



Other formats: [Mobile](#) | [Text Alerts](#) | [RSS](#) | [E-Newsletters](#) | [Twitter](#)

[Make Us Your Homepage](#) | [Coupons](#)

Articles :: Events :: Movies >>



Home | News | Weather | Video | Sports | Shows | Recipes | Voices & Views | Tools | Features | About Us | General Store

[Comment, blog & share photos](#)
[Log in](#) | [Become a member](#) | [Search people](#)

VARSITY Your source for High School Sports [Click Here](#)

New York Stock Exchange

Watch Live At Five At Four now

[Delays / Cancellations >>](#) [Click here to see the latest closings & delay information](#)

A competition figure after 3 kids

April Lamb ■ Updated: 9/4/2008 5:19:27 PM ■ Posted: 9/3/2008 2:26:48 PM

[Listen To Article](#) | [Recommend](#) | [Print](#) | [Email](#) | [Larger](#) | [Smaller](#)

ADVERTISEMENT

Sarah Palin's IQ = 127

Are you Smarter than Sarah Palin? Take Our IQ Test Now!
[Political-IQ-Quizzes.com](#)

How I Lost 20 lbs in 2 Weeks - No...

or Exercise. Read my true story on how I did it. As Seen on CNN & Fox!
[NancysDiet.com](#)

2008 Diet of the Year

How I Lost 44 Lbs Without Dieting. Seen on CNN, NBC, CBS & Fox News
[jennifer-weight-loss.com](#)

Shocking Weight Loss Confession...

You'll never believe how I lost 30lbs with just 2 FREE products!
[LisasWeightLossBlog.com](#)

Carlene Steenekamp hit the gym and pounds the pavement six days a week.

"I'll get up and run in the morning before my day gets going, and then I'll do another 3-4 mile run, and that's six days a week, and one of those days I don't do my morning run," says Carlene.

Carlene is working to keep her body in competition shape. She competes in figure competitions.

"Well body building and figure are a little different. Body building is a little more what I would consider hard core. I do figure, which is more about muscularity and symmetry and poise on stage," explains Carlene.

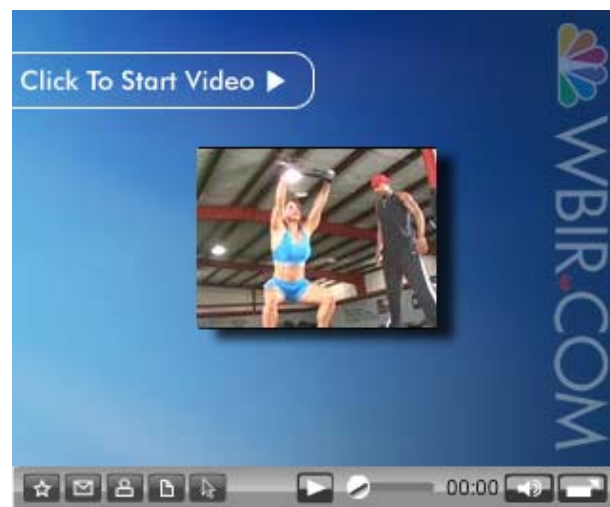
She just started competing this year and didn't start until after having her 3rd child. Carlene

has competed 3 times so far. She most recently won the overall figure title at the Tennessee state bodybuilding and figure championships in Murfreesboro.

"The nerves are unbelievable. It's fun, but it's extremely nerve racking with everyone there scrutinizing you, but when it's over with, the feeling of success is great," says Carlene.

Carlene is also forming her own business venture. In addition to the hope of going pro, she has also started training other moms through her business called Mommy's Body.

Carlene will also be competing for her Pro Card. If she qualifies, she may be able to get sponsorships and make a career out of competing.



The ultimate body after baby.



Carlene works out

In your voice

READ REACTIONS TO THIS STORY - IN DESCENDING ORDER

You must be logged in to leave a comment. [Login](#) | [Register](#)

Submit

Related Links

[Mommy's body website](#)

More News headlines

Our Stories: Liquor by the drink, before legalization

Robbery attempt ends in broken leg, arrest (26)

Update: Person of interest named in Sevierville teen's death (1)

Tell us what you think: How do you save money? (46)

Video: Athletic Director Hamilton on UT's football coach (2)

[Most Read Stories](#)

[Most Watched Videos](#)