

Fat Old Man

I would look in the mirror and my thoughts would reflect that I was staring at a fat, old man. At 51, I didn't want to accept what I saw. I was unhappy that I was so physically out of shape. While checking my Facebook one evening, I saw the ad that offered kickboxing at a new Farrell's Gym that was opening near my home. I wanted to try kickboxing and thought, "what the heck, I'll give it a try." I like competition and have always enjoyed an epic challenge. I had joined a boot camp, and had a gym membership, but I lacked the motivation to continue to push my boundaries.

By trade, I am a framing carpenter for new construction. My days require strength and endurance, working with heavy equipment and materials and to work outdoors through Minnesota's polar winters and steamy summers. I use various tools to build a home. I know that having the right tools makes the difference to get the job done. With that logic in mind, I realized that I needed the right tools to help me increase my physical strength and stamina for my job.

When I made the decision to join Farrell's, I discovered that I walked into a setting that not only challenged me in a way that I needed to stay motivated, but I was also surprised by the level of commitment from the instructors to help me succeed at meeting my personal goals. I had tried to do this on my own, but never got the results that I wanted. I have, since I joined Farrell's. I realized how much I enjoyed making new friends in what I now call my Farrell's family. We were all in this together. Working to change something about ourselves and tired of whining about it. Not only that, we have a lot of fun!

I have two teenage sons, and as a Dad, I strive to be a good example to them. I honor time-proven values of hard work, perseverance and consistency. I have tried to communicate that to them not only by my words but also by my actions. They have worked with me on the job site and have experienced that those qualities are needed. One of my sons has come to the Farrell's gym and worked out with me in the class. He saw that those same qualities that are needed on the job, were also needed at the gym. Hard work, perseverance and consistency were the keys to good results.

With the right combination of nutrition, positive coaching and the mindset of not giving up, the transformation an individual desires is attainable. If you have any determination, you can harness that grit into raw power and strength to change your life. It can be tough, but the end result is worth it. Words cannot express how thankful I am that I had the right tools and coaching to go from where I was to where I am today.

The first step to possessing the impossible is to believe it is possible.

When I look in the mirror, I no longer see a fat, old man staring back at me. My wife calls me "Hercules", I'll go with that.

