

2019

SOUTHERN MUSCLE GUIDE presents

COURAGE AWARD Finalist

# BRIDGETTE KNIGHT



My Health and Fitness journey started after the death (suicide) of my husband in 2009. I was lost going on with life and raising three little boys Terence (29), Kevin Jr. (22), and Tyler (17) who presently have become great men. In 2010, while acclimating myself to being healthy, I met my trainer, Sabina Moise. She has changed my life tremendously and become a great friend in the process.

Sabina introduced me to bodybuilding competitions and continues to teach me how to live a dedicated lifestyle and I Love it! Nine years later, she is still

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my coach and I've added some personal training with Devon Lewis. I strive to continue to improve my look everytime I hit the stage and to encourage and inspire people. My goal is to become a pro within the next three years!