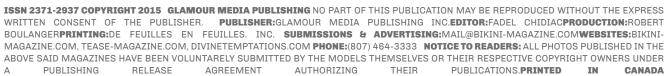


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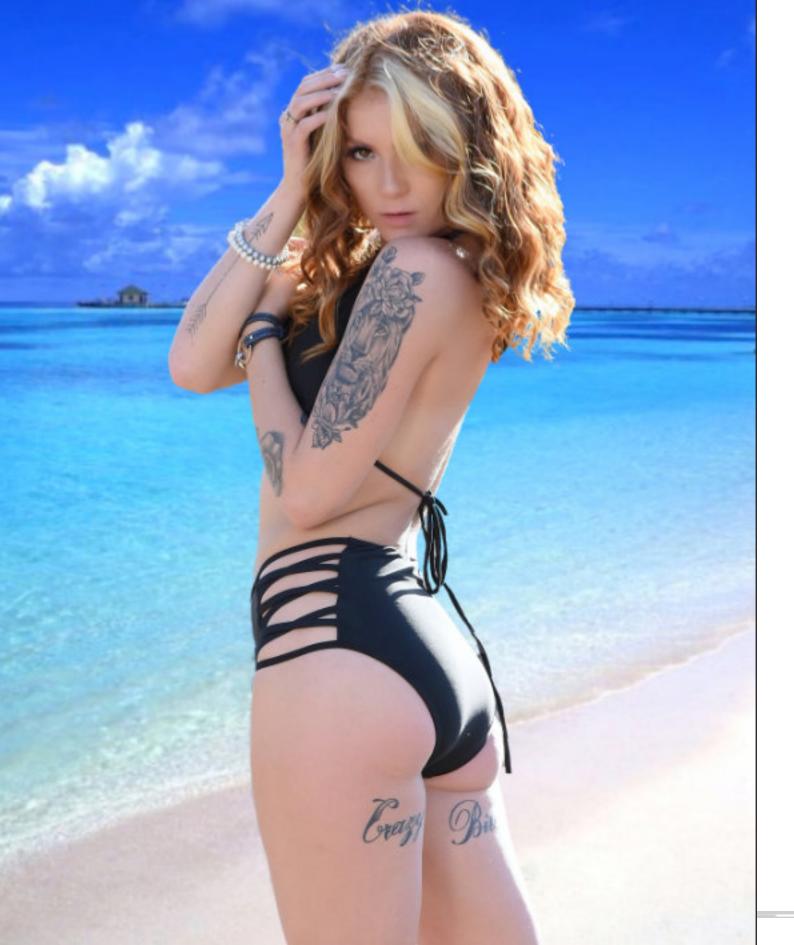




