



NEO GENE MATRIX

"Know your genetics to know yourself!" - Apollos

Caucasian/Whites Suffer more

from Osteoporosis and Osteoarthritis (Bone Degenerative Disease) in the U.S. - These conditions alone highly discourage weight bearing exercises. Do you or does your trainer understand this? Are they qualified to train you? Do you know how to eat and exercise to prevent permanent damage from these diseases?

Spanish/Latinos

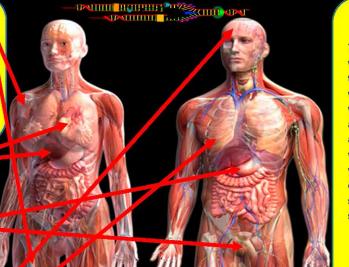
Suffer more from Heart Disease(s), Stroke and Liver Disease.

African/Blacks

Suffer more from Diabetes Type II, High Blood Pressure, and Prostate Cancer - Beta-Blockers are a common drug prescribed for these illnesses. Do you or does your trainer understand Beta-Blockers?

<u>Asians</u>

Suffer more from HIV/AIDS, Hepatitis B, Suicide, and Lung Cancer



Did You Know?

75% of the things that we eat are tied directly to the culture in which we were raised? See where your cultural and ethnic relevance and adaptations affect your health. Whether you know or accept it or not we are susceptible to something!

YOUR DNA STRAND



Sources: National Health Institute, Asian Media Group

Get your full Self-Discovery Genetically Infused EATING and

EXERCISE plan today for only \$1.00. LIMITED TIME SPECIAL FOR NGA MEMBERS ONLY! Go to www.neogenematrix.com or call Toll

Free (844) 885 - 5433 (OFFER EXPIRES 11/01/16)

Purchase for yourself or become a licensed dealer and increase your service offerings for your clients!

REALITY CHECK: Out of more than 1000 personal trainers polled, only 3.5% knew what Osteoporosis is and only 2.7% actually knew what Osteoarthritis is. Not knowing if you are PRE-DISPOSED to a particular MEDICAL CONDITION will inevitably cause you to become ill. Often, a serious medical condition is caused by you not knowing and a personal trainer not knowing the proper precautions to take. I've seen too many cases where within a few months after a client is no longer under the supervision of a trainer have life debilitating problems due to the personal trainer's lack of proper precautions that affect the client long after the training sessions end. In nearly 100% of these cases the client not the trainer made the connection.

Our product, The NEO GENE MATRIX confronts all of these issues with one system. We assess each person's Genotype, Family History, Cultural Adaptations and Religious Preference(s). We take time to understand the WHOLE person. Take it even further with our patented Genetic Testing Kit Program.

- 1. SELF-DISCOVERY, Family Genetic History custom designed EATING / DIET plan
- 2. SELF-DISCOVERY, Family Genetic History custom designed EXERCISE / WORKOUT plan
- 3. 15 Minute PHONE CONSULTATION with LIFE FITNESS World's Best Personal Trainer Finalists, BENJAMIN APOLLOS
- FREE GYM MEMBERSHIP of your choice to any FITNESS CENTER up to \$30.00 per month for the LIFE of your membership
- 5. 15% discount with one of our network personal trainer(s) anywhere in the country
- 6. 25% discount on our personal trainer mentorship and continuing education programs

Go to <u>www.neogenematrix.com</u> or call Toll Free (844) 885 – 5433





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Welcome

Letter from the Editor

Happy New Year! On behalf of the NGA family and myself, I hope that all of you, your families, and friends had a joyous holiday season.

Last year was a year of changes and growth within the NGA. We introduced new divisions, made changes to our bylaws for the betterment of the athletes, had our first experience of streaming a show at the NGA Pro/Am Universe, and of course our inaugural issue of the NGA NATURAL mag.

With the start of the new year, many people take the time to set new goals for themselves. A goal that you may want to consider, is getting more involved in the natural bodybuilding movement. One of the great things about natural bodybuilding, is the commitment of athletes to making this small community special. Athletes frequently ask how they can become more involved in the NGA. There are many avenues including: becoming a judge, expediting, security, contributing articles for this magazine, and many more areas.

What could be better than a new year, with new adventures thrown in? Anyone interested in getting involved with the NGA please contact NGA President, Andy Bostinto at (954) 344-8410 or contact your nearest promoter.

I hope that 2017 has gotten off to a great start for you and your family. As always, I welcome your comments, questions, and feedback and can be reached at **nga@nationalgym.com**.



Francine Bostinto NGA Vice President

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Disclaimer: Reader discretion is advised. Please consult your physician before beginning any exercise or diet program, or when making changes in an existing program if you have any doubts about your health status. NGA NATURAL Mag accepts no liability, expressed or implied for any products or programs contained within

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— Andrew Bostinto, President & Founder, The National Gym Association, Inc.

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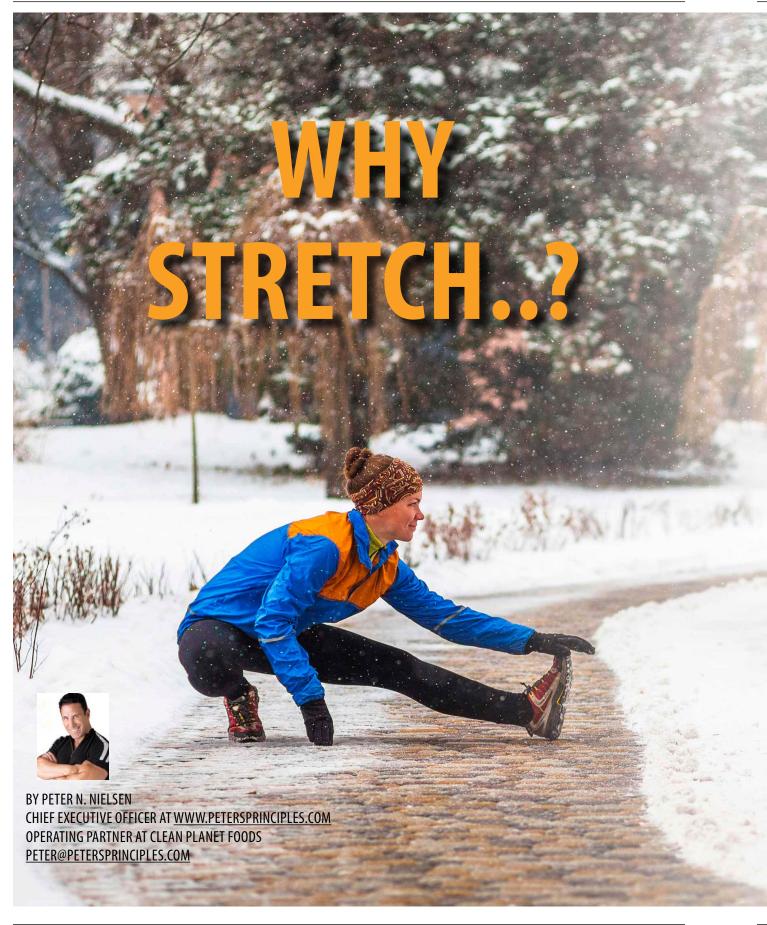






ON THE COVER

Model: Natasha Crowther, NGA Pro Bikini Photo by: Roger Lister Cover Design by: Lana B. Callahan



tretching is very important for flexibility, range of motion, and injury prevention. Incorporating stretching into your daily workouts is a given but including it in your day routine is just as important to health and body functioning as regular exercise. It relaxes your muscles and increases blood flow and nutrients to your cartilage and muscles.

Here are the top 10 health benefits of stretching:

ENCOURAGES AN OPTIMISTIC OUTLOOK – A buildup of stress causes your muscles to contract, making you feel tense and uneasy. This tension can lead to having a negative impact on mind as well as your body. Stretching exercises have powerful stress-busting abilities. Stretching soon after waking up can help jump-start the mind and body. Stretching loosens tight muscles which helps your muscles both relax and increase blood flow. It also encourages the release of endorphins, providing a sense of tranquility and euphoria. Stretching directly before bed will even give you a more comfortable sleeping experience.

2 FORTIFIES POSTURE – Stretching helps ensure correct posture by lengthening tight muscles that pull areas of the body away from their intended position and keeping your muscles loose. Stretching the muscles of the lower back, chest and shoulders can help keep the spine in better alignment and improve overall posture by relieving aches and pains. With reduced pain, there is a reduced desire to hunch or slouch.

BNABLES FLEXIBILITY – The most established and obvious benefit of stretching is improving flexibility and range of motion. An effective flexibility training program can improve your physical performance and help reduce your risk of injury. By improving your range of motion, your body requires less energy to make the same movements and you also will have more flexible joints thus lessening the likelihood of injuries acquired during workouts or during daily activities.

INCREASE STAMINA – Stretching loosens your muscles and tendons which relieves muscle fatigue and increases blood flow. The longer you

exercise the more energy you will burn, typically causing one to grow fatigued. With stretching, you can delay the onset of muscle fatigue by ensuring oxygen is efficiently flowing through your blood, thereby increasing your endurance.

DECREASES RISK OF INJURY – it will help to supply a greater nutrient supply to muscles, therefore reducing muscle soreness and helping to speed recovery from muscle and joint injuries.

IMPROVE ENERGY LEVELS – Sometimes you may have trouble staying awake during your long, dragging day. If you're feeling this way then it might help to get out of your seat and do a few good stretches for a boost of energy, helping your mind and body be more alert. Muscles tighten when we get tired and that makes us feel even more lethargic, so feel free to stand up and do some stretches. It will help you to quickly and efficiently revitalize your energy levels.

PROMOTES BLOOD CIRCULATION – it increases blood flow to the muscles. Not only will this help reduce post-workout soreness and shorten recovery time, but it will improve overall health. Greater blood circulation helps promote cell growth and organ function. The heart rate will also lower since it doesn't have to work as hard and blood pressure will become more even and consistent.

IMPROVE ATHLETIC PERFORMANCE – If your muscles are already contracted because you haven't stretched, then they will be less effective during exercise. Regular stretching will relax all of your muscles and therefore enable them to be more available during exercise.

REDUCED SORENESS – Stretching before and after a workout gives your muscles time to relax. Increases in blood flow increase nutrient supply to the muscles and relieve soreness in the muscles after a workout.

10 REDUCES CHOLESTEROL – Paired with a healthy diet, engaging in prolonged stretching exercises can help reduce cholesterol in the body. This could prevent and even reverse the hardening of arteries, helping one avoid heart diseases.

So, do your stretching to get the optimum results of your training and better health.

"To be Kut-Up, is to maintain a positive mentality that goes beyond living a healthy and fit lifestyle.

here has been a buzz circling the vendor spots at all the NGA shows in Pennsylvania. NGA Promoters, Earl Snyder and Terri Whitsel received more than what they bargained for, when they found a great workout clothing vendor for their shows in Penn State. It wasn't long before they realized the impact that this man and his company has and will continue to make.

> The following is the story that Travis "Featherhawk" Snyder, Owner/ Creator/Designer of Kut-Up Fitwear, shares at every show on stage at the NGA East Coast Natural Championships. The story never gets old and it is best told by Travis...

> > THE KUT-UP STORY IS ONE THAT **CONTAINS MANY ELEMENTS OF LIFE** THAT WILL ENCOMPASS WHAT IT MEANS TO BE HUMAN, AND WHAT IT MEANS TO BE KUT-UP.

TO WITHHOLD EVEN THE **SMALLEST OF THESE ELEMENTS** WOULD ONLY DISTORT THIS STORY AND KEEP THE TRUTH FROM REACHING THE HEARTS AND MINDS OF THOSE WHO ARE READING.

