

# Danielle Rouleau

## This Girl's Got It!

**Many people wander through life not knowing what it is they truly wish to do. They are always talking about the "what ifs" and the "could-of" and "should-of" moments in their life. Then, there are people like top NPC national level figure competitor Danielle Rouleau. Like her, they know exactly what it is that they want to spend the rest of their life doing, and they are strong enough to make considerable sacrifices in order to reach the ultimate goal. Danielle Rouleau made a decision that she was going to have a successful career in the fitness industry, and ever since that time, she has been making a living at what she loves most.**

**D**anielle was very active in athletics while she was growing up. She spent many hours a week sweating her rear-end off while training and competing in gymnastics. It is an extremely physically demanding sport that also requires complete focus. Along with gymnastics, Danielle participated in competitive cheerleading. Cheering in contests required many of the same athletic skills as gymnastics. Hours and hours of practice were needed to hone her skills. While participating in these two intense sports, Danielle also attended dance lessons. She began dancing at an age when most children were trying to stay on their feet for more than 30 seconds at a time. Just as she did with the sports she participated in, and with everything else she does, Danielle spent a great deal of time and effort perfecting her abilities in dance. By the time she was 15 years old, Danielle was already instructing classes instead of simply taking them.

When she was barely a teenager and in her first year of high school, Danielle began working out with weights in order to improve her cheerleading skills. She wanted to make the varsity team and knew she needed to be stronger in order to perform the many athletic skills cheering demands. Her experience in the weight room got her hooked. Only a couple of years later, again when she was only 15 years old, a competitive bodybuilder approached her and taught her to prepare for competitions. Then the youngster started tearing up figure competitions in her area and defeating women much older and more experienced than her.

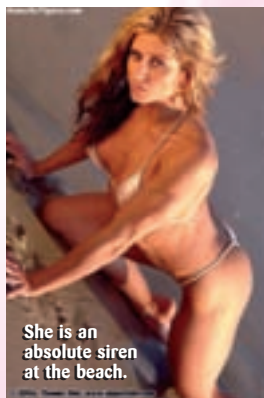
While most teenage girls in high school were worried about dating, going to concerts, and social events, Danielle was more concerned about adding

 **Mike  
Lackner**

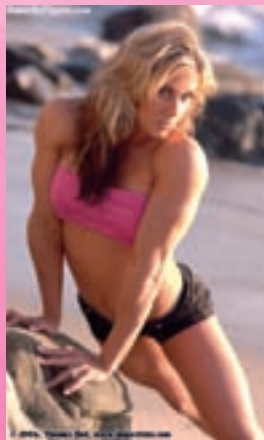
shape to her muscles and getting lean. Danielle was willing to sacrifice her teen social activities to strive to be a champion. Upon her graduation from high school, Danielle was offered an academic scholarship to go to college. After a couple of semesters in college, Danielle was not able to give her competition training its proper attention. She gave up her scholarship and left college in order to dedicate her time to her pursuit of an IFBB pro card. The decision was gutsy, but Danielle was confident of her capabilities, and she not only became a successful competitor at national level, she has been building a repertoire of modelling jobs as well as a thriving personal training business. She spends her day in the realm she enjoys the most... and even better, she gets paid to do be there.

Danielle has already developed a good career for herself, and she is still young when compared to most people in the industry. She is barely in her twenties, and she is on the verge of earning her pro card, she operates her own personal training business, has sponsorship, has been featured in magazines and videos, and she operates her own website. Danielle has an entrepreneurial spirit, and she has already begun planning the opening of her own supplement store. She also has plans to operate her own gym and dance studio in the future. Danielle doesn't sit still and watch the world go by, she is always advancing her career and working towards achieving something big.

Although Danielle makes sacrifices to achieve her goals, she is not single-minded or fanatical. She has a level head on her shoulders, and she does not simply make decisions without thinking them through and assessing the possible consequences. She also makes an effort to maintain balance in her life. Earning her IFBB pro card and securing a future in the fitness industry is very important to her, and she will do



She is an absolute siren at the beach.



Every bit of this young woman is devoted to serious exercise.



Gene X Huang



Gene X Huang

Danielle previously spent many years as a gymnast.

whatever is necessary to make it happen. However, Danielle is certain to spend quality time with her fiancé, family and friends. She also takes time to relax and enjoy the lighter side of life, especially after a hard day of training others, working intensely in the gym, dieting, and working on her career. She may be young, but she understands that mental and emotional well-being is just as important as physical well-being. Being successful means being well rounded.

Danielle Roleau is one of the top amateur figure competitors in the United States, but that won't last for long, because soon... she will be one of the top professional figure competitors in the IFBB. Danielle has the kind of drive and spirit that winners possess, and she also has a clear vision of what she wants and needs to do to get it. Danielle is also not afraid to make a decision that others would find too risky in order to achieve her goals. Such as the time she gave up a free college education to follow her dream. She reminds us of a quote from French Historian Andre Malraux: "Often the difference between a

successful person and a failure is not that one has better abilities or ideas, but the courage that one has to bet on one's ideas, to take a calculated risk, and to act." Danielle is hungry to compete in the IFBB, and her appetite is far from satisfied.

