

Inspirational Isjeanne

2019 Arnold Model Search winner



Tell us a little about yourself.

My name is Isjeanne du Toit and I see myself as a very energetic, vibrant and positive person. I was born in Piet Retief on 23rd October 1996 and moved to Pretoria when I was 4 years old. I studied Project Management and am currently busy with my personal training diploma through Trifocus Fitness Academy. My favorite cheat meal is bacon. My favorite music genre is Deep House and I adore spending time outdoors even if it's just chilling with a coffee outside my apartment.

How long have you been training and following a healthy lifestyle?

I have always been an active and sporty person; I did netball, softball and athletics at school, and started gyming when I was sixteen years old. I have tried Crossfit too but it's a bit intense for me, and I enjoy gyming more. It has taken me years to finally achieve the balance of eating right and training every day. It took a while to realize what works for me and what doesn't, and to find the proper self-discipline. So, if I am honest, it took 8 years of on and off struggling to finally reach my goals!

How did you get involved in the sport of competitive bodybuilding?

I never even considered competing until June 2017 when Dale Collins, a bouncer

Muscle & Health
Southern Africa
recently had the
opportunity to interview 2019
Arnold Classic Africa Model Search
winner, Isjeanne du Toit about her
journey to stage and beyond.



at a night club I used to work at, said to me that he thought I could have great potential in the fitness industry. At the time I already wanted to lose weight and the words he said just lit a flame. So, I started prepping for a good 6 months for my first show (Summer Superbodies 2017) and lost 21kg. It was incredible to see how my body changed so much! As soon as I stepped on that stage, I knew I was exactly where I wanted to be. Unfortunately, it was a case of first show no placing, which was fine because I was already a champion; I beat myself. From that day I was completely hooked on standing on stage and I enjoy having the self-discipline to work towards magnificent goals. The one thing that keeps me going in the competitive world is that I just want to keep impressing myself.

What do you love about bodybuilding/the fitness industry?

I have no idea where to start as there are so many aspects that made me fall in love with the sport! I love the fact that I get all dolled up for shows, to see my veins pop when shredding, to meet new people that understand what it is to be in the fitness



industry. Fitness is not just about being ripped and looking good, I love the food, beauty, the posing and experiencing all the changes my body goes through when prepping for a show. To have done different meal plans to reach my personal goal and the self-discipline and routine that has to be put into place. It has helped me a lot with time management in my day-to-day life. Fitness is a way of reaching your goals and is also something that knocked me right out of my comfort zone. Everyone in the industry is there to better themselves and to help inspire others to be healthy and gain confidence. The fitness industry helped me find who I am and who I need to become.

What are some of the more challenging aspects of being involved, for you?

Because I do lots of modelling and promotions work it sometimes a challenge to deal with temptation. For example, I would be working at a golf day and they would have the most amazing food on offer; croissants, muffins, sweets, biltong and donuts! What makes it worse is that its available for free and you can have as much as you like! But because I have goals to achieve, I will just sit there and eat my chicken and pumpkin. Another challenge that I face is friends and colleagues that don't understand the lifestyle or sacrifice required. The always say "One bite won't hurt". But the reality is that it will definitely set me back from where I want to be. You can't always speak about your diet or training because not everyone is interested in hearing about it. Lastly, I would say that funds are a definite challenge. The industry is expensive. I want the best bikini, tan, prep food and supplements, so I have to work long hours to make up for it and it causes me to sleep less. I have, however, adapted to deal with these challenges in my daily life and simply keep in mind that I have goals. Anyone can do it!

Why have you chosen to compete within IFBB?

IFBB is a world-known fitness federation. I absolutely appreciate all the shows! They are organized, dates are set out early in the year, they have brilliant communication and it's the one federation that I have the opportunity to get South African national colours in. I like that we all have to do the same poses and have gorgeous sparkly bikinis to show off. They respect all the newbies and are always available for advice and help. Over the past few shows, I have only experienced the best, with lots of love from the judges, constant support and many sponsors see potential when competing in this awesome federation.

Who are your role models or industry mentors?

