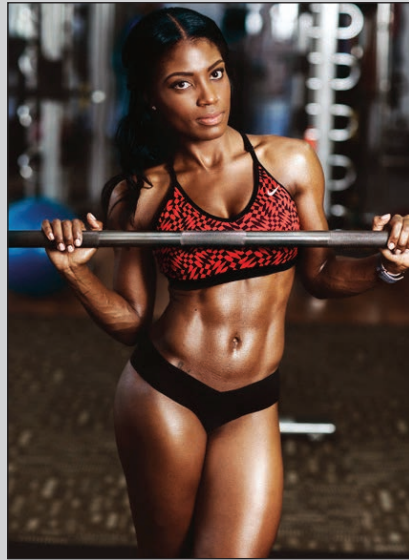


Tips From The Pros

“ Every time I prep, it forces me to go deeper within myself to realize my true potential.”

Photo by npcnewsonline.com



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Competition Highlights

**2016 NPC National Championships, Open Bikini,
1st place & obtained IFBB Pro status**

2016 NPC Lee Haney Games, Open Bikini, 1st place

2016 NPC Jr USA Championships, Open Bikini, 10th place

Transformation Begins in the Mind. That is my website's tagline and it is the basis of my success as a professional bodybuilder and trainer. We all start somewhere. No matter where you are on the road to your destiny, a positive attitude is the building block that will elevate you.

When I first began working out it was because I wanted to create a healthier lifestyle for myself. I had a few health concerns that I knew could be overcome by improving my diet. I added exercise to my schedule and was introduced to the sport of bodybuilding. It was amazing how fast my body transformed. I fell in love and I reclaimed good health!

I enjoyed pushing myself in ways that were new and challenging. Two years after I began bodybuilding, I entered the NPC Phil Heath Classic in the bikini category. My excitement and confidence were not rewarded, however, I learned my biggest lessons that still serve me to this day. Yes, it took me a minute to cast off the doubt and melancholy from the Classic, but I replaced those thoughts with a positive mindset and attitude. I began to prep for the competition that earned me national qualification. It took two national shows before I was able to earn my IFBB Pro card at the 2016 NPC National Championships in Miami.

Each competition challenged me in a different way. No two preps are the same. Every time I prep, it forces me to go deeper within myself to realize my true potential. I connect with God in that process which is why I exude so much confidence on stage. I know that God is with me. The best advice I have for anyone who is on a bodybuilding journey is to set goals in stone and relentlessly pursue them. You will not always get the placing you'd like, but if you truly fall in love with the process you will gain knowledge that will help you in future competitions.

7 TIPS TO HELP YOU PREPARE FOR THE STAGE:

1. Focus on getting to know your body and how it responds to certain foods and supplements.
2. Believe what you see and feel because what works for other competitors may not work best for you.
3. Never feel bad about taking time off when you need to.
4. Social Media can be a gift and a curse. If you get caught up in comparing your journey to other competitors, it may make you feel like you should be doing more. Instagram and other platforms should be used for inspiration not discouragement.
5. Always finish what you start. I have met many aspiring competitors that have picked a show date, began to prep, then suddenly decided not to do the show. Even though everyday life sometimes gets in the way of us accomplishing our goals, I personally don't believe in backing out of shows unless it is absolutely necessary. The only way you can truly know what you need to work on from an unbiased perspective is to get in front of the judges and get feedback.
6. Developing muscle and creating a balanced physique is a process that can't be rushed. If your goal is to become an IFBB Pro, you should be using your off season as a time to build on the areas that need improvement.
7. Finally, when you put in hard work, confidence comes naturally and when you believe in yourself there is no such thing as losing. Truth is, there is no finish line. Once you become a pro there will be another goal to reach, so be patient and persistent and find people that support your vision of becoming your best self. Above everything, remember it is your mind that transformed your body and your life.