Prep with a Power lifter

My transformation has been life changing.

I was a gymnast as in a children’s circus so have always been athletic. Unfortunately I had let the kilos pile on. I wasn’t happy with myself at all and decided to do something about it.

Feb 2016 I entered the Goodlife 12 week body transformation challenge and lost 20kg.

I felt fantastic and started to get my zest for life back and feeling happy within myself.

I then started training as a powerlifter with the thought of maybe entering some powerlifting competitions in the near future.

Somehow a thought got put into my head about competing in a body sculpting/physique competition.

It was a big fat no. I can’t walk in heels, certainly do not wear bikinis anywhere let alone on stage and getting critiqued on the way I look. You must be kidding. Something in my brain pricked up at the thought of a challenge though. How far could I push my body. Plus I had just turned 40 and wanted to be in the best shape I could. So the prep and training began with still doubts in my mind.

I overcame some insecurities (it still takes a lot of nerve to get up on stage) and a lot of practice to walk in heels, but I got there. I enjoyed it more than I thought I would and I have learnt so much about myself.

Never give up on your dreams or goals. If you not happy with something, change it!!

No excuses. You can do anything you set your mind to.

I hope I can inspire and motivate.

Let me know what you would like to see or hear about.

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