

How Farrell's has changed My Life....

This year at Farrell's has been many things to me, but the best thing that has come from my year is the FXB Family. I started my ten weeks with the goal to just loose a few pounds and avoid medication for diabetes, high blood pressure, OCD and anxiety. I completed my ten weeks with great success and was so proud of how I stayed committed and worked to my level ten every day. As my ten weeks ended I couldn't imagine not becoming a FIT member, I needed this interaction and exercise daily I couldn't give it up. I joined as a FIT member and let me tell you that's where the transformation took off. When I talk about my transformation it's beyond the physical. I decided to work on myself internally; I wanted to become the most positive version of myself. I wanted to walk into Farrell's and people be happy to see me and excited to take my classes. I longed to become an inspiration. I wanted to be a reason why someone kept pushing, because so many people were that for me. I have met lifelong friends that without meeting them through Farrell's I don't know where I would be now. These people have believed in me when I couldn't believe in myself. With working on myself internally I have made many new life choices some were extremely hard and could have easily broke me but I have so many people who believe in my strength including my four-year old daughter who sees me workout daily and visits the gym frequently. My daughter often tells me how strong I am and that she wants to be a teacher at Farrell's. I know I am setting a good example for her and becoming the best version of myself. While I am nowhere close to finishing my transformation physically or mentally I am beyond thankful for the changes that have already taken place and look forward to the many more that are to come. Many people would say I am extremely passionate about Farrell's; I rarely make it through an orientation without many tears. When people talk about Farrell's and why they should join, I can't put into words the many reasons. In my year I have had several best friends finish their year as well very successfully and have heard so many other stories from other members that have finished also. Farrell's has added years to lives. This journey is beyond emotional, for those of us that have struggled with being overweight and to see that we can become healthy together, we can push each other and encourage each other. When you hit those mats we are a team and family we are all here to work together and hit our personal goals. One memory that is in my mind is a woman that started and couldn't do a Burpee, by the end of her session during a class she went down for a Burpee and did it! The class exploded in cheers. That is why I choose Farrell's. To see other Farrell's family emotional about their journey and be able to cry with them or celebrate with them, that's why I do Farrell's. The fun and hard work doesn't just stay on the mats, it goes far beyond. Many times we do group races, or have events, Farrell's is a lifestyle. Too close this letter, I couldn't have imagined the lifestyle change that was to come the day I walked through those doors. I had no idea what to expect or just how much my life was going to change. I am still currently going through changes and adjusting but my family here at FXB keeps me moving forward. I have been lucky enough to become a kickboxing and resistance bands instructor as well as part of the office staff here at FXB.