

When I walked through the doors at FXB New Hope, I was 349 pounds. I'm not sure how I got there, I've been an athletic since I was old enough to play organized sports. I just knew I didn't want to be overweight anymore and needed to do something immediately.

My doctor was pushing for me to consider gastric bypass surgery as she felt it was the only way for me to lose weight. My sister went through gastric band surgery and still had to work hard to lose weight, so I knew I needed to find something that would motivate me without going down an irreversible surgical path that didn't guarantee success.

My friend invited me to attend my first class at FXB during friends and family week. I attempted to participate in the bands class, I had to take a seat on the floor because I was getting too dizzy and light headed to keep going, putting my face in my hands. I didn't expect to get my ass handed to me but I sure did! Despite the look of concern on the owners' face (don't worry I gave them a "thumbs up" to let them know I was okay), I knew this is exactly where I needed to be to make the life change and I wasn't going to give up after one challenging class. The next day I participated in the kickboxing class and sucked wind the entire time barely able to lift my leg above the base of the bag, yet the family atmosphere and support proved overwhelmingly that I needed FXB, I was hooked and in love.

Then came my ten-week session orientation, I was dreading all the data they were going to collect and how truly unhealthy I had become. I really had no idea how to exercise and eat healthy but I was ready to learn. I was surprised by my ability to adhere to the program nutrition component during my ten weeks. The pounds and inches just came off. I went into the program thinking that I would only lose about 25 pounds in the year and boy was I wrong! I am now down about 80 pounds and could not be happier.

I am proud that I got these results without straying from the FXB program, except for an extra fun day turned into fun weekend, hey we are only human :). I am surprised to say that I am now running on occasion of my own free will and completed my first 5K in 40 minutes. I did not quite make it to my 10-minute mile goal, but I was darn close. Considering the first mile I ran, I thought I was going to die. I could run maybe ten steps and then would have to stop. I have never been so sore than after that mile. Needless to say, whether I win the \$10,000 prize, I am proud to call myself a FIT member and I'm winning my life back. I am thankful for the friends I have made and thankful for the FXB owners Deb, Krista, Zach, and Jim.