

## **How I've Changed After 1 Full Year!**

My story begins before I even started Farrell's. I was living in WA State due to my career. My fiancé at the time had left me taking our daughters to move back home in NE. I had been depressed and at an all-time low physically & emotionally. After 1 year of wrapping up work in WA while missing home and family in NE I had to make a change and move back. I weighed 380 lbs when I moved to my home state of NE in April 2015. Once I got settled I started working out dropping 69lbs in 1yr. This was all before I started with Farrell's on April 9, 2016 which I weighed 310.8lbs. Even though I had already dropped much excess weight before joining I still managed to win the 10-week challenge dropping another 36.8 lbs. and weighing in at 274 lbs. Which now brings me to a year later with a weight of 228.4 lbs, June 2017.

After feeling the difference of 10-weeks I knew how to better myself and decided to join the annual challenge. There were multiple reasons motivating me. First and foremost I have two daughters that look up to me, Evanna 7 & Naya 5. I want to live long and be healthy so I can be active in their lives. This means playing tag without losing my breath or being too tired to play dress up not to mention being around to watch them grow. Reason number two is that diabetes runs in my family and I want to stay away from the hospitals along with preventing the daily inconvenience of having to worry about my health or not feeling well overall. Joining Farrell's really opened my eyes to managing food consumption. Not only the quantity consumed but the quality of what fuel we put in our bodies. Eating was a large part of my problem and over the year I came to realize that increasing workouts does not change a person as significantly as what a person consumes. This is one way I overcame plateaus.

Much has changed this year but my reasons for change have stayed the same. Of course I've exercised to condition myself & ate to fuel myself so my body has adapted to change with me. The changes that impact me the most this year that I want to talk about cannot be seen on my body but I can feel in my heart, in my mind, & in my being.

The way my girls look at me when I'm "IT" and chase them playing tag. I see them truly happy that their dad is spending quality time playing games and going to the park. This means the most to me. I'm not being lazy on the sidelines refusing to play or by staying inside & throwing on a movie back-to-back such as I'd do a year ago because I was exhausted. I do not feel sick and I am motivated by being emotionally happier. A year ago I'd easily become depressed & eat more causing potential health problems along with a decreased motivation in general life. Now I cannot sit on my butt for more than 2hrs and I need to be up and active. My life has become so much more productive than a year ago. These changes have allowed me to accomplish much more while people around me experience more joy. I do not have to live vicariously as I myself am extremely happy to be who I am today.

I've come a long way in a year and have changed immensely both physically & emotionally. Being active and eating well consistently is now a lifestyle change so I'll never revert back to who I was last year because my reasons are in my heart & the change is real.