

How FXB Changed my Life

Growing up in an environment in which your family is unjustifiably critical of all of your performances, appearances and lifestyle choices made it nearly impossible to enjoy all aspects of my childhood, and especially my adolescence. I was told I couldn't be too fat, too skinny or too muscular and to always win in everything I did. You can imagine how difficult this was to hear and understand for a teenage girl as I was constantly striving to find my best look, not for my own happiness, but my families. Because of this it led me to go into a dark time of extreme working out to insure I would be the best in all sports, and eating less than 500 calories a day. With all of the training and starving myself day in and day out I felt I was making my family proud every medal, award and trophy I would receive, but I knew something was missing as I was building up this fake confidence. As I began high school I began to no longer care what my family thought about how I looked, which led me to slowly become overweight to the point I was about 170 pounds at 5'4", and I would try to pretend I was happy with how I looked but that wasn't the case. I didn't realize how upset I was about my weight until my Dad passed away in 2015, for he was one of the only people who would tell me I was beautiful at every stage in my life. Then in July of 2016 I discovered Farrell's Extreme Body Shaping, and I surely had no idea the impact it would have on my life. The first day walking in the doors I felt so at home because of the community that Cindi and Kerrie created, and because of my athletic and competitive nature I fell in love with the workouts. The weight began to fall off and it was correlating to the point that every pound I lost was building up my confidence again. At the end of our 10 weeks I was the \$1,000 winner but that didn't stop me, I still was driven by the environment I was surrounded in at FXB. Because of my love for Farrell's I couldn't leave the gym, so I became an instructor and coach, with the goal to insure every member, new and old, has the best time in a supported community. As I have continued my weight loss journey throughout the year I have now become a NANBF bikini competitor and have placed in all competitions I have participated in thus far (including 1st place in some)! Never in a million years would I have believed that I would be doing that until FXB showed me that anything is possible when you are surrounded with a community who will support you no matter what. FXB has absolutely changed my life, it has made me truly find myself for the first time in my life, and I no longer care what anyone thinks about how I look because I feel absolutely beautiful. Thank you FXB for helping me in not only losing weight and discovering so many new friends, but for truly changing my life for the better and as no words can describe how grateful I am for this program all I know is joining FXB was the best decision I have made in my life.