

BODY

A UNIQUE CANVAS

WORDS
THERESA IVANCIK

IFBB PRO WOMEN'S
BODY BUILDER
THERESA IVANCIK

PHOTOS
BEN VIATORI

When I started lifting weights it was to help me better understand food and nutrition as I suffered from bulimia for seven years. I originally looked up to girls in the figure division as that is where I initially started.

Once i started reading Oxygen magazines I really started to better understand the sport and found a strong interest in trying to compete—just had to figure out how to do it.

I had to properly fuel my body. Without fuel your body will not change. It's all about finding the balance of macros you need to accompany the physique you are looking to build.



BEAUTY BEGINS
THE MOMENT YOU
DECIDE TO BE
YOURSELF. IN THAT
MOMENT, YOU
BECOME HAPPY;
YOU BECOME
CONFIDENT. THOSE
ARE SOME OF THE
PRETTIEST THINGS
YOU CAN WEAR.





**IFBB PRO WOMEN'S
BODY BUILDER
THERESA IVANCIK**

Bodybuilding is an art

Your body is the canvas

Weights are your brush

Nutrition is your paint



No matter if I use barbells, dumbbells or a machines, my approach is the same As long as you're using the correct muscles you're good to go.

There's a little mix when I'm training. Using free bars as well as dumbbells helps with your stabilizers and overall balance and control. Push the body and you will see results.

I try to make sure to remember to vary styles, change the tempo, go from positive to negative, or even super and drop sets.

Remember, if you want to transform your body, you don't need to do big things... Just do small things in a big way. The transformation will follow.