

# EXTRAORDINARY ME

# TUMISE'S BLOG



What is normal? To me wanting to be normal is wanting to be the same as everyone else, I spent a large period of my life trying to fit in, avoiding standing out at all costs because I believed this was the way forward in life and that being different was wrong. As a young child, a lack of confidence has always been an issue. I would always be the one trying to please others while putting my own desires to one side.

Through my teenage years I started to express the love I had for fitness and bodybuilding, I watched regional bodybuilding shows with a close family friend who was a bodybuilder and competed in them, I also idolised several bodybuilders and aspired to be like them. I was always on the slim side with a slight build that wasn't impressive.

These guys stood out, and they did what they wanted without caring what others think. I had to learn from this and be me, this meant voicing my passion for bodybuilding to the outside world. Exposing my passion for bodybuilding was not easy as a lot of people saw the sport as a joke. People wouldn't take me seriously and I felt like an outcast because I wanted to chase my dream. I used to struggle dealing with negative comments but I soon realised whatever you do people will always find a way to pick at you. If you let this stop you from reaching success then they have won.

At the age of 15 I uploaded a topless photo onto Instagram and that was the turning point for me, I would have never imagined doing something like that. I received a lot of mixed feedback online and in school. Positive comments gave me a boost to my confidence seeing that people noticed the hard work I put in and motivated me to push forward. I did get some of your generic negative comments like "pencil" and "still small" but the difference was that this time I would not let this change my mindset and sway me from my goal. I put my head down and worked extremely hard, using the gym up to 7 days a week and upping my calories. Slowly I grew. The more I worked on my passion the more I progressed and the more questions I got asked. "Why do you go to the gym so often?", "Isn't that a waste of time?" or "How big do you want to get?". I got called big, I got called small - anything, you name it.

The same people that used to give me negative comments are now asking for tips on how to build muscle or change their physique. To know that through dedication and perseverance I can change someone's mindset, without changing my message, is amazing.

The advice I would give to a young person, scared of standing out by chasing a dream, is simple. If you are passionate about a dream chase it and be proud. Nobody can change you and so what if you do stand out. Respect yourself and do what you want to do, not what someone else has planned for you. Surround yourself with people who have goals and want to go somewhere in life, whether it be fitness, school, music, sport or any other passion.

Thanks for reading

