

always wanted to achieve “something greater” in life. I do believe I was born a performer and wanted to share my passion, energy and artistic creativity with the rest of the world. I’m different and love to surround myself with people who have great energy and vibe and share my mindset to think and “live outside the box of life”...Someone once said to me “Nancy, Why try to fit in when you were born to stand out” That was probably the most perfect analogy. That says it all. The funny thing is, I’m just getting started...you haven’t seen nothing yet. I just follow my heart.

Q. ‘Once I put my mind to something, you can’t stop me!’ This is how Nancy once replied to a query posed by a media person. It sounds you are horribly inspirational and dedicated. What’s your inspiration for having such an enticing confidence?

A. First and foremost, my faith in God and my belief in myself. If you don’t then who will? And I can’t forget the support of close family and friends. The sense of accomplishment is the best feeling in the world. Success is an on-going journey, not a destination. It’s something you work at everyday so it’s a mindset that you must embrace, to live in the “now” and not tomorrow, or the next day or next year. I am one who has strong spiritual convictions and I am a firm believer in karma in that whatever good you put out into the world comes back to you in multiplicity. I never want to look back and say, I wish I would have, or wish I could have....you might as well shoot me now! My inspiration comes from within. I always tell people that “success starts on the inside, not from the outside”. It is this mindset and an attitude of gratitude that motivates

me each day. It is my courage to take risks and to never say I can’t, but rather “how can I”?

Q. There are a number of misinformed females who are still scared to exercise with dumbbells. What’s your comment on it?

A. I would tell them to take a look around at the many women who have beautiful physiques. Guess what? They



lift weights. It all about finding balance and when you are looking into any weight loss or health and fitness goals, aside from proper nutrition you need to have a workout regime. The key is to use lighter weights and increase your repetitions so that you are not necessarily building muscle but, toning your existing muscles and creating good skin elasticity. You can also alternate between resistance bands, machines and weights to add variety.

Q. Outside of fitness world, any other goals you

would like to accomplish?

A. My whole life is a goal. I like to THINK BIG AND DREAM BIG! I feel I was born to be in front of the camera and hope to land more permanent work assignments in the entertainment world. My manager and I are really focusing on TV and Radio assignments at this point. Where ever it takes me ..it will be a red carpet affair. I do know that whatever it is I am doing I want to continue to have a front line influence on helping and inspiring people. It gives me such a great feeling knowing you have made a difference in others.

What else, hmmm...just to continue to be happy with myself and have loving people around me.

Q. How is your hosting career going on?

A. It’s great! I think I may have to tell Oprah to move over.. just kidding.... The hosting is wonderful. I love being in front of the camera. I am very much a people person and love to spread my infectious and “animated” personality to the rest of world. (yah, you hardly noticed right?) It gives me an opportunity to have a voice, and express myself to people across the world on a variety of different topics. That is why I love being Co Host of Living Beautiful Radio. It’s an equal balance of fun-filled, fact-filled and heart-filled moments, which draws our listeners. This year’s Arnold Classic was my 3rd year Co Hosting the women’s events, with this being my 2nd year Co Hosting the live backstage webcast with Bodybuilding.com. As a Fitness and Radio personality/host, I take my work very seriously and aside from wanting to make it fun and interesting, I feel it is equally important that you do your research and homework to be able to be inquisitive and analytical in order to maintain your audience appeal.