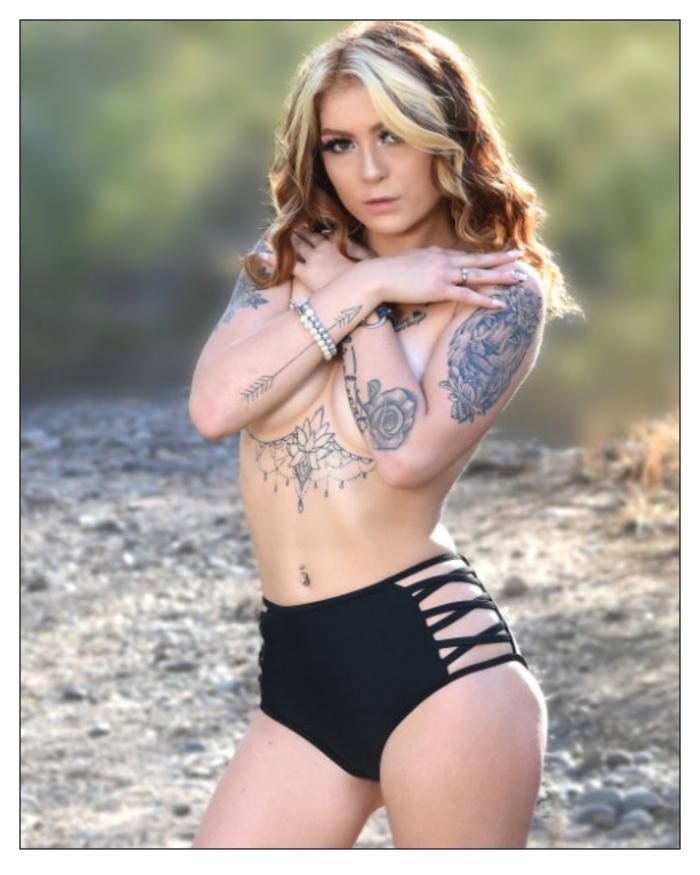






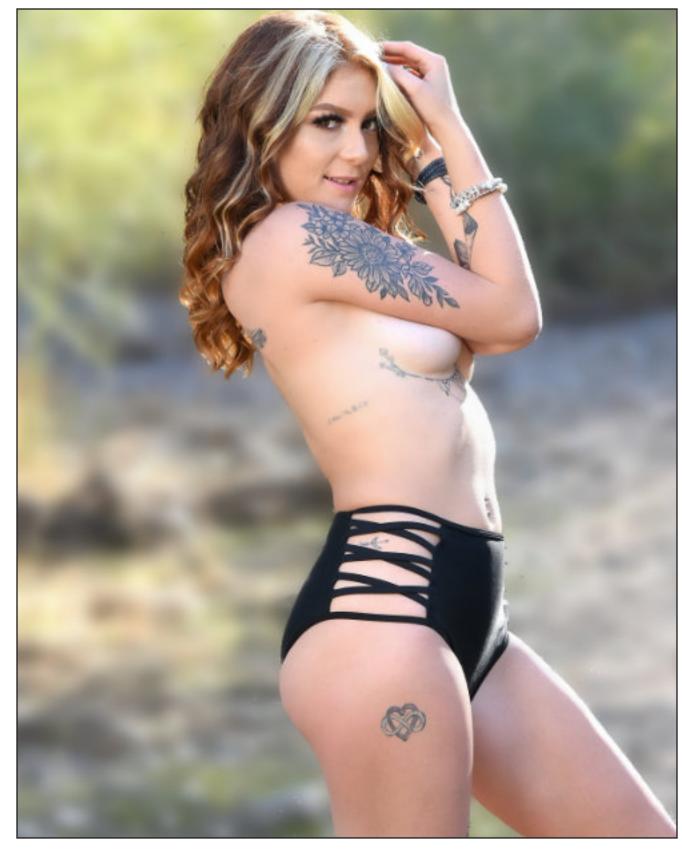


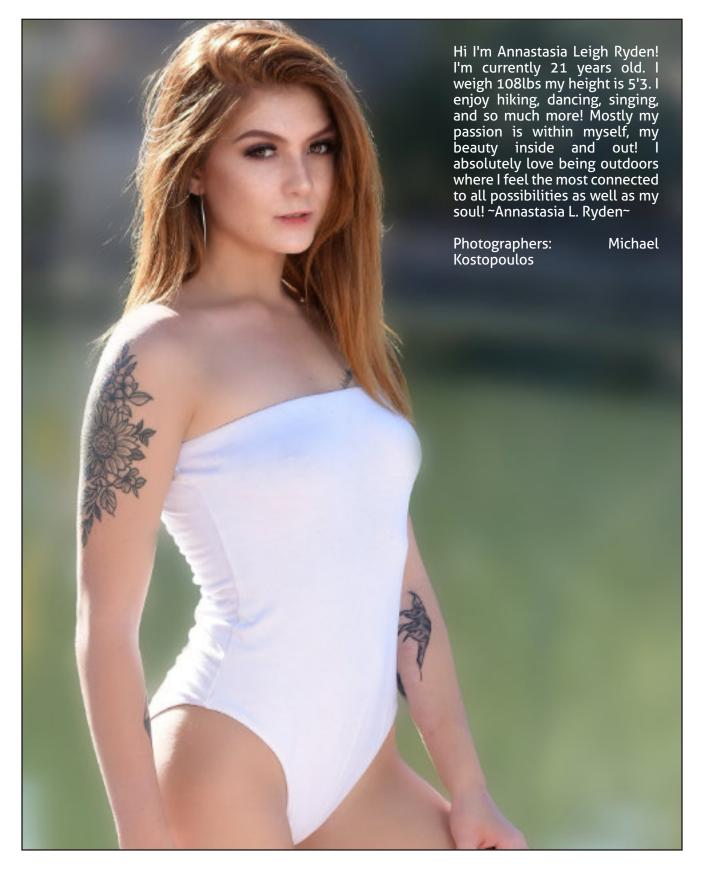




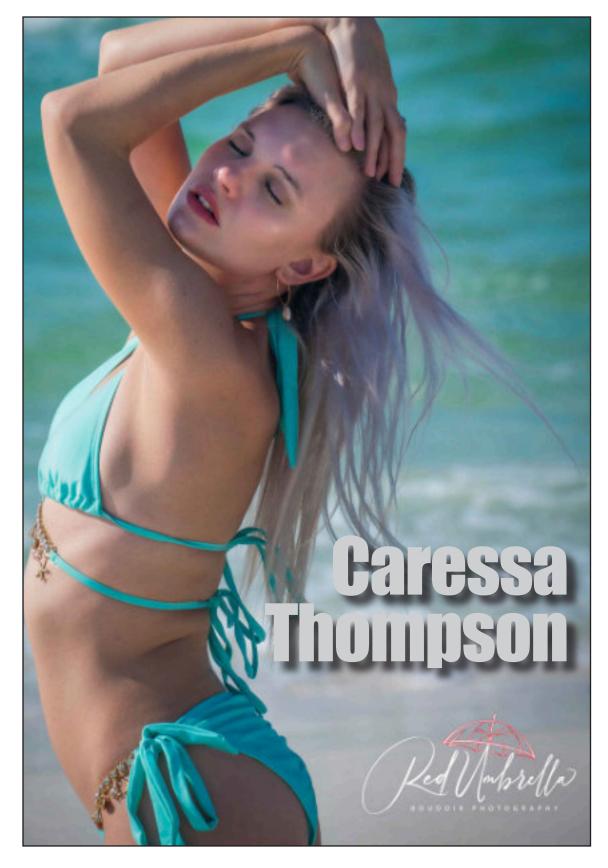


