



From Hospital Patient to Body-Building Champion

LIVE AND ACHIEVE YOUR HEALTH AND FITNESS DREAMS.

MICHELLE NAZAROFF HAS achieved extraordinary results in body, mind and spirit and is a woman on a mission. Her passion is to educate, motivate and inspire people to get fit from within and become a living testament to health and vitality.

Seven years ago Michelle underwent lifesaving open-heart surgery. She was born with aortic stenosis (abnormal narrowing of the aortic valve). She desperately required a new valve as her heart had become severely enlarged by the time she was 30. She suffered from breathlessness, fainting, coughing fits, regular chest pains and an accelerated resting heart-rate.

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Michelle's doctors told her that they would replace her aortic valve with a mechanical version but that she would never be able to exercise with any type of intensity again, much less have children. This was devastating news for Michelle as she was then three years into her goal to win the world natural bodybuilding title within five years, and she also had plans to start a family.



Michelle determined not to give up as she wanted to achieve her ultimate health and fitness dream. She decided to undergo a radical new surgery called the Ross procedure which posed some surgical risks, but the outlook, post-surgery, was good.

She arrived at the hospital in Melbourne with something she had decided was critical to her recovery – a photo of herself winning an Australian figure title competition. Michelle wanted this photo to be the first thing she saw when she awoke in intensive care, even though everyone around her – except her mum – doubted she'd ever be able to return to the competition stage.

The surgery was a huge success. Michelle remained in hospital for a fortnight to recuperate and was able to fly home to Perth after another two weeks. Within a few days of arriving home, Michelle was back at her local gym doing her physiotherapy stretches and breathing exercises. She wanted to rehabilitate in her own gym as she considered this a necessary part of her healing in both body and mind.

Each day was a struggle but Michelle refused to quit. Although she was gradually getting stronger, she needed to find the key to rebuilding her body, mind and soul so that she could achieve her goal of winning that world title. She found this key in nutrition.

During Michelle's recovery she went back to basics and realised two things: that bodies are built on whole-live food nutrition, and that if the internal environment is correct, it will awaken the 'internal physician' and the body can be revitalised.

After Michelle adopted this 'high raw' lifestyle, her body began to rebuild quickly. She went from not having the strength to open a small bottle of water to winning the World Natural Bodybuilding Figure title at the INBA (International Natural Bodybuilding Association) Olympia 18 months later, and only went one month over her original five-year goal.

Michelle's studies have enabled her to become a CHEK (corrective, holistic, exercise, kinesiology) nutrition and lifestyle coach, a master personal trainer, an IPAC physique-conditioning coach and whole-live food nutrition expert. **AAPP**



Image courtesy of AMPT Imaging