

Colette Nelson, fitness heroine and model, actress, and bodybuilding champion grew up in Royal Oak, Michigan, a small suburb outside of Detroit and attended Michigan State University (MSU), where she received a bachelor's degree in Dietetics and a minor in Dance.

It is here at MSU that she started to develop a passion for advanced fitness and weight training.

She was, at this time in her life, much smaller than now and looked like your typical 5'5", 120 pound aerobics instructor / modern dancer etc

She had a beautiful shape, body and definitely turned heads but felt she was too skinny. She started teaching aerobics classes, and back then it was "cool" to teach them back to back to back, she recalls teaching 20+ per week, and intense workouts too.

At 19 she started training at the Powerhouse gym in East Lansing, Michigan where she met some real hard-core bodybuilders. She was so impressed with their passion for the sport and the sheer pleasure and exhilarating rush that they received from lifting heavy weights, that she decided to give it a shot, then she was hooked. She then decided to give up aerobics classes and start heavy weight training. This is where she came up with her philosophy that there wasn't a weight that was too heavy, just a muscle waiting to grow. And boy does it show on her!

After graduating from college, she moved to New York City to finish her master's degree in clinical nutrition at New York University in order to become a registered dietitian. That same year of passing my RD exam she studied to become a Certified Diabetes Educator and to this day she instructs, educates and consults Diabetics and helps improve their lives.

To enhance her love for nutrition and helping people get and maintain bodily health, Colette studied for and recently passed the Board Certified Exam to become a Sports Specialist Dietitian. All aspects of my professional life are a wonderful compliment to my bodybuilding life and ability to help others achieve their fitness goals.

At 165 pounds and after having completed her graduate studies, it was suggested to Colette that she enter competitions, and although very fit, was not exactly ripped—as ripped as bodybuilders typically are.

After 6 years of heavy lifting [literally], at the age of 24, Colette felt she was ready to compete in her first bodybuilding competition. She entered several small local competitions and events to gain confidence, and stage experience and ended up winning them with considerable ease. She then decided to travel back to her hometown of Detroit to compete in her first National NPC qualifier. With her family to support her stage-side and a win in her middle-weight division, she's been hooked on it intensely since then.

Colette, after some time in New York, moved to Long Island to be with her fiance'. It was a big step, for this normally independent woman, not to mention her attachment to New York and her competing there. I can't get into all the drama, maybe in the book Colette and I are working on together [keep your eyes here for updates on that], but there was trouble in paradise. Most people would decide against doing a bodybuilding show under such circumstances, "but I thrive on the road less traveled", are her own words to describe her decision, so she started dieting insatiably in June for the Team Universe. She didn't have much time, but was determined and she won her weight class but lost the overall and pro-card. She then felt destined to do the North Americans in Cleveland so she did what she does best, she fought, she persevered and won the LHW class and the overall competition. She maintains that she is still to this day, shocked she pulled it off [oh don't be so modest!] Now that she was qualified for the WORLDS competition, she didn't really need to go because she already got a pro-card. However, still in shape and used to and not minding the dieting, she decided what the heck, she became eponymous to that Pink Floyd song; Comfortably Numb, eating what she had to and repeating that over and over.

In her words, describing her win at The Worlds, she stated the following:

“The Worlds was the most amazing experience of my life. I will never forget it. I felt so proud to be an American. I was filled with so much JOY winning the GOLD for the USA. I don't think there will ever be another moment like this ever in my life. This was a once in a lifetime accomplishment. I can't thank all my fans, friends, and family for their support. I couldn't have done it without you all.”

Having grown in the sport and lifestyle and flexed her corporate muscles as a businesswoman, Colette started, with her fiance', [SPECIES NUTRITION](#) which is a health and dietary supplement company outside the norm. They are both bodybuilders and both deeply concerned with overall health and longevity. They combine their desire to build and maintain muscle with improving the quality of your life all in one business model. This is their passion and they both strive to create products that will help the masses achieve their goals.

Lately she's been keeping busy with contest-posing and routine choreography for new comers and even experienced bodybuilders. She says, “you can have the perfect physique, be in the best condition, but; if your tan, hair, make-up, posing and presentation are OFF-- it could cost you your placing, score and a medal. It is very important to pay attention to detail and I'm here to help you.”

She is a passionate web-page designer and creator. She also really enjoys choreographing routines, mixing music, and doing hair/make-up.

--By Stacy Paul Rugely