**BodyFitness:** Although you are still young at 22 years old, you have been competing for several years. Do you remember how you felt the first time you stepped on stage?

**Danielle Roleau:** It was scary at first, because I was so much younger than everyone else competing in the open class, but the outcome was pretty good!

**BF:** In 2005, you were able to make the top 15 at the NPC USA, and then in 2006, you entered three of the toughest five shows in the United States and never placed lower than fourth. What did you do this past year to make such an improvement?

**DR:** My muscles have matured, my training is more efficient, and my diet is more strict and scientific. If you see the pictures on my web site



John Napiotis

**She's only 22, and no one's going to stop her getting a pro card.**

from the USA in Las Vegas in 2005, and see the progression in just a year, you will see a drastic difference in muscle bellies and muscle maturity. And I'm only 22, so I have a lot more years of developing and I can't wait to see where that can go.

**BF: Do you think all of the sports you participated in while growing up helped you achieve that muscle maturity at such an early age?**

**DR:** I have been a dancer since I was two years old (ballet, jazz, hip-hop, lyrical, modern and tap). That's where my legs come from!! I also taught dance classes for many years as a teen. Being a gymnast when I was younger, and a cheerleader throughout middle and high school and for a brief time at the collegiate level, had to have had an impact on me physically.

**BF: What do you think has been your**

**biggest obstacle in getting your physique where it is now?**

**DR:** I don't really recognize any obstacles; I'm a very positive person.

**BF: Do you ever get any negative comments on your muscularity?**

**DR:** When done properly, muscles on women can be very beautiful and feminine. Some women take it too far and undergo an undesirable transformation, which is not attractive at all.

**BF: What changes do you have in mind for the upcoming competitive season?**

**DR:** Since I'm so young, my goal is to develop more muscle maturity while maintaining my current look and shape.

**BF: When you are preparing for a contest, how do you know when you are "ready"?**

**DR:** My skin is thin and I get several veins popping out, especially on the lower front and sides of my abdominals.

**BF: What aspect of contest preparation does your trainer harp about the most?**

**DR:** Consistency with my training and diet. My fiancé helps with both, I know a lot but he is even more knowledgeable in both of those areas.

**BF: What do you like most about competing?**



On stage.

John Napiotis



Gene X Huang

**Danielle gets real cut for competition.**



**Yes, this girl's got it!**

**DR:** Being on stage, showing the results of my hard work!!

**BF: What do you like training the most?**

**DR:** Shoulders and quads... I can't choose between the two.

**BF: If your trainer told you that you were only allowed to do one exercise from now on, which one would you choose?**

**DR:** The clean and jerk, because it utilizes so many of the major muscle groups.

**BF: What about choosing one aerobic exercise?**

**DR:** The elliptical machine.

**BF: If there were someone in the sport that you could emulate, who would it be?**

**DR:** Monica Brant and Beth Horn.

**BF: Is there anything about the sport of figure that you would like to see change?**

**DR:** I would have the judges recognize the most physically aesthetic and symmetrical



Anyone for some muscle?

John Napiotis



A feline pose.

**BF:** Anything else that you would like the readers of BodyFitness to know?

**DR:** I love country music and hip-hop – a unique combination! I am an animal lover; of all types... if I'm driving and an animal is struggling to make it across the street I'll save it by stopping traffic to help it out. One time I was doing a photo shoot in my backyard near the water and I saw a school of manatees, and I jumped in so they could be included in the photos!! My fiancé was threatening to call 911 if I didn't get out, the waters were known to be gator infested, but I was having so much fun with the manatees I didn't want to!! And that's why we now have manatees with fitness photo shoot experience.

**BF:** Do you have a website that people can go to in order to learn more about you, get some photos, or learn something about training?

**DR:** Yes. I welcome the readers to visit my site, [www.daniellerouleau.com](http://www.daniellerouleau.com). Thank you for giving me this opportunity. **BF**



Barely in her twenties, Danielle already has a personal training business.



Resting between sets at the gym.



Gene X Huang

Danielle has an entrepreneurial spirit and plans to open her own supplement store.

physiques, regardless of age or political factors. I would create an environment where people of all ages would feel comfortable competing at any level.

**BF:** So... when it's time to relax and enjoy what are you doing?

**DR:** Shopping and travelling.

**BF:** What are you shopping for?

**DR:** Almost all types of clothing, from athletic wear and beach wear to designer dresses and shoes. Mainly tighter clothing though – I don't like a bulky or boxy look.

**BF:** What about eating... what's the choice when it's time to eat something good?

**DR:** Definitely... ice cream.

**BF:** What else do you do when you have some free time?

**DR:** I take lots of naps. I also like to tan and go to spas to get my hair or nails done.