

Joe Parrott

FXB Bloomington One Year Challenge

31 December 2017

From shy 10-weeker to confident FIT Member

When beginning my Farrell's journey, I was not completely sure what I was getting myself into; however, I knew my current life style needed a change. I was 53 years old, overweight, out of shape, and about to become a first time grandfather. It was now time for a change.

My daughter began her successful Farrell's journey in the spring of 2016 in preparation for her August wedding. During her session, she asked me to join her for "Friends and Family Week". The kickboxing session was extremely tough and I was not sure I could finish the class. After another round of trying to lose weight on my own and failing that summer, I signed up for the 10-week fall session.

From the first day I walked through the door, I was greeted by friendly faces and huge smiles from everyday people like me. The staff and instructors were all so enthusiastic and knowledgeable, making sure I was not only comfortable, but performing the exercises correctly. I knew this was the place I could start a successful journey.

My original goal was to lose some weight, gain nutritional knowledge and start a healthier lifestyle. What I accomplished so much more! I can truly say Farrell's Bloomington changed my way of life. Since they take attendance, it required me to be accountable. This made my job simple. All I had to do was walk through the door every day and give it my level 10. Now exercise has become part of my daily routine. Also with the guidance on nutrition it has helped me make healthier choices in and outside my home. Since my family loves going out to dinner, mastering "on the go" eating was a must! Secondly, my doctor has taken me off my blood pressure medication. Lastly, Farrell's has helped me gain self-confidence. I am more willing to take on any challenge. Not only do I feel comfortable going for a bike ride, walk, or run in the local park, I have also completed two Spartan races and don't plan on stopping there. Most importantly, I got to confidently walk my other daughter down the aisle.

After completing my first full year at FXB and starting my second, I am now at a weight I have not seen in 30 years and can't wait to bring on 2018. This has been the beginning to a whole new chapter of my life.

I would like to give a huge thanks to Farrell's eXtreme Bodyshaping, my FXB Family in Bloomington, my 10-week and FIT coaches, and Pam and Teresa, the owners of the Bloomington Gym. Your support and guidance over the past year has been outstanding!!