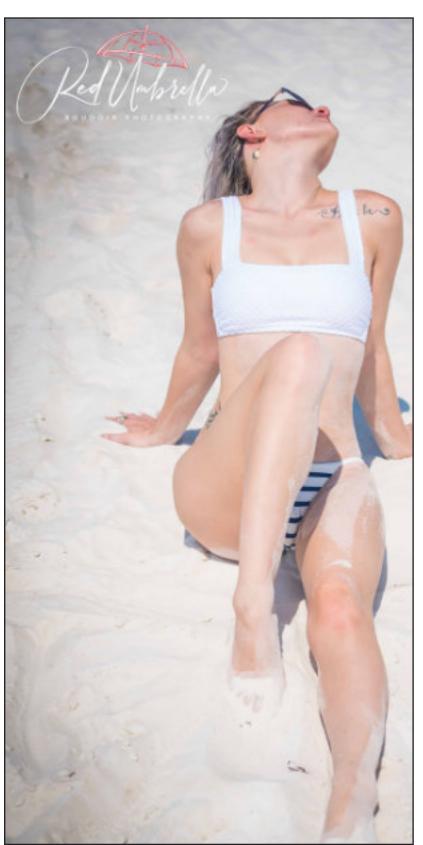


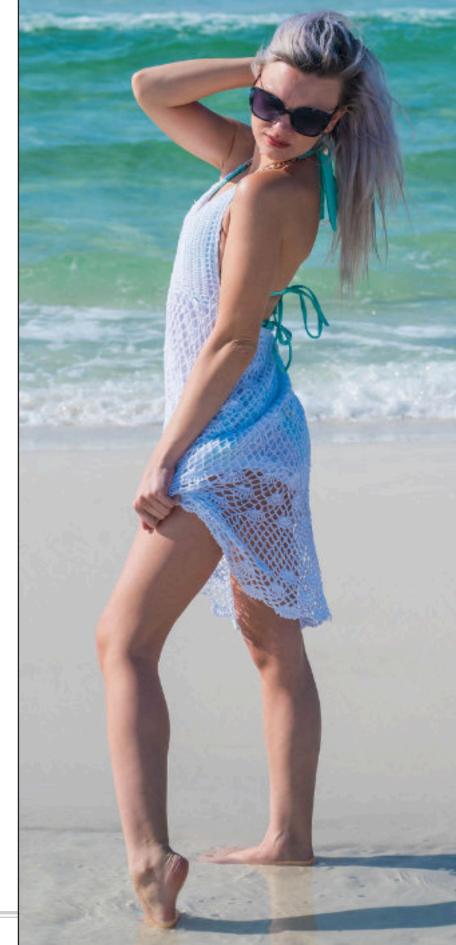


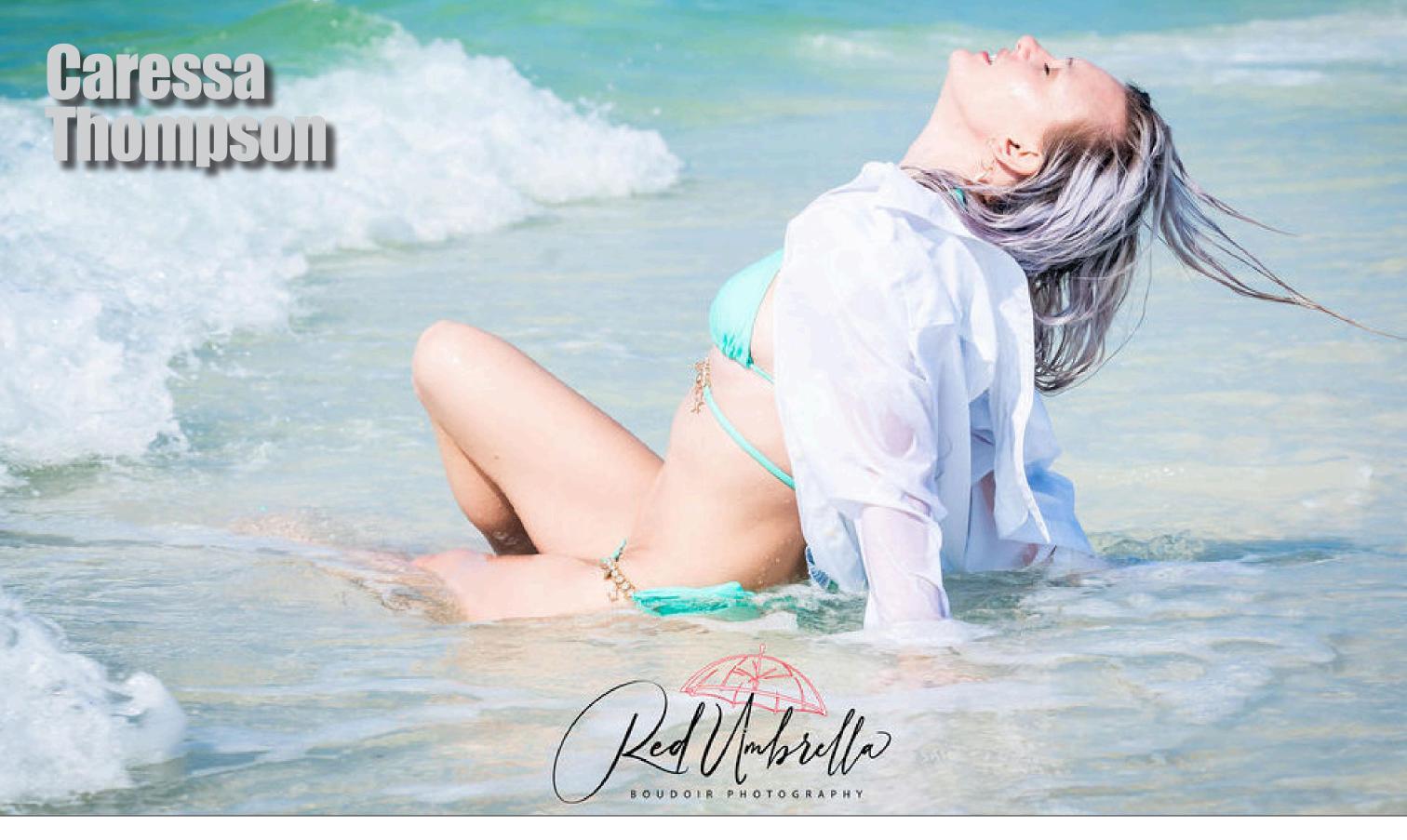






