

My name is Taniya Graham.

My weight loss journey started many years ago.

My life style journey started the day I stepped into my location.

I was introduced to the Farrell's Gym by a co-worker. There were many things happening in my life that led me to a large weight gain which I'm sure she noticed.

Some of those things are:

1. I was in the process of quitting smoking.
2. My mother got sick, I'm the oldest and had to take over her care.
3. I think I may have given up on myself.

My co-worker said to me 1 day have you ever heard of Farrell's Extreme Body Shaping? My answer to her was no, what is it? She explained the concept and directed me to the website. I was interested but wanted to know how much it cost. I made the phone call to get that information, however I got the answering machine. I left a message and pretty much took that as a "sign" that Farrell's wasn't for me. Then about 3 or 4 days later as I was out grocery shopping my phone rang, I answered it even though I didn't recognize the number. On the other end of the phone line was Dale Braegelmann. It was pouring down rain I had to pull over. I had lots of questions for which he had answers. He told me that the following week was going to be friends and family, he also encouraged me to come and try it out. I had to get over my many excuses and just do it. I did just that and the rest is history so to speak.

I showed up for the first class and fell in love with the kickboxing portion. The next day was strength training. I grabbed red and blue bands, Dale politely walked over and suggested that I might want to start with yellow and green so I grabbed them all the while thinking "whatever" well let's just say lesson learned. I didn't know as much about strength training as I thought I did. I made it thru that week and signed up for the October 2016 10 week session. Test in day was scary and fun all at the same time. I couldn't do 1 sit-up and very few push-ups. That mile was a nightmare. I am so proud to say that being a Farrell's member for over a year has changed my life in so many ways. I now can do sit-up's and lots of push-up's. My mile run time has gone from over 14 minutes (walk/run) to under 10 minutes (all run). I've ran 5/ 5k's and am looking forward to doing a 10 mile run in 2018. My outlook on health is way up and I can't wait to see what adventures I will be doing in the future.

What keeps me coming back are the Instructors, Members and Owners.

I can say with confidence that finding FXB Shoreview has helped me to understand why I could never maintain my weight loss and gave me the tools to do this in the future and beyond.

Shoreview Farrell's is more than a gym it is a second family to me.