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# How a one-time ‘frumpy mom’ from Saukville remade herself into a winning bodybuilder with a demanding workout and diet regimen and a competitive spirt

By all accounts, Jody Gregoire of Saukville is a shy, modest mother of two young children who doesn’t like being in the limelight.

But when she steps on stage to compete in the figure division of the International Natural Bodybuilding and Fitness Association, she struts her stuff in a skimpy, glittery bikini, showing off the muscular body she works hard to achieve.

Last year, Gregoire, who is 5-feet, 7-1/2-inches and weighs 143 pounds, placed first in the women’s tall class at the Ford’s Gym competition in Madison in April and at Brenda Rahe’s May event in Kohler.

This year, Gregoire’s goal is to be the overall champion figure bodybuilder in her age category, take home a big trophy and earn her professional card to compete in the World Natural Bodybuilder Federation.

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