

SHARON GAYLE

By Laura
Anne Rega

“After climbing a great hill, one only finds that there are many more hills to climb.” – Nelson Mandela

Thus begins the story of Sharon Gayle, a woman who has earned her mark in the Figure world through hard work and perseverance. But, just like any other INBF competitor who takes home his or her pro card, Sharon’s journey has only just begun.



PHOTOGRAPHY BY REG BRADFORD

THE 2009 INBF WORLDS OVERALL FIGURE CHAMP

The 5-8, 128-lb. beauty trains at various New York Sports Clubs in the New York City area. She has been training for 15 years, but started competing in April 2009. “I must admit that competing was not part of my original plan. That idea came about after my friends and clients insisted that I looked like a competitor, so why not use [my physique] to my advantage.”

The British-born personal trainer always considered herself fit and toned, but she knew she had to work hard to make her body balanced and symmetrical. So, she decided to try to prove to her clients that bodies really can be tweaked and improved.

Today, the single 35-year-old Figure competitor is just happy to

be living her dream after winning her pro card at the 2009 INBF Muscletech World Figure Championships in New York. “I stepped on stage believing that I would do well,” she remembers. “I trained hard and viewed all of my previous competitions to prepare for the Worlds. However, I also knew that any contestant traveling halfway across the world to compete at the Worlds was serious. Nevertheless, I told myself I would do my best to shine.”

Prior to her win in New York, she took fifth place in her class at the INBF IART Hercules Ms. Fit Body & Best Body Championships last June. She also placed fifth in the open Figure tall class at the INBF Metabolix *(continued on page 151)*

nants. Studies on many municipal water supplies reveal that this water contains shocking amounts of pharmaceutical drugs, pesticides, industrial chemicals, hormones, bacteria and heavy metals.

Purified, mineral-alkalinized water, such as AquaHydrate, is recommended. Alkalinized water has neutralizing abilities and draws acid waste out of the cells. So drink water that contains powerful mineral buffers, such as magnesium, calcium, potassium and sodium.

To determine the amount of water your body needs daily, take your weight and divide it by two. This is the amount of alkalinized, mineral-enriched water your body needs (in ounces) per day. ★

Editor's Note: Dr. Cheryle Hart has been a physician and medical educator for the past 29 years, and has focused her practice on health programs aimed at optimal wellness and disease prevention. She completed her medical training in obstetrics and gynecology at the Mayo Clinic in 1984 and held appointments as clinical professor there and at the University Of Washington School Of Medicine. Dr. Hart is also board certified in Bariatrics, the medical management of weight. Dr. Hart co-authored Amazon.com's continuing top seller, *The Insulin-Resistance Diet, How to Turn off Your Body's Fat-Making Machine* (McGraw-Hill Publishers) in 2001, and currently the medical advisor to AquaHydrate.

HOW I BECAME MS. FIT BODY

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butter in my pantry.

My protein intake varies with each cycle. My protein sources include chicken and various fish. Personally, I am not a big steak person, but could use the extra creatine found in steak from time to time. There is nothing like a good porterhouse!

The amount of food and timing of meals vary depending on personal preference. I workout first thing in the morning so most of my carbohydrates are eaten in the earlier part of the day. I always carry food in my briefcase. With a profession and schedule like mine, I always need to be alert and ready to go. I never want to feel hungry, so I keep my meals consistent throughout the day. I include a protein and carbohydrate source with most meals. Food consistency can be quite challenging. Here is where most people tend to get sidetracked. If you adjust your food and plan your meals in accordance with your schedule, you should

be able to obtain all of your daily nutrients with little effort.

Proper supplementation plays a major role in reaching your fitness goals. This is the key to recovery from strenuous exercise and long weeks of dieting. Sometimes, it can be as simple as choosing the right multivitamin. I encourage everyone to consult with their physician when it comes to making this decision, especially if there are health issues that need to be taken into consideration. I am anemic, so I take a separate iron vitamin recommended by my primary doctor.

STEP SIX: KEEP IT POSITIVE

Surrounding myself with positive influences is something I try to do every day. Lack of motivation is contagious and may negatively affect your progress in and out of the gym. Most importantly, it can affect your performance on stage. Your mind is the most powerful tool to help you achieve your goals. Someone once said, "Erase negative thoughts to achieve positive gains." I say, motivation is the key to a great body!

There is certainly more to competing than what I have outlined above. Along with hours of training and dieting comes the actual contest preparation. Looking and performing your best on stage requires just as much work and dedication. I carve out some time during my workouts to practice the mandatory poses and model walks. I tend to my hair and grooming in the week before my show. I am a tomboy at heart so this requires a lot of attention.

I cannot end this article without some words about leading a natural and drug-free lifestyle. With the advances that have been made with natural supplementation, competitors can naturally achieve their goals without the use of performance enhancers. Gains can be made if you are willing to work hard on your training and nutrition, while supplementing with natural products. You can't create a gorgeous physique if you lack proper nutrition and training. That said, good luck! ★

SHARON GAYLE

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Natural North America last May.

So how did she get on the path to win a pro card? Through a solid training philosophy and never-ending resolve. Sharon's winning approach is based on the following principles (in her own words).


1.) **Fringe benefits.** "My clients are surprised when I tell them that looking good should be *(continued on page 152)*

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Jim Cordova, BS, CPT
-2004 INBF World Champion
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**MAXIMIZE
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