> THE TRUTH IS TO BE KNOWN, AND THE STORY IS TO BE TOLD. TO UNDERSTAND **KUT-UP. YOU MUST FIRST** UNDERSTAND ME.

On December 22nd 2011, the cell door slammed shut, leaving me with only a

shadow of myself. There I stood in front of that cold, faint light in clothing carved from canvas; clutching my head and preparing myself for what would be the hardest, inescapable cage fight of my life. I was arrested and locked in a jail cell during what was "the worst" of my long time addiction to heroin. My body and soul had been taken over by the demons I myself had created. These demons did not hesitate to keep me fearful of the coming pain and withdrawal. They took over my thoughts and filled them with desperation, pain, suffering, and hopelessness. Little did I know, that I already had in my clutches one of the most powerful demon fighting weapons available.

As I let go of everything I thought I knew about life, the grip on this weapon started to tighten. Even as my body weakened, the weapon grew stronger. Being stripped of what I thought was everything, allowed for me to have complete trust in this weapon. My weapon is the light of change through trusting the god of my understanding.

And after 16 days of fighting, that light of change which I kept so close to my heart, had allowed me to have a profound spiritual awakening. In that moment, I knew I wanted to live a better life, but what I had yet to realize, was how much purpose my new life would begin to have.

HOW KUT-UP BECAME A BRAND WITH PURPOSE

On the 18th of May 2012, on bail and after 28 days of intensive rehab, I was released into the public to begin a new life. A new attitude of gratitude, the love and support from my family, and a healthy addiction to working out, became "the mortar" in the foundation for me to be able to remain clean and sober, and to be able to do it one day at a time.

My mind and body had been stripped of all its demons... so what remained was a very raw, very vulnerable, very open wound. Being uncertain of my future could have easily brought me back to the dark, but I chose life, and in order for that wound to heal into a beautiful scar, I had to learn how to be mindful of every single thought, every single decision, and

every single move I made. When I wasn't at meetings, I was at the gym or attending outpatient rehab. During the last meeting with my outpatient counselor, she asked me, "What do you want to do with your life, Travis?" I distinctly remember saying, "I want to make cool stuff for people, I want to give it a cool logo, then I want to create the website to sell the stuff, and I want to do it all so I can help others."

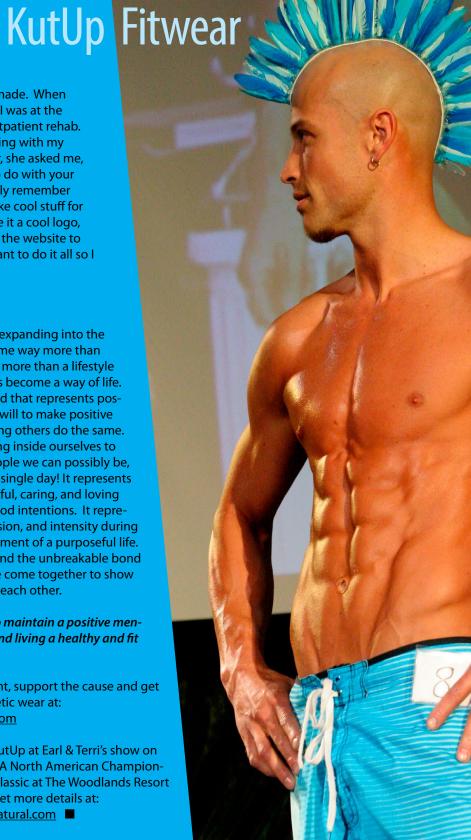
AS IT STANDS

Kut-Up Fitwear is expanding into the universe. It has become way more than lifestyle apparel, and more than a lifestyle apparel brand... it has become a way of life. It has become a brand that represents positive actions and the will to make positive changes, while helping others do the same. It represents searching inside ourselves to become the best people we can possibly be, and doing this every single day! It represents being grateful, thankful, caring, and loving beings, filled with good intentions. It represents hard work, passion, and intensity during the pursuit and fulfillment of a purposeful life. It represents family and the unbreakable bond formed when people come together to show love and support for each other.

"To be Kut-Up, is to maintain a positive mentality that goes beyond living a healthy and fit lifestyle."

Join the movement, support the cause and get some awesome athletic wear at: www.kutupfitwear.com

Look for Travis and KutUp at Earl & Terri's show on April 29, 2017; the NGA North American Championships & Ed Cole Pro Classic at The Woodlands Resort in Wilkes-Barre, PA. Get more details at: www.ngaeastcoastnatural.com





BY TERRI WHITSEL NGA COMMUNICATION **EXECUTIVE** NGA PROMOTER, PA NGA PRO FIGURE TERRI.WHITSEL@GMAIL.COM

Motivation for the Natural Bodybuilder

o, Andy gives me a call and reminds me to write an article. He asked me to try and write something that will really get the reader interested, motivated, and something that was interesting. I gave my response I would do my best. So here I am with a blank canvas like a painter trying to think of what the hell I am going to write to really get you to; well to read this article.

I was sitting at the gym today just browsing through Facebook like I usually do when I saw a picture of a kid who used to go to my gym. One of his friends just became a new member. He was making excuses of why he has not been training. Saying that he has been busy at work and then he is tired after work and he just has no time. The gym is too expensive, just a bunch of excuses. That's when I thought to myself: You know what, I need to tell him something. Every day people look for excuses for not going to the gym. How about we make excuses for why we should go to the gym. How about we look at those who are less fortunate and who are killing it every day. If you go on Instagram or if you google athlete with no legs doing pull ups, you're going to see some amazing people doing amazing things. Then I started to think that I have been slacking, my body has been aching, and I have been taking it easy on my workouts. Why the hell am I letting this negativity get to me? I need to riseup, and be a man and really go at it.

BY PAUL DESIMONE
NGA PROMOTER, MA
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Because let's face it guys, if you're a natural bodybuilder, you have one disadvantage to people are using drugs. So why not train smarter, heavier, and harder than them. That's how I always looked at it. I didn't look for an excuse like: "I am not taking steroids so I can't get that big." No, instead I said I am not going to kill myself with drugs to look like that. I need to find a way to work out, diet, and supplement so that I can look like them, while being healthy and happy. Using drugs is what drug addicts do. I never wanted to let anything control my life. That's what is so great about working out. It's your work out, you control it. Along with your destiny, take control and challenge yourself right now. Instead of demotivating and being negative pick yourself up. You will get further and you will achieve great things. No one ever accomplishes anything by sitting on the couch or not entering a contest. It's time to become what you always wanted to be. No matter what, it's time to give it 100%. That extra 10% they talk about will come but first let's start with today. Because tomorrow is your future, and tomorrow, today will be your past. One step in the right direction. This is what we should be preaching. Not: "well this guy takes this or this guy said that. No!" It is time to go to work. This article is for you, the one reading this! Yes, I am talking to you and I am challenging you! Get up, get to the gym, start working out, get back on that diet. I know it's hard, but guess what? You did it before and you can do it again. Don't let the negative things that happen to you hurt you. Change those and go back after your goals. This is it. You're not getting younger! So, do it. In 2006 I competed in the unnatural nationals and I was the only drug free athlete. On top of that I was in the 220-heavyweight class. I got 1st call out. People said no one could compete without drugs and that I would need to take them to compete. Guess what, I didn't, and now we have a place where it is an equal playing field the NGA. That doesn't mean you should think that because you're natural, there are limits. There is no such thing as limits. A limit is a negative word that people have told you because they have no faith! So, join me in getting in shape! Let's make this year a special one!

Look for my show coming in May this year in Boston, MA.

Momentary Muscular Failure vs. Intensity BY DR. MARK PACHECO DOCTOR OF CHIROPRACTOR NGA PROMOTER, CA STRENGTH & HEALTH GYM (BAKERSFIELD, CA) DRMARKP@HOTMAIL.COM

One Step Beyond

ishing requires a lot of patience, but the ultimate prize is what makes the waiting worthwhile. However, there is a trick to hooking the big one. When you feel the fish nibbling at the bait, you must remain very still for a moment before giving the pole a guick tug to snag the hook into the fish's mouth. This is where the skill comes in to make sure not to tug too soon before the fish catches its mouth around the hook, yet not too late before it gets away; but once you've got it hooked, you're home free.

The above is an analogy to the requirements for the facilitation of muscle growth. There is only a small window of time during this, which proper applications must be applied to achieve optimum results. It is only during this brief period that the 'opportunity' exists to expose the target muscle group to as much intensity as possible. The greater the intensity, the greater is the muscle stimulation. If this fails to occur during a small given time frame, it will be too late to achieve it later. You can chase the genie all day long after that and never catch it.

High intensity training literally makes high volume training impossible because true intensity can only be sustained for such a short time anyway. Doing more work does not equal intensity, but places an excess burden on the overall recovery ability of the entire system as well as to the individual muscles themselves. The pursuit of intensity by simply performing more overall volume, results in over training. When high intensity is properly applied, an excess volume of exercise is not only unnecessary, but also counterproductive.

To reach maximum levels of intensity however, there is also a minimum requirement for the volume of exercise that must be performed. High intensity must be combined with adequate volume of exercise in order to bring the target muscle to the point of achieving optimal muscular contractions. This reciprocally affects the activation of the greatest number of available muscle fibers, whereby a state of 'threshold' is reached. This occurs somewhere during a series of multiple sets; multiple sets being another requirement for growth.

A valuable side effect of having reached 'threshold', is that large quantities of blood are rushed to the affected area. This results in a tremendous "pump" which while this is an indicator; it's not a requirement for growth. It is when intensity and volume meet that maximum growth stimulation occurs. Giant sets are a very effective way to accomplish this. Unlike straight sets that only allow limited amounts of intensity, giant sets enable these limits to be extended further. Giant sets take the muscles to their threshold, or "saturation point" bringing them to the point of maximum growth stimulation.

The term intensity as it pertains to bodybuilding training, is generally considered an adjective to momentary muscular failure. When analyzed independently however, these two terms should be defined separately. Webster's dictionary defines failure as, "losing power or strength", which is not to suggest a complete inability to perform beyond the point of momentary failure.

For our purposes, we can define momentary muscular failure as the capacity for a muscle to perform a maximum number of possible repetitions against a specific measure of resistance. Intensity on the other hand, is not bound by the confines of such limitations. The term, "momentary muscular failure", implies limitation; and is therefore only a component of intensity. Intensity goes beyond the point of momentary muscular failure and is actually an extension of it.

Threshold is attained when requirements beyond maximum momentary effort are applied to achieve the highest possible levels of intensity. While a side effect of high intensity training, is an increase in muscular strength. This will not be produced without an increase in intensity. The side effect of both being increased muscle growth. With the proper applications of volume, intensity and a reasonable period-of-time, threshold may be achieved sooner or later; the most important thing is that it is achieved.

High levels of intensity are not entirely achieved however, by simply increasing the levels of resistance. Other important factors must also come into play. Optimum growth stimulation will not have been achieved until the target muscle group has been exposed to radical changes in its training environment. This occurs only with proper measures in applications of volume, resistance, intensity, and time.

NGA East Coast Natural Pro/Am Championships

State College, PA - September 24, 2016

NGA Promoters: Earl "The Pearl" Snyder and Terri Whitsel



Center: Curtis Green Earl Snyder

Jennifer Dorundo Right:

Kyle Franz Scott Nishida Clint Brackbill Jake Ginther David Sheldon

successful show period! The NGA Pro/Am East Coast Natural continued its reputation as a well-run, exciting, organized, and competitive show in central Pennsylvania; the hometown of the Penn State Nittany Lions. Our show attracted many athletes from across the United States, as well as Guyana & Dubai.

