

Where was I, what happened, and where I am today: I think back to January, 2016, chatting with a gal at work about a fitness challenge. Ready for a change in my life, she enticed me to check it out. God does amazing things in my life, and this was no different. Calling the gym, I found the challenge was beginning in 3 days. No time to wait, I signed up over the phone and showed up the following day for measurement and pictures. Little did I know we were also being challenge with sit-ups and pushups. What did I get myself into? 14 pushups, and 19 sit-ups later, all the measurements done, I went home feeling depleted and upset I could get where I was physically, though a part of me was ready with the challenge. Did I mention all the bags I saw at the gym, all the bands hanging on the wall and wondering what kind of gym this was? Unable to run the mile due to the icy weather was ok for this ex-smoker who thought a brisk walk was pushing a cart at the grocery store. I appreciated the support from all the instructors, the coach I was assigned to, and the information on nutrition. I set up “my fitness pal” and waited for Monday. It came with excitement and anticipation. OMG – Kickboxing!!!! No one at my age and physical ability does kickboxing. Challenge accepted, goals set, never give up attitude in check, off I went. Next day bands, Ok I got this. By day 5 I was in tears, sore, confused, and done. Talking with my coach and Kevin, I was inspired to continue. The instructors not only taught and tutored, they gave me the support and words of wisdom I needed. As my skills began to improve, I became more motivated to work harder. Thinking my food habits just needed a little tweak, I got my 1st week journal back. The coach had suggestions. I would call it “yelling in red”. The more red marks I saw the more determined I became. The beast was born.

I looked at each week as a challenge, the tears lessened, the soreness became a positive, and that bag was now my “let it go” place for the day. The family style atmosphere began to appear, the instructors became my friends and my team mates became my sisters and brother. My attitude on fitness began to change. It was no longer about the numbers, it was about how I was feeling. How much better I was sleeping, and my ability to keep up with my grandkids priceless. I wanted to find ways to increase my strength and nutritional knowledge. Farrell’s not only gave me the challenges I was looking for, Kevin gave me the information and tools I needed to work on my nutrition knowledge. He also knew how to push my fitness buttons. Who sets goals to do 100 burpees, let alone a 10-minute plank? I walked out of my 10-week challenge with 54 pushups and 34 sit-ups. Dropping a minute off of my run from the 5-week evaluation was amazing to me. Winning the 10-week challenge gave me the incentive to continue. I had become a positive promotor of kickboxing, resistance bands, and Farrells. The family atmosphere is a great benefit of the gym. I took the trip to the Dominica Republic in April and had an amazing time. Met some amazing people and the 2-hour daily workouts were awesome.

I have found my gym family. Farrells has changed my life, the way I look at myself, and where I want to be. The fitness challenge is real and nutritional needs mandatory. I can talk about the numbers; 34+ lbs, 9.6% body fat, 27+ inches lost. 14 to 63 pushups and 19 to 39 sit-ups and dropping from a size 14 to a 4, but there is so much more to Farrells than the numbers. You have motivated me to look beyond the mirror, to find true fitness comes from within. The better you feel on the inside, your perspective of life begins to change, your priorities in life start adjusting from what you can’t do, to what you can. You become motivated to be the best you can be and share it with others. God has given me the means to use my experiences as an opportunity to help others, fitness is now another avenue. I share my Farrells journey with others and look forward to becoming more of a mentor. You have made me physically fit, my cholesterol has dropped 20 points, and my lifestyle is full of activity – PRICELESS. Thank you Farrells for it all!!!!!!! God does perform miracles when you are willing to do the action...

Sandra McGinnis

