

# Profiles Of SUCCESS

## Frances MANIAS

CPTN-CPT

**PHYSIQUE COACH**  
Dundas, Ontario

Frances is a drug-free competitive bodybuilder who has competed 19 times since 1995. She has garnered 4 National Championships and 6 World Championship appearances as a Member of Team Canada, most recently placing 6th as a Lightweight (<52 kg). Frances' next competition is the August/06 CBBF National World Qualifier in Toronto, which will qualify her for the September/06 IFBB World Amateur Championships in Spain.

My fitness journey, as a specialist in coaching and training physique competitors, has taken over 10 years. I began weight training to enhance my sport of basketball in 1994, and shortly thereafter, a brief conversation culminated in my first competitive bodybuilding experience:

"Have you ever thought of competing?", a local gym owner asked of me.

"Competing in what", I queried.

"Bodybuilding!" was her response.

I was told that once I competed, I would either compete wholeheartedly for years to come, or never compete again. Guess what happened?

My personal pursuits in competitive bodybuilding add to my desire to teach others that which I am learning. This teaching has taken various forms: coaching basketball and soccer at the college, highschool and elementary levels; teaching sport fundamentals and fitness courses as part of a university phys. ed. curriculum; leading thousands of children aged 5-17 in sports-specific, multi-sport, and recreation camp settings; administrating a university athletic department and athletic centre; motivating youth at athletic banquets and high school assemblies; writing fitness articles; promoting sport nutrition companies; organizing bodybuilding's National World Qualifier; and training clients in the areas of fitness, nutrition and physique.

Throughout these experiences there is one

common characteristic, one common challenge, one common denominator: that is, the people. These kids, athletes, students, seniors, fitness enthusiasts and those embarking on fitness for the first time have each presented the opportunity to be taught, and likewise, each has taught me something. In addition to national and international successes in a discipline I love, I am humbled through daily interactions with folks, aspiring to reach their own fitness goals.

Carl is one of those people. When I managed the Redeemer University College Athletic Centre, Carl (the 77 year old heart attack survivor) would show up at 7 a.m. and hop on the stationary bike for 2 hours at a time. While preparing for competition, I would join Carl on those early mornings and he often remarked that he was motivated by me. Each time he did so, I would look up from my elliptical trainer, see the sweat pouring off of him and respond, "Carl, you're the one who is keeping me going right now!" I am inspired by those like Carl: the 16 year old who for the last 2 years has faithfully trained, and is now reaping the rewards of strength and muscle growth; the 40 year old mom who has added weight training to her running regime, enabling her to increase her stamina and enhance her physique; the 60-something year old sisters who weight train, take aerobic and spin classes and have achieved physiques and vitality of whom women half their age are envious; the two overweight buddies steadfast in their evening cardio and weight training since joining the gym last year; and those physique athletes whom I have had the privilege of coaching.

Much learning is ahead in my training and coaching career. And, these opportunities will provide more people with whom to share my motivation and passion, as we each seek to accomplish our own goals.

Years ago, my respected high school basketball coach instilled in me the value of my basketball playing experience by reminding my team of the reason (and perhaps even the motivation) to play the game. He said, "Long after you've forgotten the scores, you'll remember the people." Likewise, long after I have finished competitive bodybuilding, and perhaps even forgotten my placings, I will remember, and continue to be motivated by the people.