The show began bright and early. We were grateful to each of the vendors who were given the chance to speak at the Competitors meeting before we began, as well as before the finals to the audience. Our amazing vendors included Scott Johnson with Blaze Bronzing (blazebronzing@gmail. com); Stephanie & Derek Stoecklein with AdvoCare (championlifesolutions.com); Travis Snyder with www.KutUpFitwear.com; State College GNC; Karissa Worobey, Photographer (karissaworobeyphotography@gmail.com) and Mary Ellen Glass with Transformation to a Flawless Me Medical Spa, LLC (www. flawlessmemedicalspapa.com). Other vendors to thank include, Sir Charles Venturella for trophies & medals, Egg Whites International, Moshanan Valley YMCA, and the Super 8 Hotel. As always, we must thank our main sponsor AST Sports Science. AST's unwavering goal is to bring you the most effective sports supplementation in the world. No colorful products with colorful claims and no effects, just

real scientifically proven sports supplements that produce results...serious results!

NGA COMMUNICATION EXECUTIVE

TERRI.WHITSEL@GMAIL.COM

NGA PROMOTER, PA, NGA PRO FIGURE

One of the most notable divisions that we have been proud to pioneer in the NGA, is the Transformation division. After seeing the affect, it has had on the athletes, as well as the family and friends in attendance, we are excited to see many other NGA shows; as well as other natural organizations that also implement what we have started. Our concept of The Transformation Division is, "We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty." Each competitor submits their "before" photo that is put up on the big screen on stage, while their transformation story is read. The competitor then comes to the stage and presents their transformed physique in front of their "before" physique. What an inspiration to hear how these butterflies achieved their beauty. They were then judged live and based solely on the significance of their transformation from before to after. This year's contenders went through cancer, life threatening disorders, and family tragedies. We are proud to announce that 2nd place went to Jennifer Dorundo and Curtis Green took 1st place. Congratulations to the both of you and thank you for sharing your amazing stories for everyone. Keep reaching for the stars!



The Finals were kicked off by a motivational audio clip by Arnold Schwarzenegger from the movie Pumping Iron. It was read aloud in darkness, so that all ears were focused. The athletes were behind the closed stage curtains listening along with the audience. Once it was finished, the curtains were drawn back and the lights came up. The 2016 NGA East Coast Natural Champions were proudly displayed on stage to begin the National Anthem. After the routines, the wait was finally over...the Awards Ceremony began. The PROs were amazing...as expected. Lisa Irizzarry Vientos cleaned house in the PRO Figure Masters and took 2nd in the PRO Figure Open. The PRO Figure Open class winner was clinched by Michelle Buggs. Jennifer Passaniti-Price showed an amazing physique and took the PRO Masters Bikini division by storm in 1st place. The PRO Women's Physique was graced and captured by Debbie Bracy, who had just celebrated her 60th birthday. Patrick Carr in the PRO Men's divisions, cleaned some house. He took first in PRO Men's Physique and also 1st in PRO Classic Physique, where Pardovani Dominique, from Guyana came in 2nd. Paul Harley, who won the PRO Men's Masters Bodybuilding, also took 3rd in the PRO Open. The PRO Men's Masters Bodybuilding champion was Kris Troup. The PRO Open had John Chelednik in 2nd and Jess Taylor securing 1st place.

The amateur open classes produced several NGA pro qualifier winners. Alyssa Spaw captured the Bikini Open Overall. The Figure Open Overall went to Julie Patula. Gerald Price took the Men's Physique Open by storm with the Overall win. The Snyder NGA's newest class; the Men's Classic Physique Open, produced 2 new PROs with Kyle Frantz in 2nd and Clint Brackbill taking 1st.

The overall winners walked away with all the trophies and supplements, but they also received leather jackets given by Joe Ortiz, AST Sports Science.

The show was nothing short of successful, as it has been in past years. The amazing crowd was into the show from the very beginning with cowbells, air horns, and loud, very loud cheers and celebrations of every competitor's success.

Our next show, the 2017 NGA North American Championships & Ed Cole PRO Classic, is being held at the beautiful resort, The Woodlands Resort, in Wilkes-Barre, PA on April 29th. We bring the 2017 NGA East Coast Natural back to Penn State again on September 23rd. Get all the details at www. ngaeastcoastnatural.com.

Athletes line-up with NGA

Right:

Promoters: Terri Whitsel and Earl "The Pearl"

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NGA Pro/Am **Kentucky Natural Classic**



Heritage Hall - Lexington, Ky

info@KentuckyNaturalBodybuilding.com KentuckyNaturalBodybuilding.com Contact : Josh Miller (606) 424-7157

Bodybuilding Physique Classic Physique Pro Bodybuilding Pro Masters Bodybuilding Pro Physique

Women's Physique Women's Fitness Pro Figure Pro Masters Figure Pro Bikini

KentuckyNaturalBodybuilding.com



t was a fairytale come true as Patrick Carr, NGA amateur physique competitor, walked into the NGA East Coast Natural Championships in Penn State with his eyes on multiple prizes. He earned them all!

The NGA East Coast Natural Championships in Penn State proudly presents to you the newest NGA Physique PRO, Classic Physique PRO, and most importantly, the future Mr. & Mrs. Carr!

The plan was set as Patrick worked with the Promoters, Earl Snyder and Terri Whitsel for about a month before the big show to get all of the details set up. Patrick was so flexible and willing to do anything to make sure that the proposal was a huge surprise for his new fiancé, Maureen Walsh.

We incorporate

ing into the

execution,

pull a winning ticket

to Maureen,

and pull her

winner. Pat-

rick comes

on stage as a

Maureen had the winning ticket. Earl had her come all the way up on stage to set the final scene. Still unsuspecting, Maureen looked beautiful as she unknowingly prepared to accept the proposal that would change her future forever. After a minute or so of complete unnecessary talk to keep her occupied, Patrick took his place on stage without Maureen seeing him and with nothing on, but his posing trunks, a bouquet of flowers, and a bow tie making all the ladies in the audience go wild! Maureen turned around and of course she immediately figured it out, as

> the man who was about to steal her heart was on one knee in front of her...

> > The newly engaged

couple met in 2013 at a

local dining establish-

ment. They reside

in the Fox Chase

section of Phila-

delphia with their

rescue dog, Ace.

Patrick is a NPTI **Personal Trainer**

and is pursuing a

degree in Physi-

cal Therapy. He

seven years and

began competing in the Spring of 2015,

and earned his Pro

card in Men's Physique

and Classic Physique from

the NGA in July of 2016.

Maureen is an Events Director

& Caterer at The Orpheus Club of

Philadelphia, a historic performing arts

has been training seriously for

The Goal: Get Maureen onto the stage without her She said yes... becoming suspicious and Maureen says "Yes". The Game Plan: the 50/50 draw-AT RUL WHITE BOX N UNDER ITS BS GA

out, pops the question, and clinch the win! How It Went Down: We pulled a winning 50/50 ticket (a fake one) and gave it to Patrick. He gave it to her right before the finals began and told her he bought one and to make sure she

was there when they did the drawing. Luckily, Maureen is easy going and agreeable! Patrick gave the emcee the coveted ring to hold at the podium.

After Patricks' Physique routine was finished, he then exited the stage. Earl Snyder, promoter and emcee, announced that we would be drawing a 50/50 and for everyone to get their tickets ready. Earl had Patrick pull the winning ticket and exit the stage. Patrick stood behind the curtain with some nervousness and a bowtie. Of course,

Maureen has been very supportive of Pat's fitness goals and achievements, and helps a lot with contest and regular meal prep. In return, Pat helped Maureen streamline her own fitness goals, and is constantly helping to plan new and fun workout programs to keep things interesting. They plan to get married in the Summer of 2018.

club.

Congratulations to both of you and best wishes for a healthy, long, and prosperous future from the NGA!

From Preemie to Muscle Man

"PREEMIE GROWS BIG AND STRONG" BY CHRIS
KREPICH OF PRESS ENTERPRISE NEWS ADAPTED BY
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AND PENNY COPELAND, CHADWICK'S MOTHER





hadwick Thomas is the new 2016
Mr. Anthracite Natural winner. He
also won his Pro NGA card at the
April 9th, 2016 show in the heart of the
Anthracite Coal Region, Pottsville, Pennsylvania. He had a difficult time winning
the title, and not with training, diet or
aerobics. I mean surviving to even be
on stage in any bodybuilding show.

Thomas was born twenty-eight years ago in Northeast Pennsylvania. Thomas weighed just over 3 pounds at birth. He was born 12 weeks early.

Penny Copeland, his mother, said she was working three jobs in 1987 when she was pregnant with Chadwick. She was away from home and with a friend, when her water broke. Doctors held off labor for two days, but finally the doctors determined the baby had to come out. Thomas had to be resuscitated and underwent emergency blood transfusion. He was sent to the regional Geisinger Medical Center in Danville, PA. He spent many days in isolation with tubes and wires everywhere. He was 45 days in Geisinger Hospital and was allowed to go home at just over 4 pounds.

He was so small that his mother dressed him in doll clothes. Chadwick was on a cardio respirator for 21 months and also had other complications. He was severely allergic to milk, citrus, cocoa, soy, pineapple, and cranberries. She had to read the labels on everything she offered him for meals. He also underwent physical therapy just so that he could hold his head up.

By 2, he was a strapping toddler, and by 8 his allergies diminished. At one point he was even pudgy for a time. At 14 he was a head taller than the rest of his youth football team. All was going

well in his life until shortly after he graduated from high school. He was in a bad motorcycle accident in 2005. He lost 10% of his skin when he slid along the roadway, and his gas tank burst into flames. He tore his ACL in his left knee and suffered two slipped discs in his lower back. A subsequent infection in his knee turned a 4-month recovery into a 10-month recovery. He ballooned from 188 pounds to 265 pounds.

While working out to take off the weight, he discovered he loved the gym and lifting. He became interested in bodybuilding in 2007. His good friend, Renee Blackburn, encouraged and inspired him to enter a bodybuilding competition and taught him about nutrition and training. He trained without use of steroids and won the Novice competition at the 2010 NGA Mr. Natural Philadelphia Bodybuilding competition. He went into two more shows and this year he won the NGA Mr. Anthracite Natural title (a regional Pro Qualifier show in its fourth year of existence.) The show is open to those who work, live or go to school in the five county region known as the Anthracite Coal region. Ironically he lives in Minersville, PA. When he won the contest, the local Pottsville Republican - Herald newspaper, used the headline. "Minersville Man wins Mr. Anthracite Natural title." He trains at Champ's Gym in Minersville.

Chadwick works at Hexcell in St. Clair, PA, which makes helicopter and airplane parts. Last year he and his mother went to the Geisinger Hospital Miracle Network weekend in June and helped with the event. He plans to be on the telethon next year to tell his amazing story to inspire parents of preemie babies that their future can be bright.

The Pelvic Tilt

BY DR. NICHOLAS M. LICAMELI, PT, DPT NGA PRO BODYBUILDER NLICAMELIDPT@GMAIL.COM

The Pelvic Tilt:

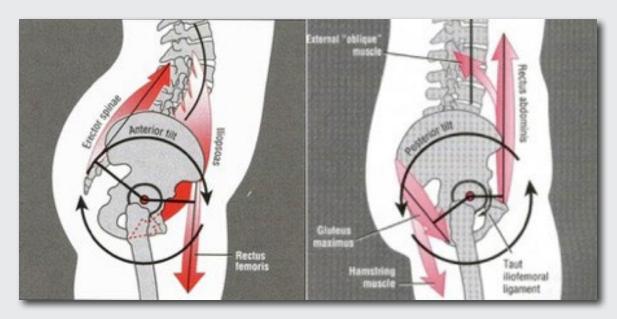
The Foundation to Optimal Movement and Performance

An **anterior pelvic tilt** (APT) is when the lower back arches and the rear end sticks out. The muscles responsible for an APT are the iliopsoas (hip flexor) and erector spinae.

