

2017 Best Self Atlanta Magazine Courage Award Finalist

JOYCE DOUGLAS

BEFORE



AFTER



Hi, I'm Joyce Douglas. I'm grateful for this opportunity to share my fitness transformation. This is heartfelt and courageous for the first time sharing my journey. My life was headed for destruction. Carbs and sugar were a daily food consumption, often several times of the day, night or before sunrise. Exercising and nutrition changes weren't a consideration. I ate after hours and went to bed afterwards, knowing it wasn't healthy. Various health issues were upon me. I have a vast family history of every health ailment you can think of, seriously! I was raised playing sports and loved fitness but didn't have the willpower nor support at that critical time. Life took a turn when I started to have palpitations and had to wear a heart monitor only to find out I was tachycardic.

too much I had to live for! I joined a local gym and was disgusted at my pics.

February 26, 2016, my transformation started at 198 lbs, 32% body fat and wearing a size 14-16. I researched training plans for fat loss to muscle gain along with high intensity training. My transformation became a passion! I gained confidence, strength mentally & physically, energy and happiness while my body was transforming before my eyes. Muscle tone started developing and even abs! At six months, my doctor scheduled more labs. I came in to get the results and it was a BLESSING! My LDL cholesterol levels were normal, no anemia, no pre-diabetes and most of all no cardiac issues with a normal blood

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"My transformation became a passion!"
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That following week my doctor called for me to stop by her office. The results of my lab work stated my LDL cholesterol level was high, I was borderline diabetic and critically anemic. My doctor gave me two choices. The first was that she could sign me up for classes concerning these issues, since that's the path I was heading towards. The second choice was to see a registered dietitian (RD), to discuss nutritional changes to prevent progression of these health disasters. I was CONVINCED that I didn't want to die at an early age. My decision was to do it without weight loss/plastic surgery or products. Thereafter, I sat with a RD and committed to every plan she tailored for me including a detox and a daily whey protein post training. There's

pressure & a resting heart rate of 55. No required prescription meds at ALL! I kept the regimen adding heavier weights and more cardio with good nutrition.

At the one year anniversary weigh-in I was 176 pounds, 27% body fat and was down to a size 10. At that moment I GAINED my LIFE back! At that time my support base was absolutely amazing. My attitude towards new goals was persistent. My current stats on August 15 are as follows: Weight: 155 pounds, 23% body fat and a size 8. I noticed a facebook post for the 2017 Lee Haney Games with a link for the Courage Award and thought, it's a sign! NOW is the TIME to INSPIRE someone through my testimony!