

I had been overweight most of my life. I had never given much thought to exercising. As the years went by, I realized I needed to do something if I wanted to live to see my grandchildren grow up. I joined Farrell's in 2012, and I lost 50 pounds in my first 10 weeks. I felt so proud and wonderful. But I stopped going. All the hard work that I put in went away. I gained back all the weight and then some.

In January, 2016 I once again decided enough was enough. I wanted my life back. A 45 minute workout each day is worth it. So I joined again and I'm never looking back. The second I walked back in the door, I was treated with kindness and encouragement all the way. The coaches are unbelievable. It's not just another gym. It's so much more than that. Everyone around is pushing you and helping you, and they become your friends.

Before Farrell's, my feet hurt me so bad that at times it hurt to walk. Now, I can run! I've always dreamed of being to do that!

I used to be on medication for high blood pressure, now, it's norm. I'm off the medication! My eating habits were terrible. I would eat anything and everything- and a lot of it! Farrell's has taught me to be more mindful about what I eat. Doing the program makes me want to eat healthy, and I'm very mindful of that all the time now.

I feel like Farrell's has also changed my whole outlook on life. I feel more positive as a friend, husband, and grandpa! I smile more too! This is a lifesaving, and life changing 45 minutes of my day! Although, I'm turning 58 years old this November, I feel 28 again! I'm looking ahead, to a much healthier way of living!

Thank you Farrell's, for helping me get my life back!

Dave Schuller