

Turning Your Off Season Into An Improvement Season

By Becca Sizemore

All the weeks and months of focus, dieting, and all of the hard work for that very special moment being on stage was amazing! You are excited and can't wait for the next show. But that's months away - so what happens now? How do you make the most of your Improvement season and keep the excitement, drive, and determination going?!

Step 1:

Bodybuilding is a sport that allows you to strive to create your best physique. The best parts are that we can always improve, you're never too old, and you are in complete control of your own body. Remember, a placing does not define you. No matter how high or low you placed at your show, if it's the best you've ever looked then it's a win.

Step 2:

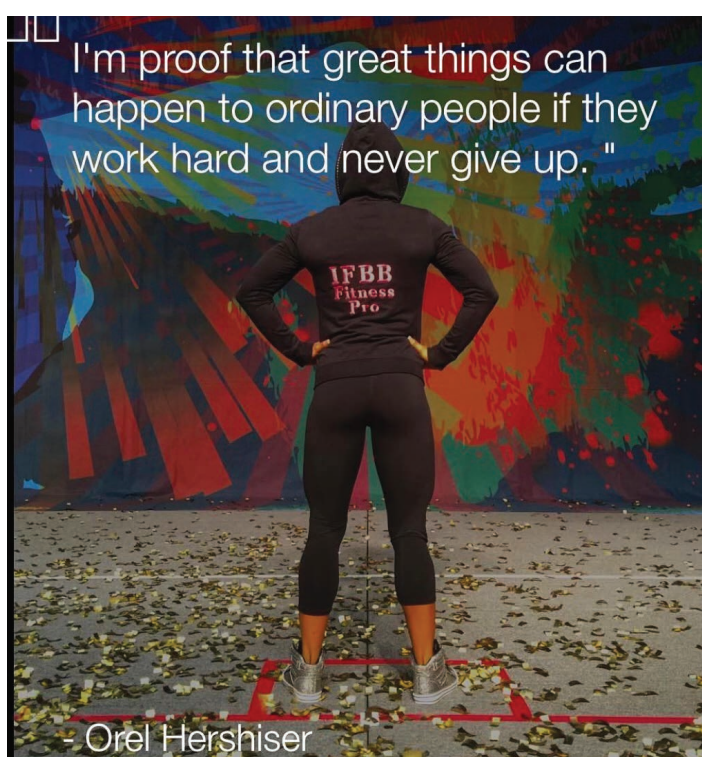
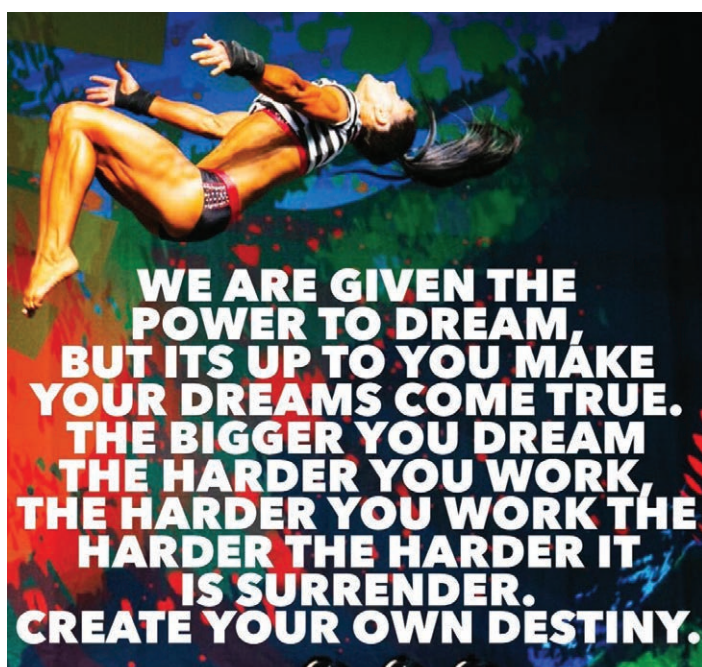
Get feedback from the judges and make a plan for what you want or need to improve on in the off season. Define your goal clearly and specifically in writing. Think of this as your personal mission statement that excites you when you say it out loud. Consider seeking help from a contest prep coach or posing coach if necessary. Set progress points along the way and discuss ways to measure your progress and adjust your plan accordingly.

Step 3:

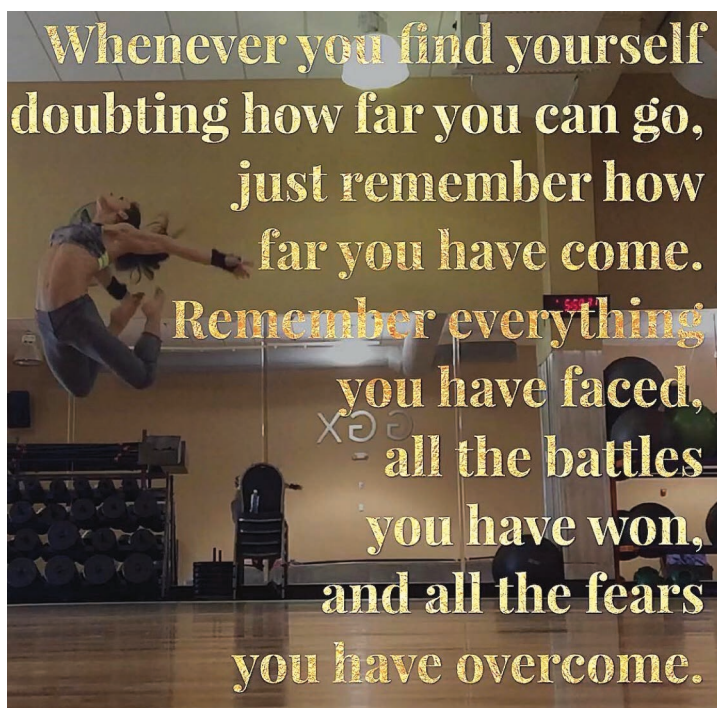
No joke, the improvement season is not easy; it can be hard because, unlike your prep season, the next show is in the distant future and visually the changes and improvements come more gradual and are harder to see. But it can be fun, too! The improvement season is a time to grow, a time to make changes not only in your body but changes in your workouts and nutrition plan, setting yourself up to bring a better package the next time you step on stage.

Step 4:

Life balance also plays an important role in a sport that can be enjoyed for many years. That makes your Improvement season a good time to address any injuries or aches and pains. It's a time for self care; a time to rest, recover and heal. In a sport that is very time consuming, spending time with family and friends is also key to keeping the fun in the sport, allowing you to stay mentally stress free and fresh. Plus, having a good team of supportive people can make a huge difference in both your daily progress and prep leading into a show and the improvement season is a great time to show your appreciation. Some athletes even make vacations out of their shows, choosing to compete in different states or countries!



“ Every victory has a beginning and every journey has its obstacles and milestones. Right now begins yours. You are your future. ”



Taking a positive approach to your improvement season will definitely keep your drive and determination revved up and your motivation levels high, giving you the opportunity to create your own destiny. Every victory has a beginning and every journey has its obstacles and milestones. Right now begins yours. You are your future. The space between where you currently are and your wildest dreams is what defines you. Your future depends on your decision to conquer your goals. Never give up, never give in, believe in yourself, and fearlessly chase your dreams.

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