

2018 Courage Award Finalist

NICOLETTE BURNS

BEFORE



AFTER



I have always been into fitness. It has been a part of my life ever since I started training with my older brothers while we were growing up.

In 2010 I had a mild stroke that changed my life. If it were not for my love of lifting, I would not have recovered as fast. Lifting weights gave me something to work towards. I believe that having training goals can help anyone overcome physical obstacles that happen in their lives. At the time, I was in my late 30's and spending 2 to 4-hour days at the gym.

Prior to my stroke, I had been a Bikini competitor. My prep included back-to-back-to-back workouts, and

stomping on the Stair Master in between in order to reach my competitive goals.

However, I felt that I needed a new way to train while I recovered. My goals were different, my priorities were different, so I needed to approach my training different from the hours of the specific training it took to shape my body for Bikini competitions to a more functional training plan that provided more variety. One day, my husband came home with a pink plastic Kettlebell. I still have the gift my husband bought me and more importantly, I had discovered a new challenge that was exciting, fun, and fulfilling!

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