

being fabulous

man

...doing the ~~mundane~~



My name is Lindsay, and I'm not your average 'pretty woman'. Sure I like to borrow my husband's deodorant when I can't find mine, play in the mud with my kids, and kill snakes in my chicken coop. But that's not what makes me abnormally awesome.....

I didn't become who I am because I live such a fun easy farm life, I became who I am because of my crazy past life. Starting from enjoying TCBY yogurt place on Friday nights with my mom and older brother, to moving back and forth from my grandparents' house away from issues at home to back into happiness with my siblings at Ryan's drive-thru munching on cheese fries and slurping on chocolate shakes, I wouldn't change a lick of it. My mom was a single mom who raised 4 children on her own. It wasn't easy

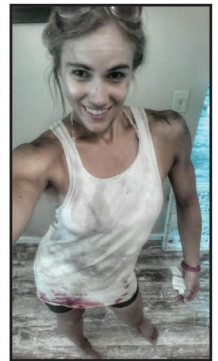
as we never saw her, however, I admired her hard work and determination to keep food on the table and shoes on our feet, which was how I developed my independent side. My passion for fitness grew a short time into college after an injury with my back and knee arose from my dance classes. I gained 15lbs due to 6 months of inactivity and I felt like horse crap. I decided to make a change and

I joined a fitness boot camp with some friends and continued for two years. The head trainers mentioned I should become certified coach and after a long night thinking about it, I realized it would be a great fit for me. After all, I had a love hate relationship with my current bartending job, and knew there had to be something bigger and better out there for me. So I bought a pair of dumbbells and a stop watch, asked all the women I worked with if they wanted to lose weight. With no



training experience or any knowledge at all in nutrition, I started a boot camp of 20 women who lost an average of 5lbs each. This was how I found my passion as a Lifestyle Trainer. Fast forward almost ten years later, getting married, having two beautiful little girls, moving five different times through four states in the past seven years, I feel that I have developed a unique connection with the lives I've touched, both as a motivator and role model. I have helped many people across the country achieve their goals to live a healthier, happier lifestyle, spoke at many events across the country to empower others to become the person they were destined to be, but I don't stop there..... Most women think that if they lift a dumbbell they'll gain some massive muscle with veins popping out of their necks, so they call it 'toning'. Sorry, but there is no such thing as toning. Call me a gym rat, but you won't find me doing bicep curls with 10lb dumbbells. I'm what you call a body builder. It's a sport, and I LOVE it! I don't do it to look like Arnold, I do it because I want to show other women that anything is possible. Working

out doesn't make you BIG, but you do GAIN so much confidence, self-esteem, and self-acceptance. It's about being woman STRONG! You see, I used to not love my body, and that is a tough thing to admit as a lifestyle trainer. I decided to join the bodybuilding community and become an all-natural NPC figure/bikini competitor to start disciplining myself into a routine. I did this outside of my family and work time, so there is no excuse to not make time for yourself. I realized that my workout times were 'my time' to just take a break from the world. Then I realized I started to love myself again! As a mom, it is important to become that role model for our little girls to show them how to live a healthier lifestyle. They too like to lift with me ;-). It's OK to do manly things! As women, we weren't born to sew, answer phones, bake, or just clean houses. We were born to be unique, show our talents, and lead with compassion. After all, like in chess, the queen protects the king right? So go show the world what you're made of....even if you enjoy jumping from airplanes, it's so much more exciting than organizing files for someone else!



Ginger Rogers was quoted as saying, "I did everything Fred Astair did. Only backwards and in high heels."

As women, for generations, we have also aquired a reputation for being versatile, adaptable and able to "get the job done" with or without the correct tools.

Do you know of such a woman? A woman who has stepped into a typical man's role & produced great results despite difficult strides accompanied by their sex?

Submit your nominee, her story and a photo of your incredible woman performing her "man task," for consideration in an upcoming issue to: fomagazine@mail.com (subject: Man's world entry)