

turning Lemons into Lemonade



"Back in August of 1998 I was involved in an accident that forever changed my life. The left front tire on my vehicle blew out and the vehicle rolled five-and-a-half times before coming to a stop. I was ejected through the driver's side window and eventually collided with my vehicle in mid-air." The outcome of the accident was a broken back and a damaged spine at T12 L1, requiring titanium rods to be vertically bolted to his spine. "I was diagnosed as paraplegic and told that it would be physically impossible to ever walk again. That day a part of me died; yet, at the same time, another part was born."

THE ROAD TO RECOVERY:
At a pivotal point in his life, Nick Scott had some choices to make. Where others may roll over and let life take the proverbial wheel, he chose to take control of his destiny. As a paraplegic, life would be different, but it wasn't over. With a "Lemons into lemonade" attitude, he reinvented himself and continued to push the limits of his physical boundaries. "At that point, it wasn't about the glass was half-empty or half-full; I was just grateful to have a glass. In the beginning, I used to ask myself repeatedly "Why me?" Over time I realized that I had been given the gift of a second chance."

Photos: Steven Wright



“How do you really look at the positive side of life when something so precious has been taken from you? And no matter what anybody tells you, you really don't care because they don't know what you're going through.”

The recovery process wasn't an easy one. As any trauma victim will tell you, it is a road of highs and lows, of struggles and accomplishments. “The lowest point was when the doctor told me I would never walk again. That lingered for the longest time. I felt like my life was over and wished the wreck had taken my life. How do you really look at the positive side of life when something so precious has been taken from you? And no matter what anybody tells you, you really don't care because they don't know what you're going through. It is only when someone has gone through something similar that the words they speak will sink in.” At a point where all seemed lost, Nick rededicated himself to a personal pursuit, something that would change his life and restore his goal-based attitude. “The turning point in my life was when I went back to the weight room at school for the first time. I thought it would make me feel better, but it only made me feel worse because I couldn't do anything and was limited to 5 lbs. For weeks it ate at me and I couldn't take it anymore, then something snapped inside! I said to myself, ‘If I couldn't do anything, the one thing I could be was stronger than everybody else.’ And then I started bench-pressing with my chest brace on.”

COMPETITIVE BODYBUILDING :

In the Fall of 2005, Wheelchair Bodybuilding was a small circle of people that participated in a little known sport. Without an organized sanctioning body or a consistent schedule of events, it was the perfect window of opportunity for Nick. “I Googled it [Wheelchair Bodybuilding] and barely found anything, but when I did, I came across the 2006 Wheelchair Nationals in March down in Palm Beach Garden, Florida. I was excited and began training specifically for it. When the time came, my best friend Lucus and I flew down there. I competed and got 2nd place. I wasn't happy with my finish but that night I was amazed and wanted the world to know about the sport.”

BALLROOM DANCING

“Just because I have to do things differently doesn't mean that I can't do them.” Nick recently had the opportunity to participate in a ballroom dancing event, wheelchair style. His first dance was with partner Aubree Marchione, who danced with him to a Samba. All of the traditional spins, twirls, and complex dance moves were possible, with just a bit of adaptation for his seated position. With more awareness being drawn to wheelchair events, look for more adaptations in the near future.

WHEELCHAIRBODYBUILDING.COM

“So I went home and Googled how to build a website. I taught myself how to build a website, and built it in a couple of weeks. I did so much research about the sport to make it a complete site and even learned how to do video editing so others can see the Wheelchair Bodybuilders on stage. I made the website simple so anybody can find what they're looking for quickly. From there it took off and now, Wheelchair Bodybuilders from around the world contact me wanting to compete and get in shape. Wheelchair Bodybuilding has been going on since 1994, but it wasn't until I got involved that the sport took off. The website was the key that connected the networks around the world and opened a greater door to the sport of Wheelchair Bodybuilding.”

PRESENT DAY :

“I always try to lead by example. Since March 2006 I have competed and guest posed at 26 shows at 19 national locations. An average bodybuilder competes in 1-2 shows a year. Many call me the ambassador of Wheelchair Bodybuilding. With 22” Spinners and Neons on my chair the fans always remember me as well as my physique. After winning the FitScience Show on July 18, 2009, I became the 1st and Only Pro Wheelchair Bodybuilder in the World through the World Bodybuilding and Fitness Federation (WBFF). No Wheelchair Bodybuilder is IFBB (International Federation of Body Builders) Pro until there is a wheelchair division at an IFBB Pro Show, which I am trying to make happen.” Nick Scott's widespread recognition has done more than develop a new division of a sport. He has inspired thousands; his story, retold countless times, and his efforts have changed the lives of many.

“I've had people crumble to their knees in tears telling me thank you, grown men crying, so much more. When I knew that I chose the right path in my life it was Saturday morning at the 2007 USA Wheelchair Championships. Walker (A wheelchair bodybuilder) and his Dad came to my room. I was going to help Walker with his posing but his Dad told me something that changed my life. He said last night when they were in their room Walker lifted the badge that they gave him at the show and said, “Dad, look...I'm an Athlete!” That sent chills down my spine when he said that because that was the first time in his life, he felt he was an athlete.” People in all walks of life encounter problems and struggles. What makes these athletes unique is their ability to overlook what they can't change and pursue a dream, no matter what they are told. “We all have problems in our lives. We all have challenges and we all have disabilities, except ours is physical. It's about pushing yourself to overcome that obstacle and that task that faces us. And if we can learn to just not give up and just not think there's no way, then we will succeed at anything we do. Einstein said he was never smarter than anyone; he just stuck with the problem longer.”



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