

2017 Best Self Atlanta Magazine Courage Award Finalist

CHRISTINA BRYANT

BEFORE



AFTER



“In five to ten years I’d love to be a professional bodybuilder with my own gym studio...”

Born in Warner Robins, Ga to a strong woman and steady faith, my journey hasn't been easy. I was bound for a happy ending, even if it meant it would be on my own terms.

I have been known to initiate the joking about my weight to retain the power in being the one who brought it up first, but still teased relentlessly through my younger years. It wasn't until high school that I found my love of singing and used my superpower to launch my self-esteem.

Upon graduating high school, I attended Middle Georgia College and started dating my future husband soon after. My passion for fashion took me into another direction and I opened a jewelry business branded as Chrissy B. After many years of long-distance dating, I married and later divorced my now ex-husband.

So there I was at 29 years old, divorced, overweight, depressed and insecure. My doctor diagnosed me with depression and high blood pressure. That was when my mom shot it to me straight as she always does, "Chrissy! You will either eat this divorce or let it eat you." She was right there with me, meal planning, going to the track to work out on weekends; we motivated each other to start this journey together. She wasn't going to let me fail, and still won't.

I started out at my highest weight of 270 lbs. Three years later at 134 lbs I keep my motivation by going hard for those who can't and the ones who just need that one word to get started! Under the direction of my incredible coach Julius Miles, the temple builder as they call him, I've been able to stay disciplined, work on myself, and build a stronger relationship with God. My favorite Bible verse is Isaiah 40:31 which says "but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

I've also found my calling as an account executive in marketing while going back to school to pursue a degree in Human Resources and Public Administration. In five to ten years I'd love to be a professional bodybuilder with my own gym studio, helping people take that first step and stay consistent. Through this journey I've learned discipline and self-control over my emotions. There's always that moment right when the devil says you're not strong enough to weather the storm, and I whisper back I AM THE STORM!!

If you would've told fried chicken loving Tina 5 years ago that she'd be competing in a fitness competition, she'd say you were crazy. That Tina is still in me and I'm not ashamed of that. I remind people of where I once was in the hope of inspiring someone at their lowest point. Every journey has to start somewhere and this is mine!