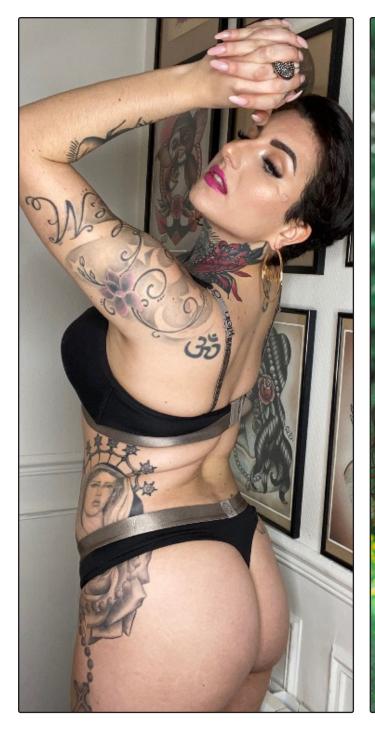


Content Preview













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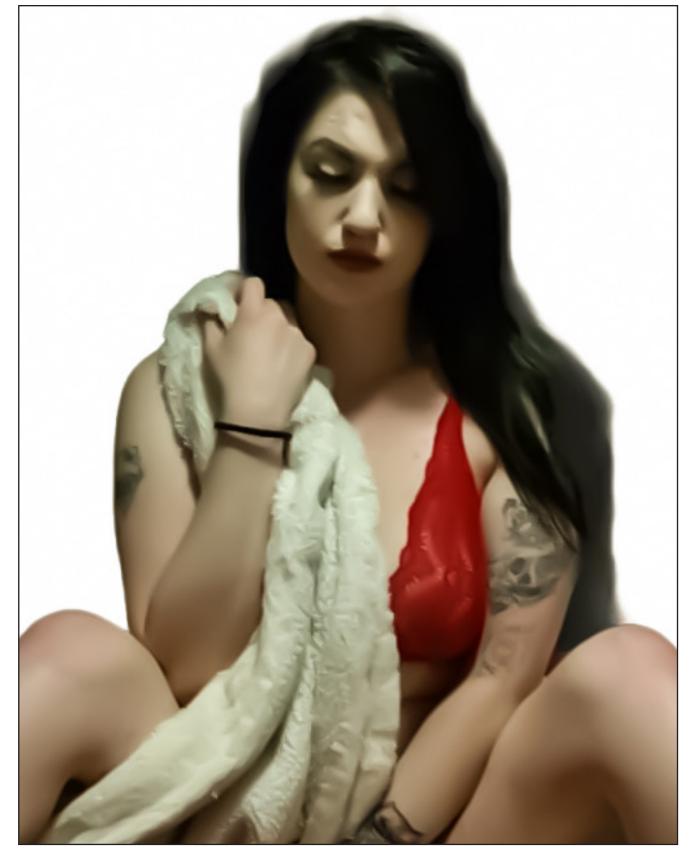


