

2017 Best Self Atlanta Magazine Courage Award Finalist

# KAREN CONYERS

BEFORE

AFTER



**H**ere's my story; however, my full story began 6 years ago. I was an avid gym girl, most of my life, but never reached my full potential. Two years ago I got seriously into fitness while being injured. I had fallen down in a parking lot

Round two, I may fall down but I am not staying down! I had already transformed and refused to give up my gains. I was fortunate that I had support of family and friends. I continued to go to the gym even on crutches! I was well-known in the gym so I had lots of

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**"My brand is Glam and Muscles!"**

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during a snowstorm. I had walked into a store, bought my latte, and hit the ground with latte in hand. I heard a crack and knew it was not good. This is the same leg I had rehabilitated due to a head on car collision. Devastation set in. Why am I being tested? It took me 3 years to heal my leg and foot, so that I could walk without a limp or a cane. This time the doctors' prognosis was that I had bruised my leg badly. I was thankful that I did not break anything. Unfortunately, I had to wear a boot and crutches for 12 weeks!

support. I lifted weights for my upper body and did floor exercises for my legs to maintain my gains while I recovered from injury.

My life has truly transformed. I spent most of my career on Wall Street, but today I am an NPC Physique competitor and a MaryKay business owner. My brand is Glam and Muscles! Inspiring others to be the best they can be — Body, Mind and Spirit!