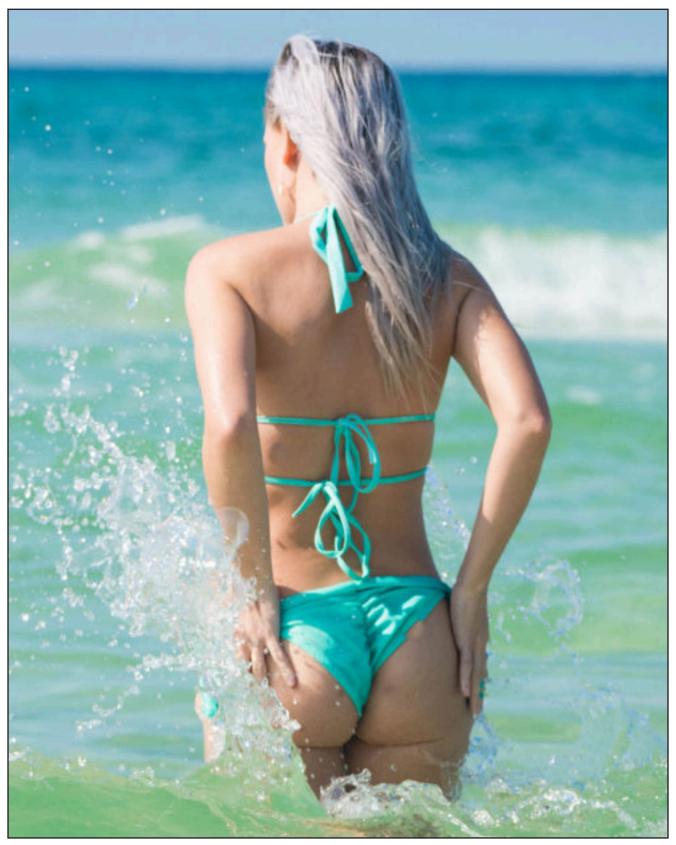


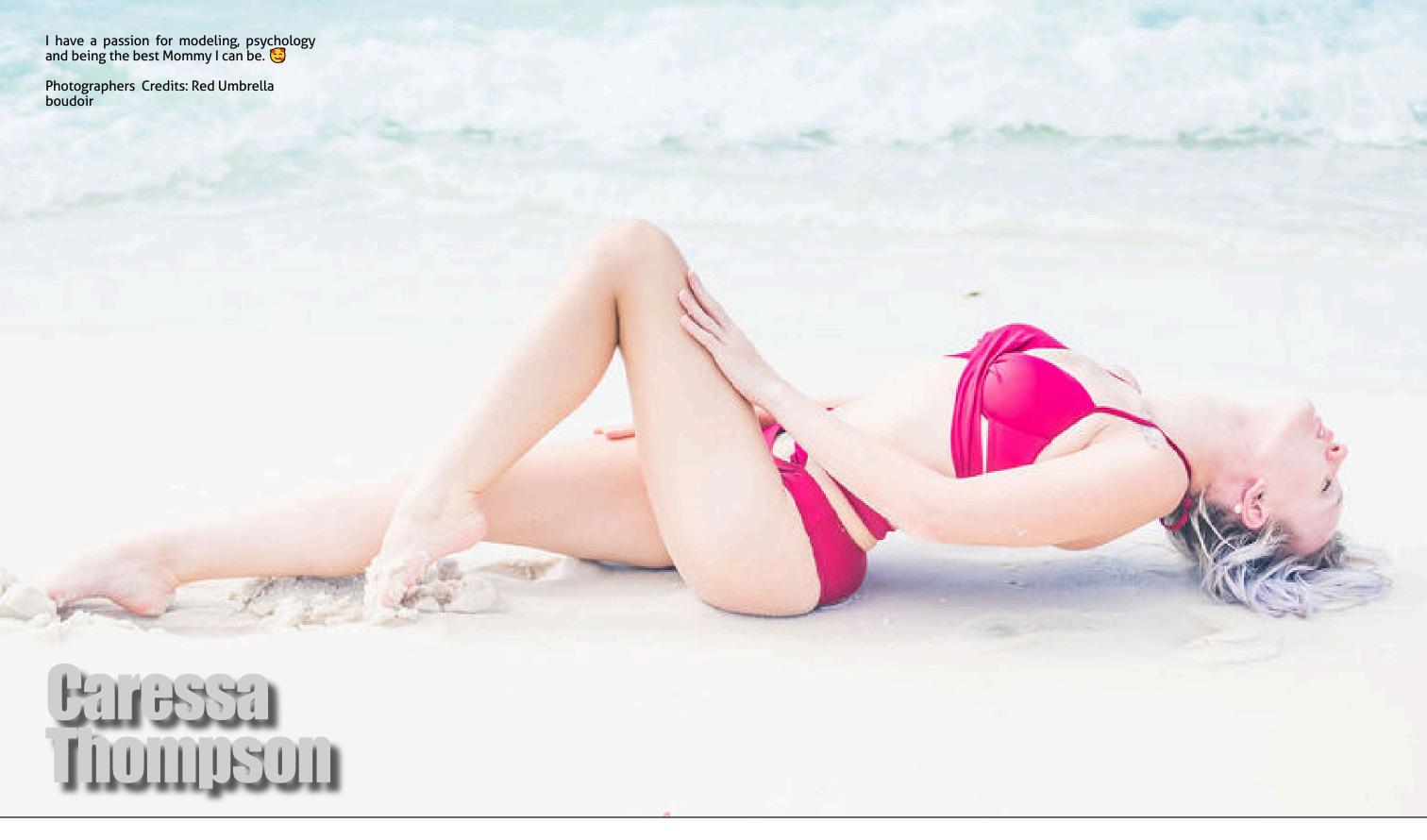




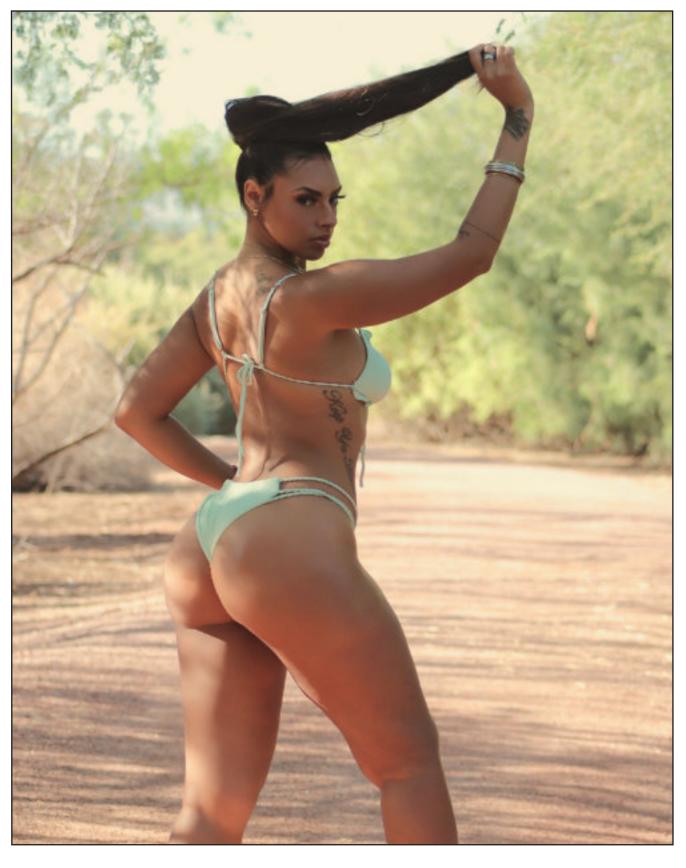




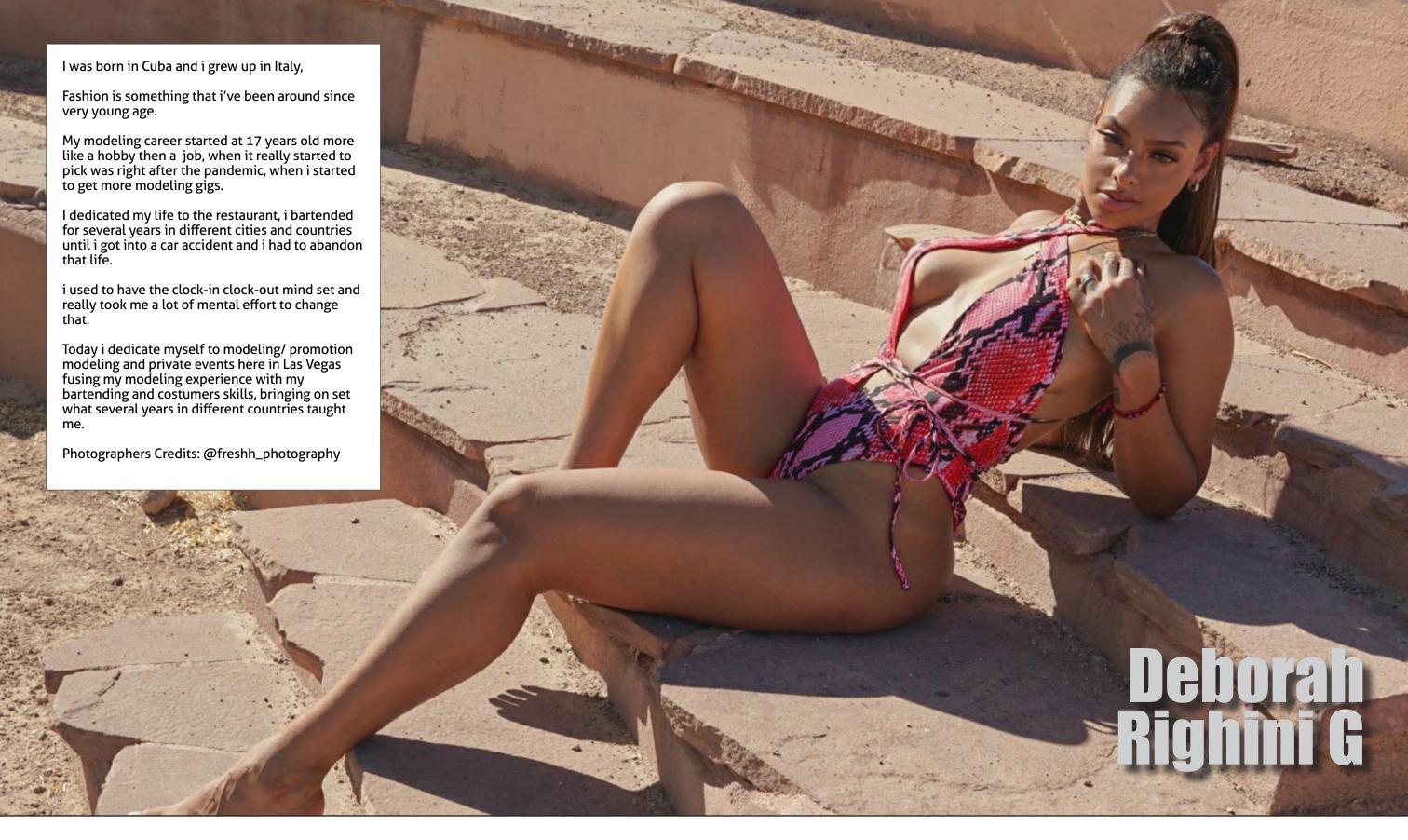




