



# Inspirational Stories

**ASPIRE:** to long, aim, or seek ambitiously; be eagerly desirous, especially for something great or of high value

Inspirational stories never cease to amaze me! The challenges that are faced, the obstacles that are endured and overcome, and the transformations to a person's life and the lives of those around them extends far beyond that than anyone might imagine. It is with admiration that Liquid Sun Rayz shares the stories of five people that have faced a turning point and yet they chose to believe; believe they could beat the odds, believed they were worth it, and believe in helping others. As you read about the journeys of each person, knowing that living a lifestyle dedicated to being strong and healthy played such an important role in their success, will hopefully motivate you in your own journey.

## LYNN REIF

IFBB Women's Physique Pro

*Sponsored by Vite Ramen*

In 2002, I was fighting an addiction to methamphetamines. I bottomed out at 91lbs and managed to do about \$8k worth of damage to my teeth in the 8 months I was on the drug. With the help and tough love from my family and the meeting of my eventual husband Justin, I was able to kick the habit while detoxing in 2003. Those were the worst years of my life but I gained so much strength and clarity!

I had let my family down and it took me several years to get on the right path; Justin was my saving grace! We dated four years before he entered the US NAVY in December 2006. On the day after he graduated boot camp, we were married! We moved to Marine Corp Air Station, Beaufort in 2008. Once there, I decided to begin nursing school. When he deployed in 2009, I was determined to lose some of the weight I had gained. I went from 183 lbs to 121 lbs in 14 months. I chose to enter a bodybuilding show as my goal. I learned to pose on YouTube, made my own suit and entered the 2010 NPC Elite Muscle Classic. I placed 6th and I was then hooked!

I quit nursing to pursue preventive health care and became a personal trainer and fitness nutrition specialist. At the end of 2011, my husband was given new orders to NAS Jax but my father was battling prostate cancer so my husband moved to Jacksonville, FL while I went to South Carolina



to help with my family. I started my new job with Coops Health & Fitness and began coaching with Steve Michalik. I did two local NPC shows under him and won both.

In April 2012, my husband was hit and killed by a drunk driver early on a Sunday morning in Jacksonville beach while helping a lady cross the street. I was devastated! Life would never be the same for me. Four weeks later, my coach committed suicide. Two very influential men in my life gone in an instant. I was lost and didn't know what to do. I knew the gym was my safe place and I needed to

Competition and training could wait; I focused on taking care of mom and my meal prep business. As my mother's health declined at the beginning of 2019, I returned to the gym and began training again to get my mind in the right place, come to terms with and accept her inevitable death and to start getting my body back in check. In May 2019, after her long battle with cancer, my mama, Dr. Penny Rogers passed away. I've never known a stronger woman than my Mama!!! She fought hard all the way up till the end, never once did she complain or ask why me. The time I was able to spend with her was something I will forever

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continue my journey to help keep me busy! For the next five years, I trained with Monique Jones. In 2013, we made the switch from figure to women's physique. I competed at the NPC Charlotte Cup where I won my class and the overall in women's physique. Three shows later, I earned my IFBB pro card at the NPC Nationals Bodybuilding Championships. It was such a bittersweet moment as my biggest fan, Justin, wasn't there to witness my accomplishment. The following year, six weeks out from my pro debut, I sustained an injury that put me out from competing for the year.

I came back to compete in 3 pro shows placing 15th, 8th & 5th in 2015 but my life was once again rocked when my teenage daughter committed suicide. Yet again, I turned to the gym, the meal prep business I had started, EZ Meals by Lynn, LLC, and competing to keep my mind busy. I am a foodie at heart and I know how hard it is to stick to clean eating if it's boring. So I made it my mission to show folks that healthy eating doesn't have to be bland and boring! It took a little while but EZ Meals by Lynn, LLC took off. I didn't do well in the 2015 competition season and I changed coaches to Elvis Asseman. Life was finally falling into place again.

In 2017, I was once again competing but my mother was diagnosed with stage 4 cancer in September of that year.

be grateful for! Thank God, I was able to be with her all the way up until her final breath! Not even 24 hours after my mama passed, my boyfriend found his mother dead in her home at the age of 57. She passed away suddenly from complications with diabetes.

I've been through a lot in the past 7 years but I've never let it stop me from pursuing my passion for health and fitness. Someone told me when my husband passed, "God only gives his toughest battles to his strongest soldiers... apparently he thinks your a badass!" I can only defiantly attribute my involvement in the gym and training to helping me get through all of the tragedy I have faced. My motto has always been that no matter what, you get up and make forward progress every day! Bodybuilding has been the stabilizer in my life. Moving forward, I got engaged in August and also became a sponsored athlete with Vite Ramen.

My final message to folks who may be out there struggling... having tragedies happen to them or feeling like they are constantly hitting roadblocks... NEVER GIVE UP on the things that are important to you! Just take your days one hour at a time! Slow progress is better than no progress. Focus on the things in life YOU CAN control and let God handle the rest!