

2018 Courage Award Finalist

BARRY "SPORTY" HULBERT



I'm 27 years old and I have been bodybuilding 3 years. During my short-lived career of bodybuilding, I have learned so much about my body and myself. It has made me the man I am today; disciplined, dedicated and motivated to inspire!

When I first started bodybuilding I was in a deep place in my teen life. I went down a road of depression and low self-esteem. I've always been a shy person but bodybuilding has helped me overcome my fears. The first time I saw bodybuilding, I was in a small room in prison. I made mistakes as a young kid that put my life in a hole, I was 18 years old doing time for a mistake I made. I told myself I needed something that would help me stay focused and not get into any trouble. I wanted a different life. In high school, I was a football and track star. I graduated from a military school called Youth Challenge Academy and served in the Army before going back to jail for not having a place to live for probation. I made the decision that I wanted to inspire others. I felt the leadership skills I had learned through sports and military school combined with my life experiences would enable me to help others strive to reach their goals and dreams. I believe that anyone can change their life.

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"Keep faith and your goals will come true."

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My first show was the 2015 NPC Lee Haney Games where I placed 2nd in my class in Men's Physique and qualified for a national level show. At the NPC Miami National Bodybuilding Championships, my 2nd show ever, I didn't get a placing. My entire life I had been a star on the field so I dedicated myself to be the best. I studied every day and I worked out twice a day. I told myself I would succeed when I had no one there to cheer me on. I was living by myself in Georgia and my family was in my home town, New Orleans, LA. I was homeless, living from house to house, park to park but I told myself I would succeed in this sport! I was not going to quit; even when no one believed in me!

Once again, I stepped on the Lee Haney Games stage, this time placing 1st in my class. Next, I competed at the 2018 NPC Jr. USA Championships this time placing 9th at a national level. However, the judges suggested that with my build and symmetry, I might try the Classic Physique category. I took their advice and this year I will be stepping on the stage with a strong confidence in myself because of the journey and process I have overcome.

Bodybuilding has changed my life completely! In and out the sport, I have told myself and others that anything is possible, never quit, and no matter what obstacles life throws at you, in your heart you should always believe in yourself. Keep faith and your goals will come true. I know I am a winner because these are the lessons I have learned. I'm blessed with amazing friends who give me all the support in the world and I am truly blessed to be able to share my story.