



My Farrell's Journey

In November, 2014 I went to the doctor for an annual checkup. The weight. 189 lbs. "Not too bad," I thought. I mean, I had a bunch of coffee before coming and that probably weighs at least a pound, right? Next, blood pressure check. High. "That's probably the coffee, too". I was also having migraines at least four times a month and each would last three days minimum. Translation: I almost always had a migraine. The doctor told me both the high blood pressure and the migraines were likely because I was overweight. "What?" I thought, "I am NOT overweight. I eat healthy, and I work out sometimes. I don't have TIME for more." I told myself that my body was BETTER at this weight, and that it was healthy for me (even though I was in bed most days of the week with a migraine, never showed my face in pictures, and pretty much lived in sweatpants).

I was in complete denial.

In September, 2015 I needed a change. My head always hurt and I was always tired. There was a cleanse I was looking into. I also knew I needed to exercise more, so I emailed Farrell's owner Stephanie East. I'd known her and Justin for a number of years, and had heard about Farrell's eXtreme Bodyshaping. But I didn't really need help with nutrition. I didn't really need the help of a program. I knew how to do everything already. Here's about how that conversation went:

Me: Hey Stephanie, do you guys have any classes around noon during the week?

Stephanie: We have a noon class! We have a session starting on October 3rd.

Me: Hmm. I could come a couple days a week at noon. Is it like Monday, Wednesday, Friday?

Stephanie: It's Monday through Saturday.

Me: I could probably make it there three days a week.

Stephanie: You come six.

And that was that. I talked to my husband. He told me if I was going to do it, I needed to commit, and that he would help out in any way he could to make sure I could make it 6 days a week.



In October, my 10-week session began. One of the coaches did my initial weight. 195 lbs. What?!? I hadn't even had a cup of coffee and it was 7am. Nothing to blame it on. This was my true weight. How did this happen? On that day we also counted sit ups, but there wasn't a lot of counting for me. I could do ZERO sit ups. This was going to be a LONG 10 weeks. But, I soon came to realize that the hardest part was just getting started.

I didn't start Farrell's to win anything. I almost didn't even take a "before" photo (at that point, I was still avoiding photos of any kind). I needed a change and

that was why I was there. I just went day by day trying to be better than the day before. To be honest, the first couple weeks were brutal. My first kickboxing class with Justin, I almost threw up. I told him, and he laughed. I wasn't joking. That day, I gave more than I thought I could give. It was the day I first felt what my Level 10 was.

In August, 2016 I was having a very tough time mentally. I was in the middle of my 4th 10-week session and felt plain overwhelmed. Stephanie, who knew I was struggling, came to me with a piece of paper. After my initial 10-week session, I never looked at my before and after photo. I knew that first 10 weeks wasn't the end for me, so I didn't spend too much time thinking about those results. Now, 9 months later, I had to look twice. There, in my very first photo at Farrell's was my former self staring back at me.

People often ask me what my next goal is, now that my year is up, and honestly it hasn't really changed. I'm still just working every day to be a better person than I was the day before. I want to inspire others to never settle and always live Life at Level 10.

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