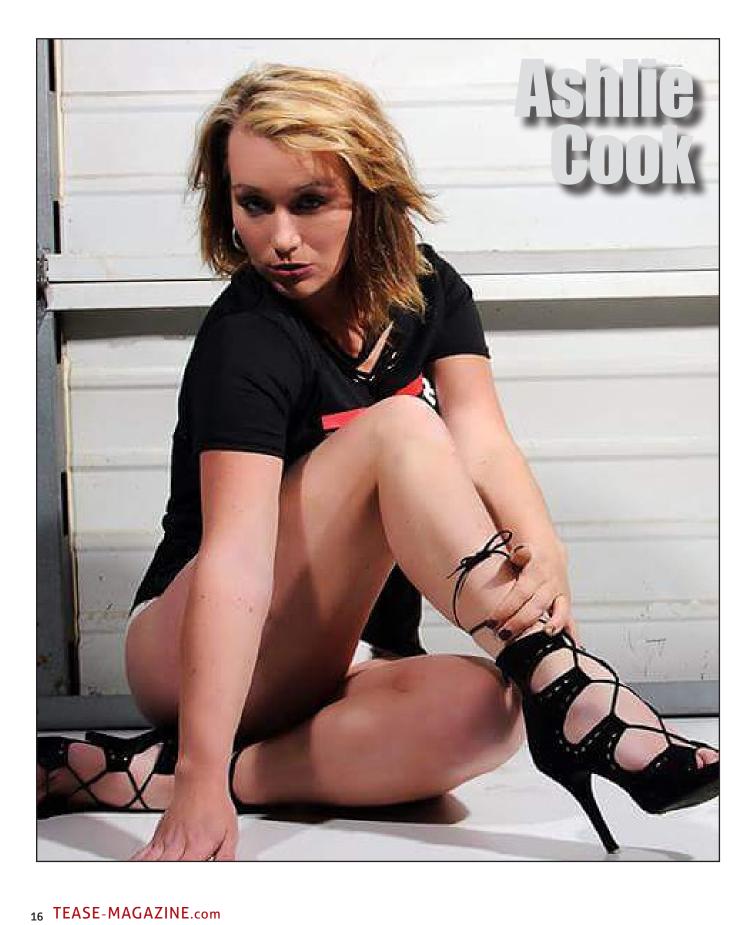






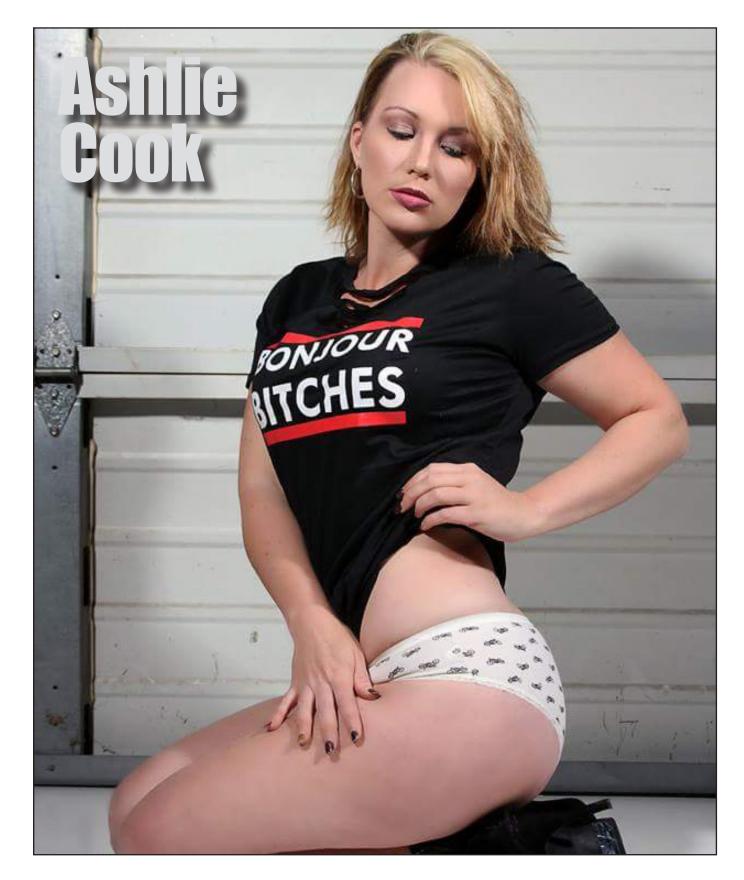






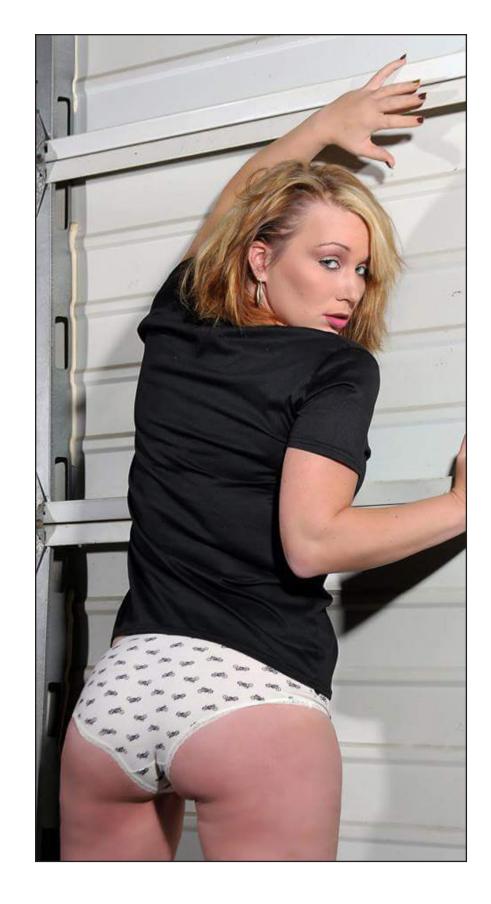














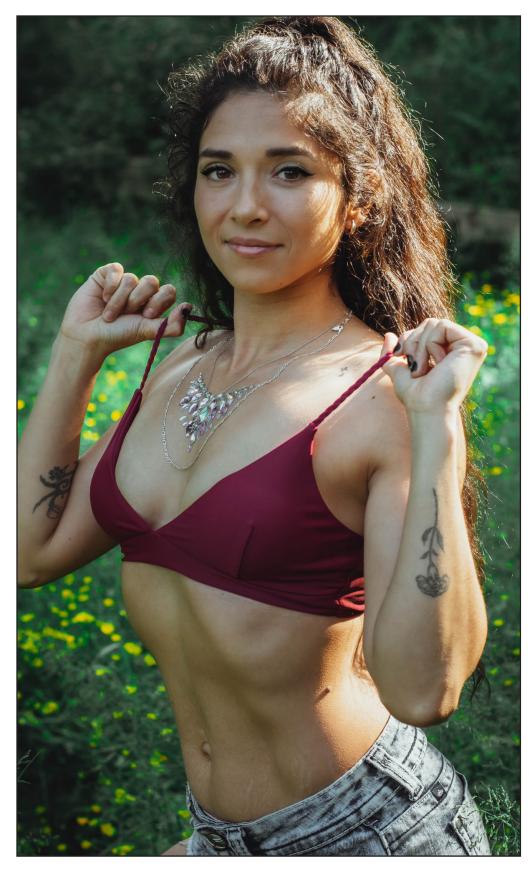








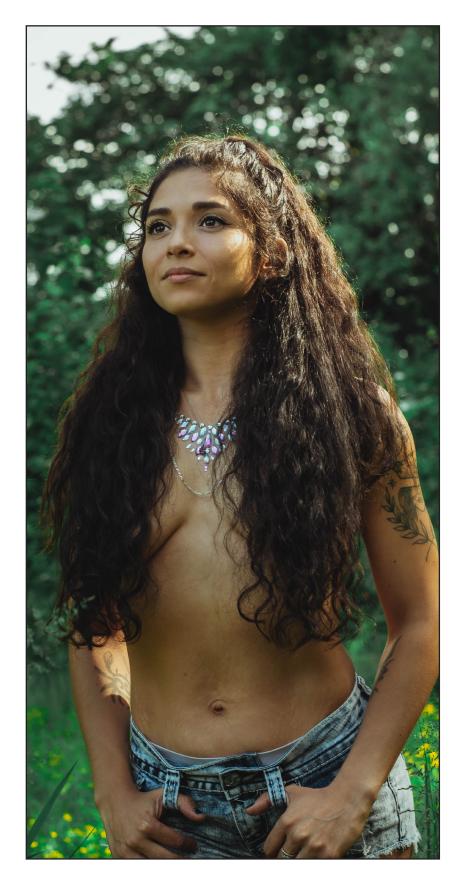












My journey started about 3 years ago. I got a job at a local gym with zero knowledge of anything fitness or health! I slowly started learning about it but still wasn't very interested in it until a year after, I had just got out of a relationship and was in a very depressed state, was barely eating, barely doing anything and one day I weighed myself and my weight came up to around 92-95lbs which was the lowest I've ever been! That's when I knew it was time for a change! I began to follow fitness competitors on social media, visited my local supplement store and started learning and doing research and learning the equipments etc. Throughout all of this I became friends on social media with a few trainers and would ask about their workouts or what was the purpose of them and how I could do them and implement them into my life ... I began to eat lots! Steak and eggs and rice for breakfast! Mass gainers in between meals ...all that good stuff!

It was hard to eat so much at times as my body couldn't ingest it so I'd have to almost force myself to eat as I knew it was what my body needed in order to gain healthy weight... started working out about 5 days a week. Was blessed by having a couple friends who were trainers and would give me some programs to try out and learn about. As time went on I became more confident on myself, I'm how my body look but more specific how my naked body looked as that was always a struggle and felt self conscious about my naked body, which is why I wouldn't even wear a bikini... but that all changed! I grew! I gained weight and confidence... enough confidence to find a coach to train me to compete as a bikini athlete . I trained during the pandemic and placed 3rd on my very first show on both my categories that I had signed up for. It was the only show that happened in Bc I believe .. I might be wrong but it was an amazing experience and I'm still hooked! Still learning, embracing all the ups and downs that come with this lifestyle. Learning about health and fitness and the human body has been amazing. At this point I plan to get to an IFBBPRO level and currently working towards a nutrition coach certification and after that the goal is to become a trainer! But there's no limit to my dreams and hopes for my future <3

