

## **I am tired of losing and gaining the same 30 lbs. over every few years**

On January 9, 2016, I walked into Farrell's and started my journey. I was nearly 53 years old, and feeling tired and out of shape. There are three reasons why I joined Farrell's and wanted to be successful.

1. I was tired of losing/gaining the same 30 lbs. over every few years.
2. To learn how to eat better and prevent the many different ailments passed down from my parents through proper nutrition and activity.
3. To find an exercise community that is supportive and one that includes variety.

Most importantly, I am tired of losing and gaining the same 30 lbs. over every few years. I had always been active since I was a young child until my early 30's where I had spurts of activity. But when I became a mother, like many women, I didn't have the time to put my health first. I had embarked on several exercise regimens, running or weightlifting. During the past years, I have lost and gained back the same 30 lbs. three times. More recently, prior to Farrell's, I had become bored with my exercise routine—weightlifting and Stairmaster every day, five days a week. I hit a wall in terms of boredom with my exercise routine that I had done for the past 5 years, and I eventually stopped going for a few years. I saw a friend from the gym who had started Farrell's that year and saw her progress. I then ran into two other friends who also belonged to the Shoreview FXB location and they too were in incredible shape. I thought there must be something to this program! Eventually, I signed up with Farrell's during the Black Friday sale and started the New Year off in 2016!

I began my 10 week journey and felt like a fish out of water doing two forms of exercise I hadn't done before—kickboxing and bands. The weeks flew by and I slowly was able to increase my band strength, and work on my kickboxing form and my push-ups. The FXB Shoreview team was supportive with questions and nutrition. It was extra inspiring when Liz Hinz won the \$10k challenge during one of our classes! I made it through with perfect attendance and came in 2<sup>nd</sup> place at the end of the 10 weeks. Being a FIT member since March 2016, I did feel a little bit on my own as I was the only person left from my 5:00am class that remained in the class. It was difficult to meet people at first and I kept to myself, but I was lucky to find a new pod of fellow FXB members with whom I have joined every single FIT challenge and we have that accountability to. We support each other in the good and rough times (nutrition, injury, etc.) I couldn't have made it through the past year without my Farrell's friends! They make it easier to get up at 4:20am every morning and push me to hit level 10. I'm getting to know new people every day and it's been a joy to see the transformations of my fellow FXB'ers.

The primary reason for joining the 10k Challenge was to work on my nutrition, to have that end goal in mind to keep me on track and make it a way of life. The last year has not been without its struggles... Constantly reviewing my nutrition, failing in my nutrition and then asking questions, trying to find time outside of the gym to be active—going for walks and runs. I have gotten my identical twin sister to join a Farrell's near her home and she is enjoying her own success. My husband and children were not always on point with my nutrition changes and meals that were made, but they have been incredibly supportive and know that it is important to me. I had an earlier conversation with Liz Hinz who is working with 10k Challenge participants and she provided the counsel I needed to get my nutrition on track. It was the nutrition challenge in winter of 2017 that seemed to resonate and make the biggest difference for me and fellow FIT members.

One of my goals at the beginning of the 10k Challenge was to run a 5k and 10k, and I did them! I have to be honest, I didn't train like I should have, but I found that doing Farrell's six times a week, was very helpful in getting me through these races, with one of the best times I every run! One of the other setbacks I endured during the 10k Challenge was a nagging shoulder injury. I was on track to reach my 80 push up goal, but with this injury that plagues me today, I found it has only made it more difficult to do pushups.

Throughout my 10 week session and the one year 10k Challenge I have learned that...

- I am worth the time, energy and money I spend on myself to keep healthy to have the opportunity to rewrite my family's history of cancer, heart disease and Alzheimer's starting with me through clean eating and activity.
- FXB Shoreview FIT members make me accountable and a welcoming place to be
- Keeping my nutrition on point is key to my success, regardless if I get off track, I now have the knowledge and tools to avoid putting on the same 30 lbs. again
- I am always supported through FXB Shoreview owners and members
- Injuries do not have to sideline me anymore

Thanks to Kerrie Robbins and Cindi Nikituk for always walking the walk and talking the talk. For being such great role models, inspiring and providing a welcoming environment with creative and fun FIT Challenges! You make getting up at 5:00AM so worth it!

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