

It is hard to describe the difference that Farrell's has made in my life. When I started I was the heaviest I had ever been. My diet was horrendous. My clothes didn't fit. I was never comfortable. I had trouble sleeping. I had heartburn and headaches constantly. I had always been overweight, but it had gotten out of control. I had just accepted that this was the way it is.

I started Farrell's because my wife had completed her 10 weeks a few years previously, before the birth of our son. She had a lot of fun, made a lot of friends, and had seen results. She was trying to get back into the program but was having a tough time finding a schedule that would work. I decided that I would sign up for my 10 weeks to help her get back on track. I really didn't expect it to work for me. I had tried all kinds of diets and workouts before and was never able to lose even a small amount of weight. Why would this be any different?

The day came for initial testing. I was still not convinced that I had made the right decision, but was determined to support my wife. After my testing was over, including a 14:48 mile time, I decided that I needed to commit to making a change. My wife and kids deserved better. I was going to follow every instruction I was given, right down to the letter, for the next ten weeks. At the end of ten weeks I wouldn't have any excuses. I would own my results one way or another.

The support I was given by our head coach, Maggie, and all the instructors and coaches was phenomenal. They were always there to answer questions, provide support, or give a swift kick in the rear when needed. They all took a personal investment, not only in my success, but in everybody's goals. Farrell's truly is a family.

After my 10 weeks were through, I could not believe the progress that I had made. Walking back to the car with my wife following the 10-week session party, I started to get emotional. This program was finally allowing me to reach goals I didn't think were possible. 10 weeks was not enough. I still had weight to lose, muscle to gain, and goals to achieve. I wanted to see just how far I could go.

Now at the end of the 1-year challenge, I am at a size that I haven't been since middle school. Even with playing football and running track in high school, I was never at my current weight nor wearing my current size in clothes. I went from a size 40 to a size 32. I took my mile time from 14:48 to 7:27. You hear it a lot on commercials, but I really am in the best shape of my life. I still have a hard time believing that this has really happened. I was used to being the "heavy set" guy. I felt that I was destined to be that forever. I still get up in the morning and look in the mirror expecting to see that "heavy set" guy.

There will never be enough words to describe my thanks and appreciation to my wife for pushing me to join Farrell's. There will never be enough words to describe my thanks and appreciation to Maggie and all the instructors and coaches that pushed and encouraged me throughout my year and are still there to push and encourage me. There will never be enough words to describe my thanks and appreciation to Lance Farrell and others for their hard work in developing this program. My life has forever been changed for the better.

I have now begun instructing resistance bands at our location. My hope is to be that support, encouragement, and example to others, especially to those walking into Farrell's for the first time with the same fears, skepticism, and doubts that I had when I first walked in. This program really does change lives.