## Look Better, Feel Better

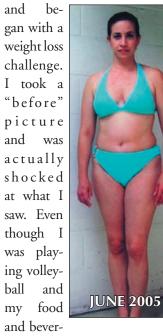


## The Picture that Changed My Life

By Denise Zingale, NGA Natural Pro Figure Competitor

As a teenager, I admired the female fitness athletes and bodybuilders. I thought they were amazing and the ultimate example of health, fitness and beauty. I had always been athletic and involved in some sort of sports all my life. But as I got older, things changed due to building my career as a hairdresser, becoming a national educator, long hours at work, running my hair salon, taking care of a house, relationship ups and downs, health issues and just the stresses of trying to do it all...the list goes on.

In 2005, I was at one of the lowest points in my life. My doctor gave me two choices: medication or a change in my lifestyle. I decided to change my lifestyle



age choices were far from the best, I was the heaviest I had ever been! Visibly out of shape and shapeless, I looked so un-

happy! I Needed to Change! I set my goals, read everything I could get my hands on, sought out

the necessary professionals, and reprioritized what needed to done be to achieve what wanted to do. Yes, this was hard! 12 In weeks, I removed 12 lbs. and was completely hooked on

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training and the "lifestyle." It was now time to go after a teenage dream...to compete. On April

**MAY 2007** 

1, 2006, only nine months after starting my program, I competed in my first Figure Competition. I would compete in six shows in 13 months to turn Pro on May 12, 2007.

Training and "clean" eating has given me self-esteem

and confidence. Competing keeps me motivated and disciplined. Changing MY schedule, thoughts, beliefs and attitude has helped me become a more complete, well-rounded, happy person. ANYTHING is possible at any age!

Currently Denise's fitness goals are maintaining a clean diet and building her fitness level to compete on the Pro stages in 2008. Read and see more of Denise on her website at www.denisezingale.com and in upcoming issues.

PERSONAL • PRIVATE • PROFESSIONAL D'MA7LIFESTYLE SALON INC DENISE ZINGALE **OWNER - HAIRDRESSER - EDUCATOR** 

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