

Feature Story

By Tiffany Gaston
Photography By: Dave Laus Photography

Tiffany Lee Gaston

Turning Pain into Power

Who I Am: Tiffany Lee Gaston is a wife and mother of three, an author, philanthropist and highly published fitness personality. With recurring appearances on local television networks, she promotes her own unique brand of fitness, with an emphasis on the discovery of balance and not a one size fits all approach.

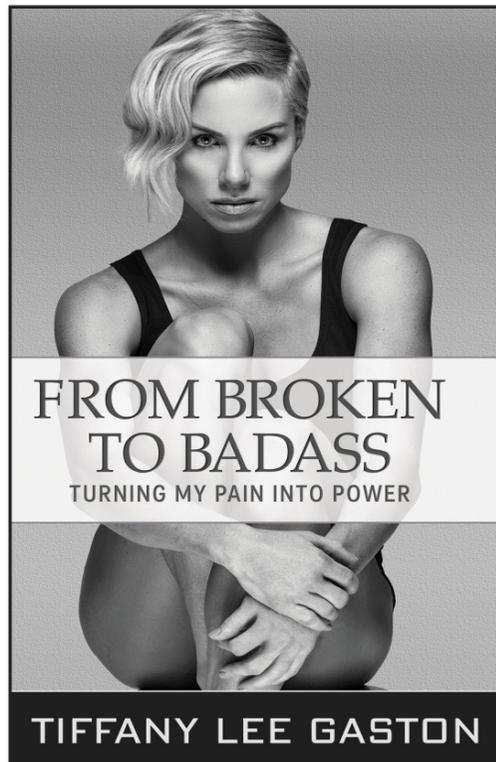
My Fitness & Modeling: Her passion for health and wellness began over 20 years ago when she discovered fitness and truly believes it saved her life. Her newly released memoir, *From Broken to Badass*, shares the story of the many hurdles she faced during her early years, and her desire to rise above.

My Career Achievements:

Having competed as a high ranking national figure athlete, she has additionally graced the covers of 9 magazines along with countless features in the likes of Oxygen, STRONG, Inside Fitness, Health & Fitness, Muscle & Fitness Hers and many more! She has discovered her strength and passion lie in motivating others to seek their own "inner badass."

Q: What does your diet consist of lately?

I've eaten an anti-inflammatory diet (aka Paleo) for over 5 years now as a preference. Simply put, I eat a vast assortment of lean protein sources, vegetables, fruit, nuts and seeds. I've never felt better since omitting grains and dairy from my diet. A weekly open meal or two gives me



the flexibility to have what I want to satiate cravings and get right back on track. Since stepping away from figure competition, I've learned how to train and eat more intuitively, which has also led me to intermittent fasting. The bulk of my daily calories comes in the form of just 2-3 meals and I love not being a slave to eating every couple of hours, especially when I'm not even hungry.

Q: What is your weekly workout routine?

My workouts have evolved over the years to include a nice blend of functional training, olympic lifts and old school bodybuilding isolation movements. I perform fasted cardio (alternating between both steady state and HIIT) 3-5 times per week

and weight train 3-4 times per week as well. When you've lifted for over 20 years as I have, it takes a new approach and frequent change up to keep things fun and exciting.

Q: What's the link to buy your book/social media?

From Broken to Badass, is available on my website: www.tiffanyleegaston.com and on Amazon at <http://amzn.to/2wjF3YK>
Website: www.tiffanyleegaston.com
IG: @tiffanyleegaston
Twitter: @tiffanylgaston
FB: Tiffany Lee Gaston (facebook.comRatherBeABadass/)

Q: what are your favorite beauty or health products?

Some things I can't live without:

Anything that simplifies my morning routine is a plus! SWEAT cosmetics mineral makeup with SPF is great or Laura Mercier tinted moisturizer with SPF 20.

I love my Delfin spa heat maximizing gear which I wear during most cardio sessions. Use my code "TLG20" for 20% off any purchase.

I drink bulletproof coffee each morning

Q: What's your vision for the future of fitness?

I'm personally always mixing things up to keep from becoming bored and burned out. I think the industry is evolving to blend a variety of training methods, which is great and hopefully less intimidating to those just starting out. I feel that people continually overcomplicate fitness and nutrition. Eat all real food, get that gallon of water in each day and aim to move your body daily! No one thing works for everyone, so do your research and educate yourself on the plethora of info available on the web!

Fitness is everywhere and I've always advised people to follow their passion, try new things and do what you love! If lifting weights inside of the gym is not your thing, there are so many more ways to be active, healthy and fit a healthy lifestyle into your busy schedule.