A **posterior pelvic tilt** (PPT) is when the lower back rounds and the rear end gets tucked downward. The muscles responsible for a PPT are the rectus abdominis, glutes, and hamstrings.

A **neutral spine** is the midpoint between an APT and a PPT. This is the optimal position for the spine.

Typically, the tight hip flexors cause an APT bias. This compresses the nerves and spinal cord in the lower back and is a common cause of low back pain.



(Newman, 2010)

An anteriorly tilted position puts the abs, glutes, and hamstrings on stretch, which causes the muscles to become weak. This is a common reason why trainees complain of an inability to "feel" the lower abs working during ab exercises and an inability to "feel" the glutes working during leg exercises.

Follow these tips to improve the safety and effectiveness of your training:

Before initiating an abdominal exercise, perform a PPT and flatten/press the lower back into the floor. This will ensure full ab engagement.





PPT during a reverse crunch

PPT during a crunch

During leg exercises such as the squat or deadlift, perform a slight PPT at the top of the movement to better engage the glutes and hamstrings. Be sure to maintain a neutral spine throughout the rest of the movement.





APT at top of deadlift. WRONG

Slight PPT at top of deadlift. CORRECT

An excessive PPT should be avoided, as pictured below.



Be sure to check out this video as well as the rest of the **Feel Good Friday** series on my YouTube channel at the following link: https://www.youtube.com/watch?v=RoStboZfUrY

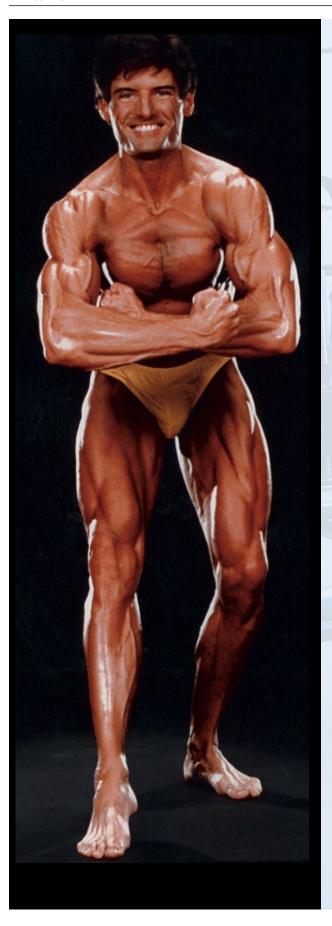
Reference:

Newman, D. Kinesiology of the hip: A focus on muscular actions. Journal of Orthopedic and Sports Physical Therapy, 2010; 40; 2: 82-94



Dr. Nicholas M. Licameli, PT, DPT

Nick is a doctor of physical therapy and professional natural bodybuilder. He graduated summa cum laude from Ramapo College of New Jersey with his bachelor's degree in biology, then furthered his education by completing his doctoral degree in physical therapy from Rutgers School of Biomedical and Health Sciences (previously the University of Medicine and Dentistry of New Jersey) at the age of 24. His knowledge of sport and exercise biomechanics, movement quality, and the practical application of research combined with personal experience in bodybuilding and nutrition allows him to help people in truly unique ways. He views bodybuilding through the eyes of a physical therapist and physical therapy through the eyes of a bodybuilder. His passion lies between his love for the journey of bodybuilding, education, and helping others.



Matural Way

Way Lost In the Gym

BY MIKE HAMILL
NGA CERTIFIED PERSONAL TRAINER

o you ever feel like you've just driven yourself into a brick wall and have no clue how to get around it? Have you ever walked into a gym and just felt totally lost about what to do? Have you been working out for eons with little, or no results either in strength or body composition?

To stop treading water with your training and to get around your walls, you must develop a plan. Once you develop a plan and implement it, you need to keep a record to see if it's working. If it's not working, you need to figure out what's not working and try to fix it. This is impossible if you don't know what you've been doing, so it is imperative you keep a record. Keeping a training record or log may seem like a pain, but I cannot overstate its importance in obtaining the results you want. It is not only a record of your past workouts, it's a roadmap to future workouts. It keeps you focused. It records successes and failures giving you an invaluable means of correcting problems.

In developing a plan, the first thing you must realize is that you cannot approach training with the idea of lifting as much weight as you can all the time. You must employ what is called periodization, or cycling, to your training. In short, you must include periods of light, medium, and heavy workouts in addition to rest throughout your training year. Yes, I said year! You shouldn't expect to pick up a basketball for the first time, shoot a few shots, then go blow Lebron James off the court. It takes time to learn the game. Practice it and improve. The same applies to your training. Results take time, hard work, and patience.

A good periodization program will allow four to six weeks of light work to start your training year. This readies your body; i.e., joints, tendons, and muscles for the work ahead. Generally, this phase of training uses 30 to 50% of your one rep maximum for all exercises. Next, comes a strength phase lasting six to eight weeks. Here weights load of 55 to 75% of one rep maximums are used. Then, a mass phase of four to six weeks follows where 75% to 100% of one rep maximums are used. This should be followed by a three to four cuts phase where high reps and 35% to 50% of one rep max loads are used. Following this, a one to two-week rest phase will not only allow your body and mind to recuperate, but will allow for a good review of your training records. This will allow you to make any necessary changes to your program before beginning the cycle again.

If you discover a problem, don't just take a, "Well, that didn't work, let's try this," attitude. Do some research into what you've discovered. "RESEARCH?! Why hell, that sounds like work!" Yes, it does take a little bit of work, but it's that work that will get you where you want to go.

In setting up a routine, you must remember that all muscle groups have more than one area that needs to be developed. For instance, the chest has upper, middle, and lower areas to be worked. This is a generalized example. To get more detailed, you

must research chest exercises to discover which exercises work all areas of the chest.

You must also consider exercise and body part sequence in setting up your routine. You wouldn't want to work shoulders before chest because shoulders act as a stabilizer during chest exercises. If you fatigue the shoulders, you won't be able to properly work the chest and you risk injury to the shoulders. The amount of workload must be carefully thought out as well. You want to stimulate muscle into growth, not work it to death. The major mistake I see natural athletes make, is overtraining with the concept: "More is better." When it comes to changing, your body less is definitely more, provided that less is quality. Always, always use proper form. You'll get much better and faster results with more form, less weight than vice versa.

Next issue, we'll present the importance of meal planning throughout your training year and discuss how to set your plan up. In following issues, we'll present workouts broken down into specific body parts covering the whole body and discuss aerobic training to help you meet your physique goals.

Until then, train hard, stay natural, and remember, before setting out on your training trip, set your goal, map out your route, keep track of your progress, do your homework, put the proper fuel in the tank, be patient, be consistent, and you will reach your goal. Think before you work!



Mike Hamill is an NGA Certified Personal Trainer

Mike has twenty-six years of bodybuilding experience. He is a multiple Mr. Utah and regional Masters Champion with consistent top five finishes on national and world levels. Known as "The Bodybuilding Poet", Mike has been published in several international fitness publications. You may sample his creative side at www.reverbnation.com/mikehamill or contact him with questions at PO Box 676, Park City, Utah 84060

2016 NGA Pro/Am Bluegrass Bodybuilding Championships

Lexington, KY - October 22, 2016

NGA Promoter: Josh Miller



Left: Alicia Gifford (Overall Figure Champion)

Beth Wilson (Novice Bikini Champion and Bikini Masters Champion)

> Matthew Burdess (Pro Open Bodybuilding 5th place)

NGA RENTOCKT CHAIRMAN

NGA PRO BODYBUILDER, PRO PHYSIQUE

OWNER OF TRANSFORMATION PERSONAL TRAINING

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fford

josh@transformationpersonaltraining.com

he build-up for the NGA Pro/Am Bluegrass Bodybuilding Championships was unmatched! The commitments I was getting from competitors let me know that this was going to be a special show. The weekend of October 22 was finally here... Friday night checkin had arrived, and indeed, great energy was present.

Finally, the competition day arrived. Great anticipation filled the air! Each competitor brought their very best, and each competitor came to win. The look in each competitor's eyes exemplified confidence. This competition was a super pro-qualifier offering junior, novice, open, masters, pro, and masters pro categories.

The build-up was not a let-up!

During prejudging, class-by-class entered the stage, each competitor fought fiercely, making their case as to why they should be crowned champion. The judges had their work cut out for them as they had to decide how each competitor should place.

At the opening of the evening show, all competitors entered the stage together as Darian Sanders brought the crowd to their feet with his amazing rendition of the national anthem. Guest poser, natural bodybuilding phenomenal, Meshack Ocheing, mesmerized the crowd as he demonstrated why he is one of the best natural bodybuilders in the sport. However, before Meshack could leave the stage, he was challenged by eight-year-old Noah Epperson, for a posedown. The crowd would then choose the

winner. The posedown was close, but the crowd decided that Noah Epperson was the winner!

The show was able to award six pro cards. Two pro cards went to bodybuilders, two went to bikini competitors, one pro card went to a figure competitor, and one pro card went to a men's physique competitor. Our pro categories consisted of open pro bodybuilding, pro master's bodybuilding, pro men's physique, pro figure, masters pro figure, pro women's bikini, pro women's physique, and pro master's men's physique.

All the competitors at this event were amazing! They all brought their very best and battled it out in epic fashion. Discipline, commitment, and a lot of sacrifice went into this show and everyone was a winner.

Kentucky is home to three NGA events! The

"NGA Pro/Am Kentucky Natural Classic" held every April in Lexington, KY. The "NGA Pro/Am Western Kentucky Natural Classic" held every August in Owensboro, KY. The NGA Pro/Am Bluegrass Bodybuilding Championships" held every October in Lexington, KY.

We are so happy to bring the NGA and natural bodybuilding to the great state of Kentucky! The NGA has given natural competitors in Kentucky and surrounding states a stage and a platform. It has also brought recognition to each competitor, and given competitors opportunities for advancement. These opportunities may not have been available to natural competitors otherwise.

On behalf of all the NGA competitors in this region of the nation, we say: "Thank You NGA!"

Center:

Men's Physique Lightweight: (left to right) Tanner Vandegriff, Garrett Serd, Cade Cyrus, Michael Grapner

Right: Noah Epperson Meshack Ochieng (guest poser)

First On-Site NGA Program

Ultimate Fitness Academy

Thailand

DR. CHRISTOPH KLUEPPEL
NGA EDUCATION DIRECTOR FOR SOUTH EAST ASIA
ULTIMATE FITNESS ACADEMY (THAILAND)
CHRIS@ULTIMATEFITNESSTHAILAND.COM



At Class. (L to R): Pimonwan, Chris, Punda, Wanida, Bannasan



Incline DB Flye. From left to right: Chris, Pimonwan, Wanida, Bannasan, Punda



Our building. (L to R): Chris, Punda, Wanida, my spouse Chamnian, Pimonwan, Bannasan



In our Gym. From left to right: Chris, Bannasan, Pimonwan, Wanida, Punda



From left to right: Bannasan, Chris, Pimonwan, Wanida, Punda

xclusively appointed as the NGA's Education Director for SEA since 2005, I recently established the Ultimate Fitness Academy in Thailand's North-East. It includes a comprehensively equipped gym, a spacious seminar room, and a comfortable guest house. Here we promote fitness expertise through organizing fitness seminars, fitness holidays, and trainer certification programs, with expert instruction in correct weight training techniques being an important part of all our programs.

