

# Tips From The Pros

## SONIA LEWIS

Age: 34

### Competition Highlights:

- 2018 Arnold Amateur won overall Bikini and earned pro status
- Invited to 2019 Arnold Classic, placed 13th Bikini

### Official Sponsors:

- All That Glitters Gems
- Toxic Angelz Bikini
- HerCandy Weave
- KthefitArtist

My advice for first time competitors is to research the sport, attend & support your local shows, and visit at least one national & pro level show before participating in one at that level. Hire an educated Coach for training and nutrition that is knowledgeable in the division you have an interest and hire a Posing Coach.

Competitors are scored on so much more than just their physiques including presentation, suit color, tan, and overall look. Stepping on the stage isn't for everyone, but if there is an interest, make your experience the best possible by planning financially, having a good support system of family and friends, and make sure you can find a balance. Like I always say, preparation is the key to success.



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