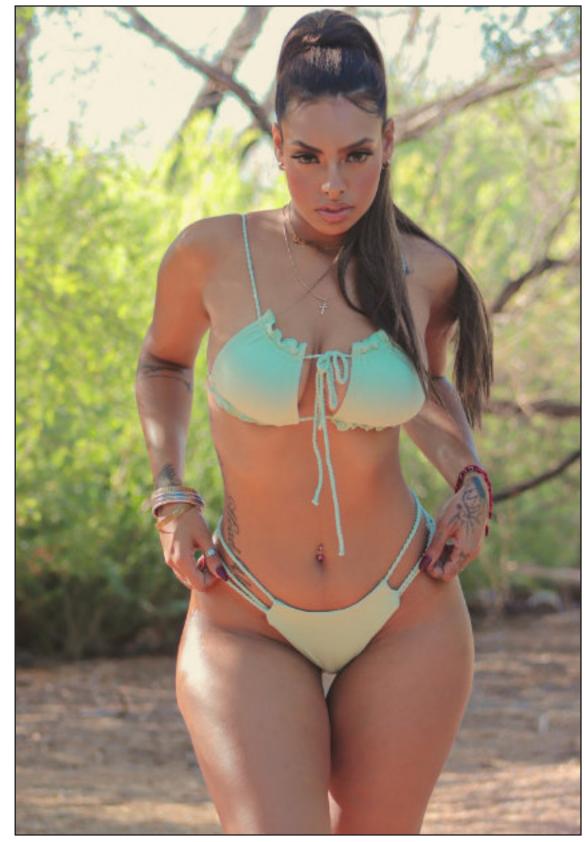
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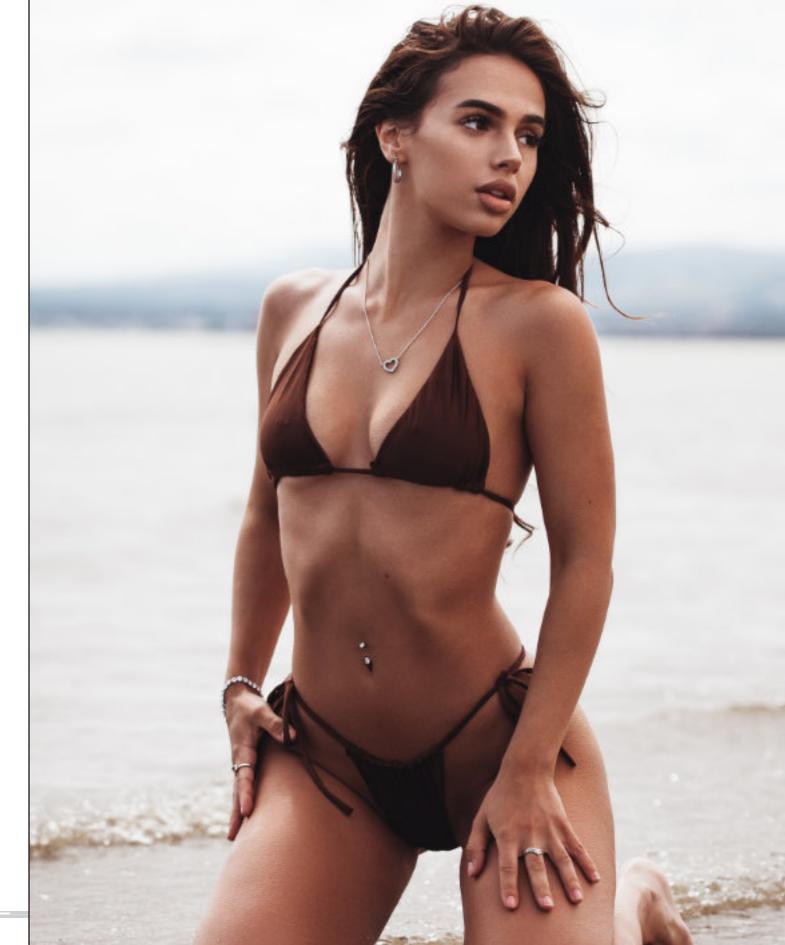