In October 2016, we were finally ready to conduct our first on-site NGA Trainer Certification Course which was a great success. We had four Thai participants with two female competitive Thai physique athletes among them. All participants were accommodated at our guest house and had completed extensive home-study of their NGA

Manual before attending our academy; to facilitate their studies, we had also provided everyone with all major content of the NGA Manual in Thai.

Each of the six scheduled all-day-seminars began with an abundant breakfast buffet on our roofed terrace behind our main building.

Class then started at 8:30am in our academy's seminar room with instruction in fitness-theory, based on the NGA Trainer Certification Manual. Every day, I lectured on one of the manual's six chapters, summarizing its most essential subject matter within the course of a week.

After lunch break, daily class would then continue with more fitness-theory until approximately 3:00pm, and conclude with a video presentation, focusing on one major body part per day, presenting the most essential exercises to train and reviewing the involved muscles.

Afterwards in the gym, I demonstrated the various exercise movements as shown in the prior video presentation, also pointing out common mistakes, how to correct them, and how to properly spot these exercise movements. The students then practiced the exercise movements, while receiving my tips and suggestions on how to optimize their exercise technique.

By 5:30pm, all daily instruction was completed; but, being avid fitness enthusiasts, all our participants accepted my offer to guide them through a workout for the "body-part of the day", each of them at their individual training level. This provided all participants with an excellent training experience, while conveying how a proper workout is conceived and administered.

After training, our students were offered a tasty whey-protein shake and dinner was served. Each day concluded with social gathering.

All six seminar days were conducted in similar fashion until Saturday, when the final exam was scheduled, which all our students had volunteered to take at our academy in a proctored environment. Promptly evaluating their completed exams later that evening, I found that all students had successfully passed.

On Sunday morning before their departure, I took our graduates on a sightseeing tour to nearby ancient temple sites. Here we enjoyed the aura of marvelous antique architecture, took plenty of photos, and had a great time. In accordance with the quote "a healthy mind in a healthy body", our visitors thus also benefited on a spiritual level from their stay with us. During the whole week, we tried to convey by our own example that being a truly professional trainer is not merely about acquiring the highest level of fitness expertise, but even more so about kindness, caring, sharing, helping, and giving.

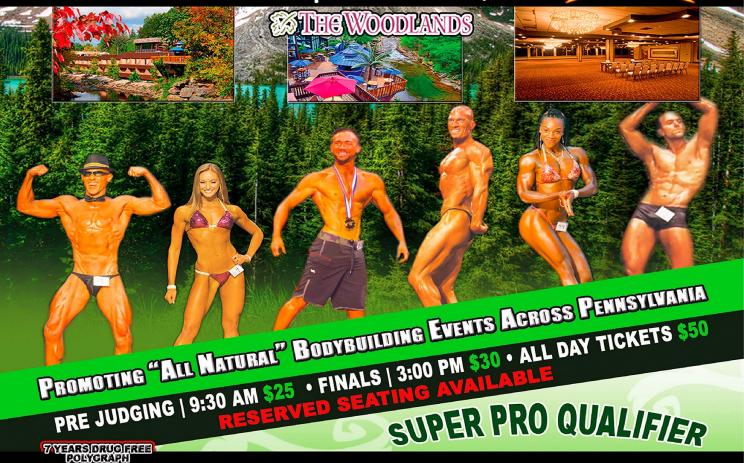
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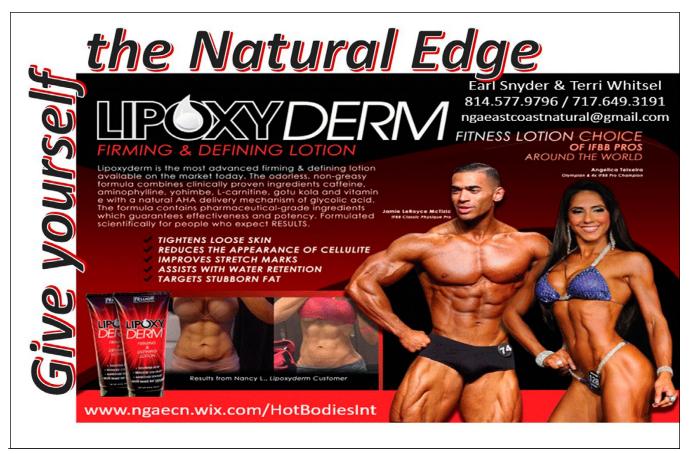
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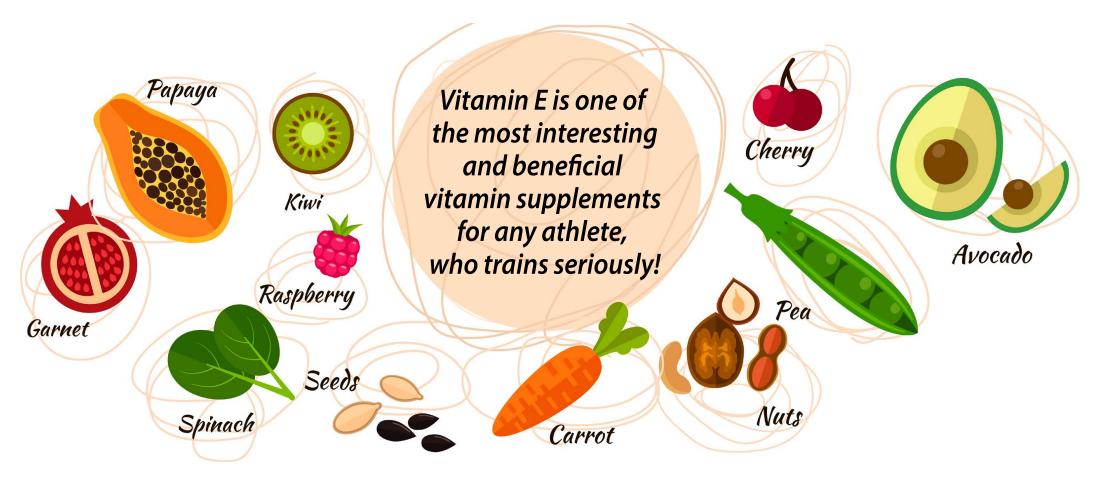


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ome people say that the "E" in Vitamin E stands for "everything", or for "excellence", and this seems quite true.

Whole food sources of Vitamin E include dark leafy greens, nuts, seeds, avocados, shrimp, fish, plant oils, broccoli, squash, and fruits. If you eat plenty of these healthy foods, you will easily get the RDA of Vitamin E. But, to fully reap Vitamin E-related athletic benefits, you will need far higher amounts of Vitamin E, than you can possibly obtain from a healthy diet (i.e. 200 iu -1000 iu/day). This makes natural Vitamin E one of the most interesting and beneficial vitamin supplements for any athlete, who trains seriously, as it has a great deal to do with many important functions of the body and thus contributes in various ways to athletic performance, especially optimum recuperation.

To athletes, supplementation with Vitamin E is primarily important because of its role as a powerful antioxidant. Air pollution, environmental toxins, smoking, sun exposure, etc., are significant sources of so called free radicals, but by far the freest radicals are generated as by-products of normal metabolism (breathing and energy production).



These free radicals - highly reactive, renegade molecules - are generated, when oxygen, which is delivered via the blood to the cells in form of O2, escapes the controlled metabolic process as negatively charged, highly reactive single oxygen ions. To become stable, these negatively charged single oxygen ions strive to combine with positively charged hydrogen ions, which they attempt to usurp from the fatty acids in the cell membranes. This permanent ongoing attack causes changes to the cells, weakens and damages them, ruptures their membranes and leaves them open to further injury including DNA damage.

The special relevance of all this to athletes is obvious: during vigorous exercise, athletes increase their rate of respiration (metabolism) considerably: their body takes in and uses between 10 and 20 times as much oxygen as during normal day-to-day activity, which means that proportionally more free radicals with the consequently increased potential for cell damage are generated in their systems. In the quest to pair with positive hydrogen ions, these free radicals attack the important polyunsaturated fatty acids within the cells' membranes, the cells' DNA and cellular tissues, like the mitochondria, endoplasmic reticulum, various energy-making and repair enzymes, and muscle

tissue. The result is cellular damage; particularly dangerous is hereby damage to the DNA, which can lead to mutations that cause cancer.

Regarding athletic performance, damage to the cell membranes is of major concern, since it renders the athlete's cells unable to adapt normally to exercise induced processes. For adequate recuperation and growth, the athletes' cell membranes, must be in good health for attracting vital nutrients into the cell interior and expelling waste matters; a damaged cell membrane may not permit the passage of nutrients or the discharge of waste. While impaired nutrient intake can lead to a cell's starvation and death, the inability to discharge wastes can on the other hand poison the cell. All this makes it quite clear, how free radical accumulation through exhaustive exercise can result in a reduction in exercise induced processes in the cell such as repair and growth, decreasing the athlete's ability to recover from training.

Fortunately, the body is not left defenseless against this onslaught of damaging free radicals, but has a defense system to keep free radical damage at bay with Vitamin E being its most prominent weapon. Fat-soluble Vitamin E,

which is contained in the fats and lipids in the blood, in fat deposits and in healthy cell membranes, counteracts the above-described negative development by acting as cell membrane stabilizer and as a free radical scavenger.

Vitamin E prevents DNA and other cellular tissue damage by quenching free radicals, particularly single oxygen and polyunsaturated fatty acid radicals, hereby synergistically cooperating with other antioxidants, especially Vitamin A, C and Selenium. Vitamin E protects cell membranes, by sacrificing itself, donating the hydrogen ion, required by the attacking free radicals. Therefore, it always needs to be sufficiently replenished to be able to continuously exert its protective properties.

If you should choose to supplement your diet with Vitamin E, make sure to exclusively select the natural D-form of Vitamin E (such as in d-alpha tocopherol, d-alpha tocopherol acetate, or d-alpha tocopherol succinate), and be aware that natural Vitamin E consists of eight health-boosting compounds, including four tocopherols and four tocotrienol compounds in their perfect natural balance!

PUSHING FIFTY

"It's Only Difficult, Until You Get Better!"

BY: KICA LOLIYONG USMC (RET.) NGA PRO PHYSIOUE

dare you to find a better motivational quote than this one, with one catch, its application must have no boundaries and it must be 100% dependent on what you decide to do. You can either keep grinding, or you can choose to give up.

My shift from BLAH, BLAH, to Center Stage, began at the advent of my 46th birthday when one look in the mirror made me realize that I had settled for mediocrity. In my mind, mediocrity takes zero effort to achieve. That has gotten me to think about changes. Not in the classic evolutionary way, rather in the revolutionary way.

Revolution meaning change, only faster.

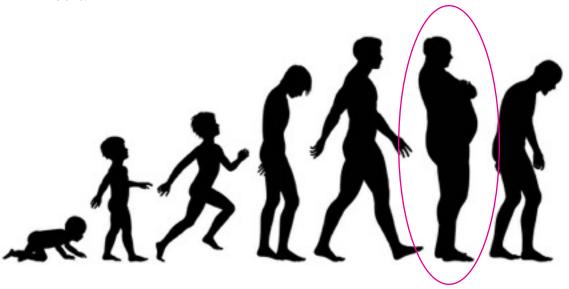
Now, as I sit at the doorstep of my 50th birthday, with a shredded birthday suit might I add, I can't help but shout out loud, "I went from BLAH, BLAH, BLAH, to CENTER STAGE".

The reality is that, what you see today was always there. It just needed a commitment to consistent lifting, clean eating, and mental adjustment to reveal itself.