Hayley 'T-Rex' Wright is the most phenomenal woman I have ever met! I followed her on Instagram since the beginning of prepping for my first show. She has extraordinary stage presence and I wanted to be like her. Unfortunately, my body will never look like hers. But that's where IFBB Elite Pro Vicky Sethabela comes in, the wellness goddess with astounding quads! With these two combined, I have found exactly who I want to be on stage. They are both strong women in the industry with amazing achievements behind their names. Hayley approached me and offered an ambassadorship from Rise By Hayley T-Rex. She gave me proper guidance and now I am finally following in her footsteps and very soon in Vicky's.





What made you decide to enter Arnold Model Search in 2019?

I got invited to the Arnold Model Search 2018 after competing at Summer Superbodies 2017. I took a chance by standing against 35 ladies. I love the Arnold Model Search competition because it has 3 rounds; swimsuit, themed gym wear and theme/evening wear. It is not the same as bodybuilding competitions because you have the opportunity to show off your personality along with the body you worked so hard for. Unfortunately, I didn't place because I didn't stick to my diet and I didn't bring my best condition. I also had no idea what I was doing when it came to posing. When Hayley made me an ambassador, she showed me all the ropes and I was ready to chase the win! I absolutely adore being on stage and so I tried again in 2019 and boom a whole new condition and a complete new me was presented!

Did your prep for Arnolds Model Search differ from other competitions?

My prep for Model Search 2019 was similar to a bodybuilding prep as I was also going to be competing at the Arnold Classic amateur bodybuilding show in the Wellness Fitness division the day before. For others it won't be such a hectic meal plan. Outfit planning and posing are the two main things that are different from bodybuilding. The Model Search competitor needs to have an achievable body; not too ripped but also not too curvy and loads of personality. My 2020 Arnolds Model Search USA prep has been the best prep so far as the meal plan is super easy to adhere to. I have a good idea already from watching previous years competitors what the judges want, and the outfits are going to be jaw dropping.

Tell us about your experience as the 2019 South African winner?

It was an exceptional experience that totally changed my life. It gave me incredible confidence to know this is what

I want to do for the rest of my life. I am thankful for the many sponsors that became part of my journey after winning. The best part is the number of ladies that I get to inspire every day! I want everyone to thrive and reach their dreams! I got opportunities to learn new skills and how to perform on my Instagram page.

What advice would you give to someone either

wanting to get involved in bodybuilding or wanting to enter Model Search?

To just do it! If you ever just think about it, get your stuff and start prepping. It is such an incredible experience you will never regret it. Make sure you have a proper coach that knows exactly what they are doing, plan your outfits to your personality and current trends, believe in yourself, get a diary to write down your goals and check them daily. Know that it won't be easy and there will be temptation, but you will be so relieved once you step on that stage knowing you gave it your all. That makes you a champion already!

Share some of your industry achievements thus far.

- U/23 ladies Gauteng North Action netball
- 3rd Place - Millennium Goldplate
- 4th Place - Arnold Classic Africa
- 1st Place Winner - Arnold Classic Model Search
- Top 12 USN Face Of Fitness
- 2nd Place - Gauteng North Provincials and Provincial colors
- 5th Place - SA National Championships
- 2nd Place - Gentle Giant Classic

Other achievements include my amazing sponsors: Strands of Love hair, Elegant Secrets Salon, Umadbrah Apparel, Bodytec, Rise by Hayley T-Rex, Fusion Labs, Emmy Photography and JCT Photography

What else do you do - when you are not lifting iron?

When I am not lifting, I play netball and I am also a national umpire. I au pair 3 times a week to pay my cute Ford Figo off. I do promotional modelling and I am a certified to do lash extensions. Then something awesome is coming soon. I will be starring in a new television series *Women of Wrestling* (can't say too much

yet). I'm excited to start doing motivational speaking at schools for anti-bullying and confidence building. I also have a very exciting campaign coming with Rise by Hayley T-Rex but it's still hush-hush so keep a look out on my Instagram page @ isjeanne_fit133 for more.

What's next in store for Isjeanne? Any personal goals/plans to share?

I will be competing at the Arnold Classic Model Search in Ohio, USA on 6 - 7 March; it's a two-day event of pre-judging and finals. Then I have decided to compete at Millennium Goldplate on 18th April and I am coming for the win at the Arnold Classic Africa in Wellness Fitness. A good off season then to prep hard and coming in with fire, chasing my South African national colours is my biggest goal and I won't give up until I have it.

