

2017 Best Self Atlanta Magazine Courage Award Finalist

FELISHA ANN LIVEZEY

BEFORE



AFTER



My transformation began in August of 2014. I know that our transformation has to date back 2 years, but my transformation is never ending and is still a work in progress. I was finishing my internship with Wake Baptist Medical Center, when my boyfriend, Ricky Benson, and I decided to compete in the 2014 NPC Mid-Atlantic Classic. I didn't expect to win of course. I was a scrawny little thing with no idea how to train or diet down for something like this. But you don't regret the things you did, only the things you didn't do. We didn't know anything about competing at the time. We got with a guy that claimed to be a trainer. We paid him to do our diets, train us, along with money for our entry fees, tanning, suits, posing sessions everything you can think of. After giving him our money in full he disappeared. He didn't return our calls or texts. Pretty much left us hanging high and dry 5 weeks out from our competition. We put in the time and the hard work and this wasn't going to stop us! Somehow we managed to come up with the money to get us through the show: working overtime, selling our personal items, whatever we could do to make it to that stage.

We got a lot of support from our friends who helped us with dieting and training along the way. Show day came and we both stepped on that stage so proud that we made it, where many would have quit. It didn't matter what the outcome was at this point, just that we did it was more than enough. I won novice figure in my height class and overall! I was so ecstatic and blessed. I couldn't believe that everything we had gone through actually paid off. My boyfriend ended

up placing 2nd in novice bodybuilding. He was disappointed, but I was so proud of him! He had battled cancer a few years prior and beat it, so to make it to this point was nothing short of a miracle.

The following year, I competed in the 2015 NPC NC State Championship where I was first in my height class in the open figure category and overall yet again!! It was time for my first national level show, the NPC Jr. USA's. Could I dare to think that I might earn a pro card?! I ended up placing 3rd in my class, so no pro card for me this time. I was determined to do the NPC Jr. USA's again the next year and win it! During the off season I ate and trained harder than ever before. A friend referred us to Kevin Dehaven to do our competition diets. He is an absolute genius and I have never looked better. We decided that I should get my feet wet again, so I did the 2016 NPC Palmetto Classic, and once again was the Overall Figure winner! The NPC Jr. USA's was next. I placed 2nd in my class, which absolutely crushed me. Still no pro card. All the sweat, the pain, the blood, the sacrifices, and all the struggles were in vain. My boyfriend looked at me and said "you are so close; do the NPC Universe Championships". It was only a few more weeks away. I made the journey to New Jersey to compete one last time for the year. I won my class! I won my Pro Card! I had earned the title IFBB Pro! and I did it by the age of 25. Crazy now to think of where I came from to where I am now and where I will be. Don't ever think that you can't do something. Nothing is impossible!

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"I won my Pro Card!"