

Muscle in Montana

By
Shauna
Dutton



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**M I S -
SOULA,
MT -**
Growing
up in
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f r o m

Libby High School with bragging rights to such athletic heights as all-state basketball, volleyball, track and won MVP in softball, the idea of health and fitness as an ultimate goal hadn't been revealed to me. I remember marveling at the physiques of bodybuilders in magazines, as human anatomy has always intrigued me. However, I could never relate to these larger than life images and ended up pushing my unrealized dream of being a bodybuilder aside to pursue other athletic avenues.

In 1988, I went on to throw javelin for the University of Idaho and earned my undergraduate degree in PE and Sports Medicine. After four years of competition, two 2nd place finishes at the Big Sky Championships and recognition as a Scholar-Athlete each semester, I went on to complete my Masters in PE and Sports Medicine. Participating as a Track and Field collegiate level gave me a new understanding of competition. I was able to take the training techniques and discipline and carry those with me as I pursued a career in the fitness industry.

My first career opportunity was as an assistant manager and director of the fitness department at the Montana Athletic Club in Missoula, Montana where I stayed for the next 7 years. I earned my ACE and ACSM personal training certifications and went on to become an NCTMB mas-

sage therapist. This career path was another opportunity to learn more about the human body and its abilities. Once again, I tossed around the idea of training for a body building competition, but just the idea intimidated me. I had the same misconception that a lot of people do about the sport; only people who look like body builders to begin with actually train and enter a competition.

Finally, in 2000 I decided to start my own business. My vision was not just a personal training gym, but a business where I could share my philosophies. I wanted the opportunity to help women to have self-esteem and pride in their bodies, and for all of my clients to understand and incorporate prevention for both illness and injury, regardless of their age. My goal has been to teach the importance of health, nutrition, fitness, spirituality, family, work, play, the desire for self-improvement and the extreme importance of balance between all of these things. In hopes of encompassing just some of the ideals that I wanted my business to stand for, I named it Health Habits.

My first bodybuilding competition was the NGA Northwestern Natural in Boise, Idaho. I finished 3rd in the Novice division, and I was hooked. Later that year, I placed 2nd at the Montana Muscle Mania in Billings, Montana. I realized that natural bodybuilding was not only a great fit for me personally, but it gave me the opportunity to be a respectable, realistic role model to young people and women.

In 2002, I was the overall champion and the WFNA Rocky Mountain Natural in Spokane, Washington and 3rd at the WFNA Big Sky Natural Physique Classic in Bozeman, Montana. This year, after a 2nd place in the WFNA Glacier States Natural in Missoula, Montana, I went on the WFNA Seattle Super Natural and won both the overall champion and took first place in the Pro Open.

I am honored to be a part of the growing professional WFNA family. Natural bodybuilding has provided an outlet to express my beliefs and

goals. For those of you who are interested in the sport of bodybuilding but doubt yourselves or your ability, think again. Bodybuilding is an experience you will never regret.

Rather than comparing yourself to the non-drug tested body builders who cast a shadow on what the human body can do naturally, take a closer look at the physical state of the rest of our country. Obesity is



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growing at an unbelievable rate. Natural bodybuilding provides a sport with integrity and longevity for anyone who is willing to make a commitment to his or herself. If you are tired of sitting on the couch watching reality shows, get out and experience the reality of your own life. Your choice will determine who you are and what you are capable of becoming.



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