

My name is Kevin Hutson, and I started my journey at Farrell's on April 9<sup>th</sup>, 2016. Two things brought me to Farrell's, my family physician and my 3 year old daughter. In November of 2015 at my annual physical, my physician told me that my weight was getting out of hand and unless I changed my lifestyle, I was going down the road to being diabetic. I was also on high blood pressure and cholesterol medications. Over the next five months I tried to change my diet and exercise, but I had only lost 10 pounds. In March of 2016 my wife gave birth to our third daughter. When we brought our baby home from the hospital, my three year old daughter jumped up on my lap, patted my belly and said "Dad, when is your baby coming out?" Embarrassing to say the least that I had let myself get to point where my three year old thought that I was pregnant. That is when I realized that I could not get healthy on my own and needed something/someone to hold me accountable. Good friends of mine own a few Farrell's in Omaha and I always heard them talking about it, so I decided to give it a try.

I remember feeling nervous and excited when I walked through the doors for orientation and the first testing. I was so out of shape I could only do 10 sit ups and this was humiliating for me. One thing I noticed though was that no one was judging me on what I was able to do, but everyone was offering encouragement. I finished the testing and couldn't wait to get started with the first kickboxing class on Monday. I was nervous starting the first class and felt extremely uncoordinated, but I was able to laugh at myself instead of being embarrassed. The encouragement and the motivation I received from Farrell's members was incredible. This was something that I had never witnessed at any gym I have ever been a member of. As the weeks went on the workouts got easier mentally, but not physically. I learned early on that you get out of the workout what you put in, so I always gave every ounce of energy and strength that I had. I remember in the first 5 weeks at Farrell's leaving completely spent, but feeling incredible. It wasn't long before I realized that Farrell's was what I had been missing on my journey to become healthy.

Soon it was the week five measurements and testing and I had lost over 2 ½ percent body fat and 12 pounds. I remember the head coach saying that the results were great but not to be satisfied. That became my motto and I would say to myself over and over during each workout, "Don't be satisfied." This helped me to punch and kick harder, go up on band colors and do cardio faster, higher, longer, whatever it took to leave the gym completely exhausted. By the end of the 10 weeks I felt amazing, had lost 32 pounds and over 10 percent body fat. The most amazing thing is that I was now off both my blood pressure and cholesterol medications and had no signs of being pre-diabetic. My doctor told me to keep doing whatever I was doing and that I had added years to my life!!!

I just completed my first year at Farrell's and I can say without a doubt that I am in the best shape of my life. When I was a few months from completing the year, several people told me to start lifting free weights and running, along with the Farrell's work outs, in order to get better results. I wanted my transformation to be a 100 percent Farrell's transformation, so I did not take this advice. I am proud to say that my transformation is 100 percent healthy nutrition and Farrell's work outs. Along the way I won the \$1,000 Challenge and 2 of the last 4 FIT challenges. My family and friends are amazed at the changes that I have made and are impressed that I have kept the weight off. In the past I have always lost weight and then gained it back, plus some, within 6 months. I have always been a confident person, but I can truly say that I am more confident now because I am confident with the way I look. I can't thank Farrell's enough for not just giving me back my life, but giving me a "**BETTER**" life. My family and I will always be grateful for this gift of a longer, healthier life!!!