

# 20 MOST INSPIRING STORIES OF 2020



## WADE HELM

I was close to 450 at my heaviest. About 5 and half years ago I started my weight loss journey. I refused to stand on a scale and I didn't let anyone take my picture. I was embarrassed with what I had become. Long story short, I stuck with it and completely changed my body. It took 4 and half years but I did it on my own. I began running, and then I started lifting weights and kinda started to meal prep, not really knowing what I was doing. Then I hired a coach and went to watch him and his wife compete in the 2019 Tampa Pro. That's when I decided that I wanted to compete in a bodybuilding show. My coach and I picked a show in Tampa for April 2020 and started a full 16 week prep. Three weeks out, the show was cancelled due to Covid. We backed off the prep not really knowing when shows would start up again. When we found out the Tampa Pro show was a go, we had 8 weeks to get ready. Stepping on stage for the first time was hands down the most amazing feeling I have ever had. I got to compete in the same show that one year prior had inspired me to take this sport up.

ownercap@gmail.com

 Wade Helm

 @fromfataftojackedaf

“Stepping on stage for the first time was hands down the most amazing feeling I have ever had.”



LiquidSunRayz.com

SouthernMuscleGuide.com

