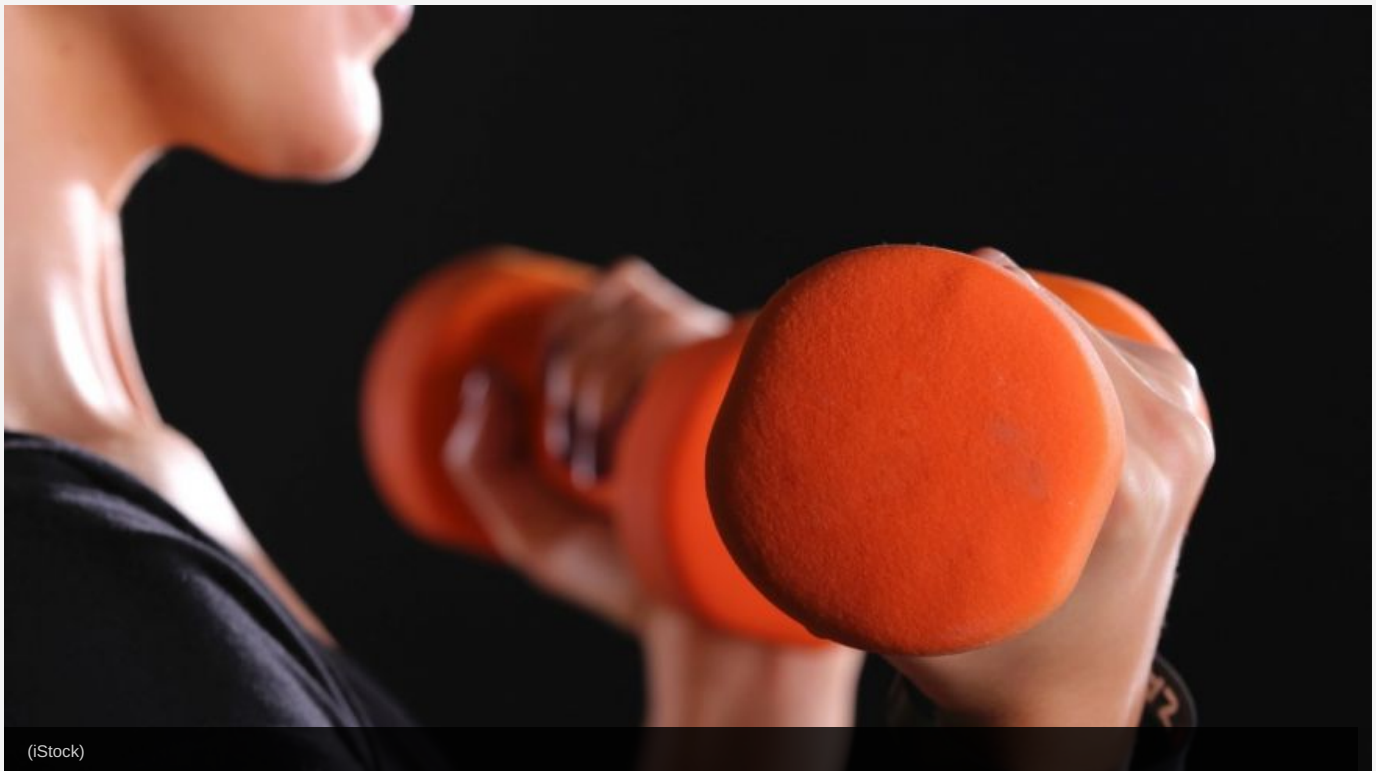


F I T N E S S

## 25-year-old who beat anorexia inspires others with bodybuilding

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[Fox News](#)



(iStock)

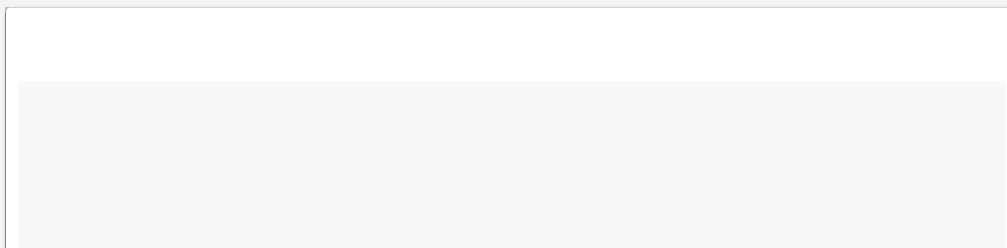
A 25-year-old British woman who suffered from severe anorexia that led to hair loss now inspires thousands of followers on Instagram with her competitive bodybuilding hobby.

