

# Fitness Blog

Lenore—IFBB Pro



Photo credit: Ralph Kelly  
Location: The Muscle Factory

Fitness Blog

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## MIND OVER MATTER

You may not want to go to the extreme or level I am at. That is ok. What ever your health & fitness goal is, however, you need to start off with the right frame of mind. Be realistic! Be honest with yourself! Dare to expose your weaknesses, because only there will you find the strength to overcome obstacles that have prolonged you from your goals.

I have had many chapters in my life when it comes to fitness. I have never been overweight. I actually had the opposite problem. I was anorexia as a teen and almost died from it. My near death experience brought me to a mere 52-pounds at the age of 17 and it took me almost 3-years to fully recover.

Moving forward to about the age of 37, I found myself going through a divorce. I have always been a goal-minded person and found myself putting pen to paper writing down goals I wanted to achieve. Some were off the wall...for example I wrote down "Be on the cover of a magazine....Be on a Billboard..." And, of course, one was "Do One Figures Competition". I wrote a page full of goals. Most I didn't expect to actually accomplish, but writing them down made them come to life. I not only accomplished every single goal on that page, but I've exceeded them.

At the age of 43, two-years

ago and after 17 wins and trophies in the Figures/Physique world, I won my current title of IFBB Pro status. How did I do it? It all started with that pen to paper process and then being relentless in scratching off each goal one by one till I was done and had to write new goals.

Is it easy? NO Is it worth it? YES. Once you have conquered the mind, you realize you can do ANYTHING you put your mind to. It's all about mind over matter. Do I crave a margarita every once in awhile? YES But I simply have to ask myself one question, "Lenore do you want to win or do you want that margarita?" The answer is easy and the desire for instant gratification diminishes.

What does it take to be at the level I am at now? That is a hard question to answer because I see it has a lifestyle now. I literally live, breathe, and work my craft 3-4 hours daily and when it's not in the gym it's with meal prepping, rest, posing sessions, routine practicing, massages, adjustments, and sponsorship meetings. It's a full-time job. But what if you just want to get fit and healthy....not to my extreme, but just above average?

Okay. First, STOP making excuses with not having the time or using the kids as an out. MAKE THE TIME! Get up

earlier to fit in an hour of cardio or weight lifting. Take your kids. You will be doing them a favor by teaching them good habits.

Second, as I mentioned earlier, write down your realistic goals. Put them on the refrigerator door so you can see them every day as a reminder. Make yourself accountable to others by sharing your goals with friends and family. Take progress pictures. Don't go by the scale....go by how your clothes fit you.

Third, which I have found the hardest but is KEY to overall health and fitness is get right with your diet. This may mean some investing in a dietician or knowledgeable trainer. It will be money well spent.

Learn to read labels at the grocery stores before buying. Don't simply go by what the packages says on the front. READ THE INGREDIENTS and understand what is going in your body. Educate yourself on food combinations and how combining certain foods boost your metabolism, help the digestive system, and burn fats more effectively. Believe it or not, you can actually eat a lot more just by learning that latter part! I know, because I am a 5'foot, 45-year old Texas gal that eats more than my husband, but maintains a 115-pound physique! :-). You can too! Just get your head in the game!