

## Tina Bowens Experience at Farrells Extreme Bodyshaping

Before joining Farrells I was just existing. I was an overweight 47-year-old female who didn't feel like she had anything worth sharing. I ate like crap with no portion control, I was drinking at least 2 liters of pop a day, and sleeping to escape. I slept mostly because I did not have any plans to achieve my goals, and felt that the odds were stacked against me. Because I had no plan for my life I was angry and didn't even know it. This anger leaked into my life and affected my relationships with my family, my job, and with God. I had envisioned being a great mom and wife, yet had no focus or energy to put forth with my children, or husband. Regardless of what other people thought and said to me I was my own biggest enemy with my negative thoughts. I lived in my comfort zone which was fine until one day I realized that it had gotten too small for me.

That day was initial testing day and the dreaded mile I knew I would have to run. That mile I came in last and I felt like a failure. While that day was hard because reality smacked me in the face it was also exciting because I had found a community that would encourage me on the way to my goals. After being in the program for a year I know I was right. I have come very far in this year not only with my body, but also with my attitude about life. I know more about nutrition, the importance of water, and that you can achieve your goals even when you think you have failed. I realized that by taking care of my physical body I was also taking care of my emotional, and mental self. I am far more patient, caring, understanding, and encouraging. I see how stepping out of your comfort zone gives you a better quality of life even if it seems scary. I am not last in that mile anymore and that is a reward in and of itself.

I have lost inches, body fat, weight, and clothes sizes. But what I gained is so much more than that to me. No longer is my weight the most important to me, but what is to me is that I have found a new lease on life. While not every day is perfect, and sometimes I still feel those bad days, but now I can see past the bad days into what lies ahead.