

FXB Has Changed My Life...For Better...Forever!

By Travis Lange

I can vividly recall the first time I saw the photograph that made me want to change my life...

I certainly was aware I had been gaining weight, slowly and surely, over the past decade or so, but I normalized it with all sorts of excuses: I was working nearly 60 hours a week, seated in front of a computer screen for a majority of the day...donuts and bagels offered up as rewards for attending weekly meetings...soda serving as the frequent lifeblood used to keep vigilant...grabbing fast food and eating at my desk to catch up on projects, or quick lunches with colleagues at local pub and grub establishments as a brief respite from the office...running the kids to their activities, and cheering them on from a seat on the sidelines...and who could begrudge me a beer or two, to unwind after such exhausting days? I even rationalized the need for cholesterol medication and a sleep apnea device, as necessary evils of simply getting older.

But in the winter of 2015, when a friend posted that vacation photo online, I simply could not believe what I saw. I barely recognized myself. I used to be active, and relatively fit...but nothing of that history was evident in that photograph. And when it prompted me to step on the scale for the first time in a long time, the number staring back at me shocked me to my core. I knew then I had to make some serious changes, and I needed to make them soon.

My wife had completed the Farrell's 10-Week Challenge in the Spring of 2015, and had continued as a FIT member. She had been trying to convince me to join her, but I was always deflecting with excuses of not having the time or energy for such an undertaking. But with my picture epiphany I finally realized I had to make the time for myself, and trust that I was up for the challenge myself.

I signed up for the Farrell's 10-Week Challenge in the Spring of 2016, having not participated in any real physical activity for several years. The limitations that I encountered during my initial testing further strengthened my resolve to ditch my sedentary lifestyle and to return to an active lifestyle. So, I threw away all my excuses, and met the challenge head on, giving myself over to the program. I went to class every day, and always stayed for extra abs...I gave up soda completely, and drank more water than I ever thought possible...and I found ways to follow the nutrition guidelines, and make the choices work with my tastes.

During Week 7, I had a scheduled six-month check up with my physician. When my doctor personally called to discuss my test results, I was taken aback...but he assured me he was calling to tell me how amazing my changes were. My total cholesterol number was down 142 points, with my LDL down 109 points and my triglycerides down 115 points! These numbers were so firmly in the desirable range that my doctor took me completely off both prescription medications I had been taking for several years! He said it is always his goal to get people off medication, but people rarely change their lifestyles enough to achieve this, so he was thrilled with my commitment to my health!

At the end of my 10-Week Challenge, I was pleased with my results, but knew I was not done yet. I had already signed on to continue as a FIT member, but for added motivation I decided to take part in the National One Year Challenge. This decision played in the back of my mind several times throughout the course of the year: pushing me out of bed on days when sleeping in would have been so easy to do...seeking out Farrell's locations in other markets when out of town on business...getting me to alternate gym facilities when on vacation...and helping me resist the temptation for those meeting donuts or holiday desserts. I wanted to see just what I was capable of.

Now that my One Year Challenge is over, I view this renewed commitment to my health as an ongoing journey, one that I hope to never complete. My life has improved in so many ways. I am off all medications for my health, and I no longer need to wear a sleep apnea device at night. No longer content to cheer from the sidelines, I am coaching my daughters, in both soccer and softball. I am showing my children that exercise and proper nutrition are key elements to a healthy and happy life. My oldest daughter is even participating in Farrell's Kids Combat Camp this summer! I am cycling frequently with family and friends, as well as pushing myself on solo rides. The timing does not work this year, but next year I hope to participate in RAGBRAI, riding across the state of Iowa. And I am back playing beach volleyball on a weekly league, a great passion of mine for many years, that I had all but written off as a long-forgotten dream. I look and feel better than I have at any point in my life. I have so much more strength, energy, confidence and determination than I thought was possible. And my overall outlook on life is so much more positive. I feel like such a weight has been lifted off me, both literally and figuratively.

Joining Farrell's and staying committed to the program have been some of the best decisions I have made in my lifetime. Thank you to all of those in the Farrell's Family that have helped push me to achieve these results!

FXB has truly changed my life...for the better...forever!