

One Year at Farrell's

A year can go by so quickly. My time spent at Farrell's has been an experience that has benefited my life in so many ways. The physical changes and accomplishments are of some I would have never considered obtainable before I started here. Even after my first 10 week session and the results I got from that time, I would have never thought I would finish were I have in the time that I did. I may have not achieved all my goals but I don't regret setting them high because it has left me with something more to work toward.

Before Farrell's I had always been into weight lifting but because I was always a product of my lifestyle I would continuously go up and down in weight depending on how often I found myself in the gym. Prior to this I was in the military and the structure always kept me in shape. When I got out and life took over between school and work, working out and eating healthier slowly took a back seat. My now wife talked me into trying out a class and to my disbelief I was blown away at the workout I got in 45 mins compared to anything, even the military, that I have ever done before. My wife and I joined within days to start there next session. It was great we really followed the program lined out for us and in that time the transformation was incredible. I could not wait to become a member and continue on.

After becoming a member this is where things became a little more difficult. I had all this new energy and ambition to continue my results. I started to plateau on my physical changes though. I then started talking to the instructors and really found out where I was lacking. My body had changed so much and my diet needed to change with it. The goals I was setting for myself were somewhat counterproductive to each other as well. I had to reassess what I really wanted to do. This is what truly helped me become more successful. Each continuing 10 week session I would set smaller goals for myself instead of just thinking where I wanted to be in a year. I always made them really hard to achieve, in fact I never met one of my 10 week goals in those 10 weeks. It continued to leave me working harder, striving for more.

Also through my year I started to coach. This was by far better than any results I could gain. To help not only myself understand why we work out the way we do here and to be able to better my form, but to help others was extremely beneficial. It also gave me so much satisfaction to see people become so encouraged by the support I could give them. They also were inspired by my improvements which always made me want to work harder. From there I started to instruct a few classes a month as well. I had always liked the idea of teaching fitness to people when I weight lifted so to be able to instruct an entire class I found enjoyable and fulfilling.

The results I have gotten from working out at Farrell's are next to nothing I have ever done before. I am in better shape than I was in the military, literally the best shape of my life. I feel as though coaching and instructing has given me more of a reason to work hard and share my hard work and knowledge on a greater scale then the results could ever give. This has really

been a life changing experience I could not be more proud and happy about. The greatest thing that sets Farrell's apart from any gym I have ever been a member of is that its goal oriented and really goes beyond the workout. The instructors and trainers here set the gym apart and really give you the ability to make your own goals even while working out the same as other people. They have the support in house to really help you succeed.

By:

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