

The Physique Athlete™

Am I Ready to Compete: A Few Facts You May Want to Consider

1. **If you have a mental health concern in any form that needs to be addressed, the stage is not the place to address it.** Please seek the assistance of a licensed professional prior to engaging in competition prep.
2. **Losing a few pounds and competition Prep are two different processes.** Seek the advice of a Master Coach who specializes in both Competition Prep & Lifestyle, as they can listen objectively to each part of your goal and help you parse it out in steps.
3. **Prep is going to take longer than you think.** Be patient. Send your check in pictures to your Coach. Don't post them on social media. Always communicate with your Coach. Always.
4. **Instagram has morphed reality.** This is one reason many Coaches suggest staying off social media during your Prep. For some reason, although we know *not* to compare ourselves to others, we end up scrolling through social media before bed not quite understanding, *"Why don't I look like yet."* Stop it.
5. **Your brain is going to screw you over every single time.** Tell your brain, *"There is a plan to follow, and we are going to follow it the plan up until Show Day and through post-show reverse diet. Stick with the plan."* Period.
6. **If you're in Bikini, yes you need to grow your hair or get extensions.** We can go back and forth on this one all day long. How about this? You decide. Go to a show in the area where **you** plan on competing and see what the Bikini athlete's hair looks like. I guarantee you they're not rocking bald heads (like Women's Physique).
7. **Breast implants and glute only focused training does not win shows.** This is a bodybuilding show. Know the Criteria for your Division. Study it. Get a body assessment from your Coach and start training.
8. **LISTEN.** It's always interesting, the novice individual – novice like has never been through a Prep – posts a picture of themselves in a group with a caption that says, "I'm doing wellness" and asks for feedback. Seasoned competitors - seasoned like - they've earned their Pro Card or are judges respond, *"you need more time" - "if it were me I'd take another year to build" - "save your money for Coaching and nail your nutrition first."* The individual responds to the feedback with something crazy like, "I don't need another year, I've already signed up for a show." Hey, okay. Do you.

9. **Mentally know where you are. Always.** This goes with keep in contact with your Coach. A fantastic Coach will always be checking in with you mentally – even if they don't ask you directly – they're checking.
10. **Learn how to shut out the crowd.** This starts before prep. Your family is going to wonder why you're getting *so* skinny. They may even tell you how sick and exhausted you look. Your friends are going to wonder why you've disappeared on them. If you want to compete, develop a thick skin and rock on with your goal. It's *your* goal.
11. **As you walk this path, many times, you will find yourself alone.** Find peace or you won't make it.
12. **You are going to discover some things about yourself that you don't know right now.** You may not like what you discover about *you*.
13. **Competition as a bucket list item.** If competing is your bucket list, that's cool. Just know that you might be on stage with two to three angry and hungry lionesses ready to devour you and anyone else in the path to receiving their Pro Card. This aint no bucket list for them.
14. **You don't get to get on social media and "complain" about Prep.** Bodybuilding is a professional industry. There are seasoned professionals with 20-year vets of the sport, judges, and posing Coaches who are there reading your complaining. Let's get something straight. ***This is a choice.*** With this choice comes hunger. With this choice comes exhaustion. With this choice comes low or no sex drive. You know this now, *before* you sign up.
15. **Nope. You don't have to spend \$500 on a competition suit.** But know this, if you and the girl next to you are in a tie for first and second place – all things equal – muscular development, symmetry, and conditioning - and whatever else the additional criteria are for your division is – please believe - the judges next stop is tallying up the appearance of the *total package*: Suit fitting, hair, make up, skin tone.
16. **Nope. You don't have to let the professionals do your hair and makeup.** Ladies, remember this. Show Day you're trying to be cute, yes, but Show Day is a subjective competition. Competition. A Competition MUA, GLAM athletes every single weekend – this is their *profession* – allow them to give you **professional** stage ready look. This is what they do!