

2018 Courage Award Finalist

WILLIAM GRIEVE

BEFORE



AFTER



I have been an athlete my entire life. I grew up playing football, baseball, and basketball. However, it was baseball that I excelled at. I played all four years in high school; three of those four years were spent on the varsity team. I played two years of junior college baseball with aspirations of going on to play division one baseball. However, fate had another idea for me.

All of the years playing catcher and a family history of bad knees took me from the game I loved so much. At twenty-two years old and after three previous knee surgeries, I was sitting with my mother in the orthopedic surgeon's office while he reviewed my latest MRI. When he walked in and sat on his desk, my heart dropped because I could tell that the news I was about to receive was not what I wanted to hear. The Doctor began to tell me, that at 62 years old his knees were in better shape than mine. I had nearly no tissue left in my knees and was nearly bone on bone in both my right and left knee. He told me that if I did not give up sports and lifting weights, that by the time I was 40, I would be walking with a cane, and by the time I was 60, I would need a wheelchair to be able to move around. He recommended full knee replacements in both knees, but said that he would not do that procedure on someone so young.

That was the day, I thought my life ended. I turned to my mom and began sobbing, as she held me trying to provide some sort of comfort from the bomb that had just been dropped on me. I slipped into a pretty dark place after that. I began to drink a lot. Being intoxicated three to four nights a week and recreational drug use

became a regular occurrence. It seemed that the only reason I was working was to provide funds for whatever I had planned on doing for the upcoming weekend.

About two years ago, I was inspired to change my life. Getting back into the gym again gave me a sense of purpose. I was finding passion again in something that I truly loved, and that I was good at. At 262 pounds in January of this year I decided I wanted to try and compete in a bodybuilding competition. Six months later, after losing 50 pounds I got a spray tan from Liquid Sun Rayz and was ready to step on stage. I placed 2nd in the novice, heavyweight division at the NPC San Jose Championships.

Bodybuilding re-sparked my life and gave me a sense of purpose again. It also instilled a sense of drive, determination, and will that I never knew I had. As a result, I enrolled back into college full time and am currently in the bachelor's program to obtain a degree in health and wellness and begin a career as a registered dietitian. This journey has only just begun and I am so thankful for the person it has aided me in becoming and the future it is currently helping me to build for me and my family.

.....
"Bodybuilding re-sparked my life and gave me a sense of purpose again."
.....