



DATE OF BIRTH	29th August 1990
PLACE OF BIRTH	Malta
AGE	32
HEIGHT	160
CITIZENSHIP	Maltese
SPORT	Natural Body Building

Dr. Bernice
SANT

LEARNING WORKS
COMMITTED TO EXCELLENCE

UNITED HEROES

"The benefits one can acquire through sport are endless.

For example, sport gives me the mental stability needed to think clearly, to feel confident in my own body, to stay calm, to see the endless capabilities of my mind and body, to be resilient, disciplined, adaptable and determined. All these qualities can easily be transferred to whatever projects I am working on."

UNITED HEROES

Which sport?

I love a lot of different sports. In fact, throughout my life, I have had experiences with Muay Thai Boxing, Wing Tsun, Yoga, CrossFit (therefore touched upon: weightlifting, powerlifting, gymnastics, athletics, among others), Strongman, Volleyball, Badminton, Archery, Hiking, Indoor Climbing, Abseiling, Kayaking, Bodybuilding, among others. I always say I wish we live a much longer life free from injuries so that I can sample out all the sports that exist. Due to this, I focus on the sport that matches the state of my body (i.e. injuries-wise) and that the return on investment it is worthwhile. For the time being, it is Natural (free from any substance abuse) Bodybuilding.

Natural Bodybuilding is a sport that requires a lot of mental strength as 1) it's quite an isolating sport when compared to team sports or CrossFit, for example, as one needs to be extremely focused on the muscle that is being used to create a solid mind-body connection, 2) the body becomes a sculpture/ art, therefore, needing a lot of care, rest, discipline and focused attention, 3) nutrition is a detrimental part of this sport and 4) the constant body-shocking techniques (i.e. through exercise variations) to keep the mind and body always active in achieving the sculpting one is aiming for.



What inspires you?

Any living being who despite major life obstacles, makes their passions become a reality out of their own effort.

UNITED HEROES

How did you discover your passion?

I have always loved a muscular type of body, not just for the appearance side of it but also for the strength, endurance, stamina, energy, and mindfulness needed to arrive to that place. Gaining muscle naturally does not happen overnight and requires years and years of learning how your body reacts to different training and different foods. You basically become the most dedicated scientist of your own body and mind. Additionally, after dealing with surgeries and having difficulties with low bone density, I had to make the most sensible decision to focus on the sport that could really help my situation; this is because building muscle can act as a protective factor for the low bone density issue.

“The qualities one learned out of sport are easily transferrable to other areas in life



What is Natural Bodybuilding good for?

