



Tiffany Yee - Ms Fitness USA

www.TiffanyYeeFitness.com www.BODYStatementGym.com

My dream of competing dates back to the year 1996 when I first saw the Ms Fitness competition on television. When I saw those beautiful feminine physiques and those amazing fitness routines... WOW...what an inspiration! Training and competing in fitness has taught me that anything is possible with hard work, dedication and mental discipline. I can't believe I am now one of those women who inspire others to reach their own fitness goals and dreams.

When I first began my fitness competition training back in 2001, I would have never imagined being crowned Ms Fitness USA someday! Back then, I couldn't perform a single strength hold and a one arm push-up seemed impossible. Although I had an extensive background in dance and had been an NFL Denver Broncos Cheerleader, I had no background in gymnastics. My love for fitness, choreography and performance continued to motivate me to train hard in order to step on stage by 2002.

Being a full time nutrition specialist and fitness coach is more than a full time job. I own and operate The BODY Statement Gym, which resides in Denver, Colorado and also offer Online nutrition and training services through our website www.bodystatementgym.com. My schedule is crazy and as a competition draws near, I schedule myself with my own personal trainer and various coaches to keep myself accountable.

TIFFANY'S PRE-COMPETITION TRAINING:

Mon.- am cardio, routine practice & pm weight training
 Tues.- am cardio, gymnastics strength training
 Wed.- am routine practice & pm weight training
 Thur.- am cardio, weight training
 Fri.- am cardio, routine practice
 Sat.- am cardio, weight training
 Sun.- DAY OFF

My off season nutrition plan is "clean" eating (good fat, nutritious carbohydrates and protein) with a cheat day every week. I have never believed in yo-yo dieting for myself or for my clients. I know that good nutrition and proper supplementation is necessary to improve physical performance, as well as

"I had always dreamed of competing in fitness competitions, but those difficult strength moves and those beautiful feminine physiques I saw on stage seemed impossible to attain at the time. Preparing and competing in fitness has been one of the most remarkable experiences of my life. It's taught me that anything is possible with hard work, dedication and mental discipline.

If any of you are thinking about competing in the Ms Fitness competition, my advice to you is to go for it! As the 2008 Ms Fitness USA, I am proof that you can set high goals for yourself and make any dream come true- if you put your mind and your heart into what you are doing." - Tiffany Yee

physical appearance. As a competition draws near, I adjust my meal plans according to my energy and protein requirements needed for training and daily activities. (Check out a sample of one of my daily meal plans below.)

TIFFANY'S STAY IN SHAPE DIET:

Breakfast: 1 full egg plus 5 egg whites plus cup oatmeal with 1 tbsp ground flax (multi-vitamin)

Snack: 4 BODY Statement Protein Muffins (Banana, Pumpkin, Blueberry or Apple) or cup cottage cheese plus 1/2 cup fruit

Lunch: 6 oz. lean ground turkey, chicken or tuna plus 1 sweet potato plus 2 cups green vegetable or 12 medium size shrimp with 1 cup cooked pasta (brown rice pasta or whole wheat pasta) with broccoli

Snack: Protein shake with added Fiber and 1 tbsp ground flax or 1 Low fat, low carb yogurt plus 1 Apple plus 1 tbsp peanut butter or 6 almonds

Dinner: 6 oz. lean beef, chicken or fish plus cup quinoa plus 2 cups vegetables or green salad

Please note that every diet or nutrition plan doesn't work the same for everyone. The safest and best way is to get a customized nutritional plan made just for you and professional advice from someone who's been there.

I thought I'd share a secret about myself with anyone who may be interested in competing in fitness, but just isn't certain they can get their body in competition shape. When I first made the decision to compete, I dreaded stepping on stage in a bikini. I was conscious of having a pear shaped body (a smaller upper body compared to my lower which was stronger and tended to hold more body fat). Through proper training and nutritious eating, I was able to build a more symmetrical physique that is needed to do well in competition (built size in my shoulder width and back, while leaning out my lower body). So regardless of your current body shape right now, if you have the desire you can get your body into fit shape through proper training and eating right!

What motivates me to continue to work out and live a healthy lifestyle is my desire to inspire others to achieve their own fitness goals. My secret to success is to live with passion! My passion is to help change people's lives through fitness, good nutrition and exercise. It is so rewarding to be able to work in the fitness industry and encourage and educate people to put their health as a priority.

I am ecstatic to have earned the 2008 Ms Fitness USA title and hope to inspire you to make a commitment to reach your own fitness goals. For free training and nutrition tips, visit www.TiffanyYeeFitness.com and www.BODYStatementGym.com.

CUSTOMIZED ONLINE NUTRITION PROGRAM

Setting goals for yourself is a very important part of an individual fitness program. If your ultimate goal is to someday compete in a fitness competition, I'd love to help you! I believe everyone needs to be educated on the benefits of eating healthy, and your nutrition plan should be tailored to your overall health and individual body shaping goals. The types of foods you like and dislike also must be taken into consideration. People are constantly trying new fat loss programs depending on the current "rage" they hear about. Email me if you are interested in getting a customized nutrition plan created just for you at msfitnesscolorado@msfitness.com or visit www.BODYStatementGym.com for information on my Online Nutrition Programs)



PHOTO BY FORREST AVERY

2003 ROUTINE



PHOTO BY JEFF FRANK

2004 ROUTINE



PHOTO BY MATT SHEPLEY

2005 ROUTINE



PHOTO BY SAMI VASKOLA

2008 BEAUTY AND POISE

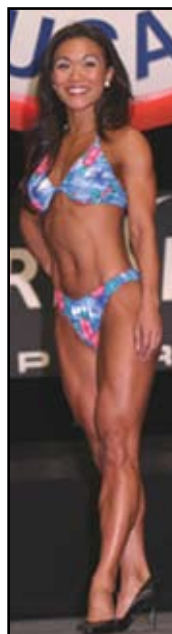


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2008 PHYSIQUE



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2008 ROUTINE