

I had always been in pretty decent shape when I was younger. I played 3 sports (soccer, basketball, and track) all through high school so I was pretty active. I could also eat whatever I wanted and not gain an ounce.

Then I started college and went from very active to not active at all and didn't change my eating habits. I started college around 150 pounds and at 5'7", was a decent weight. 2 years ago, I clocked in at 240 pounds!

I was exhausted all of the time so I had a sleep study done and of course, I had sleep apnea. I went through trying to use a CPAP machine but I hated it and it didn't seem to help. I decided that there was one thing that would be easier than using a CPAP that would cure my sleep apnea, I could lose weight!

For a year, I focused on nutrition and lost 40 pounds with minimal exercise. I had lost 40 pounds but I was still very out of shape, I needed to introduce exercise to my routine. Last year, I decided to try Farrell's because I knew several people that had done it with great success.

I'll be honest, I thought I was dying during week 1 of my 10 weeks. Just orientation day almost killed me. I knew it was going to be a long, rough 10 weeks. I survived, had perfect attendance, and had great results. I knew right away that I needed to become a FIT member and do the 1 year challenge.

Fast forward to today and I've never felt better. I recently had a sleep study done again and I have completely cured myself of sleep apnea!

I've had regular blood testing done, so here are some cool numbers from before dieting and Farrell's to today:

- HDL: 46 up to 76 (normal: >41)
- LDL: 144 down to 110 (normal: <130)
- Triglycerides: 99 down to 26 (normal: <150)
- Glucose: 97 down to 79 (normal: 65-99)

From 1 year ago, I've lost:

- 38.2 pounds
- 10.9% body fat
- 5.75" from chest, 10" from waist, 2.5" from arm, 4" from thigh, and 4.25" from hips for a total of 26.5" lost
- and dropped 4:36 from my mile

Farrell's has provided 3 key components towards my success: a set schedule, accountability, and motivation. Every day, I know it's time to work out at 6:30pm, no excuses. If I don't show up, I know people will notice. Finally, Farrell's provides a motivation that I could not get anywhere else. The biggest thing that I've learned is that there are no excuses, just choices.