
MASTERS ATHLETES

MAKING AN IMPACT

by Rachel Payne

SPONSORED BY



The sport of bodybuilding has created a path for masters athletes to earn professional status. While it's not always a showcased category, the masters classes have increasingly become a large part of every bodybuilding show. As the Gen X'ers, Millennials, and Generation Z population grows older, the desire to be healthier bodes well for the masters categories in the coming years. In fact, it will blow you away to see the passion, determination and discipline these masters athletes exhibit. What is it that drives these athletes to strive to be their best? They each have a story, whether they began competing at an early age or they discovered the sport later in life. The common denominator is their desire to be an example to others in hopes that they can encourage others to live a healthier lifestyle, be active and have a quality of life for years to come. Here we share the stories of 6 masters athletes from different states. Each athlete has different goals, on their own unique journey, but all a part of a bodybuilding family that cheers one another at every show. They truly are making an impact.

These masters athletes inspire us all and are both willing to learn and they understand the benefits of healthy living knowing that it will give them longevity while keeping them young and full of vitality. Best of all, you can see the joy and the passion in what they do throughout the process and on the stage. They are the real influencers and it makes you realize that there's so much to look forward to as we all grow older.

EDDIE FERRELL

In 2009, he weighed close to 400lbs. That's when, Eddie Ferrell, a middle Tennessee real estate broker at Crye - Leike Realtors, made the decision to dedicate himself to a healthier lifestyle. He has completed 2 Ironman Triathlons (140.6 Miles), 15 half Ironman Tri's (70.3 Miles), numerous marathons, and shorter races. He's now in love with the other Iron life & pumped to be a Gym Rat. Currently in his mid forties, Eddie himself is the epitome of a masters athlete. He understands the benefits of living a healthy lifestyle and the community that comes with being involved with positive, like-minded people. He sponsors the Masters Athlete section of SMG to celebrate the feats of these amazing individuals and with the hope that bringing these stories to light will encourage others.

