



Tiffany's Journey

While working on my doctorate, I spent many days and nights stressing in front of a computer, surrounded by nothing but junk food. As a result, when I left graduate school I was fifteen pounds heavier than when I started, and not much changed when I became a professor. I had slowly packed on twenty pounds over the course of a few years. Nine months ago I looked in the mirror and realized I was no longer fit. I was not happy with what I saw and decided it was time to make some serious changes.

I'd always been a fan of figure and fitness athletes and decided I wanted to compete. A simple internet search turned up the Group Figure and Bikini Program and after looking over Angela and Claudia's site (sexyfitbody.com), I became convinced it was exactly what I needed.

In January of 2011 I sat down with Angela and Claudia to discuss my goals and expectations. I was given a competition diet, instructed to do cardio six days a week, attend weight training sessions with Claudia and Angela four days a week, and weigh in on a weekly basis. It was perfect! I would receive the guidance and instruction that I needed and be held accountable by not only my trainers, but also the other participants in the program, and by the dreaded scale—which I can tell you never lies.

I am so blessed to have met Claudia and Angela and received the guidance that I did because at the end of the program I dropped 20 pounds and decreased my body fat by 22%. And yes, I did get on stage, and in my first show I placed 6th. Although I felt that I had truly accomplished something, when I stepped off that stage I was not completely satisfied. I knew I could have done so much better had I stuck to the diet. Throughout the entire program, I could not seem to master the diet and found myself constantly cheating. You name it, I had it; cupcakes, cookies and donuts. If it

Tiffany's Journey Through 12 Weeks

Before

Weight: 140 lbs.

Body Fat: 35%

After

Weight: 120 lbs.

Body Fat: 13%

wasn't on the diet I would sneak it. That could have been the end of this story, but it wasn't, because deep down I felt like I'd failed the most important person of all—myself. I rededicated myself to my training and my diet.

I got on stage 12 weeks later with a new attitude and a new physique. I had little expectations for my second show because in my mind I'd already won a personal victory. I was elated when I learned that I took first in my height class, second overall and earned a trip to the NPC Nationals where I plan to compete for my IFBB pro card.

This entire experience has taught me so much about myself and what I am truly capable of. It has also allowed me to be a living example to my friends and family. I am humbled when my students tell me they were inspired to lose weight because I did. I often hear them say, "If Dr. Howard can do it then what's stopping me?" And to that I always reply, "There is nothing stopping you, nothing at all."