

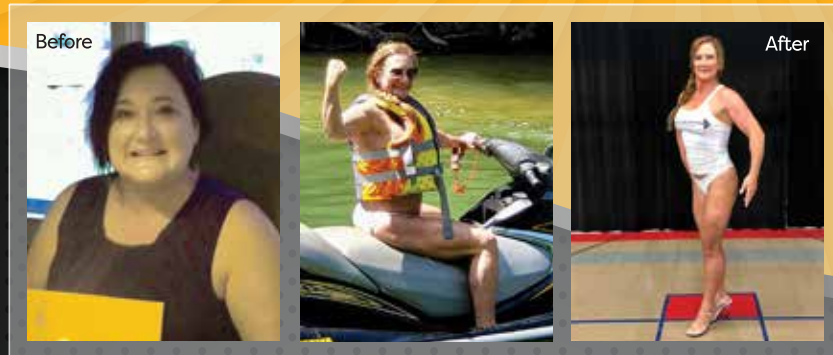


2019

SOUTHERN MUSCLE GUIDE presents

COURAGE AWARD Finalist

AIMEE PARSCALE



Look In the mirror, that's your only competition.

I remember thinking daily, I am happy, I am "not" one of those people that needs to workout to find happiness. I love my life, I am a wife.. my husband loves me ... I am a mom... my kids are busy... I am busy... I don't have time ... I am an entrepreneur... I can't fit in time to do more

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**Being in excess of
100 pounds overweight,
meant to achieve my goals,
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and a change in habits ...**

Until I took a moment to really ask myself: how do I feel as I walk through this happy life of being a wife, a mom, an entrepreneur? I listened to my body screaming, Live Your Best Life. I read books on living my best life and being the true person I was designed to be. I reached out to find a team that could educate me, teach me and guide me back to my teen years of a healthy weight. Then I had a light bulb moment!

This was the moment I decided to deal with myself, the person in the mirror that was filled with daily inflammation, the person that would go home to a foot bath prepared for by my husband to keep my feet from hurting after working. I realized, I could still be the wife and mother that didn't sit on the sidelines watching life go by. I realized that I could do anything I set my mind to. I could be active, involved and engaged in life.

Consistency was key. Being in excess of 100 pounds overweight, meant to achieve my goals, I needed a change in mindset and a change in habits by learning to use food to fuel my body instead of letting food rule my actions. I will step on the stage for my first figure competition this year at the age of 48. I will be able to hold my head high knowing that no matter the outcome, trophy or not, I showed up everyday, goals in place and can now look in the mirror 147 pounds lighter!

Now when I look in the mirror, I see the best version of ME!

Celebrating Inspirational Transformation