

AMPT Imaging

HARDCORE

Photos: Rob Czempinski - Gym: Live Gym



By Craig Lucas

NAME: Michelle Nazaroff.

AGE: 35.

HEIGHT: 5' 11".

BIRTHPLACE: Wollongong.

MARITAL STATUS: Happily married to David.

CHILDREN: Daughter - Sierra-Skye who is 20 months old.

CONTEST WEIGHT: 60kg

OFF SEASON WEIGHT: 65kg.

YEARS TRAINING: 8yrs.

OCCUPATION: I'm a nutrition and lifestyle coach. I run a small business from home called Nazafit.

WHAT NATIONALITY IS NAZAROFF: It's Russian/American from David's parent's side.

FIRST COMP: 2001 WA INBA State Titles which I won.

WHY DID YOU START TRAINING: I started competing in 2001. The reason I started competing was because I was a highly competitive

horse rider in dressage and show-jumping but I fractured my neck and I was unable to continue to compete. I have never competed in a team sport in my life, I'm a solo sportsperson and I'm extremely competitive.

HOW LONG AGO DID YOU FRACTURE YOUR NECK: I was only about 17 or 18. I stopped riding because I couldn't ride competitively anymore. I didn't want to ride just for fun; I was riding because I was aiming for the Nationals and World titles.

SO WERE YOU JUST A RIDER OR DID YOU TRAIN THE HORSES AS WELL: I had six horses, I was a trainer and rider and used to ride 6hrs a day.

SO BETWEEN THE YEARS OF 18 AND 28 WHAT DID YOU DO: Because I wasn't competing in any sports I decided to go up north and I ended up going from job to job. I kinda went off the rails a little bit. I eventually started working in a gym as a receptionist and then became a gym manager which is how I met David.

YOU HAVE HAD SOME SERIOUS HEART PROBLEMS. CAN YOU TELL OUR READERS A LITTLE BIT ABOUT WHAT YOU HAVE GONE THROUGH: I was born with Aortic Stenosis.

INTERVIEW

Michelle Nazaroff