



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.

STACEY CUMMINGS FOUGHT

IFBB Figure Pro

Sponsored by: American Bodybuilding Supplements, Liquid Sun Rayz, Goddess Glam Suits, and Elizabeth Dwelle Competition Jewelry.

In December 2008, Stacey Cummings Fought faced a turning point in her life and made the decision to move from Florida to Texas. Having lived with a family history of mental illness, alcohol abuse, and prison in early years, it wasn't a far stretch that she followed a path of drug abuse and addiction herself. As a result, she also suffered from anxiety and depression. Stacey self-medicated, found herself living on the streets washing her clothes in a bathtub, lost 25lbs because all she could afford to eat was Ramen, and sometimes she would steal it because it's the only way she could eat. One day, she just decided she couldn't live like that anymore. Her stepmother offered her a place to live in Texas and with \$50 in her pocket, Stacey and her then boyfriend took a 32-hour bus ride. It was the first step in making a new life.

Overcoming Obstacles

Life wasn't easy. Stacey's first job was at What A Burger. It was winter when she arrived in Texas and for a couple months she walked miles to work, in the cold, to go to



work. She says, "Then I met some people and their church donated a car to me for a dollar. That's how I got my first car! It's crazy how some people come into your life for a very short period of time for a specific reason or purpose and then they're gone. But it's those people that change your life forever!"

In hindsight, moving with the boyfriend wasn't the best idea, but everything happens for a reason. Stacey got pregnant and then married. He continued to find drugs and



finally after four years, she left him. When they divorced, he moved back to Florida and neither Stacey or her son has ever seen him again. Now a single mom, Stacey faced yet another obstacle, but now working at a car dealership, she made it work. More importantly, she did not retract in her progress!

Building a Strong Foundation

In 2012, she met her now husband, Brian. He had moved from Arizona and they met in a club. Having previously been in the gym business, Brian introduced Stacey to working out; it was part of their date nights but it turned into the inspiration for competing in her first show in 2013. The following year, Stacey and Brian had a daughter together and he was already the only dad her son had ever known. Stacey quickly returned to competing; she had discovered something that made her feel good about herself, helped her cope with lingering feelings of anxiety and depression, that she could be successful with. In 2016, Stacey earned pro status, became a posing coach and then a personal trainer and eventually joined Brian in starting their own personal training business.

Stacey feels strongly about sharing her story with others and helping them deal with mental illness, anxiety, depression or drug abuse. She's had the opportunity to work with a few clients that came to her specifically because she can relate to what they are experiencing, be a role model, and positive influence. In fact, Stacey moved her sister to Texas

and has helped her stay clean for a whole year, lose 60lbs through working out. Her sister lives with her and they support each other.

2019 was a big year. Brian and Stacey got married in February. She says, " Brian is a blessing, he set the foundation for who I am today." When they started their business, Stacey and Brian provided a service other gyms would use to generate additional revenue. In October of 2019, they opened their own facility, Tri-Force Fitness. As they look towards the future, their goal is to increase membership, grow the personal training aspect of the business, and possibly even have multiple locations. While her primary focus is on the gym, Stacey is also a make-up artist for competitors, photo shoots, as well as teaching others how to do their own make-up. "I love doing make-up to help ladies with low self esteem, substance abuse and depression. It allows them to look beautiful for a day and that goes such a long way in helping to build confidence and it's one small way I can give back to a cause that's very close to my heart."

.....
“ The business I'm in, is my help. ”
.....

Vision for the Future

Stacey no longer seeks help. She says, "The business I'm in, is my help." She's learned how to cope in healthier ways and is no longer surrounded by people that were toxic in her life. Stacey strives to help others get through their depression, anxiety, substance abuse. Exercise can play a big role in overcoming these obstacles and we can use exercise to help us feel good about ourselves, feel accomplished, and strong. "I want to show others how I did it and let them know that they can, too."

American Bodybuilding Supplements has sponsored Stacey to compete in two shows for the 2020 season. Her goal is to get to the Arnold or Olympia stage. She's placed top 10 in her past three pro shows. Brian's goal is to earn a pro card and together they want to be successful in their business to leave a legacy for their kids.