

# Personal Motivation

In 2006, David Lyons was hospitalized and diagnosed with Multiple Sclerosis at the age of 47. David, a former bodybuilder and health club owner, exercised regularly and lived a healthy lifestyle. He was devastated by the diagnosis and frustrated by the physical limitations of his condition.



While in the hospital the doctors told David he would most likely leave in a wheelchair and would not return to his normal workout routine. They also warned him that MS is a disease that most often progressively worsens and to prepare for his limitations as he ages. But David decided instead, at the age of 50, to enter a NPC bodybuilding contest.

On August 22, 2009, David competed in his first competition where he was awarded an impressive trophy for THE MOST INSPIRATIONAL BODYBUILDER! Now, he is going to do it again with the help of celebrity fitness trainer, Mike Torchia, in 2012.

*"I might never win a bodybuilding contest with multiple sclerosis but I will win the battle against MS. This is not about me winning contests, it's about motivating other MS patients to take control of their lives, get fit and beat the odds in every way possible. Not everyone has to compete in a contest to win. You win by just getting up and fighting.*

*People assume that, if I could change my outcome in life, I would rather be healthy again and not have MS. The fact is that if I didn't have MS I would not be here today inspiring others and helping change lives. So, don't assume I would rather not have MS. These are the cards I've been dealt and I accept this fate, I would not change it and I will continue to make a difference until the day I die.*

*We all have a choice, no matter what trials we face, to either lay down and lose or challenge the obstacles ahead and win. I choose to win. I encourage you to do the same."*

**The MS Bodybuilding Challenge (MSBC)** is more than the founder, David Lyons', battle to beat multiple sclerosis. It is a challenge for all those that have this disease and others to take charge of their lives, get fit and fight back.

Our fundraiser, **The MS Fitness Challenge**, enables us to bring Certified Fitness Trainers into the homes of MS patients, free of cost, and coach both patient and family members how to fight this disease through health & fitness. Every dollar raised goes towards sending a trainer to the home of an MS patient.

**Make a donation to The MS Bodybuilding Challenge today and help us strengthen bodies and change lives. Log onto [www.themsbodybuildingchallenge.com](http://www.themsbodybuildingchallenge.com) TODAY!**