Tips From The Pros

CASEY DELONG

Age: 39
IFBB Bikini Pro, Junction City, GA

COMPETITION HIGHLIGHTS:

- 2017 NPC Atlantic USA: Bikini Class F, 2nd Place
- 2017 Teen Collegiate Masters & Nationals: Bikini Class F, 6th Place
- 2017 Lee Haney Games: Figure Class F, 2nd Place
- 2018 Borderklash: Bikini Class G, 1st Place, Masters 1st Place, Masters Overall 1st Place, Runner Up Overall Bikini
- 2018 Junior USA's 7th Place
- 2018 Teen Collegiate & Masters National: Bikini Masters Over 35 Class G, 1st place and earned Pro status

My Journey:

I began my fitness journey after being diagnosed with an inoperable brain tumor. This tumor causes seizures and numbness in the right side of my body. I searched for an all-natural way to deal with the seizures due to the heavy medications. I began working out 4 days a week and cleaning up my diet. After awhile I needed a goal, so I decided why not do a Bikini competition! I have worked hard to become an IFBB Pro, but I honestly never expected it to happen. My Goal was to Place top 5 at a national show. Not only did I reach my goal, but I blew it out of the water! I am happy to say that I am 90% medication free and still building and gaining muscle. My new goals are to be able to stand next to all the amazing Pro Bikini women and feel like I belong.

Advice to First Timers:

Besides doing a ton of research to find a knowledgeable posing coach, be sure that you have a strong support system! This sport is not easy, it will chew you up and spit you out if you are not mentally strong enough to handle it.

The Best advice I can give is to be 100% honest with yourself. Keep friends who will help push you to be the best you that is possible. Real friends will tell you the truth even when it is hard to hear. Once your body and mind are ready for stage, FIND A REAL STAGE COACH!!!! A stage coach will help bring out A More Confident and Glamorous You.

> **Over 90% of communication is nonverbal. So what you project on stage is the energy that is occurring inside of you.**