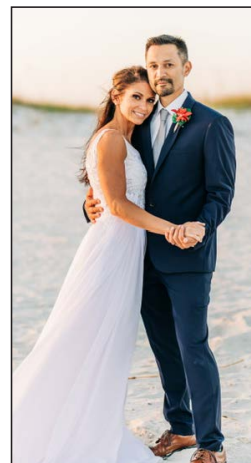


20 MOST INSPIRING STORIES OF 2020



FOCUS ATHLETE:

KRYSTAL M. CLOWER

I've always been active and ambitious, however, at age 14, I was diagnosed with Systemic Lupus Erythematosus. The doctor told my parents I would be wheelchair bound by age 40. Here I am, competing in the Alabama State Championships, 20 years later.

Competing with the NPC pushes me to eat clean and stay physically active without overtaxing my body. When I do need to lean on someone who gets it, my fellow competitor and best friend Wendi is always there to encourage me. When prep does get hard, staying healthy for my family keeps me going, especially since I got married this year. While the name changed from Clower to Niel, the one constant is that I am so lucky to have a great support team.

I am a big advocate for disease prevention and wellness. I know the NPC helps me achieve wellness and I want to inspire others to care for their bodies, too. As far as future plans with the NPC, I am currently in pursuit of qualifying for a national level show. The big goal; to go pro! In a perfect world, I would earn a pro card by the end of 2021 and debut in 2022. Living the dream...

 krystalmarieclower@gmail.com

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LiquidSunRayz.com

SouthernMuscleGuide.com