Top it off by doing it naturally makes it that much more rewarding.

My lifting and nutrition plans are no secret to the world. Lift six days a week, eat clean seven days a week, repeat for 365 days a year, and stay natural for life. It's simple, consistent, and effective.

The chronological aging process, as relates to physiques for men, looks something like this:



A slight adjustment in lifestyle, combined with focus and determination is all I needed to buck the trend. In case you missed its significance, the figure surrounded by the red oval is a representative of me at 46.

This is not about defying age, genetics, or science fiction. It's about deciding to act, setting a target, crushing that target, and to continuously compete against yourself to deliver the best you that there can be at any age. It's about a commitment to a lifestyle that is sustainable. Side effects may include more energy and stamina, alongside with the obvious health benefits earned exclusively through natural means.

If you are up to it, and don't mind showing off your progress in something as close to your birthday suit as possible; you may even have a chance to own center-stage!

So, stop the BLAH, BLAH, rev the engine, throw it in gear, and burn the rubber to your transformation. The NGA is a great place to seek guidance from the beginning of day one in your transformation, to Center Stage if you're up to it.

HINT: Don't wait until your 46th birthday. And if you do, that's OK. It's never too late





Kica Loliyong is a former US Marine, fitness enthusiast, and natural bodybuilding competitor. At the tender age of 47, he started competing in the Men's Physique division as an amateur. He earned his pro card in the National Gym Association (NGA) 10 days after his 48th birthday and competes in both the open and master's classes in exclusively natural bodybuilding organizations. Along the way, he has met and competed against many wonderful individuals of all ages who embrace the same motivation and lifestyle. When not lifting, or competing, he works as a Vice President of New Business Development and Marketing for a Baltimore based firm. kicaokl7@me.com and instagram, @blacdome



FIVE RECOMMENDED STEPS TO BECOMING A SPONSORED ATHLETE

It's going on four years working with the NGA providing competition Tan with P-Bronze Spa Tanning, My journey has evolved into assisting bodybuilders, figure/fitness, and physique competitors to compete, create a portfolio, and gain recognition as natural athletes. For the second year, I have hosted the NGA Lebanon Valley Pennsylvania Pro/Am Figure Bodybuilding Championships with the help of good friends: Jim Wilmer (Adonis photographer) and Bob Goldman, editor of the NGA New Jersey magazine. My goal is to assist natural athletes to earn contracts with financially lucrative sponsoring companies.

According to Jason Robillard (2016), there are five steps to becoming a sponsored athlete. I hope this information will assist athletes to participate in any event regardless of the expenses and fees.

THE STEPS IN BECOMING A SPONSORED ATHLETE ARE:

UNDERSTAND WHY COMPANIES SPONSOR ATHLETES

Many supplement/apparel companies are looking for an athlete to represent their public image. The desire of many companies is to sell products and services, but always consider their image.

BUILD AN AUDIENCE - BRAND YOURSELF

Sponsors prefer an athlete who has a current large following. Consider creating a Facebook page, website, YouTube video, getsponsoredfast.com or makeachamp.com to share a digital resume of your achievements. When you develop an audience, you increase the number of people, who add work to your opinion and name. The final way is to create a marketable business.

I have a mobile competition tanning service and Shar Legree is co-owner of She-Is-Competition fashion jewelry.

WHAT TYPE OF SPONSORSHIP ARE YOU SEEKING?

There are many ranges of sponsorship but the main goal is to earn discounts or have all expenses paid. The most crucial part of asking for sponsorship is to find the right words and connect with the sponsor. Have your goals mirror or enhance the company's moral goals?

HOW DO ATHLETES CONTACT THE COMPANY?

The logical solution to contracting a sponsor is to speak to one of their clients. Always be respectful and humble.

MAKE THE SALE - GET THE CONTRACT

Make your interests clear and concise in a presentation about your goals as a sponsored athlete. Keep your pitch to describe who you are, and your demographic. Congratulations on your journey to become a sponsored athlete!

Robillard, J (2016) Five Step on Becoming a Sponsored Athlete. Active.com/fitness/article/how-to-become-a-sponsored-athlete-in-5-steps

NGA Pro/Am Natural Peoria Championships

Peoria, IL, October 29, 2016

NGA Promoter: Jonathan Aggen



Far Left: Ben Goins PRO BB, 1st Place

Left:

Left to right: Erik Janik, Noah Sepich, Austin Steward (Overall & NGA PRO Card), Blake Bush he 2016 Pro/Am NGA Natural Peoria Championships featured a record number of competitors this year, and also introduced some new classes and awards that were not included in last year's show. The Bikini Model Class was the most notable addition with Pro Cards being awarded to both Ashley Noland and Casadie Little. They both won Open Bikini Pro Cards as well, with Casadie winning the Overall for the Bikini Open Division.

Gary Ramos took first and won a Pro Card in the Open Men's Physique Lightweight Class.

Jeremy Tippey took first in Open Men's Physique Heavyweight. George Kowalski came down to compete in Open Lightweight Bodybuilding, and walked away with a first place medal. Jerome Drakeford pulled off a win in Open Middleweight with enough for a Pro Card. Jose Velazquez took first in Open Light Heavyweight for a Pro Card and the Overall.

The Pro Men's Bodybuilding lineup was stacked with names like Ben Goins, Brandon Quast, Justin Draper, Robert Harris, Corry Harris, Monroe Harrison, Nick Erickson, Arma Wright, Brandon Chaison, and Matt Mirowski! Ben walked away with first, and a check for \$1000. Brandon came in second, and took home a check for \$700. Justin came away with 3rd, and a check for \$400.

Other Pro Card winners include Sara Kish for the Open Bikini "C" class, Crystal Crayton for Open Figure "A", Amanda Goins for Open Figure "B", and Brianna Tucker was the Open Figure "C" and Overall Figure Winner. Robyn Scott took the Master's Bikini 35+ class for a Pro Card, and Felicia Christianson Won her Master's Figure Pro Card as well as the Master's Figure Overall.

Other awards given out on stage were for the "Transformation Class", "Most Enthusiastic Male & Female Debut", which went to Dustin Oesterle, and Savanna Hackett (respectively), "Largest Fan Club" for the top five competitors with the largest fan clubs, The "Best Coach" award, for top three coaches who brought the most competitors to the show, and the "Happy Birthday" award, which went to Jack Halverson, for turning 58 the day of the show, and returning to the very show that launched his bodybuilding career into the spotlight of the natural bodybuilding community.

Right:Jonathon Aggen, Ashley Lane Noland,

Casadie Little,
Mario Canon

Far Right:

Gary Ramos (Open Physique LW PRO Card)

100 % Pure Liquid Egg White Protein!

LOOKING FOR A SPONSOR ?

The National Gym Association has arranged for any Athlete that will compete in any of our shows, to get a Limited Sponsorship with the Egg Whites International Egg Team!



If you would like to be a part of the EGG TEAM with Egg Whites International, send your request for Sponsorship to EggTeam@eggwhitesint.com and tell them the NGA sent you.

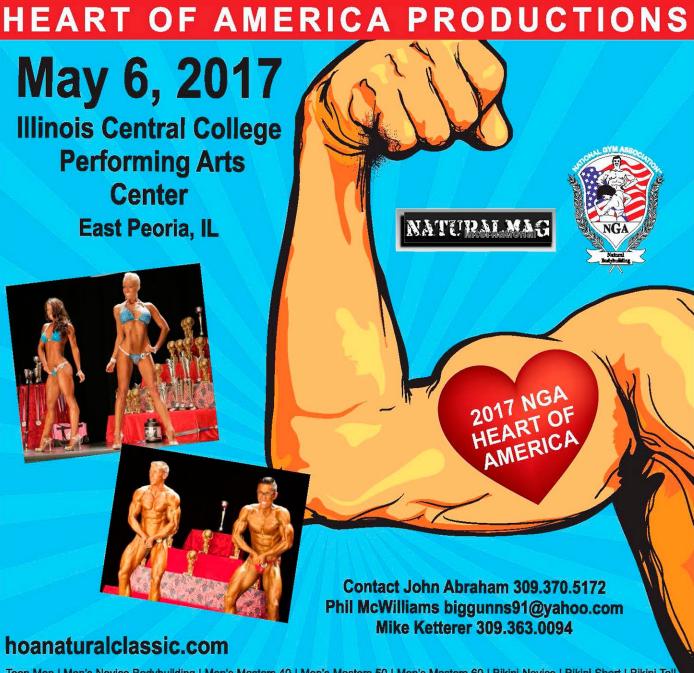
> As an athlete, this is the very best product and company you can grow with.

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Teen Men | Men's Novice Bodybuilding | Men's Masters 40 | Men's Masters 50 | Men's Masters 60 | Bikini Novice | Bikini Short | Bikini Tall' | Bikini Overall | Pro Bikini | Men's Pro Bodybuilding | Women's Pro Figure | Women's Figure Novice | Women's Figure Masters | Women's Figure Short | Women's Figure Medium | Women's Figure Tall | Women's Figure Overall | Mens Physique | Men's Open Bodybuilding





HOA NATURAL CLASSIC • BODYBUILDING • FIGURE • BIKINI • PRO-FIGURE, PRO BIKINI & PRO BODYBUILDING CHAMPIONSHIPS

Warrior Spirit Award



BY BILL MORA
NGA PROMOTER, FL
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or the past 3 years at the NGA Gator Classic in central Florida there has been an award given out to those competitors who have overcome some sort of adversity. Competitors who have overcome a major surgery, drastic weight loss, or anything else that an everyday citizen who have been sidelined. Entries are sent in about their stories, what they have overcome, the issues they had to contend with, and perhaps some pictures. Promoter Bill Mora and Mike "BrocMan" Ives, (for whom the award is named after) go through each entry meticulously. Every single one deserves to get the award, however, unfortunately, only one person can receive it.

The award is named **The Mike "BrocMan" Ives Warrior Spirit Award** for NGA Masters' Pro

competitor Mike Ives. Mike was born and raised in Philadelphia. When he was a teenager, he had both arms crushed in a paper baler. As a youngster, Mike never thought of bodybuilding. He wanted to be either a professional baseball player or a drummer. Fitness and bodybuilding never really entered his mind. It took almost 2 grueling years to get his arms out of casts and start a lengthy physical therapy process. In Mike's early 20s, he began to work out. As time would have it, Mike started reading bodybuilding magazines, working out, and even met some of the magazine idols in Venice Beach, CA. He was bitten by the "bodybuilding" bug. Mike would go on to compete in over 45 NPC

contests throughout Florida and up/down the East Coast.

Being a drug free competitor Mike started to enter natural shows. Everywhere he goes and every show he enters, people know Mike. They see and hear his positive outlook on life; a positive attitude and a willingness to help others get better. In a sport known for selfishness and

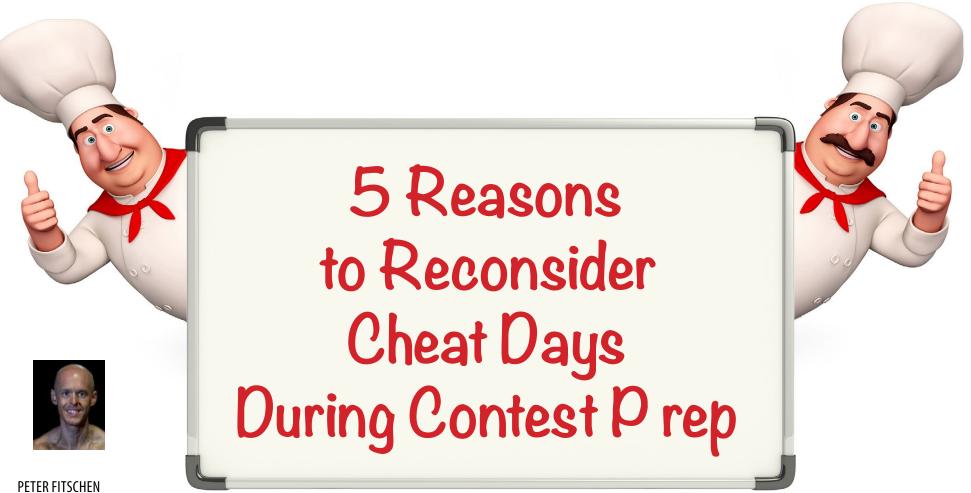
the "all about me" attitude, it is nice to see how genuine a person Mike is. He is quick to help someone backstage at shows or lend some constructive advice on posing or dieting. As Mike is nearing his 75th show, natural bodybuilding and the sport in general need more people like Mike lyes.