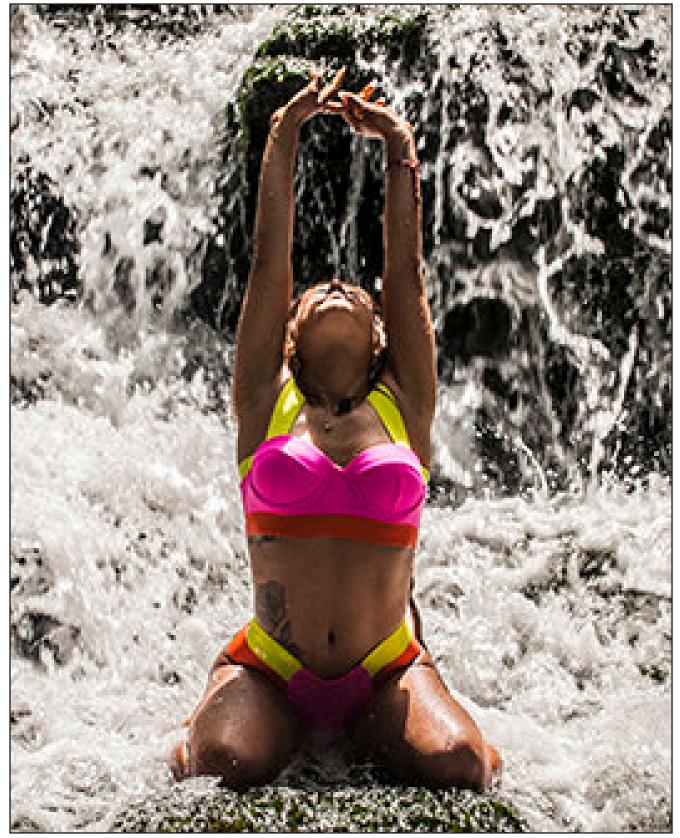


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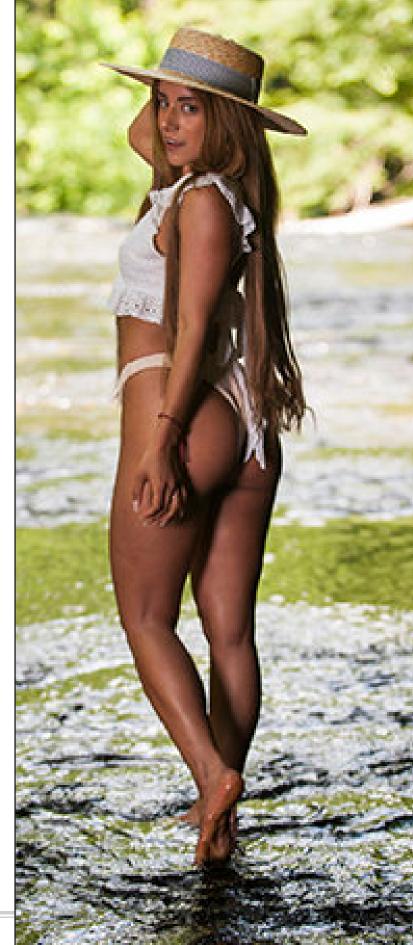






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My goal is to be known as a person that helps other always has a positive attitude and be able to influence people on loving themselves.

One of my dreams is to have my own gym with every type of fitness class, its on little healthy eating food area, massages and many other things.

Ive had a lot of challenges in my personal life with

self worth but no one can ever tell because im so good at hiding it which is also why I want people to see me as someone they can talk to and trust. Ive achieved so much and travelled so much throughout the world met some amazing people and learned different cultures and I believe that is a great achievement in life.

