

Tips From The Pros

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I met my first trainer in 2014. It only took one session for me to be hooked; I loved the workout and how hard he pushed me. After some time, he asked me if I ever thought about competing. We decided to prepare for my first show as an NPC bikini competitor. We quickly learned I was a better fit for Figure so the next show I did both. I did much better in Figure coming in 2nd place in open so I dropped bikini. That year I did two competitions and decided to give Nationals a try in 2015. I worked hard and did a good job following the plan. Lifting and cardio has never been a problem for me, it's the diet I find myself struggling to follow at times. I did not do well in my first National Show and I took it very hard. I felt defeated and wanted to give up. Thankfully, in time I did get over it.

In December 2015, I moved to Atlanta. It was hard leaving my trainer and friends; but I was unhappy living in DC. I hit the ground running with my training and meal plan and I was on point to compete. But after a while, I just lost my drive. It was hard living in a new city and adapting to working from home. In the meantime, I also had begun a relationship with my now fiancé Q. So, I decided to postpone my prep. Once I had established a new routine with work and relationship, I was ready to compete again but I injured my back. 2015 was a wrap for me.

I knew I was missing the help of a trainer so, I asked one of my friends to help me get ready for 2016. I felt I was on top of everything and it was great having a trainer kick my butt a few times a week. I re-qualified for a national level show, so I did two that year. Q and I got to do a National Show together and it was so amazing having someone you love going through the same thing. I know I drove him nuts with my mood swings but he hung in there like a champ! At that point, I realized Figure may not be the best fit for me and I decided to move to Women's Physique.

In 2018, I was blessed to have a great support system to help get me prepare. I don't think I would have been able to make it without the help of some of my dearest friends! I did one National Qualifying show in Women's Physique and LOVED it! I went on to do the NPC Universe Championships and earned my IFBB Pro card. A close friend of mine got hers too!! I was in disbelief; once off stage I fell to my knees and cried. I'm sure people thought something was wrong. I had never done well before in a National show so to earn my Pro Card was huge!

The biggest piece of advice I can give to competitors on the road to earning their Pro Card is to believe in yourself; forgive yourself for slip ups; and allow others that truly want to help you - help. I am by no means perfect when I'm on prep with my diet. I had to learn to not beat myself up too much when I slipped up. When I did beat myself up it made everything worse and the slip up could go on for a whole day or even a few days. Not good. You must realize that you choose to compete and no one is making you do it. If you don't put in the work, it will show on stage and you have no one to blame but yourself. This sport is all about what YOU do and the sooner you realize that, the easier prep will become. You must embrace the whole process (off season body and all) to be successful.



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