The <u>first</u> Warrior Spirit Award was awarded to bikini and figure competitor, Maggie Carbone. Maggie overcame a drastic weight loss (100+pounds). Most people as they become heavier never think of entering or competing in a fitness show. She put in grueling days and months of hard work, losing the equivalent of almost a single person! Maggie can be seen at central Florida shows as a spectator or judge. We plan to see her on stage again very soon!

The <u>second</u> Warrior Spirit Award was awarded to masters and (sometimes) open bodybuilding competitor, Dennis Hobart. Dennis had an open heart surgery. Most folks in their 50's would not be thinking of any type of major fitness activity let alone compete in a bodybuilding contest! Dennis was the exception. Always a smile and positive attitude. He continues to compete to this day and is a fixture in the 50+ Masters Bodybuilding division. He will sometimes grace the Open Heavyweight division as well!

For our <u>2016 Warrior Spirit Award</u>, it was awarded to Ariel Cleary. Ariel overcame severe mental stress and depression leading up to and after her pregnancy. At one point she did not want anything to do with her child and it took some time and effort for those feelings to subside. She got back on track and competed this year in the bikini division. Ariel has a great personality and works very hard. We look forward to seeing her at more NGA shows!

If you feel like you may deserve a chance at the Mike "BrocMan" Ives Warrior Spirit Award, send your bio and letter to my email, billyct74@aol.com, and maybe you will be the next recipient at the NGA Gator Classic on May 6, 2017.



PETER FITSCHEN
PHD NUTRITIONAL SCIENCES
CERTIFIED STRENGTH & CONDITIONING SPECIALIST
NGA NATURAL PRO BODYBUILDER
FITBODY AND PHYSIQUE LLC
WWW.FITBODYPHYSIQUE.COM

any successful competitors cycle calories and/or carbohydrate throughout the week in some fashion. This may occur through having a high carbohydrate day, cheat days, carbohydrate cycling or a number of different approaches.

Looking at the scientific literature, altering daily caloric intake throughout the week may provide a number of benefits. It may help to prevent decline in metabolic rate (although it should be noted the effect of a single high carbohydrate day on metabolic rate may not be as large as once thought).

A higher carbohydrate day prior to a hard workout may also help to improve performance during the workout and potentially increase muscle retention. However, the largest benefit to a high calorie/carbohydrate day may be the mental break it provides from the daily grind of low calories/low carbohydrates while dieting.

In an attempt to achieve the benefits of a higher calorie and carbohydrate day, many competitors use cheat days where they eat whatever they want for a day. However, this may not necessarily be the best approach for a competitor looking to step onstage at their best. Below are 5 reasons you may want to consider a controlled refeed day with set nutrition numbers rather than an all-out cheat day:

1. No Food Should Be Eliminated

There is no evidence that any individual food will cause weight gain or prevent fat loss. Therefore,

there is no reason that any one food has to be eliminated from the diet of a healthy competitor during contest prep. Instead of completely eliminating foods or food groups competitors are encouraged to eat a diet consisting primarily of a variety of nutrient-dense foods fitting in less nutrient-dense foods in moderation while staying within their daily caloric allotment.

2. Calories Still Count

A competitor's weight will decrease weekly during contest preparation if the number of calories consumed throughout the week is lower than the number of calories burned throughout the week. However, if an individual consumes enough calories during their cheat day to offset the calorie deficit created throughout the rest of the week weight loss may stall.

3. Disordered Eating Patterns

If a cheat day is turning into an all-out binge, a competitor's dietary pattern can begin to look like an eating disorder where food is extremely restricted for a large portion of the week with a binge on their cheat day. Competing should enhance a competitor's life, not detract from it; therefore, a competitor should make an effort to maintain a healthy relationship with food during contest prep.

4. Adjustments Are Difficult

Plateaus are a normal part of weight loss. When this occurs, a reduction in caloric intake or increase in activity (usually in the form of cardio) is necessary to keep weight loss progressing. However, for a competitor incorporating a cheat day adjustments can be difficult because the caloric intake on the cheat day may not be clear. Moreover, intake may differ from cheat day to cheat day making meaningful adjustments difficult as plateaus occur during contest prep.

5. Benefits of High Calorie Days Attributed to Carbohydrates Not Fat

Many of the proposed benefits of a high calorie day during a diet are due to an increased carbohydrate intake. Hormones that affect metabolic rate such as leptin and thyroid hormone are much more responsive to carbohydrate overfeeding rather than protein or fat overfeeding. In addition, muscle glycogen (which helps to fuel workouts) is the storage for of carbohydrate in muscle. Therefore, in order to make the most out of a higher calorie day, a competitor should increase carbohydrate intake and not necessarily fat intake as many do during a cheat day.

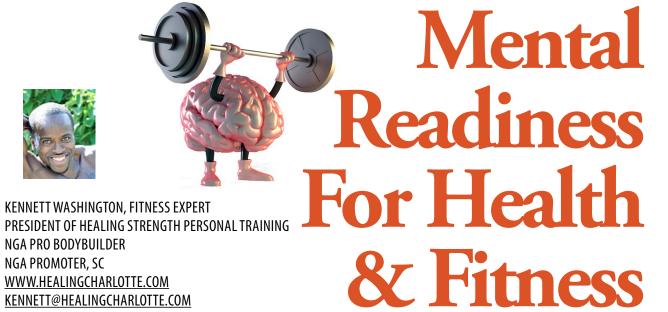
Ultimately, some competitors can get stage-lean incorporating weekly cheat days. However, if you are a competitor that incorporates cheat days and struggles to get stage-lean it may be in your best interest to switch to a more controlled high carbohydrate day where you aim for a specific intake rather than having a weekly free-for-all cheat day.

DISCLAIMER: FITbody and Physique LLC is not a medical doctor or registered dietitian. The contents of this message or attached documents should not be taken as medical advice and are not intended to diagnose, treat, cure, or prevent any health problem. Always consult your physician or qualified health professional on any matters regarding your health.





NGA PROMOTER, SC



housands of Americans have fitness goals set yearly. Many go with the traditional new year resolution kick. But once it is over, have you stopped to check your mental readiness? We are all programed to quickly check the scale of what society perceives to be a healthy weight. If you lose weight, then that's considered great. If your goal is to gain muscle, and you do, that is considered great as well. However, we fail to check what I call mental readiness. With so many unrealistic new year's resolutions, we often forget what it really means to remain fit and healthy. Throughout the year, start training your body to recognize that your mental health is just as important as your physical health. In fact, as you'll see, the two go hand in hand. I will share with you some tips that I use to help my aging brain remain fit and just as active as my body.

Before I share these tips, I will share a quick story about longevity and how I have been blessed to witness it through my loved ones. I would love to live as long

and as active as my great grandmother, Sara Jane Reed who we called Mother. Mother was at the mature age of 98 years old when she passed away of natural causes. Something to remember about her is that she always remained active. In fact, I remember my late grandfather, Robert Reed, who we call "Daddy Boat." I remember having to chain the lawnmower against the tree one year to prevent Mother from going out and trying to cut the grass during the summer. She was a busy bee. She was as fit as most thirty years old and her will to live with mental readiness was, in my opinion, key.

Another young-at-heart family member that comes to my mind is my grandmother, Louise Peay Reed, who we call Maw-Maw. She is just as active as Mother. They were the dynamic duo when it came down to fishing. They could fish the best of them under the table. All they needed was their good old fashion peach snuff, fishing bait, one bucket, and an old-school bamboo fishing pool. Without her partner, Maw-Maw still goes

fishing with family at the mature age of 83 years old and knows all the tricks of the trade when it comes to fishing. I have watched both ladies during my young adult life do exactly what I am about to share with you in this article. So, I hope you can use and see the value in what I am sharing.

Here are 3 ways to reverse the effects of aging on your brain so you can enjoy life into your 70's and beyond!

How to Reverse the Effects of Aging on Your Brain

Here's a few tips on how to keep your brain sharp into your 70's and 80's...

#1. Exercise

Surprise, surprise! I would highly suggest doing this first thing in the morning. It makes for a much more productive day. Also, a recent study published in a neurology journal found that people who exercise or get active at least once a week have a longer lasting memory.

#2. Be Friendly

Stay humble and friendly. If you live with someone, or do volunteer work, you improve your memory by almost 25% presumably because you keep the mind stimulated by meeting and speaking to other people.

#3. Do Puzzles

One of my favorites! You can't go into Maw-Maw's home without seeing a word puzzle on the kitchen table. Those newspaper puzzles like Sudoku and crosswords improve your memory, brain speed, and vocabulary too! It's not just for older people and it works just the same on young minds too. Plus, they're fun and a great way to kill time if you commute to work by public transport.

#4 Lumosity

It's a funny word but basically this is brain training technology. Basically, it is games that you play to help with memory, attention, flexibility, speed of processing and problem solving. The best thing about this is that you are playing games on your phone or laptop. You really will have no idea your brain is exercising. So, if you have a smart phone, you should have this.

Your brain is very much like your body, if you look after it, you'll receive years of healthy and happy living. Start today! Until next time train hard and eat healthy.

Quote Corner

"The brain is a wonderful organ; it starts working the moment you get up in the morning and does not stop until you get into the office." - Robert Frost

Eat Yourself Thin

Sweet Grilled Peaches

(Serves Two)

1/2 (16 ounce) package frozen peach slices

1/4 cup honey

1 tablespoon cinnamon

1. Preheat a grill for medium heat.

2. Place peaches onto a large piece of aluminum foil. Use two if necessary to hold in all the peaches without spillage. Drizzle the honey over the peaches, and sprinkle with cinnamon. Close the foil up, sealing tightly.

3. Place the foil packet onto the preheated grill, and cook for 10 minutes, turning once halfway through. Carefully open the packet, and serve.

Prep: 5 mins Cook: 10 mins Ready: 15 mins

Amount Per Serving: Calories: 244, Total Fat: 0.29, Cholesterol: omg, Sodium: 9mg, Total Carbs: 64.9g, Dietary Fiber: 4g, Protein 1g. Recipe from AllRecipes.com

Power Foods



BY JOSH MILLER BS, NSCA CPT
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s a personal trainer and prep coach, I am constantly designing meal plans and learning which foods work best for each client. When it comes to choosing the very best foods for each client's individual physique goals, this can be very difficult. This article is to help make it easier for you to find the best of the best. Through research and trial and error, I have found these "power foods" to have a significant impact on building that perfect physique.

Each food was chosen because it contains incredible effects on the human body. I make no guarantees, but eating these foods often will likely change your health and change your life.

Here are my choices in no order, along with the reasons why I've included them:

Eggs

Very affordable, great source of protein, contain several essential vitamins and minerals making them a nutrient-dense food.

