

How Farrell's has changed my life

I started my journey at Farrell's in July of 2016. Two weeks prior I attended my 21st high school reunion. (Yes, 21st. I went to an arts high school. We could never figure out how to do things the "normal" way.) I was heavier than I had ever been at 250 pounds. I was unhappy with not only my weight and physical appearance, but also with my life in general. I attended my high school reunion events and had multiple people comment how much I had impacted their lives back in high school. I wondered, "What happened to that girl?" The person I was in 2016 couldn't remember high school me, and how I could possibly have had a positive impact on someone else. In getting reacquainted with several individuals at the reunion, I really made a connection with one in particular. He asked me the question that made me step off the edge of the cliff and never look back. He asked me, "Why do you think you don't deserve to be happy?" This struck me, and I made the decision at that moment to make some major changes in my life. I registered for the Summer 10 week challenge, and for the first time in many years decided to put "me" first. I knew I had to do this not just for me, but because I needed to be a better role model for my daughter.

I was unable to attend the orientation and initial testing for the 10-week session. I walked in to Farrell's on that week one day one Monday morning more terrified than ever. But also more empowered than I had felt in years. I knew I had finally decided to do something positive. At this time in my life, my self-confidence was lower than it had ever been. I was afraid to talk to anyone. But, the coaches, instructors and members were all so kind and welcoming to me. I did my initial testing with a few others that had also had been unable to attend, and one of the other coaches walked/jogged the entire mile with me. I couldn't understand why anyone would want to do this for me. I kept thinking, "Why do they want to help me?" As the weeks went by, I began to feel more comfortable and more at home than I had in years. I was making friends who had similar interests and fitness goals, and who supported me in my journey just as I supported them. I am certain I would not have crossed paths with so many incredible people had it not been for Farrell's. I know these people, and Farrell's, will be in my life for many years to come.

After winning my 10-week session, there was no question I was going to continue at Farrell's. I knew from almost the very beginning I had found something that was going to work for me. I was determined to get the best possible results. Since finishing that first ten weeks, I have participated in the FIT Recharges, and have been able to complete fitness challenges that I would have never thought my body capable of before Farrell's.

I started coaching 2 sessions after I finished my 10 weeks, and started instructing around my one-year anniversary at Farrell's. I coach and instruct because I want the opportunity to support others in their fitness journey the way I was supported in mine. I know there are others who walk in on that first day as terrified as I was. I remember what it was like. I want to pass along some of the support and inspiration that was provided to me, and make them feel like they are not alone.

I have been inspired and supported along my journey by the other coaches, instructors, and FIT members. I firmly believe I wouldn't be where, or who, I am today without everyone I have met at Farrell's. I have not only changed the person I was physically, but I have changed mentally and emotionally as well. Not only has my self-confidence improved, but also my entire outlook on life has changed! I couldn't be more thankful. Most importantly, I feel like I am finally providing my daughter a positive role model to look up to and learn from. I couldn't have done any of this without Farrell's. I am extremely grateful that I have had the opportunity to be a part of this amazing team. This is only the beginning, and I am looking forward to what is yet to come.