

# How FXB Has Changed My Life

My name is Mark. I started my journey at Farrell's in January of 2016. I was 56 years old, and I felt out of shape. I am an engineer. My typical day includes way too much time in front of my computer - one of the hazards of my occupation.

I was in pretty good shape in college. I used to ski, bicycle and run back then. Over time, my life became more sedentary, I got out-of-shape and put on weight. At my annual physical that year, I weighed almost 280lbs and was borderline hypertensive. High Blood-Pressure runs in my family.

I have a large extended family, with 80-some cousins in the area. Many of my friends and family are experiencing health-related issues complicated by a general lack of fitness and poor diets. I was not content to accept that fate and decided to make a change in my life.

I noticed that a co-worker had slimmed down, and I asked her about that. She told me about Farrell's. I had noticed Farrell's on my way to work. I was a bit apprehensive, based on the name "Extreme Bodyshaping". I took advantage of a Black Friday deal and joined Farrell's.

I worried that I was too out-of-shape to just jump in to a rigorous program, so I prepared by walking on my treadmill for an hour each morning before work. To reduce boredom, I streamed episodes of "The Walking Dead". I made it to the middle of season 4 before starting at Farrell's in January.

I attended Friends and Family the week before I started, to get a taste of what I was in for. I was a little apprehensive, but found the environment welcoming, supportive and fun. When I started the 10-week program I weighed 265.

After 10-weeks I had lost 33lbs, down to 232. I had to buy new clothes for the 10-week party. I felt good about that. I enrolled for another year – this transformation will be a permanent part of my life.

At my annual physical after completing 10-weeks my blood pressure was normal ... actually really good! My doctor (also a Fit member at Shoreview) called me a 'Rockstar'.

As a new Fit member, I still found some of the exercises to be a challenge. Instructors would say 'You can do it', but I still found it to be quite a challenge. My fitness continued to improve. I recall that sometime around July I turned the corner. I looked forward to celebrating my birthday with push-ups.

There are many things that keep me interested and motivated. These include: the structure of the program, the supportive environment, comradery, and results. I've missed only a few of my 6AM workouts and that was due to a commitment to a friend.

At the close of my first year at Farrell's my weight had dropped to 188lbs. I am in the best shape of my life. I've got more energy, I sleep well. I do a 5K almost every month. I feel like a new person. I am looking forward to skiing this winter.

People are amazed at my transformation. I recommend Farrell's to everyone.