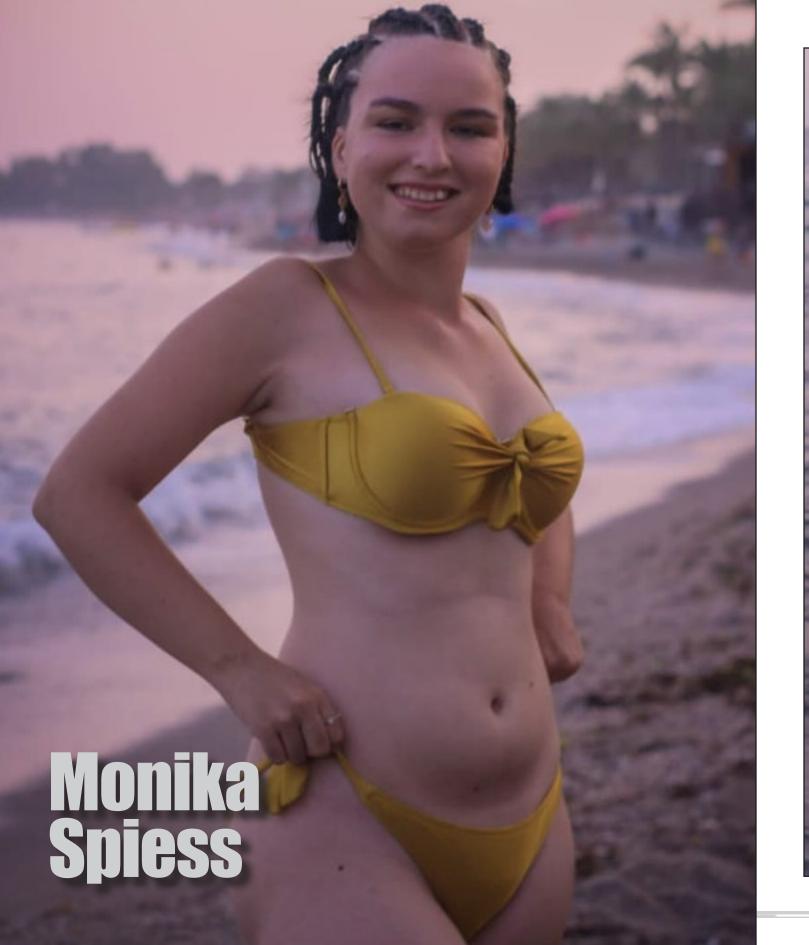
Photographers Credits: Brody Hall







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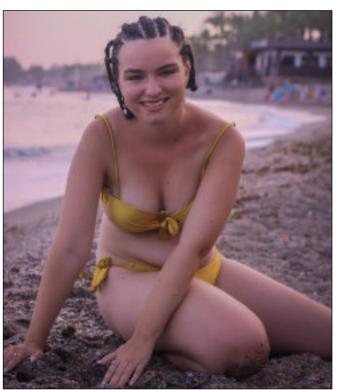








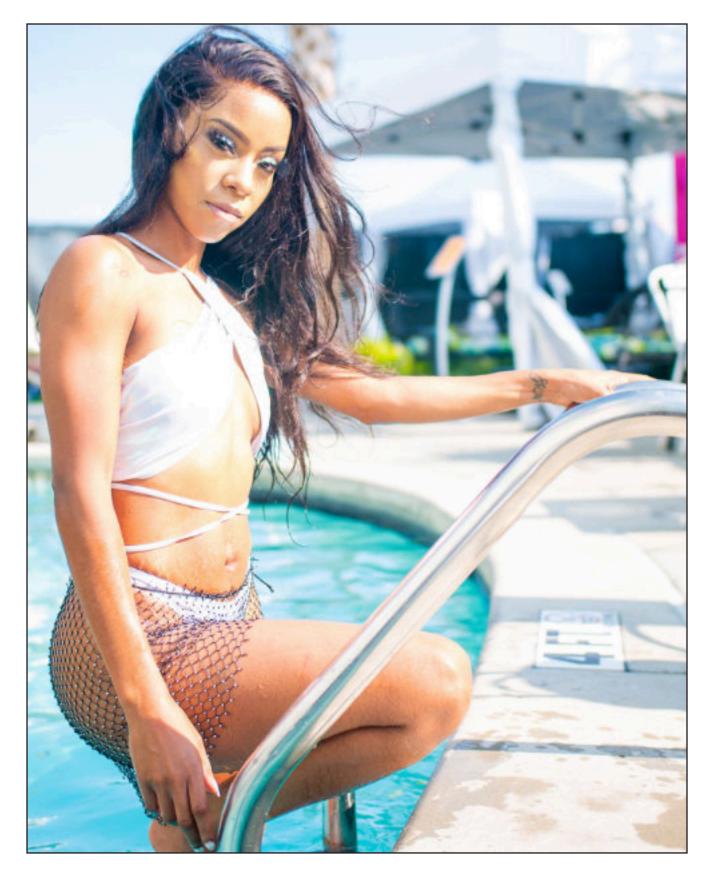














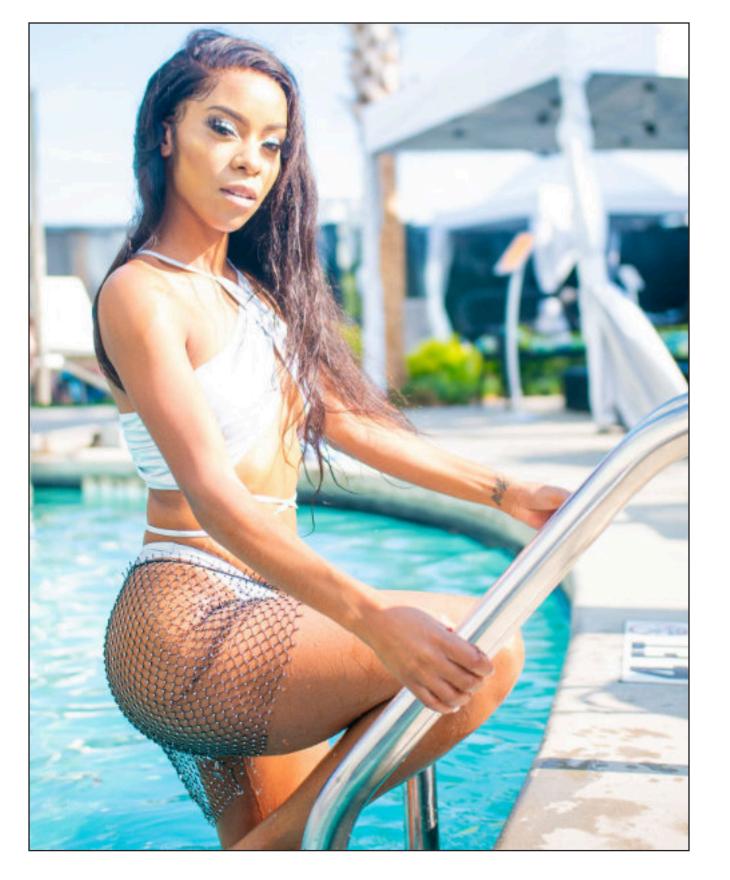


My name is MizzFitt and as my name states, I am a model that believes that health is number one. It's not about size, it's about keeping up the well-being of the body that we use on a daily basis. Fitness is about being the best you and taking care of your body, in every way possible. This includes what you put in your body and the exercises that allow your body to be in the best possible shape. Being a model, allows for me to show my audience my show my audience, my results of doing these things daily.

