

# Life Balance: Competing in the World of Bodybuilding

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If you are reading this article that means several things: (1) you have competed in a division of bodybuilding; (2) you have an interest to compete; or (3) you are generally interested in the sport. Whichever the reason, keep reading-- there is a lot I want to share with you about balancing life and competing in the world of bodybuilding.

First, to thrive in the world of bodybuilding, one must understand the mindset and the methodology of the sport. Having a foundational understanding of the sport will help you be successful and provide you with improved progress for the various roads ahead. Also, bodybuilding is not just physical, not just building muscle -- but it encompasses mental preparation, a deep-innate drive, extreme dedication and discipline, being well organized, and having a cultivated passion for the sport.

And so, with that being said, how do you maintain a healthy balance of life and be a competitive bodybuilder! The overarching goal is to PREPARE a "Plan of Action" in order to enjoy your life outside of training and competing. Here are a few key components that should be a part of the plan of action that I would like to focus on:

## Family:

Remember that old saying "Family Comes First"? I do and you should as well. Hold true to that saying and never get so ingrained into the process of competing and training that you forget about your family. They can and should be a part of this process. Use this as an opportunity to incorporate healthy habits along your journey, that your family can participate in to have a healthier lifestyle. For example, make meal planning/prep fun and a family affair. Include healthy options that may not be a part of your prep, but are some healthy options that the family will enjoy. Don't let your meals isolate you from your family but bring you all together.

## Work:

For most of us, and if not all of us, life's demands can be challenging and somewhat overwhelming at times. With that, and assuming most of us work a typical job of eight to twelve hours a day -- how do we achieve a good balance between work, bodybuilding, and all the other things that may pop-up on a daily basis! For example, I juggle a lot of responsibilities in my career and with my community volunteerism. The passion I have for both are an understatement and each gives me great satisfaction. I had to structure my days and needed to

be disciplined to PLAN out my day, week, etc. Getting organized was another key element in the process. To do that, I wrote down everything that I needed to accomplish, as well as everything that got in the way of me achieving those goals, reflected, and revamped. The objective is to strategically plan ahead and revise the plan when needed.

## Social Life:

Your social life is important. The countless hours of training and meal prep that you will spend each week can be consuming at times. This can easily, negatively impact your relationships with your family and friends -- if you let it. So it's important to create a delicate balance between you and your social life. Your family and friends can also provide great positivity and support. It may be necessary to explain a little about the process to them, and why it is important to you -- however, if you PLAN ahead and take your prepped food with you to events and family functions you can stay on track and still take part in the fun!

In summary, this sport demands great discipline, dedication, and drive. So, remember that your mind and body are intimately connected and will affect each other. You need to allow training and competing to be a "healthy addiction" that can bring you closer to your goals, personally and within this sport. Don't use the competitive process of this sport to derive all your internal beliefs. Remember you need to make sure that you maintain a balanced life that sustains you beyond the stage. Hence, bodybuilding should be an enhancement to your life, not detract from it. Continue to soar ahead, remain balanced holistically, and don't become unbalanced to excel.

WORKWELLNESS HARMONY  
RELAXATION FAMILY BALANCE SPIRIT  
FITNESS LIFE SOUL  
EXERCISE SOCIAL LIFE  
COMMUNITY