

How Farrell's has changed my life

_____A little over a year ago I was overweight, doctors would say morbidly obese. I didn't agree with those standards, but I also didn't see how large I had gotten either. I was 319 pounds and my parents kept saying that I needed to do something about my weight and they were concerned for me. I had never considered Farrell's, though I knew what it was from a friend of mine who went at the time. My mother heard a Farrell's ad on the radio one day and immediately called me. She was basically bribing me to do the 10 week challenge. She offered to pay for part of the class so that I would attend. Once orientation came around I went, I did my initial testing, and I weighed in for the first time in months and I was at 311, down 9 pounds from a few months before. I was honestly disgusted with myself, and decided that I was going to go all in. That is exactly what I did, I got up earlier than I was use to, went to the gym and gave it my all. 10 weeks later and I thought I had won the 10 week challenge. I didn't win the challenge but I did crush my push-ups and situps. I lost 25 pounds and 16 inches off my body. I didn't see the physical change but I could feel the change in my body. I didn't get heartburn anymore from eating, or just sitting there. That was the biggest thing I noticed initially, my constant heartburn was completely gone! That is one thing I will never miss. Since then I have gained strength, confidence, stamina and speed. I played softball before Farrell's but now I can run faster and hit the ball further. I started to play hockey, and while still being one of the bigger guys on the team, I have the best stamina by a landslide. All of my clothes started to fit better than they had in forever, and now I am to the point where I can't fit into any of my clothes. It's a blessing and a curse losing 80 pounds and 36 inches of yourself! I have learned that the scale is not anyone's friend. It has been ingrained in our minds by society its how much you weigh etc etc. But the truth is that it is how you feel, how your clothes feel, how you look to yourself and only yourself. Beyond anything else, by joining Farrell's I have positively lost a huge part of my body but gained so much. Besides the health benefits I have gained many friendships that will last a lifetime. Farrell's has changed my life for the better and I implore anyone who is thinking about

doing something to better themselves to give it a chance. I am glad my mom made that phone call and was worried about me. Otherwise I wouldn't be where I am today.