

## NATOSHIA COLEMAN

### IFBB Bikini Pro

*First things first, I have to take the time to thank any and everyone who has contributed to my success as an IFBB Bikini Pro. It truly takes a village no matter how confident or educated you are. I am forever grateful for those who believe in me. Thank You!*

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### My Journey

Before getting into the fitness industry I was not focused on my health at all. I soon found out that mental, physical, and emotional are the necessary pillars when choosing to become a competitor on any level. I found that my mental strength was tested often very early in my career and how important it is to keep positive energy around you. The feeling of defeat was a huge blow at times but turning the “L” into a lesson propelled me forward. I would ask myself “how bad do I want this, how hard am I going to work for myself and those who believe in me? Am I ok with failing myself?” These were questions I was able to take and use in other parts of my life also. There was no way I was going to let my little village down, I wanted it more than anything at the time and I’m not ok with failing myself. I say what I mean and do what I say.

Turning PRO for me was a huge accomplishment and the heights I’ve reached in my young career are at times unreal and I don’t always take the opportunity to appreciate it. I started competing in 2013 and turned PRO in 2016 at the NPC Universe Championships (Bikini, Class C). Since turning Pro, I have won two IFBB Pro shows, I had the honor of stepping on the Arnold Bikini International stage my rookie year and reaching the Olympia stage not once but twice in my Pro career.

Going into my first Pro show I wasn’t nervous until I got to the venue. It was in Atlanta, I wasn’t staying at the host hotel and I drove myself there if my memory serves me right. On the way to the show, my favorite song came on and it felt like I was driving to see my best friends. It did not feel like I was driving to my Pro debut. I walked into the venue, got backstage and it hits. The pressure. You’re an IFBB Pro, you are the show. You’re about to share the stage with Frida

Paulson. Get it together. So, long story short, I stepped on stage and there was Tim Gardner, front and center, in the flesh, judging me! The nerves got the best of me, stage rings were destroyed from me picking at them but I shockingly took home the gold. I will forever remember the deafening cheers of the people who supported me at the same show I won as an amateur that prior year. My first Pro show and first Pro win.

Here comes the lesson courtesy of a hard “L”. Fast forward to my first Olympia. No placement, name said incorrectly, suit didn’t fit right, no one cheered, and the body was not ready. I could have been really upset, embarrassed even. I learned how to fail forward really fast. I had the time of my life. I met so many people I had followed on Instagram. I made some of the greatest friends from that show and was able to learn from my experience. I figured out my show number, I saw what sportsmanship was like at the highest level, I had access to the entire fitness industry. It blew my mind and only made me want to work that much harder and reach higher. Your “L’s” are not always a loss.

Till this day my experience as an IFBB Pro has been incredible. One of the best personal goals I have achieved in my adulthood. It has taught me discipline, humility, self-love in all forms and has given me an outlet to inspire others to reach their own personal goals. I could not be more grateful.

### Advice

To anyone starting this journey I would say to first have fun, be positive, be sound within yourself, do your own research, and invest in looking polished. Smile at shows and be kind to everyone! We all are going through the same if not similar feelings. The universal FEED ME. Love yourself FIRST before jumping into this world. I have had the opportunity to do and experience so many things but I will never say I got here alone. Thank You to my village from the beginning until now! You know who you are.



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