

My Farrell's Journey

I've been overweight my whole life – for as long as I can remember. I was constantly made fun of growing up at school. Healthy eating and an active lifestyle were never taught to me as a child, so those not-so-healthy habits carried over into adulthood.

Over the last few years, I have tried to be more mindful of my health and weight, but I was very inconsistent with making healthy, lasting changes and would go back to my comfort zone—food, the couch, and too much alcohol. Luckily, I hadn't had any of the health issues that can be associated with being overweight (high blood pressure, diabetes, etc.), but I knew if I didn't do something to make changes, I would undoubtedly get some or all of them, especially since those diseases run in my family.

I started a new job last June and during my onboarding, the woman that did my orientation with me mentioned that she went to Farrell's. I told her how I used to do it, too, and how much I loved it. You see, in my quest to be healthier, I joined Farrell's back in 2011. Then I let the excuses creep in and I stopped going. I also joined in 2015, but I was battling a foot injury that I had before joining, and let that stop me from giving it my all. I let myself get in my own way. Never again!

I called Chris, the business manager at Farrell's and let him know I wanted to come back. I was bigger than I'd ever been. I was embarrassed, ashamed that I'd let myself go so much, but I was welcomed back, no questions asked, no judgements.

Most people expect some level of change when embarking on a journey like Farrell's 10 week session – I sure did. Little did I know how much my life would change when I walked into FXB Edgewood on July 9, 2016 for my initial testing. The physical transformation I've undergone has been amazing. I am so much stronger than I've ever been. I completed a Spartan earlier this year, and several mud runs. Even more spectacular are the changes on the inside. I am no longer scared to go new places, try new things. I have learned to step out of my comfort zone and to push myself past my limits because now I truly know and believe that I can do so much more than I have given myself credit for. My self-confidence and self-esteem, things I struggled to find within myself all my life have skyrocketed because of Farrell's.

I have also learned so much about proper nutrition and what food's true purpose is – to fuel our bodies. It has taken a lot of hard work to retrain my thinking on this. For so long, food was comfort, a crutch for my feelings.

I ended my 10 weeks with good results and perfect attendance. Once it was over, I made a new goal to have perfect attendance over the next year and joined the national challenge. A lot of people didn't think I could do it, but I was determined. I ended the yearlong national challenge with perfect attendance! I did it – I set a lofty goal and reached it!!

I've had many people come up to me and ask me what my plans are for the upcoming year. I still have work to do, more health and fitness goals to achieve, and I can't think of a better place than Farrell's to help me achieve these goals!

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