

Ava Cowan

Whether it is her amazing physique or distinctive look I am not sure, but Ava Cowan demands attention. Ava was an unknown in the fitness business just two years ago. As a matter of fact, she wasn't even fit. By her own description she was 5'4", 135 pounds, 22 percent body-fat and had no muscle definition. She had abused herself with drugs and alcohol.

As she said, "If you are attractive, it is easy to hide being unhealthy, even from yourself."

At 34, she knew she needed a change and decided that maybe a career as a physical trainer might be a good idea. Odd, considering she wasn't even going to the gym, but it turned out to be a good plan. Inspired by magazines and the ever amazing Monica Brant, she worked hard and decided that competing in figure might be in her future. Ava shared that plan with her guy at the time (he's long gone now), who thought it was a terrible idea. Telling Ava no is not how you get her to back down or keep her around.

In the past two years Ava's journey has taken her to the competition stage. You may have seen her in magazine features, on the covers of many of them. She writes and encourages the health and fitness goals of others. Every day all kinds of people, especially women, write to Ava asking about losing weight, prepping for shows and getting healthy. Her favorite place to interact with all is on BodySpace at BodyBuilding.com.

"BodySpace has helped me reach out to so many like-minded people who have a real interest in health and fitness and truly have legitimate questions." And that, says Ava, is her life's goal and purpose.

—Ian Sitren

Editor's note: You can visit Ava Cowan at <http://bodyspace.bodybuilding.com/AvaCowan>.



Photography by Ian Sitren \ SecondFocus

