

I finally realized that even those that have the so-called "best" were some of the loneliest and most miserable people ever; they were lacking in the areas that were worth the most. The largest riches come from simple things like spirituality, loyalty, faith, family, friendships, and true connections with others. Making a difference in the lives of others and seeing people live up to their full potential are of far more value than what kind of house you have, what you drive, or what you wear.

Without people and true connections- what do you really have? Now, please understand that I am by no means the "look" of what you would probably expect a personal trainer, fitness instructor, and gym owner to appear like, even after such weight loss. But I am real. Let me paint this picture for you... I am 40 plus years old, 5'9", and weigh 204ish- give or take 20- pounds.

OK, ladies you can totally relate to that statement, right? However, I'm in the greatest shape of my life and I feel great. Do I still have a long way to go? Do I still set daily goals? Do I strive for more? Do I struggle every day making the right choices? The answer is

ABSOLUTELY! My motto is, "Always do more than the day before". I tell everyone who is ready to begin the journey of a healthier lifestyle not to

focus on numbers, because they will discourage you. I tell them these simple words, "When you feel good, the look will come". The message I want to send to everyone is that I am real. I have faced the same demons that many of you have as well. I have shared the story of some of my struggles in the hope that many can relate to where I have been. And I want to reach those that are ready to make a change, but just didn't know where to start or where to go. Come see me. What are you waiting for? No more excuses. Don't allow your procrastinations and hesitations to become your limitations.

Believe in the power of YOU. Let's do this...the time is NOW! I am looking forward to becoming a part of the most important decision you have ever made about your health and well-being.. If you have been flirting with the idea of making a change... decide to make this commitment your reality. I am here and ready to serve you, and I'm not talking about a big ole biscuit and gravy. I promise you though, what I will serve you is even more fulfilling.

start living your life
FEARLESSLY

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Down over 80lbs!



Larrilyn Hickman
Owner of HL Brownstone
Fitness Instructor



“The Finger Licken’ Truth”



“From Fluff To Buff”

“Always do more than the day before.”

“Believe in the Power of You!”

Larrilyn Hickman
Owner, HL Brownstone



I want to share my story...the real life struggles of somebody with a true food addiction. Setting myself up for failure in life before I even had a chance to try and succeed is how I lived, but one day I woke up from that nightmare of unhealthiness: from the shame and embarrassment that I dodged every day of my life; from the stares and giggles when I was limited in my mobility from normal activities with my son because I had succumbed to obesity. Finally I was ready to win this battle, to make others believe I was worthy: I was ready to really live the life I was meant to live.

A few years ago, I found myself staring 300 lbs in the face...I was one double cheeseburger away from tipping the scales at my heaviest. I was working in the financial industry at the time and the company I worked for sent me on a dream trip to Hawaii. Unfortunately the airplane ride was unpleasant to say the least-the seats were not made for someone of my size. I was looking forward to touring the island of Oahu and seeing all the beautiful sights, but I was too heavy for the helicopter ride. What? Could this really be happening to me? Me? I was the tall, thin, Homecoming Queen. I was popular! I was on the dance team... As the roll call of my past continued, I turned crimson from the embarrassment of my current

grave reality.

Then it hit me. It hit me like a hard-thrown roll at Lamberts. My "used to be s" ain't gonna get me to where I want to be! I had allowed myself to spiral out of control to a weight of danger, a life of misery, and the sense of unworthiness. Food was my vice, my comfort, and my desire. I celebrated with food. I grieved with food. I entertained with food. I longed for food and it had consumed me.

After feeling humiliated for the thousandth time, I was ready to change. Ready to live. Ready to be free from the addiction that had consumed my life and every facet of it. So I brushed the crumbs of my large cheese stuffed-crust pizza off and scraped the melted cheese from the cardboard box, and I was ready to face my demons. I could and would win this fight with the grace of God and my strong will and determination. I could finally be everything I had always dreamed of being. So the real work began. I began to eat healthier and move more.

Sounds simple right? NOT! Nothing ever came easy for me. Overcoming obstacles became a normal occurrence, and this one was a doozy. Even though I had a great job, I always yearned for more. I was drawn to fitness and had graded aerobics classes from time to time with my presence, but I had also always felt awkward because of the preconceptions of what a person in a "gym" should look like, or what they should wear to work out in. I made a promise to myself that I would overcome this obstacle, so I ate healthier and moved more, and learned to control my food intake. After a little over a year, I had lost almost 100 lbs. I had done it. Wow. And I'm still doing it, because just like you, it's an everyday struggle to maintain a healthy weight. But it didn't stop there, I felt compelled to share my God-led passion with others just like me. I knew there was a need in Bogalusa to have a fitness center that was like no other. I wanted others to improve themselves through hard work and determination not only physically, but also emotionally, mentally, and spiritually as well. I wanted to create an environment where others could feel comfortable while attaining their goals and not caught up in their own insecurities and doubts, which would hinder their ability to succeed.

We live in a country where two-thirds of the population is overweight, but I was a living testament that if you believe in the power of you, anything can be done. Nothing worth having comes easily, and if you want something bad enough you work for it. I wanted HL Brownstone to be a place where people from all walks of life felt welcome. I wanted to strip away those stereotypical preconceptions of what a person in a gym looks like. Just showing up and giving it your all is all you need to have with you when walking through the doors of the place that could become your life-changer. I have always rooted for the underdog, because quite frankly that's what I had always been my entire life. I grew up poor, but I never allowed that fact to affect my successes.



It never kept me from conquering anything I set my mind to do. Opening HL Brownstone and meeting the people that came with that has become the fuel for my fire to help others unlock their untapped potential. Empowering others to believe in themselves is worth more to me than any monetary or materialistic thing in the world. The fitness business doesn't generate a lot of money, but I sincerely get all the riches from seeing success from my patrons. The struggle is real. Just because I own a gym and have 24/7 access doesn't mean that it still isn't a struggle for me; the drive to be healthy comes from within. The desire to finally make that change has to be burning, and the decision to do something about it has to be made with strong determination. I have been told that I have a very rough exterior and that I appear very confident; however, underneath my walls of defense lay a very soft interior that understands all the emotions that somebody wanting to make such a change could feel. I have been there, done that. I have lived with the insecurity, feelings of inferiority, intimidation from others, feelings of inadequacy, and being the minority in situations where I felt I didn't fit in. What you see isn't always what you get, because even though I may appear not so warm and fuzzy, I do truly feel for others. I want to help those who may be lost or those who do not know where to begin in their journey toward a healthier life.

I have experienced the darkness of depression, hopelessness, vulnerability, and the feeling that the world was against me. The majority of my adult life, I allowed material things to define me, and I had a false sense of admiration towards those that had all the lavish extras. Growing up, I thought I was inferior to those that had all the latest trends. I measured my own self-worth by what I drove, where I lived, how I dressed, styles, fashion, the newest, the best. I was seeking happiness in material things. I was so far off the mark of what was truly important in life!