

As Seen on Fit over Forty.com

Category: Bodybuilder

Age Range: 45 - 55

Weight: 138 lbs

Occupation: Personal Trainer

Service includes fitness website, motivational website



Colleen is a wonderful role model for fitness and bodybuilding enthusiasts. She trains with her 77-year-old mom!

www.fitness-is-forever.com

How I think

I have been very lucky to be inspired by the example set forth by my mother, Kelly Nelson. Without her insight and wisdom none of what I have accomplished or who I am as a person would ever have been possible.

In general I am a self motivated and a competitive person. To see the changes that take place through discipline and commitment to my exercise and nutrition program are what keep me going. I also believe people must have goals. These goals do not have to be the same for all of us. For me I have gauged my progress through the sport of competitive bodybuilding. Comfort zones are great at times, but I have to get out that cozy place to really push myself. If I didn't, I would become a very unhappy marshmallow! If women are afraid to try weight training because of all the myths associated with getting "big and bulky", I would just say, give yourself 2 to 3 months.

How I Train:

I use a split routine that works each muscle once a week. As a natural bodybuilder, I believe I need that much time for recovery. A typical schedule is Monday, Tuesday, Thursday and Friday. If I'm getting ready for a contest, I add an extra leg workout, which makes it five days per week. I believe women need more sets or a greater variety of exercises for their legs.

I do three or four sets of each exercise, not counting warm ups. For the sake of joints and tendons, I warm up first with just the bar or a very light weight. Then I start my four sets, working up to heavier weights in the eight rep range. I finish with a pump set of about 15-20 reps. Example: 10-8-8-20 reps. If it's a large area, like legs or back, I may do more than four exercises. For smaller muscles like biceps I may do as few as two exercises. I like supersets so much that I almost always use them, even when I'm lifting heavy. Supersets get you finished quicker, and I like the intensity. I never do the same

workout twice in a row. I change my routines depending on what my priorities are for that week.

Before contests, I do cardio twice a day for 45 minutes, six days a week. Obviously, I do much less in the off-season. My cardio is usually running, step-mill, spinning or cycling and it's usually intense.

Every person is different, so a “cookie cutter” approach to exercise won't work. We need to find the type of training that works best for our body, our metabolism and our goals. One thing that I would tell everyone is that you have to do weight training to get a harder, leaner, more athletic look to your body- especially if you're a woman!

How I Eat:

My mom was a vegetarian, but I am not. I like a lean steak now and then. I eat lean proteins like fish, chicken, turkey, egg whites with a yolk or two thrown in. I'm all for hormone-free, pesticide free meat such as grass-fed beef and organic cage-free eggs, if possible. The main thing is to stay away from refined food. I eat carbs, but only unrefined sources like potatoes, rice, squash, fruits, vegetables and whole grains.

I eat five or six meals per day and I throw in a couple of snacks during the day like an energy bar or a protein drink. However, I don't depend on them. I'm a firm believer in real food. You get a higher thermogenic effect with real food, plus it's much more satisfying.

My meals are very balanced: a little bit of protein, carbs, and fiber at every meal. My macronutrient breakdown is approximately 40% carbs, 40% protein and 20% fat. Sometimes the carbs are closer to 50%. With the intensity of my training and cardio, I need those carbs.

Unless I'm getting ready for a contest, I allow myself one day where I go out and eat something that's normally considered “forbidden.” I don't believe in an entire “cheat day,” because it's too easy to get carried away. Everybody needs to relax their diet a little and enjoy a nice dinner, and have a dessert if you want to at least once a week. Food is an important part of life, and you can't deny yourself all the time.

Email: fisherfit@bainbridge.net