Photographers Credits: Ally Bianca













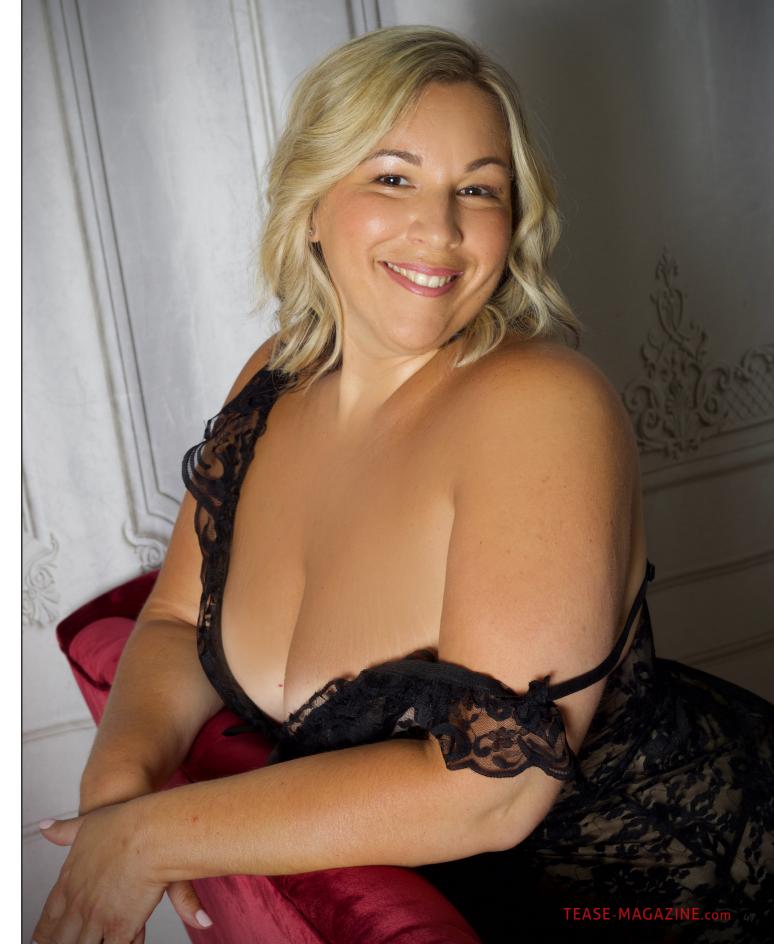


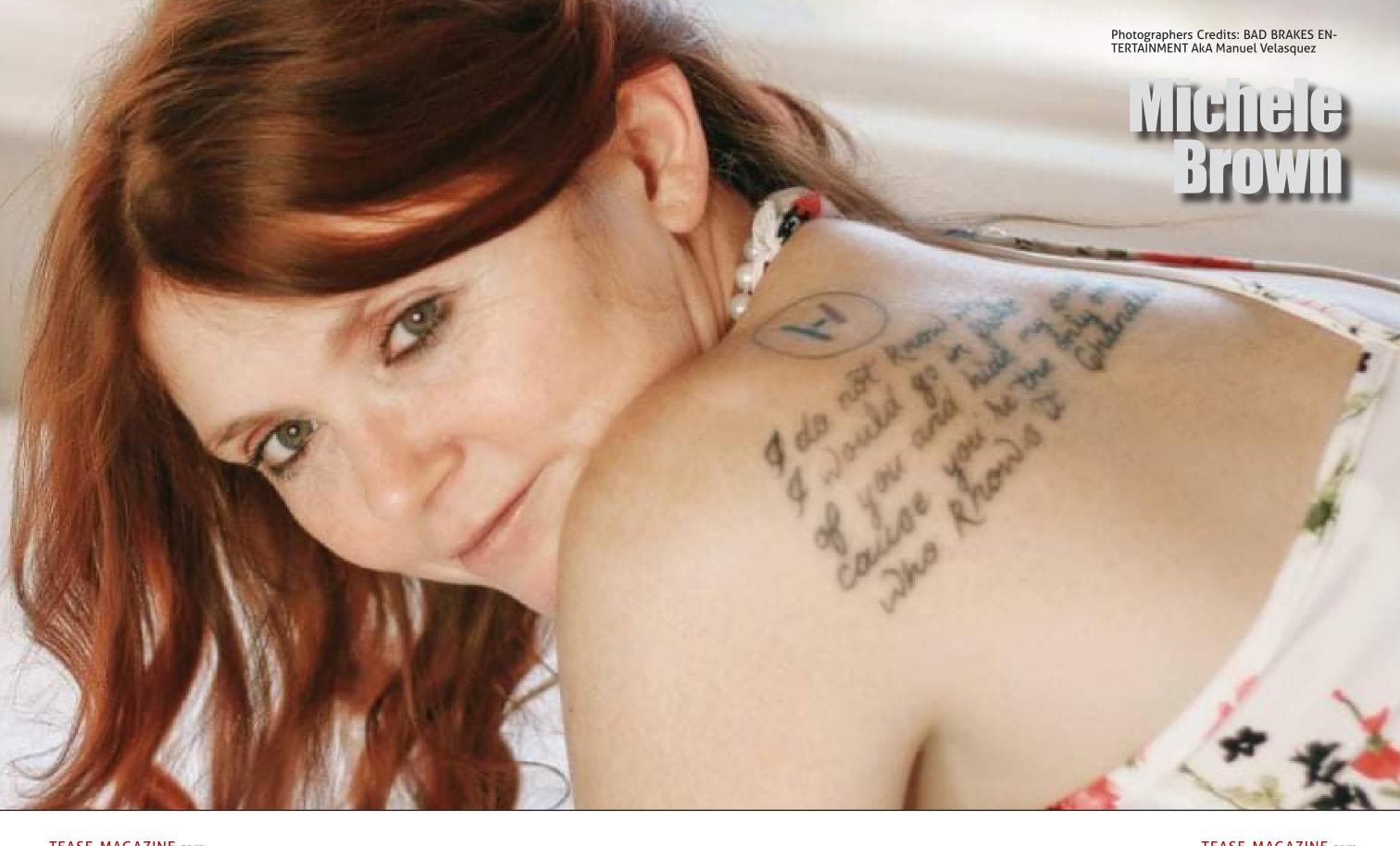


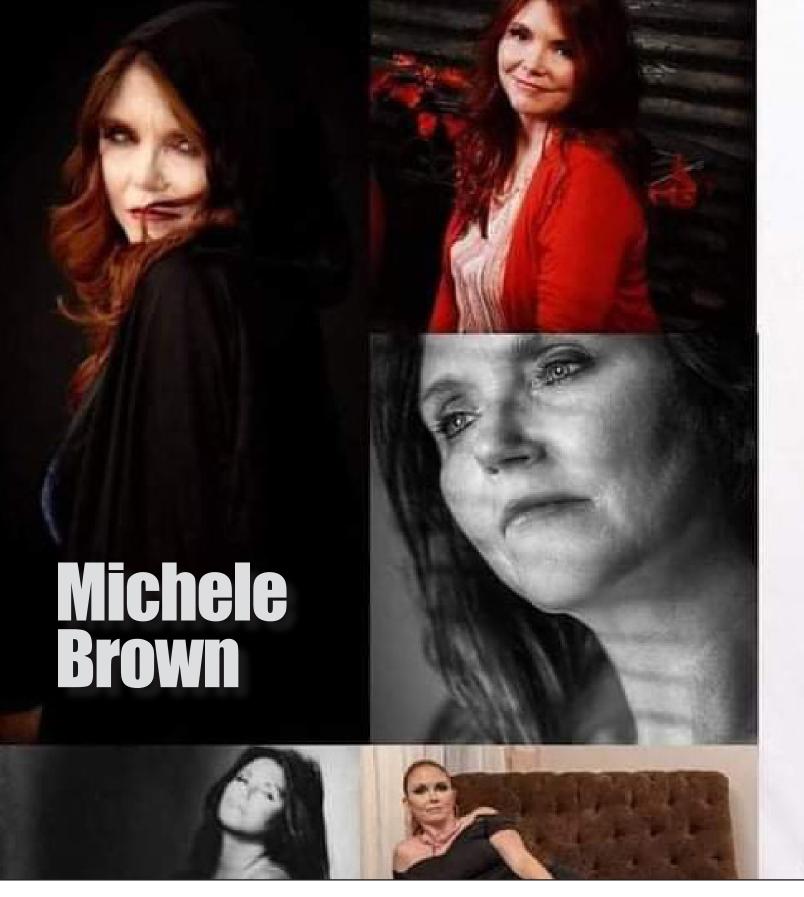












MICHELLE BROWN

Freelance Female Model
Years Of Experience:

2 - 4

Working Location:

Kansas City MO/KS, willing to travel

Industry Interest

Beauty

Boudoir

Commercial

Cosplay

Fashion

Fine Art

Promotional

Runway

Contact Information mmweikm@gmail.com

Identifying Factors

Age Range: 40 - 50

Hair Color: Auburn

Eye Color: Hazel

Ethnicity: Caucasian

Measurements

Height: 5 Foot, 2 Inches

Shirt: Medium

Shoulder: 25

Bust: 36

Hip: 36















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