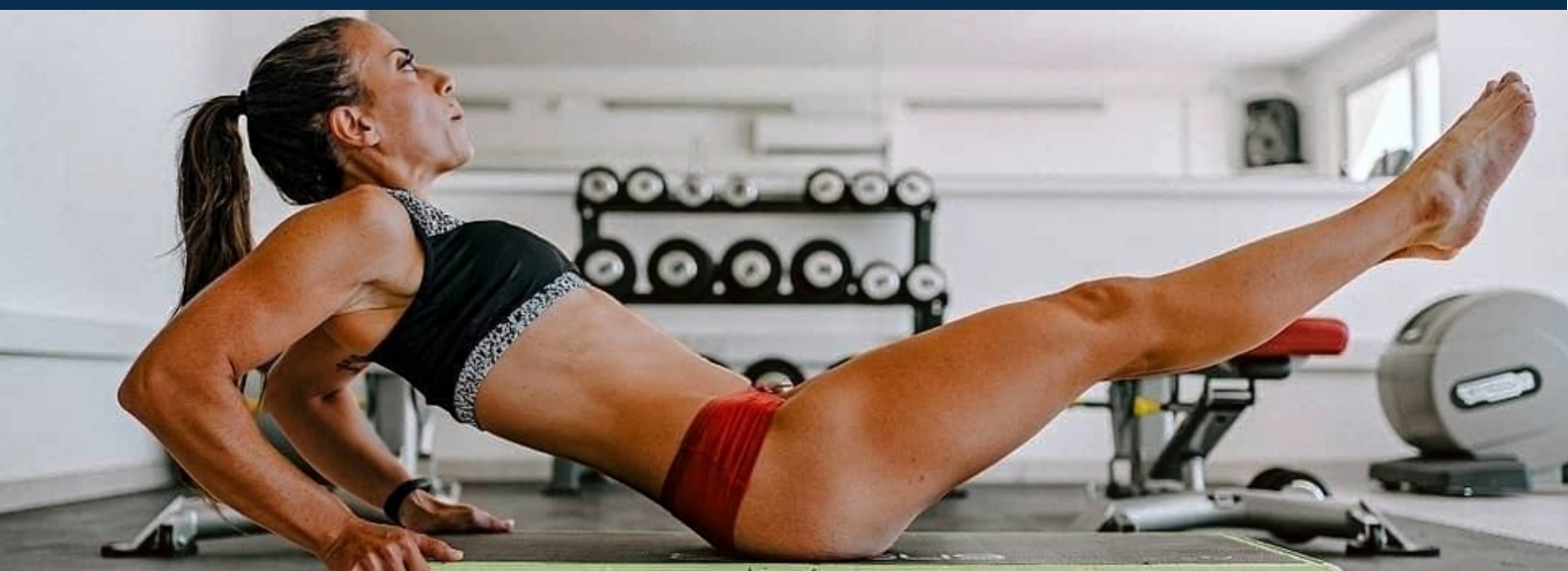
I believe Natural Bodybuilding teaches one a lot of foundations needed for any other sports. The mind-body connection built through the discipline, dedication, persistence, and variation needed to always improve the body unconsciously teaches one mindfulness-acceptance-commitment techniques. Some examples would be: 1) learning to use the inner eye to isolate a muscle group from other muscles during training, enhancing one's attention, focus and concentration, 2) learning to be present with muscle fatigue and enduring it for muscle building and sculpting, 3) learning to seek long-term gratification over instant gratification, therefore, making exercise sustainable.

UNITED HEROES

Do your family members share your passion?

I always used to love doing some kinds of sports, but as I used to be much bigger in size when I was younger (and bullied for it), I never thought I fit in that sector of society. Therefore, I only used to join sports clubs like, for example, volleyball during my primary and secondary school without any intention of transforming it into a major life path. Obviously, the opposite was true! Additionally, I had frequent injuries out of it as well, to the point that I was medically advised to give it a pass. Afterwards, I started delving deeper and with more discipline into some strength training at the age of 13 after seeing my big brother working out with some dumbbells at home. From there onwards, I kept on testing, experimenting, reading, researching, practising and trying out different sports. My mum used to play competitive netball in her younger years but then moved more towards her musical side rather than the sporty one.

Although none of them were ever into competitive sports throughout their life, however, they all tried to stay fit and healthy as much as possible. In fact, my father, although when he was younger, he used to play some football, but then he became too entrenched in his work that he put the sporty/healthier side of him on hold. He eventually, after some pushing from my end :D, transformed his life and these days he goes to the gym every day. My 2 brothers also train most days of the week (in fact I started my younger brother on this path ☺), while my sister does home workouts and some occasional jogging/running. Lastly, my mum does all her cardio through her everyday life :D while I started introducing some weight training for her to make her even fitter.



Having sport in your life, it is ...

a blessing. My all-time biggest and only regret is that I wish I had started sport in a professional manner from a very young age. Therefore, I am grateful that I discovered sport later on in my life. It's true that sometimes you must sacrifice other aspects of your life due to sport, for example, being extremely disciplined and sensible when it comes to one's social life while still trying to have a good balance between the two, be it in the right nutrition and hydration needed, the recovery needs, etc.