Aroosha Nekonam, a law graduate, became a dancer at age 3 and led an active lifestyle growing up. But when she became a teenager, her self-esteem took a hit, so she began exercising more and eliminating fatty foods from her diet, [Metro.co.uk reported](#). Her obsession with being fit eventually led to self-starvation.

"I've never hated before, but at that time, I hated myself," she told Metro.co.uk. "Starving myself was my answer to everything because, in my eyes, it was the only thing I was good at."

When Nekonam's mother realized her daughter's health may be in peril, she took her to a psychiatrist. Nekonam denied anything was wrong for weeks, but she had an epiphany when her doctor warned she was putting too much strain on her heart and that she may need a wheelchair to carry her feeble body if she didn't make a change.

"Once I knew I wanted to recover, I was in a state of shock that I'd done that to myself," she told the news website. "I worked with my psychiatrist and dietitian to build up my weight gradually and, as my body grew stronger, so did my mind."





Trust that life will take you exactly where you need to be - Although I didn't realise it at the time I was losing weight pretty rapidly. I kept telling myself my clothes didn't fit because they stretched in the washing machine. I would still go out with friends and socialise, dance, "smile". But if you look at my eyes you can see the pain. The sadness, the trapped feeling of hiding such a big secret. I wanted everyone to think I was ok, but in reality I was carrying a big burden on those tiny shoulders. Sometimes I wish someone had intervened then and there, save me getting worse. But then I wouldn't be this person on the right if they had. I am now strong and only look back to see how far I have come and I plan to go even further....join me 🐋 #transformation #transformationtuesday #strongnotskinny #progress #anorexiasurvivor #smallbutstrong #girlswholift #girlswhosquat #girlswithmuscle #survivor #ibeatanorexia #weightlifter #bikiniathlete #bikinicompetitor #weightlifter #internationalwomansday #fitspo #fitfam #fitfamuk #fitnessjourney #fitnesschick #fitnessmotivation #gymshark #gymsharkuk #gymsharkwomen

Nekonom followed a customized diet with her dietitian's supervision to prevent her suffering re-feeding syndrome, a metabolic condition that may plague individuals recovering from eating disorders. She then began practicing yoga and discovered weightlifting. She latched onto the latter hobby after looking on Instagram and finding inspiration in female bodybuilders.

"I was sick of being frail, of not eating and moving," she recalled to Metro.co.uk. "I wanted to be strong."

Today, Nekonom is doing the same thing with her weightlifting hobby by posting photos on Instagram and [videos on YouTube](#) that detail her progress and show her dramatic transformation. She has more than 4,000 followers [on Instagram](#).

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- [California woman with anorexia makes plea for help on YouTube](#)

She's preparing to compete in a U.K. Bodybuilding and Fitness Federation bikini competition in May.

"I don't use exercise as punishment anymore, and I actually look forward to every day," Nekomam told the news website. "I'm much more appreciative of life."

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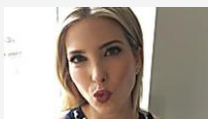
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I'm starving right now. It's hard to wait for lunch.

**Bitterssweet787** ★ Leader ·


Reply ·  



**DrJRSmith** ★ Leader

Here problem is nether anorexia, nor compulsion to lift weights ... her problem is an incredible level of narcissism that drives her obsession with physical appearance and the need to broadcast that appearance to the world.

She's not physically ill, she's mentally ill, and unfortunately nether dieting nor body building will cure that.

Reply ·  



**jefferson3**

From anorexia nervosa to body building can be two sides of the same coin. One motivated her to starve herself, and the other motivates her to obsessively lift weights. The weight lifting is certainly healthier, but it may arise from the same motivations.

Reply · 2 ·  



she looks quite normal in both photos. My daughter is skinnier than she is and would consider her obese.

**enrico3web**

Reply · 1 ·  



I like skinny girls. I like skinny girl arms. Muscles on girls are a turn off. To each his own.

**pdubya** ★ Leader

Reply · 2 ·  



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