

# Liquid Sun Rayz

presents Athlete Spotlight,  
**Natalia Coelho**

## STATS:

- 22 years old, 5'3"
- Weight (prep) 124-126lbs
- Weight (off season) 144-154lbs

## EDUCATION:

- Straight-A pre-med student
- Sports and Exercise Science Major

## CERTIFICATIONS:

- Fitness Nutritionist
- Personal Trainer
- Weight Loss/Muscle Gain Certified
- AED/First Aid/CPR certified

## COMPETITION HIGHLIGHTS:

- 2013 NPC Southeastern USA - 1st show
- 2014 NPC All South Championships - 1st National Qualifier
- 2015 IFBB National Bodybuilding Championships - earned PRO card

## INTERESTING FACTS:

- 1st competition - age 17
- One of the youngest IFBB PRO athletes in the United States (age 19)
- Qualified for the Olympia 2016 in first year as a pro
- 3x Olympia (2016, 2017, 2018)
- Born in New York, raised in Brazil, speaks Portuguese/English/Spanish



## JOURNEY:

Fitness has always been a part of my life but the move to the US was tough- new country, new language, new school, new house, and far from family and friends. The gym became my peaceful place to go. An old school bodybuilder introduced me to the sport and I started training to compete when I was 15 years old, did my very first competition when I was 17 years old, and became PRO at 19 years old at the 2015 NPC National Bodybuilding Championships in Miami, FL. Within a year, I qualified for my first Olympia.

I competed at the Olympia as a Figure Competitor for two consecutive years, before making the decision to switch to Women's Physique. Since then, I have won the San Diego Ultimate Warriors Pro in 2017 and the Atlantic Coast Pro in 2018, and placed 2nd at the 2018 Arnold Classic in Ohio.

## GOALS:

I am a pre-med student and I have a very strong passion for what I do and for motivating others. I compete with all my heart, and I want to represent this sport and this division for a long time. Mostly important, I want to prove to everybody that it is possible to be a good student, a good daughter, a good person, work, and still compete and be successful. I want to change the misconception that women's physique category is masculine and unhealthy. Maybe it will take awhile, but when we do what we love, time flies!

My advice to 1st timers and to those seeking their PRO status, is to stay consistent, to stay focused no matter what. Don't focus on the negative things that you will face in this journey. Keep your eyes on the "prize" and ENJOY this journey.

*Southern Muscle Guide is cheering for you at the 2018 Olympia!*



**LIQUID SUN RAYZ**

**844 SUN RAYZ**

**f @liquidsunrayz**