

## PROFILE

Over the years, Texas has been home to a number of top physique competitors. Lee Labrada, Ronnie Coleman, John Sherman, Johnnie Jackson, Branch Warren, Eric Otero, Vickie Gates, and Betty Pariso all call Texas home. Although Idrese Ward-El, Monica Brandt, and Carol Semple now reside in sunny Southern California, they too, used to call Texas home. Here's another Texan that you may as well go ahead and get familiar with, IFBB Figure Professional Michelle Sharp Hyght.

In an industry that seems to attract more than its share of self-centered egomaniacs, it's quite refreshing to meet someone who is as down-to-earth and thoughtful as Michelle. When you consider how absolutely beautiful, proportioned, toned, and symmetrical her physique is, surely it has to be hard to stay so humble.

I recently had the opportunity to talk with Michelle after her photo shoot for the Reform™ magazine you're holding. At the time of this interview, Michelle is six weeks away from her pro debut. Read on to learn more about this rising Lone Star.

**Reform™ Magazine (RM):** First off, let's have all the typical vital stats like birthday, height, and weight.

**Michelle Hyght (MH):** I was born on February 15th which makes me an Aquarian. I am 5' 9" and my weight. Well, that changes as you can imagine, but I stay between 140-148.

**Story by: GARY SHEPPARD**

Photography: Kevin Roberts, Ricardo Bernardini

**MICHELLE**  
**SHARP HYGHT**

**RM: Tell me about your amateur competition career?**

**MH:** I must say, I've been very fortunate. My first show was in Alabama in March of 2002, the American Classic, which qualified me for the Figure Nationals. I decided to do the Texas (state championship) in July 2002, although I was already qualified. I really wanted to compete in my hometown before my family and friends. I was very proud of myself for winning the figure tall class. My last and final competition as an amateur was August 2002 where I was fortunate to have received my IFBB Pro card.

**RM: So you turned pro in your third NPC competition ever, and didn't even have to do the second one?**

**MH:** Yes.

**RM: Did you think it would be that easy?**

**MH:** Well, honestly, I didn't think about it. I just knew I wanted to compete and that I wanted to be pro.

**RM: Many veteran photographers and journalists thought that you should have won the class and probably also the overall at the Figure Nationals. How did you feel about it?**

**MH:** I was very happy to receive my pro card. I know that everyone has a different opinion on what they think the perfect physique is.

**RM: Besides obviously competing as a Figure Pro, what do you do for a living?**

**MH:** I am a personal trainer and fitness model, as most competitors are. It seems to be the common profession amongst my colleagues.

**RM: How do you feel heading into your professional debut as a figure competitor?**

**MH:** I feel great.

**RM: Do you have any specific goals as far as placing goes, or do you just try to look your best?**

**MH:** My goal with myself is to improve each show. I really want to get leaner, but I realize now that they (the judges) are not looking for that.

**RM: I know you attended the Arnold Classic, because I spoke to you there. How did you honestly feel about the outcome of the first ever IFBB figure competition, and were you disappointed that you did not get to compete?**





**MH:** I personally would have picked Monica, but I understand now what the judges are looking for. As far as me competing, well; I started my diet in November planning to compete. Only to find out about 8 weeks prior that I wasn't invited. I was initially upset, but after thinking about it for a day or so, I realized that it wasn't meant to be. It did, however, give me the chance to watch from a spectators view and see what the judges are looking for.

**RM: Switching gears, what type of male physique do you think is most appealing?**

**MH:** Flex (Wheeler), when he was on top.

**RM: Who would be Mr. Olympia if you were a judge and had the only vote?**

**MH:** Put me on the spot, why don't you. That's hard, I would like to have better seats than I did last year. I'm going to pass on that question.

**RM: Let me conclude with some short answer questions.**

**What's the best movie you've seen recently?** I just saw "Bringing Down the House" with my Mom and Sister. That was so funny!

**What's the last book you've read or are reading?** The last book I read was "Everyday Karma" and I'm currently reading, "When GOD Winks."

**If you were an animal what would you be?** A Lion.

**Where would like to go on your next vacation?** Snow skiing; it's been too long.

**What do you want for Christmas?** To have accomplished all my goals for the year. ■

**“ I just knew I wanted to compete and that I wanted to be pro. ”**

Want to see more Michelle? Log on to [www.scitecnutrition.com](http://www.scitecnutrition.com) and click on the Athlete's Corner. You'll find out all about her training schedules and upcoming shows. Email: [michelle@scitecnutrition.com](mailto:michelle@scitecnutrition.com)