

Inspirational Stories

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NPC Bikini Competitor

July 20, 2002 was a day that changed my life. I had planned to enjoy a motorcycle ride with friends. It was going to be my first time on a motorcycle, so I was ecstatic!

Coasting at 60 mph in a 55 mph zone, we saw a friend race past us at an alarming rate of speed and then at that split second we felt a hard abrupt bump from behind, the screech of a tire that was so loud even through my helmet, and the bike that was underneath us was no longer there! We were both catapulted into the air, though I have no recollection of, but was conscious when I hit the asphalt hard. I rolled down the highway in a fetal position. It was a horrific accident that I will never forget. Once the ambulance arrived, and took me to the hospital, the cleaning stage of removing asphalt embedded in my skin on my legs and arms from the road rash began. The pain from the cleaning process was the most excruciating I've ever experienced. It was a process I would have to endure daily while I healed. I went through painstaking rehabilitation with therapy and cortisone injections into the left knee. Even after several months, I was unable to flex my knee. I was limping and having difficulty going up and down stairs. There was, and continues to be, a deep pressure and burning pain in my knee.

My mother was my rock. Three years later, after both legal and physical difficulties, I had surgery to realign the kneecap. I tried to regain my active life back and wore 2 knee braces. However, a slip and a fall forced a second surgery but still left me with irreparable nerve damage. I was single and forced to restart my once normal life. It was then that I met my future husband and gained a renewed outlook on life.

We both enjoyed weight lifting but I was limited in what I could do. Through a series of lucky events, I met Rachel, my trainer. I had gained a lot of weight (25lbs to be exact!) Ouch! During the next 5 years with her, she had taken on the task and challenge of rebuilding my quad and hamstring muscles as well as strengthening the knee area. The process was long, frustrating, and painful which left me limping at times but a challenge that drove me everyday to do it!! I finally admitted my weakness for sweets and we set out to create a nutrition plan for me to reach my goals.



It was hard and a daily struggle not to indulge. There were days I was proud and days of disappointment that I caved in. During this time, I witnessed countless competitors who frequented the gym in their preparations for upcoming bodybuilding shows. In the back of my mind, I always wanted to be on stage, but insecurities and my knee kept me an observer. Meanwhile, I decided to go back to school for Medical Assisting. It was hard, frustrating, and required so much of my time but in the end I was elected Valedictorian! Astonished and honored, my confidence was slowly climbing. I was offered a full-time job and with my 50th birthday coming up, Rachel suggested the idea of competing. I wondered if I could accomplish this dream.

Prepping for a show was the hardest thing I've ever done next to completing school. There were so many times I wanted to quit, but Rachel encouraged me to keep going. Finally the big day was here and the competition experience began: the spray tan, hair and make up, the bedazzled bikini (with matching knee brace!) along with the Posing Coach were all instrumental in my fabulous presentation on stage!

I competed in Masters Bikini over 50 and won 4th place at the 2016 Lee Haney Games! How amazing for my first time! This experience has given me such insight into myself and what I am able to accomplish. I learned that I am not a quitter but instead I am so thankful. Today I'm working to develop muscle definition to bring an even better package to the stage!

