

I joined Farrell's a year ago at the recommendation of a friend who had finished his 10 week session a couple months prior. He drug me to a kickboxing class at 6 am during friends and family week. I thought he was crazy. Who in their right mind wakes up at 5am, drives 25 minutes to the gym to torture themselves for 45 minutes then drives 25 minutes back home to get ready for the day? Most days at this point in my life I was not even out of bed by the time I would have completed the workout for the day. I was hesitant at first, but the excitement in his voice when he described how much better he felt after committing to his 10 week session had me intrigued.

The saying, if you want different results you have to try different approaches ran through my mind as that day approached and at this point in my life I was willing to try almost anything. A prior athletic, confident, and positive person, I found myself battling over the past 10 or so years to find that person again. I had spent money and time trying different programs that I would get bored with. I tried my own workouts, ran on my own off and on, joined almost every gym in town at some point, and tried fad diets (one of which I was eating 800 calories a day and thinking it was healthy because I was losing weight), but I hadn't found something I could stick with. Everything I did had a short term impact. I would get results only to find myself back at the same weight and no motivation a couple of months later.

I knew I needed a change so I forced myself out of bed that friends and family day. I really wasn't going there to tryout the class. I went there with the intent of signing up and committing to myself to find myself again. I suffered through the class and as questioning myself on whether or not I could actually do this. Immediately after class I went to the desk and sign up and pay so there was no backing out. My only disappointment was my new found motivation had a couple of weeks to wait before my 10 week session started.

I completed the 10 week session and I'll admit it wasn't easy trying to balance all the things in life I was already doing before and now trying to fit in working out, meal prepping and food logging .BUT I DID IT!! At the end of the 10 weeks my dedication and hard work was rewarded as I was named the \$1000 10 week challenge winner. So I decided to take that money and invest in my health even more. I signed up for the year challenge, joined fit class, and bought a MYZONE. I was slowly starting to find myself and loved the feeling.

I am a very private person so the next part is extremely hard for me to share, but I feel it is important to mention because the gym helped me through it mentally. At home my family and I were dealing with something 100 times harder than any of those workouts I was going to everyday. When things got really tough emotionally sometimes I found myself at the gym twice a day. The gym had now become my place to escape and clear my mind and relieve stress.

Joining Farrell's and continuing as a Fit student was the best investment I have ever made in my heathy by far. There is no comparison. Farrell's was different and effective for me because it teaches you to change your lifestyle. It's not a quick fix or a fad. They stress to you all the important pieces needed for a healthy lifestyle. In addition to the classes/Workouts, the coaches stress the importance of nutrition and help you with making good food choices and creating good eating habits every day. They are honest that nutrition is the most important piece and that working out and getting enough sleep are necessary too. I cannot count the number of times I heard you cannot out work a poor diet. They do so in a fun, engaging, and encouraging environment. once you get accustomed to your new life style you look forward to Working out each day and start to plan your life around needing to get your workout in that day.

Not only has continuing with Farrell's helped me find myself again, it has helped me accomplish amazing things I am certain I would have never done on my own. Things I never thought I would say are now my reality. I am under 200 ponds, my body fat is in Single digits (using the pinch test), I completed my first obstacle course race, the Wild Boar Challenge Run, placing 8th in my age group And 19 overall. I can run a mile in 6 minutes. I can chase my kids around until they say they are tired.

It makes me proud and emotional when I compare my before and after pictures. Looking at my picture it's obvious to see the physical changes that are possible with motivation and commitment to the Farrell's program. The most important things I gained from this journey can't be seen in that picture. My mental health is better than I recall in my adult years (even after being through some tough personal issues is in my life this past year), my energy level is

the highest i can ever remember which has allowed me to enjoy doing activities with my children, and most importantly I have added years to my life so I can spend more time with them watching them grow old.

There were a lot of people that believed in me, supported me, and pushed me over the last year. Without them I am not sure where I would be. I want to thank my family and friends, all the all the instructors/coaches at my gym, the numerous bag partners I had (there were so many because I was random class time guy).