

2018 Courage Award Finalist

MICHAEL MATASSA

BEFORE



AFTER



During the 90's and early 2000's I was the top Bantamweight and Lightweight bodybuilder in Florida in the Southeast. I was undefeated in all non-pro qualifiers.

Then, during prep for the 2003 NPC USA's, I developed a sore throat and was prescribed antibiotics. I have never been the same since. I developed an undetectable bacteria infection which caused me to go from 190lbs to 140lbs, losing most of my hard gained muscle. This bacteria called C-Diff, almost took my life.

I was unable to work out from 2003 to 2013, when I finally began to recover. Even then, I was only able to train on a "how I feel basis" and wasn't able to train

legs without getting sick. I decided I would begin prepping for Men's Physique. I placed 2nd in the Open division at the NPC All South Championships and went to Nationals placing Top 10 at the age of 47.

I was finally in a groove and looking the best I had since 2002, when the unthinkable occurred. I suffered a widowmaker heart attack. Being a Paramedic, I recognized the signs and drove straight away to the Emergency Department. I even went pulseless several times in the OR.

Not being one to give up or give in, in 2017 I finally stepped back on the stage; not at my best, but I did it. My goal is to compete at the NPC North Americans this September.

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