

# Becky Convery, A Missoula Sensation!

MISSOULA, MT - If you've ever seen Becky Convery on stage performing, you would think that she has lived and breathed bodybuilding since she was a little child. There's a real positive intense energy when she does her routine that leaves you craving to see more performance.

Surprisingly, Becky only got involved in the sport of bodybuilding in the early 1990's around the age of twenty-four when some of the guys at the local gym talked her into it. Prior to that she was an aerobics instructor in Washington, DC. Luckily

for all of us, she became addicted from the start and would rather weight train than anything else. She entered her first two shows in the early 1990's.

Sadly, Becky herniated a couple discs that set her training goals back. She managed to avoid surgery on her back for several years thanks to chiropractic treatments, and trained off and on until 1998 where she then decided to get back into competing. She won three shows in 1998: The AAU Baltimore Natural, AAU Maryland State, and the NABF Atlantic City Natural. This is a real accomplishment for someone with herniated discs.

Convery had surgery in 1999



on during the summer while she studied for the Montana Bar exam, passed the exam in July 2004 and is currently a practicing attorney in Helena, Montana.

Compete again she did! In October 2004, Becky Convery won the Womens Overall at the WFNA Missoula Glacier State show.

During competition, Convery maintains a strict diet consisting of chicken, egg whites, rice, peanut butter and veggies. She also includes protein shakes and some supplements. Off season she eats whatever foods she wants but minimizes simple sugars. Becky admits that she's a coffee addict but does cut back before a show and really increases her water intake.

In addition to graduating from the University of Montana law

real accomplishment for someone with herniated discs.

Convery had surgery in 1999 and was informed by her neurosurgeon that although she could lift weights again, competing was out of the question. This was news that Becky would end up challenging.

Career then took center stage and Becky moved from Washington, DC to Missoula, Montana to make a lifestyle change and attend law school. Training was reduced to just a few days a week but she still wanted to compete again before she turned Forty. Becky graduated from law school in May 2004, trained off and

show and really increases her water intake.

In addition to graduating from the University of Montana law School with honors, this native New Jersey gal (Point Pleasant to be exact), has a MA in Foreign Policy Studies from the University of Virginia and a BA In German and International Relations from Mary Washington College in Fredericksburg, VA.

**Photos/text: Michael Hall**

**Michael Hall covers the Natural Bodybuilding scene on the west coast. He can be reached at 310-575-9334.**