

2017 Best Self Atlanta Magazine Courage Award Finalist

CASSANDRA ROLLE

BEFORE



AFTER



My name is Cassandra (Cassie) Rolle and I'm a 50 year-old woman who is overcoming a lifelong struggle with weight loss in order to become a Women's Physique bodybuilding competitor. I have struggled with being overweight my entire life. Even though I've tried slimming down using various methods and spending thousands of dollars on weight-loss gimmicks, my success was always hindered by my absolute hatred for exercise and an even greater hatred for dieting. In my early years, I wasn't ready to make the changes needed to develop a healthy, active lifestyle.

Once I reached my late thirties, I began to embrace walking and later running as an escape from an abusive relationship. But sadly I couldn't outrun my bad diet. The relationship eventually ended, but the weight gain didn't. Over the next 4 years (from 2011-2015), even though I completed several 5K's, half marathons, and even a full marathon in 2015, the weight continued to pile on.

It wasn't until I broke my foot after completing the marathon that I chose to make a change in my life, for my improved health. I hired a personal trainer and slowly began my fitness transformation through weight training, initially seeing him once a week. I really enjoyed the weights, found myself training 3-4 times a week.

My trainer suggested that I consider competing. Initially I was hesitant; I didn't believe someone as large as I was could ever make it to the stage! My trainer felt otherwise, so in November of 2015 I started my journey of training for the stage. So far I have lost 73 pounds total, going from 313 to 240 pounds. Even though I had to take a break from training to deal with two knee surgeries, including a total knee replacement in March of this year (the other knee was replaced in 2012), I have still managed to lose weight and keep it off. My transformation story isn't all about fitness, but diet too. Clean eating was the key to unlocking my potential.

Training to compete on stage has pushed me beyond what I knew I was capable of, even when I was running races, only now I'm in much better shape than I was then. Even though I know I'm not where I need to be (right now), I now have the necessary tools that will help me get to the stage in 2018!

As someone who has struggled with weight loss, I am passionate about sharing my story. It's my sincere hope that others can relate to my experience and are inspired by my example to transform their own lives. While my success is due in large part to the support of her friends, family, and my coach, it was my decision to make the initial change that put me on the path to leading a fit, healthy, and strong life.

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