

# 2017 Best Self Atlanta Magazine Courage Award Finalist

# TIARA LEVERETTE

BEFORE



AFTER



**M**y story begins last year in the summer of 2016. It was the heaviest that I had been in a long time. At that time I had been dating my boyfriend for two years, and well, I just got comfortable. I was working for Delta airlines where they pride themselves on attitude and presentation, and at that point in my life I was lacking all of the above.

and trusted the process and started putting in hard work. Meal prepping was a pain in the butt because I couldn't do it on set days like people normally would, but I did it in between my trips for work. Sometimes trips would be back to back. I couldn't go to the same gym at the same time everyday, but I had to find a good gym in whatever city I was in, because let's face it, hotel gyms aren't the best. I had to come up with

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I knew I had to make a change when I started getting a hole on the inside of my uniform pants, and leggings were the only thing that would fit past my thighs. My attitude was terrible as well, because I was slightly depressed and felt disgusting. Drinking was an everyday thing for me and comfort food accompanied it. So I made a change!

creative ways to keep my food cold for three days at a time, and then find ways to warm them up, because our aircrafts don't have microwaves. Despite all of the obstacles, I got it done! I put my mind to it and worked it out as best as possible.

I always wanted to do a fitness show, but would always make excuses of how much time it would take and how much dedication was involved. In June 2017, I decided to let those excuses go and go for it! I researched, researched, and researched some more, and eventually decided on competing in the NPC Lee Haney Games. Once I finally decided upon a coach, (and trust me I went through a few), I trusted her

True enough it was very hard, and there were times where I gave into temptation, but I got right back up and finished strong. Three months later I am down over 20 pounds and 4 dress sizes and I feel the best I have ever felt in my whole life. I am stronger mentally and physically and am so proud to be competing in the Lee Haney Games. I have motivated some of my close friends to change their lifestyle and that makes me more proud than I can put in words!