

# 2017 Best Self Atlanta Magazine Courage Award Finalist

# SUSIE FULLER



In 2016, I was diagnosed with 3 major disc issues in my lower back (L3 L4 and L5). I had a doctor tell me I could never workout again or I wouldn't be able to walk. From March to July, I gained over 40+ pounds during this time. I was suffering with depression and started drinking to overcompensate for the pain I was having in my lower back. I was getting to a point where the pain was so intense, it hurt to lie down, stand up, sit etc. Basically life was miserable.

weight would continue to spiral out of control and I would end up at 210 lbs again. That was probably one of the toughest things I've ever done and I'm finally going to step on stage after "trying" for 4 years.

I still have "life issues" going on, but I also have the belief in myself that I can and will make this thing happen. Stepping on stage isn't about a placing or trophy for me, it's a piece of my journey that has helped me become the confident person I am today.

.....

“...I can and will make this thing happen.”

.....

I finally found a chiropractor, via one of my clients, that was able to fix my situation without surgery. I went through a treatment plan that didn't involve surgery and I had to completely overhaul my training routine. Re-learning how to train myself with injuries was definitely one of the hardest things I have ever dealt with "mentally and physically. I was so scared my

In 2008, I lost over 90lbs and began competing. Statics show for people that lose 50+ pounds, over 90% gain the weight back, plus some. I want to show women, especially those in late 30s and 40s, we can get our pre-baby body back with consistency and a hard work ethic. I still deal with food issues, but I have learned how to maintain my weight and have "balance"!