

Bodybuilding is a community of individuals that aspire to be stronger mentally and physically, aspire to be self confident, aspire to achieve goals, aspire to be MORE. The industry is evolving on stage and in the fast pace social media world however, the fundamentals of bodybuilding are consistent to hard work and dedication that ultimately equals something great or a high value reward.

Overcoming obstacles, persevering, and surviving can be seen in so many stories. If you are inspired by someone and become your best, then you in turn, can be the inspiration for the next person. Each of us has a story to share.

“Rayz Above” is the philosophy of Liquid Sun Rayz, to aspire or to rise above is what led them to become our Inspirational Stories Sponsor.

As you read the stories of IFBB Pro’s Xavisus and Sarah Gayden, Hoda Jarrah, Matthias Maines and Ashley Futo, the 2018 Courage Award Winners, realize that we all possess the ability to rise above any and all challenges in our lives to become an INSPIRATION to others.

XAVISUS GAYDEN

IFBB Men’s Physique Pro and 2X Olympian

Age:39

Occupation: United States Marine Corp Career Planner, IFBB Men’s Physique Pro, CEO, XGFit Boardshorts, Online Coach, Heatrock Recording Studio, LLC and Father

Sponsorships: Liquid Sun Rayz, Evolife Apparel

SARAH GAYDEN

IFBB Bikini Pro

Age:35

Occupation: Founder/Owner of Sarifitness LLC, Owner/Chef of Fit Fusion Nutrition and Meal Prep, IFBB Bikini Pro and Mother

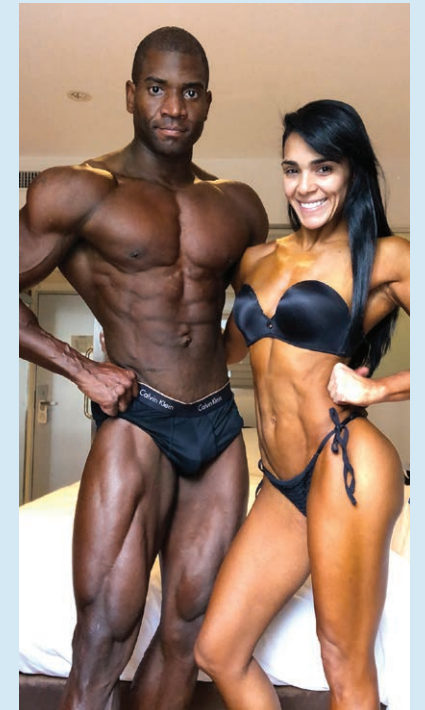
Sponsorships: Liquid Sun Rayz, Body by O



24 hours to a day, right? Have you ever felt like there just aren’t enough hours in the day or wondered how in the world you could get through the day, much less have the time to get to the gym for weight training, cardio, eating healthy and even prepping for a show? Not to mention; they are married, parents to an active toddler, IFBB Pros, Entrepreneurs, live healthy and have discovered that sharing the things they are passionate about makes them stronger. Sarah & Xavisus Gayden have found a way to have it all and it is our hope that after reading their story, you will too.

WHO THEY ARE

Xavisus Gayden became a United States Marine in 1998. After his first deployment, he turned to fitness as a way to overcome a divorce. While he began competing in bodybuilding in the natural organizations in 2009, he soon switched to the NPC. “Everyone was so welcoming and I developed some really strong relationships my first year of competing, including some influential words of wisdom from Jay Cutler. When Men’s Physique was introduced in 2011, I found it suited me well and in 2013, I earned my pro card at the NPC USA Championships.” A few years later with the popularity of the Men’s Physique category, he saw an opportunity for customized board shorts for the competitors and it led Xavisus to create his company, XGFIT. As a sponsor of Joe Pishkula’s NPC Border Klash 2019, Xavisus is providing boardshorts to the Men’s Physique overall winner. Currently, Xavisus is a Career Planning Officer with the Marines, and enjoys coaching his fellow servicemen and women from all over the world online.



Sarah Gayden was a certified flight attendant from Venezuela prior to coming to the United States. Once arriving, she chose a different path and enrolled in culinary school with dreams of beginning a meal prep company, now known as Fit Fusion Nutrition. Now living in San Diego, she began her own business in 2012, SariFitness.com, a fitness apparel line for women. In 2013, she starting training with Kim Oddo and turned pro in 2015 at the NPC USA Championships. Most recently, Sarah was signed as the first Body By O sponsored athlete.

HOW THEY MET

By 2013, Xavisus had also moved to San Diego. He knew everybody at the shows and was always there to help out and support the NPC, the promoters, the shows and the competitors. So anybody that needed help, he was available. That’s how he met Sarah; offering to help her with her vendor booth at the shows. Eventually, he shared his idea for customized board shorts with Sarah and asked for her advice and assistance in starting his business. It led to dinner and margaritas and they have been together ever since.

AND THEN THERE WERE THREE

Xavisus was deployed in 2015. When he returned, Sarah put her competition career on hold so they could begin building the family they dreamed of, and Baby X (Xander) was born. “Having Xander has brought us closer together. We both agree, family is everything to us. Date nights have become family time. Making memories and doing fun things together like hiking, the trampoline park, or jogging with Xander is what we want. We work hard and

put in long days to make our relationship work, provide for our family, build our businesses, and work towards our dreams. There are times when life is challenging but nothing we can’t overcome. When you believe that God has a reason, it makes you stronger. Family, friends and fans can see how our lives have changed and how we have grown and will continue to grow together.”

Encouraging Sarah to compete again, Xavisus would say “just because you had a baby doesn’t mean you can’t go after your competition dreams.” Sarah says, “It was an adjustment and a challenge but with husband and my mom’s help we have managed.” Grateful for where I’m at, but even more excited for where I’m going.” Sarah states, “Everyone has their own strategy when it comes to reaching their goals, mine is blocking distractions. That includes people who don’t add anything positive to your grind! Scheduling and mentally organizing my day/week is key for me. I am a Virgo, so organization and attention to detail means the world to me.”

THE FUTURE

“Our goal is simple, we want to compete at the Olympia as a family. We want to set an example for Xander, show him that his mom and dad are committed to him and to each other and to living a healthy lifestyle. Leaving this legacy is important to us. When asked, “how do they manage to make it all work - marriage, family, competition and business, they respond by saying, “challenges come and go and the biggest challenge with this competitor lifestyle is having a partner on the same page. We learn a lot about ourselves and each other. There are no limits, if you want the dream you have to LIVE the dream.” They are truly inspiring.