



FIT4MOM INSTRUCTOR HIGHLIGHT:

SARA
FARRELL

AKA: DELILAH
HOMETOWN: CHESAPEAKE

WHAT ARE YOUR 3 FAVORITE FOODS?

My 3 favorite foods are my mom's homemade spaghetti, a really good burger and pancakes.

IF YOU WERE TO CREATE A SLOGAN FOR YOUR LIFE, WHAT WOULD IT BE?

When you think things are too difficult - dig deep. You may surprise yourself and find strength you didn't even know you had.

WHAT ITEM THAT YOU DON'T HAVE ALREADY, WOULD YOU MOST LIKE TO OWN?

A yard service. Our yard is huge but instead of hiring someone to maintain it we bought a riding lawn mower. Ugh.

WHAT'S YOUR GUILTY PLEASURE?

My guilty pleasure is a glass of wine and trashy television. That's right, I'm talking Kardashians people!

WHAT WORKOUT GEAR CAN YOU NOT LIVE WITHOUT?

The workout gear I can't live without are my favorite sports bras from Athleta. I need 10 more of those things.

WHAT JOB WOULD WE BE SURPRISED TO LEARN YOU HAD?

I was a Starbucks barista in high school. It was actually a fantastic job and taught me a lot about customer service.

WOULD YOU RATHER GO SKYDIVING OR WHITEWATER RAFTING?

White water rafting. Why jump out of a perfectly good plane??



WHAT WAS THE BEST
COMPLIMENT YOU'VE
RECEIVED?

One of the best compliments I ever received had to do with my intelligence. Who doesn't love a compliment about their brain power!

IF YOU COULD TURN A
"MOM" ACTIVITY INTO
AN OLYMPIC SPORT,
WHAT WOULD YOU
HAVE A GOOD CHANCE
AT WINNING A MEDAL
FOR?

Not to brag but I change a diaper in a car like a boss!
Make changing a dirty diaper on the side of the road an Olympic Sport and I'll medal for sure.

WHO HAS IMPRESSED
YOU MOST WITH
WHAT THEY'VE
ACCOMPLISHED?

My dad. He was a career Naval Officer and always had time and energy for his family. I don't know how he kept his work/life balance but he did.

WHAT'S THE DUMBEST
THING YOU'VE DONE THAT
ACTUALLY TURNED OUT
PRETTY WELL?

Marrying a Navy man. Haha!
Deployments are tough but it's the best thing in the world when he's home.

FAVORITE BOY BAND?

N*SYNC! Is there any other?

WHAT SONG OR
ARTIST DO YOU LIKE
BUT RARELY ADMIT TO
LIKING?

James Taylor. I could probably sing along to every one of his songs. My parents used to play his CD all the time.

WHICH OF YOUR
SCARS HAS THE BEST
STORY BEHIND IT?

As accident prone as I am, I don't have any scars. But all the changes to my body from having Ella make me most proud.

LEGGINGS: PANTS OR
NOT?

Pants. Definitely.

WHAT'S THE FUNNIEST THING YOUR KID HAS SAID OR DONE?

My husband has recently taught our 1 year old how to howl. It cracks me up every time she starts randomly howling.

WHAT IS YOUR SPIRIT ANIMAL, AND WHY?

The Penguin. Haha! It's a happy little creature with a big heart.

WOULD YOU RATHER GO 30 DAYS WITHOUT YOUR PHONE OR YOUR ENTIRE LIFE WITHOUT DESSERT?

30 Days without my phone. Sometimes I go an entire weekend without it and I LOVE it.

WOULD YOU RATHER BE THE BEST PLAYER ON A HORRIBLE TEAM OR THE WORST PLAYER ON A GREAT TEAM?

Hmmmm, I guess since I am so competitive I would want to be on a winning team. So I would have to say I would rather be the worst player on a great team.

HOW OLD IS THE OLDEST PAIR OF SHOES IN YOUR CLOSET?

My flight boots from my former Navy life. Got those bad boys in 2006.

DO YOU HAVE ANY STRANGE PHOBIAS?

Not that it is all that strange but I HAAAATE bugs in the house. I waged war on some cockroaches while my husband was deployed. It took every ounce of courage to get near one of those suckers.



IF THERE WERE A
MOVIE MADE ABOUT
YOUR LIFE, WHO
WOULD PLAY YOU?

**Karen Allen from Indiana
Jones. If you don't know
who that is look her up.
I've been told on several
occasions that I look like
her.**

IF YOU COULD LIVE
ANYWHERE ON THE
PLANET, WHERE
WOULD YOU CHOOSE?

Virginia Beach of course!

IF YOU DIDN'T HAVE
TO SLEEP, WHAT
WOULD YOU DO WITH
THE EXTRA TIME?

**Read more. I never have
time to sit quietly and read
with a one year old running
around.**

