

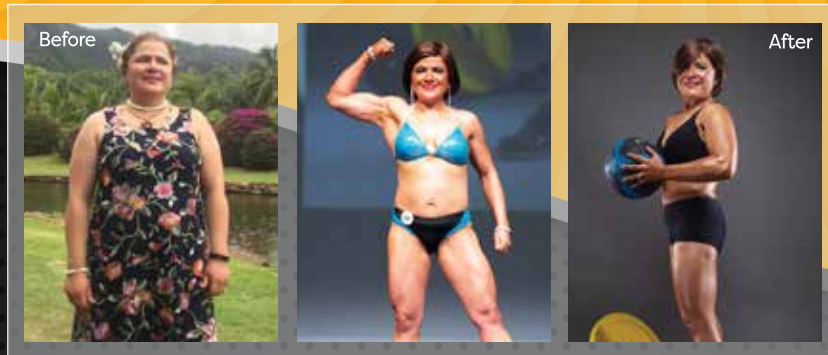


2019

SOUTHERN MUSCLE GUIDE presents

COURAGE AWARD Finalist

ROSIE MCGILL



My transformation journey officially began in March of 2018 but it seems like I have been transforming my whole adult life. At that time at 4 feet, 11 inches, I was weighing 183 pounds, the same weight I had been right before delivering my second son eight years earlier.

On my wedding day in 2003, I weighed 156 and in that first year, I gained ten pounds. I wasn't working out like I used to. My new life moved me from San Antonio to Georgetown and brought a change in my schedule leaving no time for workouts.

In 2005, I joined World Gym and met a trainer at the gym named Marilyn Mathis. I began Powerlifting which helped me maintain my weight below 165 and I even trained throughout both my pregnancies! During my first pregnancy, even though I was still following my powerlifting workouts and eating a fairly clean high protein, low carb diet my doctor began to treat me as a pre-diabetic gestational diabetes patient when my glucose test registered one point over the limit. When I became pregnant a second time, the doctor immediately began

treating me as a gestational diabetes patient. It was hard to get to the gym with a toddler and a husband who is an Army reserve pilot flying every week.

I resumed my powerlifting after my second son was born and then I severely pulled my left shoulder leaving me unable to lift for almost two years. I started therapy on my shoulders. Between 2010 and 2017, I yo-yo dieted, and the scale saw 165, 149, 138, 160, 173 then 183. After more than a year of hovering at 183lbs, I realized I probably would soon suffer a heart attack if I didn't make a change in my lifestyle.

A family vacation combined with genetic health factors in my life led me to a new trainer, Melanie Daly in March 2018 and the decision to transform my way of life to be healthier and fit. My goal was to be at 160lbs by the June vacation and regain my fitness. She helped me reach that goal.

I started at 183lbs and 38% body fat. Today, I have a clearer understanding of what I need to do in order to prevent later health risks. My family genetics of heart disease, cancer, dementia, diabetes and mental illness does not give me a promising outlook if I do not follow a healthy way of life. Melanie encouraged me to enter a transformation competition this summer. I placed third. I now weigh in the 120s with 16% body fat. I feel amazing and grateful for the support from family and friends.

“
After more than a year of hovering at 183 lbs, I realized I probably would soon suffer a heart attack if I didn't make a change in my lifestyle.

Celebrating Inspirational Transformation