Photographers Credits: @dom.ssn

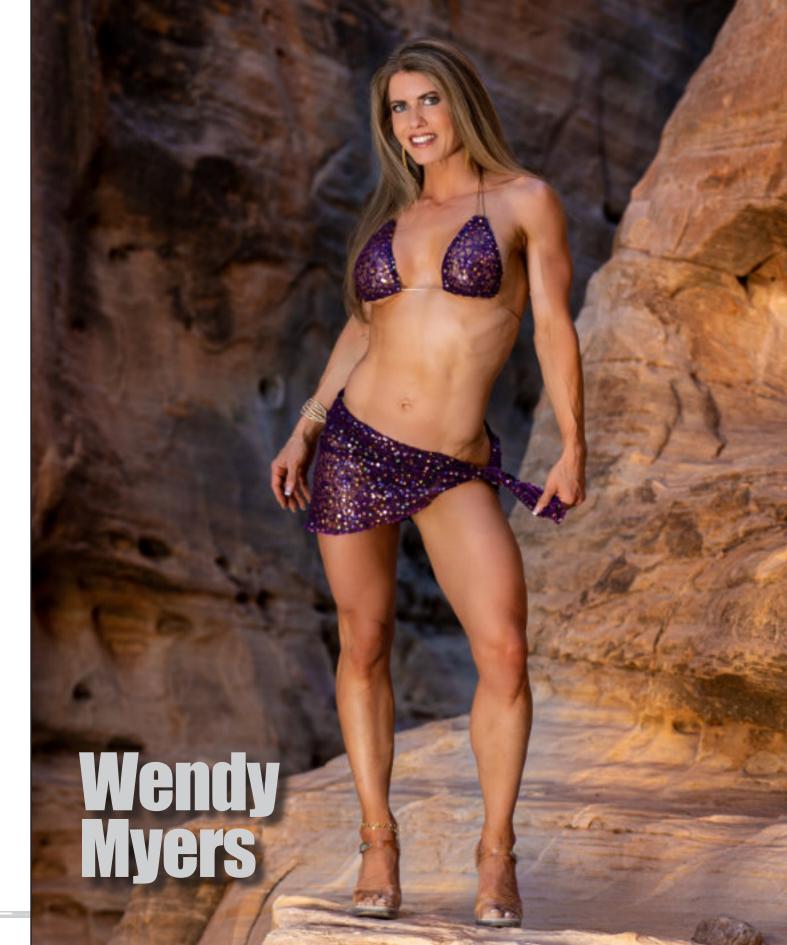


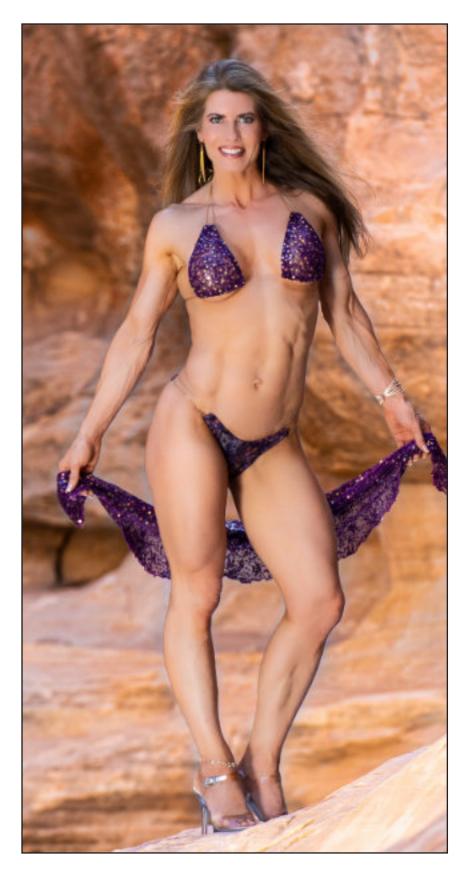




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Growing up a tomboy, I was a natural athlete and constantly engaged in one sport or another. My goal was always the same ... beat the boys! And I did! Sports were my life and being a competitor was the only way I knew how to live.

In high school I tried weight lifting and loved it, and was able to squat more than the football players. But I was discouraged to continue in it because it was thought that it would make a girl "bulky," so I moved on to other sports, always knowing there would be a day I would come back to it.

That day was two years ago, when, at 44 years old and after having three children, I followed my dream in becoming a natural figure competitor. I finally graced the stage with muscles and beauty. Now, at 46, I have qualified to compete for my pro card through NPC, which is not an easy task for a natural competitor.

It was stepping on stage to compete that led me into modeling. I needed "sass" for the stage and that is something a tomboy does not have! So I courageously stepped way out of my comfort zone and attended a modeling clinic. Much to my surprise, I was told I was a natural in front of the lens.

The challenge then became to see if who I was would fit in the modeling world. It took a while for me to fully embrace who I was in front of the lens. Many photographers told me not to smile, but that was just not me, and when I tried it the shots seemed dead. So I embraced who I was and went with it, smile and all! Now the most common compliment I get is how alive and inspiring my shots are because I smile.

I love that people see me as inspirational because that is a huge dream of mine; to inspire others, especially woman to get fit and see their strong body as sexy! Too many women feel that after children or after 30 they are done, that their life is downhill from there. That could not be further from the truth! I say at 40 we are just getting started!

It was this dream of helping other women that has led me to obtain my personal training license as well as my nutrition license so that I can help embolden other women to start living their best life after children and well as into their 40's and older!

Photographers Credits: JD Lander Photography (@jdlanderphotography)



