

GO FIGURE!

Defining Edge Figure Spring Season Wrap-up

IDFA Toronto Classic – July 12th

www.idfa.ca

Defining Edge client, **Renee Willis of Jarvis**, competed in her first figure competition on July 12th in the IDFA Toronto Classic and placed 7th in the Novice and 6th in Masters just missing out on the Top 5. This is an excellent showing for her first competition especially considering she started preparing under Krista just 9 weeks out from the show.

She came in at 5.9% body fat on contest day, dropping 2.5% (yes, she was that lean already!) and gaining a whopping 8 lbs of lean mass – that is nearly a pound of new lean mass each week.

Renee serves as a great role model for someone interested in competing in Fitness for the first time. She never has excuses as to why she can't. She is a wife, mother of 2 young boys, a student in Teacher's College in the US and can now add Figure Athlete to her list.

You can read Renee's Contest Reflections by clicking on the Defining Edge WebMag.

A special thank you goes to *Physique Coach*, Frances Mania, (www.physiquecoach.com) for Renee's posing preparation and Susan Abbott of *Define Yourself Personal Training* for starting Renee off on this journey.

A stunning back!



The Novice Class line-up

GNC Central Indiana Bodybuilding & Figure Championship – June 28th



Defining Edge works with athletes all over the world – Australia, Finland and the United States. **Jessica Jimerson of Kentucky** has been a distant client for nearly a year now and has not only taken her physique to a whole new level, but more importantly her health. The GNC Central Indiana show was not her first event, but she feels it was by far her best. Defining Edge's protocols and ongoing support helped Jessica bring balance back into her contest preparations. She was able to eat more calories and carbohydrates, do less steady state cardio and enjoy the entire process more.

And the results speak for themselves – Jessica placed 3rd in the Women's Open Tall division! Her ultimate goal during her 2008 competition year was not about winning but about making this a lifestyle. I am thrilled that you were able to do both!

Earlier this year, I had the pleasure of competing with Jessica at the Beverly International NCP Figure & Bodybuilding show. She has an amazing spirit and drive. She helped me enter the sport of bodybuilding as much as I have helped her achieve her goals in Figure. A win-win situation! Thanks Jessica.

Lyzabeth Lopez FAME Classic – May 10th

www.fameworldtour.com/FAME_Lyzabeth.html



Carrie Misener of Caledonia is a pro through and through. Carrie not only took home first place in the Masters (35) division but was also awarded her FAME Pro Card.

FAME uses a five-tier competition system. Misener, whose May competition was her first exposure to FAME, competed at Level 2, but impressed the judges so much she was awarded a FAME Fitness Model Masters Pro Card which allows her to compete at Level 5, bypassing the intermediate levels.

As a mother of twin seven-year-olds and a three-year-old, Misener is living proof that age is not a defining factor in achieving a lean and strong physique. Misener attributes her success to unfailing hard work, self-discipline, positive visualization, and a great training under the guidance of Defining Edge since 2005.

Read more about Carrie here: www.sachem.ca/news/article/129459

Carrie is one of the hardest working clients I have ever worked with and does not allow stereotypes about “hard gaining” genetics hold her back from achieving her best physique. She is not only a client but has become a friend and respected colleague in the performance industry. I am ultra proud Carrie and can’t wait to see what you accomplish next!