

# 20 MOST INSPIRING STORIES OF 2020

Photo credit: Tony Richard



## FOCUS ATHLETE:

# BRANDI BEAUDETTE

I began competitive bodybuilding in 2017 as a next level to my fitness journey. At that time, I was four years sober and had begun my fitness journey in rehab, at the Home of Grace in Gautier, MS. There is where Christ saved me and changed my life; He gave me fitness as an outlet instead of a needle. I started mandatory one hour a day workouts and loved it! The advisors approached me and asked if I'd train all the ladies who wanted to participate in a 5K fundraiser. I was thrilled and discovered I really enjoyed training others as well.

I graduated and came home where my husband really helped me with support and training. I began to struggle with who I was and what I had to offer the world, but the Lord soon revealed that to me. I became a personal trainer and my husband planted seeds of encouragement to compete. I stepped on the stage, even though I battled depression and unworthiness and had overcome an addiction that had collapsed my life. Everything addiction took away, I found again in the gym. My confidence, my smile, my self esteem, great supportive friends and FUN! Fitness keeps me focused, competing keeps me clean. Jesus keeps me safe. My future plans are to go to nationals and compete for a pro card then compete for Ms. Olympia. I want to inspire hope for others and use the stage as a platform Christ.

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