



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 doc-

tor gave me two choices: medication or a change in my lifestyle. I decided to change my lifestyle

and began with a weight loss challenge. I took a "before" picture and was actually shocked at what I saw. Even though I was playing volleyball and my food and beverage 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!

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 be done to achieve what I wanted to do. Yes, this was hard!

In 12 weeks, I removed 12 lbs. and was completely hooked on

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

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.

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LIFESTYLE SALON INC

DENISE ZINGALE

OWNER - HAIRDRESSER - EDUCATOR

27970 Chagrin Blvd Suite 204 · Woodmere OH 44122
dmazsalon@sbcglobal.net · www.dmazsalon.com

216 292 HAIR