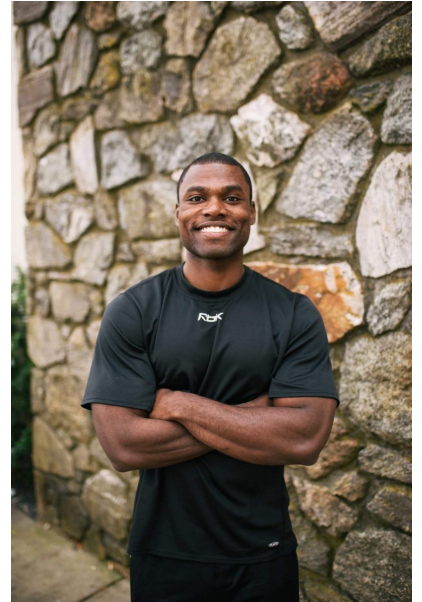


Faces Of New Bedford #109: Kibira NJoroge

Meet Kibira NJoroge, 29-year-old Personal Trainer and aspiring professional bodybuilder.



Kibira has always been involved in some sort of activity, whether it was going outside as a kid or playing basketball in high school. After graduating from Voc-Tech in 2006, he went to BCC, where he majored in Graphic Design. It was there where he began lifting weights in order to stay athletic.

He realized that graphic design wasn't a career path that he wanted to continue on and started working for his father's construction company. It was around this time that his friend brought him to go to a bodybuilding competition and it was the first time that the sport really intrigued him. He began researching bodybuilding and workout techniques and that is when the ball started rolling for him.

His journey with fitness has really allowed him to gain the ability of self awareness, knowing who he was and he wanted to share that with others. This lead to him working for GNC, so that he could really understand supplementation. It was during his time with GNC where his friend, the general manager of Anytime Fitness offered him a position as a personal trainer

at his location.

Since then, Kibira has been able to use his career and passion for fitness to prepare himself to become a professional bodybuilder. He has performed in quite a few shows since starting in 2012 and is preparing for a qualifying show, which will open him up to the professional route. He loves what bodybuilding has done for his life, allowing him to learn extreme discipline and showing himself his limits and how to increase them.

Faces of New Bedford is a project by Colton Simmons. If you are interested in booking a shoot or getting prints from the series email all inquiries to colton@coltonsimmons.com.

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