**Beat: Lifestyle**

# Claire Bonaccorso Raising Eyebrows Downunder

**Fitness and Beauty More than Skin Deep**

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**USPA NEWS -** At just 22, raised in country Wollongong and now living in the fast lane of Melbourne Australia, Claire Bonaccorso is a well-respected name in the "˜International Federation of Body Building and Fitness´ circle. Renowned as one of Australia´s Top Awarded "˜IFBB Bikini Athletes´. Bonaccorso tells readers about her fitness journey and gives the United States Press Agency an insight into her current preparation for her next International bikini competition.
"I have always loved staying fit and keeping active"?, said Bonaccorso who is one of Australia´s most viewed social media fitness models. "When growing up I was involved in many after school activities such as competitive dancing, kickboxing and Muay Thai. I joined a gym and started weight training when I was 18 years old and fell in love with the sport."?
I asked Claire to tell us about her experience competing in Fitness competitions? "In the IFBB Pro League Federation, I competed in my first IFBB Pro League Bikini competition in 2018 and was awarded a first place in 3 of my divisions being bikini first timers, bikini novice and bikini intermediate.

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I asked Claire to tell us about her experience competing in Fitness competitions? "In the IFBB Pro League Federation, I competed in my first IFBB Pro League Bikini competition in 2018 and was awarded a first place in 3 of my divisions being bikini first timers, bikini novice and bikini intermediate. I was also awarded a 3rd place for the bikini open division,"? smiled Bonaccorso who went on to say, "this competition was such an amazing experience and inspired me to pursue a career in this industry as an athlete."?
Kim Kardashian once said, "If I don't feel confident about my body, I'm not going to sit at home and feel sorry for myself and not do something about it. It's all about taking action and not being lazy. So you do the work, whether it's fitness or whatever. It's about getting up, motivating yourself and just doing it." Staying focused on your goals is a habit according to Bonacorsso.

Claire is currently preparing herself for her next Australian Competition on the 5th October in Melbourne Australia. I asked her what she has to do to prepare for such global competitions? - "It takes me 20 weeks to prepare for a show. During this time I follow a strict meal and training program that will allow me to bring my best physique to the stage. The prep is definitely the hardest part about competing. It requires a high level of discipline and consistency with training and diet. It can be difficult at times, however I love the process and I use the challenges along the way as my motivation. My next goal in this sport is to win my pro card and compete against some of the best bikini athletes in the world. I know the road ahead is a long one, but I am prepared and I hope to inspire many other people along the way."? You can follow her journey like over 100,000 others by following her Instagram @claire_tfm_ifbb.

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