

Farrells Extreme Bodyshaping 10,000 One year Challenge Essay

My name is Eric Weaver. I joined Farrell's in January 2016 and completed my one year challenge in March of 2017. I am a part of the LaVista, NE family and this is my story.

Growing up I was an active person, just like everyone else was. I was a soccer player so I had great endurance and had no trouble staying in great cardio shape. I could eat anything I wanted and had no concerns about burning off the calories. I even went on to play soccer in college for one season. It was what I thought the top of my physical fitness. Fast forward 20+ years and my activity level has dropped and my weight has soared. I have ballooned up to 267 pounds at the time of my initial weigh in, but the largest I ever tipped the scale at was 272 pounds. Exercise was the furthest thing from my mind. I would rather be out with my friends and family partaking in adult beverages at what now I recognize as an alarming rate. To put it lightly, I was an alcoholic. I went to work each day so that I could get off work and go drinking. I would drink ever night to the point where I was drunk. Go to bed and get up the next day and do the same thing over again, and I loved it. I didn't see anything wrong with it.

My wife joined Farrell's one year before I did and she was enjoying it and all I wanted to do was drink. I was not supportive of her journey and had no interest in joining myself. That was until one day when everything changed. The day was September 20, 2015. That was the day they found the body of my best friend and long time drinking buddy. He had basically drank himself to death. We had spent many days and nights together consuming alcohol to points that we knew weren't healthy, but I never understood them to be to this level where death would be a consequence. He left behind a wife, and more importantly a child that was just a year older than my own son. It was at that point that I knew that something had to change.

My wife had be singing the praises of Farrell's and I had given every excuse not to join. I would always blame it on that it didn't fit in to our schedule. That was when LaVista opened up their 4am class. I was out of excuses. I knew it was going to be hard, but more importantly I knew I would have to quit drinking for at least my 10 week session and that was going to be tough for me. Deep down I knew that this is what I needed to do for my son, my daughter, my wife and my entire family to make sure that I was there for them long term. I knew that at the rate I was going that my time was closer to the end than the beginning, so I signed up.

Initial testing day was one of the most monumental days of my life. It was humbling as a former athlete that I could only do 25 pushup and 25 situps. It was informative to know that even as good of shape as I was in during the prime of my athletic career, that I had never fueled my body properly in order to achieve maximum performance. I bought in. I told my wife that I was going to win the \$1000 prize. Although that didn't happen, the changes that did occur have had a greater impact than the money ever would have. I went from an overweight, former athlete turned drunk, to a gym leader, coach, instructor, better father, better husband, better person that had made it their mission to help others achieve the same for themselves. I went to my first kickboxing class on day one of this program hungover because of my unwillingness to give up alcohol, came home and cried in my wife's arms thanking her for convincing me to do this program and not giving up on me, to becoming one of the biggest spokespersons and cheerleaders of this healthy lifestyle that you will ever find. Not only did this program give me more years with my family, but it saved my life and that is something I will never be able to repay.

