

My Fitness Journey

By: Melissa Jungels

When I first heard about FXB, I was hesitant to join. I had every excuse in the book. It's too expensive. It's just another fad program. I've joined plenty of gyms in the past and they didn't work, why would this one work this time? If I can't make changes on my own, what makes me think someone else is going to get me to make changes? I have a treadmill sitting in the basement that I could use for free, why would I pay for a gym membership? And the list goes on and on. I told myself it was either time to get in shape or quit playing sports.

I finally decided to try FXB after a teammate of mine talked about it and prompted me to join for over a year. A friend of mine and I joined together. We made an agreement to split the \$1000 when one of us won but we both had to stick with it. Naturally, we were both competitive enough to not quit or let the other win. We went on to split the \$1000 prize as we were the top two finishers in our ten week session.

FXB Andover gave me everything that was promised in the ten week session. Weight/fat loss, increased self-confidence, motivation, and not to mention I felt healthier overall, physically and mentally. I made the decision to continue my journey with the year-long 10K challenge because, well, why not? I had already accomplished something that I never thought I could.

Throughout the last 52 weeks, the owners, managers and instructors have continued to challenge and motivate me, on and off the mats. FXB has helped me increase the skills and knowledge that I have, teaching me many new things along the way. They have taught me what it means to eat clean, work hard to achieve my goals and even exceed my own expectations. The skills and knowledge will last a lifetime. Now it's time to put them to use in my daily life beyond this challenge.

Another important thing FXB has given me is the new relationships I have fostered. The friendships that I have made are priceless and I can honestly say that I could not have accomplished what I have in the last year without my FXB family holding me accountable every step of the way.