



2019

SOUTHERN MUSCLE GUIDE presents

COURAGE AWARD Finalist

JACQUELINE ORTEZ



Hello, my name is Jacqueline Ortiz, but everyone calls me Jacquie. I am 35 years young, and the proud mother of 2. My three favorite hobbies consist of working out, reading, and writing.

Even as a kid, I struggled with obesity and health issues and took eight prescription medicines a day. I suffered from depression and didn't like how I felt in my own skin. At my heaviest weight, 301 lbs., everything felt impossible. I was not enjoying life, or having fun with my children the way I wanted to. My weight was affecting my quality of life.

In November of 2017, I took a huge step towards making a change and had gastric bypass surgery. Afterwards, I hired a personal trainer. Since then, I have lost 120 lbs. and completely changed my life. I

no longer take any of the prescription meds that were required. I now enjoy serving as a role model to my friends and family. I am preparing to compete in my first ever bodybuilding competition next year and working towards becoming a certified fitness coach.

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