

Joining FXB has had a significantly positive effect on my life! In November 2015, my mother, my best friend passed away from cancer. That, in combination with my 3rd daughter being born around the same time took a toll on my mental and physical health. I have always been very active, an avid runner/biker and worked out all the time but the death of my mom took the wind completely out of my sails, and it was difficult to do anything - let alone workout. I was unhappy, had no energy, had all of my baby weight to lose and was eating horribly. My husband, knowing I am a happier person (and better wife and mother to my 3 girls) when I feel good about myself and am physically fit, suggested I look into joining our local Farrell's.

I thought it was a good idea, but didn't really think much more about it. Then, a friend of mine, who was already a member of FXB mentioned it to me. This was a sign that I should look into this more seriously. I pulled the trigger and signed up for the January 2016 session. I was so excited to have something to look forward to and felt this could be the answer to get my life back on track.

That first day was scary! The unknown always is – but when I walked through those doors, saw all of those smiling faces and people welcoming me, making me feel comfortable and telling me I could do it made all the difference in the world. That first few weeks, waking up at 4:30am for the 5:00am class was brutal – more than a few times, I felt like throwing in the towel – it was so challenging and so early! Thankfully I don't give up easily, and powered through – that was the best gift I have ever given myself!

Now, a year later, I am STRONG! I pop out of bed at 4:30am and can't wait to walk in those doors to see all of the great friends I have made, to get my butt kicked by all of the awesome instructors and to challenge my body to do greater things every day! I can't speak more highly of my experience at Farrell's and recommend it to everyone I talk to! I feel amazing about myself, have seen significant changes in my body and know I am so healthy, strong and a better wife and mom!

I know my mom is proud of me for doing this for myself and my family! Thank you FXB!

Lisa Reber