Yes. That Lindsay. Because that Lindsay doesn't exist anymore. This Lindsay is the girl who can do pushups from her toes and run a mile in 8 minutes. This Lindsay is the girl who wants to help others find that inner strength and determination just as I did. Farrells gave that to me by opening the door of opportunity. Farrells has given me so much & for that I will be forever grateful.

I don't look in the mirror with shame anymore. I look in the mirror with confidence and pride. I stand before it with perseverance, ready to take on the world. Life has taught me that things are unpredictable and can sometimes be unfair, however; the worry dissipates when you become sure of yourself. When you realize that it doesn't matter how big the mountain is to climb because you are now capable of climbing it. Farrells has done that for me.

Farrells has shown me that I am strong. I am a fighter. I am fit.