

## How Farrell's has changed my life – Brad Toland

I remember it like yesterday. It was a warm, sunny Saturday in November of 2015. I was starting on my annual task of hanging up Christmas lights on the house. I had to climb the ladder in my garage and hoist myself up through the opening in the ceiling to get the lights down. I remember thinking to myself "Man this use to be so much easier when I was in shape." The large belly that I had managed to nurture and grow over the last couple of years was making it difficult for me to get my knees high enough to make it over the frame and into the attic. For a person who had been pretty fit my whole life, it was evident that I needed to make a change.

That following Monday I walked in Farrell's and low and behold, my life would be changed forever. I had never tried any of the classes or met any of the instructors but I was committed to making a change. I met Ashley and told her I am here to sign up for a 10 week session. She asked me if I knew what I was signing up for in which I responded, "Nope, but I doesn't matter".

The first 10 weeks were difficult but so amazing. My coaches were supportive and the instructors were great to work with. Everyone keep preaching how important nutrition would be to my success. In the past, I had worked out but thought I could eat whatever I wanted since I had worked out for the day, but I was sorely mistaken. This time was going to be different and I truly jumped in with both feet and embraced the nutrition plan that I was given. Meal prepping was so important so I knew exactly what I was going to eat for the day.

Growing up I was never a big vegetable eater and I found the first couple of days I was sooooo hungry and was having a hard time hitting my macros for the day. I had to force myself to start eating vegetables. Not mashed potatoes and corn, but real vegetables such as broccoli, brussel sprouts, carrots, squash, and sweet potatoes. At first, I covered everything in hot sauce to mask the taste, but as time went on my pallet began to change. I actually started to tolerate eating vegetable, my Mom would be so happy with me. I remember one day I was running late for a meeting and did not have much time between to eat. I was sitting at a stop light eating cold chicken and steamed broccoli thinking to myself "what has my world come to when I am eating the vegetable that I had hated the most growing up cold in my car." Little did I know that is the life style change that Ashley had talked about during orientation.

The meal prepping, the healthy eating, the daily workouts. That is who I had become over my first 10 weeks and continued through the next year as a FIT student. For the first time in a long time, I liked where I was at and whom I had become both inside and out.

I wanted to give back to the place that had help me transform into the "New" me. I have coached a couple different sessions and have started instructing. Those activities have changed me to step out of my comfort zone and grow as a person.

Farrell's has given me a new lease on life! It is my home away from home. My day just does not seem right if I do not see my friends in the morning. It is a support group for when you have a bad day. It's a birthday celebration and reminder of how young you still are with push-up! I can't say enough good things about the program and the people there and how much different my life would be if it wasn't for all of them.