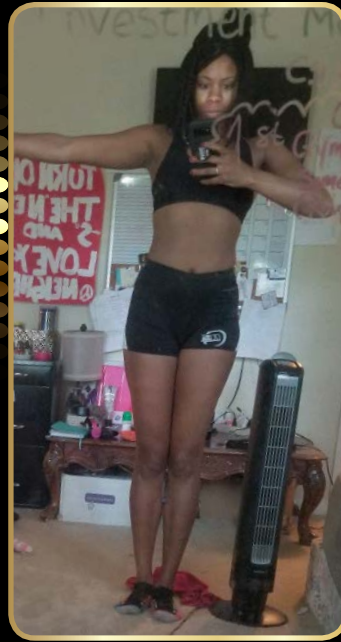


2018 Courage Award Finalist

# MALEIA JOHNSON



**G**rowing up I've always had a healthy weight and a positive body image. I worked out sometimes and pretty much ate whatever I wanted. However, I never imagined myself being 26 years old and 180 lbs. At the beginning of this year, I realized this was my reality.

With dreams of one day becoming a Fitness Model, I knew my habits had to change. I knew I had to lose weight. I wanted to be healthy and I wanted to see my dreams become reality. I was tired of sitting around and feeling sorry for myself, so I decided that I would find a coach and start training for my first NPC Bikini Competition. At 180lbs, I didn't think any coaches would take me seriously, but I didn't let that stop me from trying.

In March of 2018, I began working with a coach and slowly but surely I began to see progress. It is now August and I am excited to say that I am down to 158lbs and still training for my first show this fall!

My transformation story is far from over but writing this reminds me of just how grateful I am that my transformation has begun. I wanted to enter into this contest because I know it is time to push myself to do things that terrify me and things that I've never done before. In order to become a successful Fitness Model, I am going to have to get used to making myself extremely uncomfortable. I believe this contest provides an excellent opportunity and a great start!

.....

**"With dreams of one day becoming a Fitness Model, I knew my habits had to change. I knew I had to lose weight. I wanted to be healthy and I wanted to see my dreams become reality."**

.....