

2018 Courage Award Finalist

YULIA MILAY

BEFORE



AFTER



Fitness is everything for me. And I can truly tell that the gym is my second home! Right now, I'm 10 weeks out from my first show ever, I'm really excited and can't wait to see how much better my body is going to get.

The beginning of my journey wasn't that easy. Last year, in June, I was preparing for my first show as a bikini competitor. However, a month before the show, I fractured my hip. The pain was unreal! I couldn't walk, I used crutches, and stayed at home for about a month but, the passion was still inside my heart.

I realized a lot of people would probably choose to quit training much less compete because of such trauma, but not me. My injury didn't break me down. In fact, I had a lot of time to think and I realized that fitness is what I really want to do with my life.

So now that I have fully recovered, I have set some new goals for myself and I am fired up and ready to go at it 100%! I can't imagine my life without this sport. I love the gym and diet - the whole process really. I'm eating healthy and looking healthy and I'm so happy!

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