



Leading by example

By Denver Oliveux

At the start of this year I decided I needed a challenge, something that would inspire me and my clients to achieve great results. I always believe that leaders lead by example, so to inspire my clients to change I would have to drastically change myself. I was already a naturally lean guy so I needed to challenge myself that little extra and nothing says a challenge like a body building competition.

I thought well I'm definitely putting my neck on the chopping block now, walking on stage in my underwear in front of friends, family, clients and about 300 strangers.

I wanted to train exactly like my clients so I sought out the expertise of a Personal Trainer whom put me on a very strict diet and exercise program and when I started in very early February I was 69kg and on the first competition I weighed in at 55kg. I had never looked like that in my entire life.

I competed in two shows and in each I really did not believe that I would get a trophy but to my amazement my hard work paid off.

In the first competition I won a third place trophy for the mens novice which is an open weight category. And that same day I competed in the under 70 kilograms division and I again won a third place.

The second competition was the Sydney competition which is considered to be the biggest in NSW. So being such a big competition I did not think I would get a place, but to my amazement I was wrong again. I received a 2nd place trophy for my efforts, I could not believe it all my hard work paid off.

Below are some photo's of my competitions:



South Coast Men's Novice 3rd Place (On the far right)



South Coast Men's Under 70kg 3rd Place (Denver on the far right)





Under 70kg Sydney 2nd Place (far left)

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