

VT6 after photos and essay 250 words is by far not long enough to say all the things I want to say about my experience. So I will simply share the lessons I realized Friday morning as I was fasting for my shoot on Saturday. 1. Slow and steady wins the race and gives results that last. True in getting lean, true in building muscle, true in love and true in creative pursuits. 2. Follow the plan, do the work, don't think ahead just take it one week/day/workout at a time. Although I didn't check up on my measurements weekly, I followed the workout plans exactly and fasted once a week for at least 24 hours. I just stuck with the plan as it was written and didn't add anything new or complicated. I believed the workouts would work if I just put in the effort. 3. Ask for help or emotional support when you need it. The forums have been a huge asset to me, without them I would never have even thought of participating in this contest. 4. Offer support to others, it will reaffirm your beliefs and push you forward. Same as above, reading responding to the personal stories and struggles of others is just as important as sharing your own. 5. You can do things you once thought were impossible, you must first 100% believe you can. 6. When you dream it, your subconscious has accepted it, it becomes possible. It may sound silly but one night I dreamt I could see my abs. I woke up and realized it could happen. I had finally planted the seed deep enough that I was dreaming about it, there was no way to stop me from reaching my goal. 7. Sometimes a setback feels like the end, but every set back is a lesson for improvement. I thought I had ruined myself so many times with a binge, or unexpected drink, or dinner out. But each time I bounced back harder and moved farther forward. I learned from each failure.

Before

Weight 125, shoulders 38.5, waist 27, Hips 38

After

Weight 120, shoulders 38.5, waist 26, hips 37