

MIKAILA SOTO

IFBB Pro, #TheREBEL

I was born prematurely with Bronchial issues and was fighting for my life the moment I arrived on this earth. Early in life, I chose to not allow my health issues get in the way of living life to fullest. I searched for a way to push forward through the obstacles. I was determined to become as fit as my body was capable off, so that I wouldn't have to go through such a long recovery after each surgery and long hospital stays. That's when I set the goal of doing an NPC show.

As a mother of 2 boys, a post rehab specialist and running my own business, I had my hands full trying to juggle hospital stays, work, family and LIFE. It was almost an impossible goal to pursue a competition career due to health issues and time constraints. I endured surgery to remove tumors, then recovery, only to end up back in the hospital less than a year later in a coma. Looking back, I spent much of my prep in and out of hospitals, sometimes months at a time, but I wasn't going to let that stop me. I told myself, "It's never too late, to follow your goals. It's never too late, to start something new. As soon as I recover from my illness, I will push forward and not give up on my dreams. With dedication, determination, and discipline, anything is possible."

With much support from my loved ones, I was finally healthy enough to prep for an NPC Show as a figure competitor. In 2009, crossing my fingers that my health wouldn't set me back again, I made sure to prepare my meals every week, no outside restaurant foods. I trained 5 days a week for no less than 2 hours each day and made sure I hit it hard. No matter how exhausted I felt, I still made sure to get in an hour of cardio 5 days a week. I earned an IFBB Pro card in 2010 and I'm proud to say being a 2x OLYMPIAN Competitor and 2x Arnold Classic Competitor has been an honor.

I want to encourage others to never stop reaching for goals. "If you don't have time, then make the time". Remember, it's never too late to choose a healthy lifestyle. Take the time to establish good eating habits and get into the gym to train, because take it from me, life is too precious not to! Motivate yourself and get that cardio in; you would be surprised how much your body will thank you in the long run. You only have one body. It's up to you to take care of it. Live, Love Life, and Enjoy the Journey!



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