Sweet Potatoes

A great source of Vitamin A (in the form of beta-carotene). They contain loads of fiber and potassium. They have more grams of natural sugars than regular potatoes but more overall nutrients and with fewer calories.

Broccoli

Broccoli is known to boost the immune system, build bones, fight birth defects, and to help prevent degenerative eye diseases.

Walnuts

Helps to prevent cardiovascular disease They are one of the few plant-derived sources of Omega-3 fatty acids. They're also high in plant sterols, which reduce cholesterol. Combine that with their arginine-powered ability to keep the insides of blood vessels smooth and you can understand their effect on heart health. In addition to all that, they're the nut with the highest anti-oxidant activity.

Olive Oil

Aside from making arterial walls more elastic, olive oil has many of the same benefits that walnuts do. As far as bodybuilders and other athletes are concerned, adding olive oil to your meals is a necessity to balance out our fat intake.

Blueberries

Blueberries contain more antioxidants than any other known fruit or vegetable. Just one serving contains more antioxidants as five servings of carrots, apples, broccoli, or squash. These high anti-oxidant levels help prevent cancer, cardiovascular disease, and degenerative eye diseases.

Spinach

Studies show that the more spinach eaten, the lower the risk of almost every type of cancer.

Tomatoes

Tomatoes are on my list for one main reason, or rather, one main nutrient: lycopene. This member of the carotenoid family could be the silver bullet in preventing prostate cancer. Consider the 1995 study that showed men who ate ten or more servings a week of tomatoes reduced their risk of prostate cancer by 35% and their risk of aggressive prostate cancer by 50%.

Turkey Breast

Turkey is practically the leanest piece of meat on the planet. It's inexpensive and has a nice array of nutrients.

Yogurt

Yogurt contains probiotics which help your digestive system function properly. Gastrointestinal problems are likely at the root of a lot of health problems. Yogurt that contains live active cultures of bacteria encourages the growth of "good" bacteria and hampers the growth of the "bad".

Cottage Cheese

Cottage cheese is another excellent source of protein. What separates this protein source from others is that cottage cheese is one of the top food sources of casein (a slow-digesting milk protein). The fact that it is digested slowly means that it provides a steady release of amino acids to rebuild and repair muscle fibers, and to help prevent muscle breakdown.

Testimonial from an NGA Competitor

BY MICHELLE SAGELY MSAGELY13@GMAIL.COM



t's never too late to be who God created you to be. Unleash your potential. Love your journey.

Awards 1st Place Novice 1st Place Figure 1st Place Masters Overall Champion Received Pro-Card

Three and a half years ago, at almost age 45, my health began to seriously decline. Many health issues began to surface, then began to spiral. That was my turning point. It was time to make a change once my family doctor wanted to start me on more medications. I refused that path, so I made the choice to take back control.

I was introduced to a pure, raw nutrition I take daily to this day, and began seeing and feeling healthier in a very short time. I lost almost 40 pounds and my body balanced the way God intended.

10 months prior to my first competition this

past August 2016, I joined my local gym for the first time in 30 years.

Being a proud mom of one son who is now grown with a successful music career, it was time to take care of me. The gym was intimidating, uncomfortable, and I felt unworthy to be there. But it didn't stop me.

It was difficult at first, but I kept going back each day. Consistently every day, stepping out of my comfort zone. In four weeks, I started to see small changes. Hidden potential began to surface. Not only physically, but mentally and emotionally. I began to have self-confidence. Positive energy was emerging. I began to see God's potential in me that I never knew I had. It had been hidden all these years.

approached me planting a seed about Figure competing. I had never considered it due to my age. "I'm too old", I told her. She was impressed with my symmetry and highly encouraged that I consider competing.

I chewed on that seed for several months as my body kept building quickly. Improving... transforming. I built to competition level in just six months and have now maintained for four.

I competed for the first time at the NGA Western Kentucky Natural Classic. These were my accomplishments first time competing at 48 years' young.

I'm 48 years old and currently prepping for my next NGA competition. I would have never known my true potential if I hadn't made the choice to change. This new journey has given

me inner-strength, courage, self-confidence, self-value, and self-worth that I had previously lacked.

Sponsorships, model shoots, fitness shoots, and being published in business tools, and magazines are already taking place. God has opened many doors of opportunity to help show others it's possible. My purpose, my mission.

It's never too late to be who God created you to be. Rekindle your inner fire. Fan it, it'll turn to flames. Be an inspiration, and encourager. Value yourself. Take care of you so you can take care of others. I'm so thankful I took that step of faith. I cringe at the thought of where I'd be if I hadn't. I'm excited to see where God leads me next!

Left to right: Melissa Miller Michelle Sagely Josh Miller

Just ten weeks lifting, a bodybuilding judge

NGA Pro/Am Univ erse Championships 2016 NGA American Nat ural Championships

Coral Springs, FL – November 12, 2016

NGA Promoters: Andrew & Francine Bostinto



he NGA Pro/Am Universe and American Natural Championships have proven to be the ultimate NGA top show. Athletes competed from across the globe, including Dubai and Italy.

The weekend was kicked off on Thursday evening with a posing seminar conducted by our very own NGA Officials, Paul Omar, Earl Snyder, and Terri Whitsel. 15 eager to learn competitors soaked up suggestions, expertise, and hands on posing skills; as well as competition day tips that are vital to both first timers and experienced athletes. One attendee stated, "Learned a lot of valuable information. One can never stop learning."

After an exciting day of athlete registration, the annual NGA Promoters Meeting was held at the host hotel. 15 Promoters, including one remote from Washington State and one from New Jersey,

joined our NGA President and Vice President to discuss important issues that could affect the future of the NGA. There was history in the making for this year's NGA Universe. The entire show was streamed live worldwide thanks to UNALTERED Athletics. It was great for the bodybuilding community because friends and family that could not attend the show, could watch how their athlete performed.

The Founder and President, Andrew Bostinto and the Vice President, Francine Bostinto, introduced the newest inductee to the NGA Hall of Fame. This year's recipient went to David Spindel. He has been promoting with the NGA since the beginning. He has trained many champions and has devoted his time to the NGA by promoting many shows. His legacy continues strong in the drug-free bodybuilding world. David has trained many Universe Champions to include Yhonnie Schambourger, Bernard Sealy, and our very own

Earl "The Pearl" Snyder. Since his passing away, his wife Pam Spindel, has carried the torch together with their daughter, Sarah Spindel to continue his

A special award was presented to Lana Callahan, NGA Graphic Designer for her hard work for the past 11 years. She has helped to bring the NGA to new levels, including making this magazine a reality. (continued)

Center: All Athletes on Stage Left to right Lana Callahar



Top Right: **David Spindel** 2016 NGA Hall of Fame Inductee

Rignt: Sarah Spindel, Pam Spindel Andrew Bostinto, Francine Bostinto



2016 NGA Pro Universe

Coral Springs, FL – November 12, 2016

NGA Promoters: Andrew & Francine Bostinto



Jo Joy Pro Bikini Open 1st Place



Dorene CastellinePro Bikini Master
1st Place
Francine Bostinto, NGA Vice President

Il of the 2016 shows have led to the

sique from Pennsylvania, to edge out Michelle

The Pro Men's Masters Bodybuilding was

stacked. These pros did some battling on the

Smith Jr. finished in third place. Second place,

stage. When all was said and done, Alpha

Johnson in the Pro Bikini Masters Division.

Pro Universe, and what a finale it was!

Dorene Castelline brought her top phy-



Tania ValdesPro Figure Open & Masters
1st Place

was David Moore, leaving Daron Monroe claiming the Universe Title.

The Pro Figure Masters and the Pro Figure Open were very tough as well. In third place, was Sherry Perper, followed by Angie Balfour in second. Tania Valdez rose to the top to be the clear cut Pro Universe winner in both classes.



Catt Campbell Pro Physique Open 1st Place



Daron MonroePro BB Masters
1st Place



Pro BB Open 1st Place

In the Pro Bikini Open, Dorene Castelline took third place, and was edged out by second place winner, Cleia Sarada. Jo Joy took home the Pro Bikini Universe title.

The Pro Men's Physique was the toughest division in the entire show. There were several past Universe winners vying for the 2016 Universe title. In third place, we had Thomas Lazier Jr. The battle for the top two places were

between Anthony Richburg and Catt Campbell. Catt Campbell edged out past winner, Anthony to claim the new Universe title.

In Pro Men's Bodybuilding, third place went to Matthew Burdess. Stefano Ruffin was the runner up and Marco Dalabona took home the gold. (continued)



2016 NGA Amateur Universe

Coral Springs, FL – November 12, 2016 NGA Promoters: Andrew & Francine Bostinto

ongratulations goes out to all the Open class winners who qualified for their PRO Status. We are proud of the quality of our natural NGA athletes. Natasha Crowther, Bikini Masters & Open Tall; Jessica Hoffman, Bikini Open Overall; Michelle Grupillo, Men's Bodybuilding Masters Overall; Al Vaughn, Men's Masters Bodybuilding; Ubalda DeAngelis, Figure Masters Overall & Open Figure Overall; Vanessa Reggiardo, Figure Masters; Suzanne Llano, Figure Open; Catt Campbell, Classic Physique; Wendy Michel, Men's Physique Open Heavy & Overall; Clint Brackbill, Men's Bodybuilding light heavyweight & overall. (continued)



Wendy Michel Men's Physique Overall



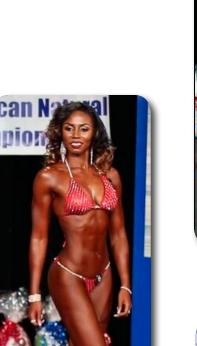
Clint Brackbill BB LHW 1st Place and Overall



Alvis Vaughan, Jr. BB Masters 60+ 1st Place and Overall 2nd



Michele Grupillo BB Masters 40-49 1st Place and Overall



Natasha Crowther Bikini Open "B" Bikini Masters 1st Place



Ubalda DeAngelis Figure Open 1st Place Figure Masters 40-49 1st Place and Overall



Jessica Hoffman Bikini Open "A" 1st Place and Overall



Suzanne Llano Figure Open 2nd Place



Vanessa Reggiardo Figure Masters 35-39 1st Place and Overall 2nd



2016 NGA American Natural Championships

Coral Springs, FL – November 12, 2016

NGA Promoters: Andrew & Francine Bostinto

ood quality athletes stepped on stage beginning with Jessica ■ Hoffman winning the Bikini Debut division. Cari Brubaker captured 1st place in the Figure Debut. In the Bikini Novice division, it was Natasha Crowther edging out her competition. In the Figure Novice, it was Carla Richardson being the evident winner. All of these ladies will be tough competitors in the next level of competition.

On the men's side, the men's Physique Debut was a stacked class. Wendy Michel edged out Nathan Recalde for the gold. Nicholas Reiser defeated Christopher Danowski in the men's Physique Novice class. The battle of the evening was in the Men's Collegiate bodybuilding. Caleb Thomas was in a close 2nd, only to be edged out by Zachary Munoz. These two guys brought quality physiques to the stage.

The highlight of the show was our future champions, the kids' division. Devyn Smith won 1st in the kids bikini division. In the kids Physique, Dylan Smith captured 2nd while Triston Rivers took first.

I want to give a shout out to the audience for their support of the drug-free athletes in the NGA and to thank Andy & Fran Bostinto for donating part of the show proceeds to the Wounded Warriorsl.

Thank you to the following sponsors who helped to make this event possible:

BodyHeat Tanning Optimum Nutrition ABB NutraKey **UNALTERED Athletes** Bodybuilding.com **Egg Whites International BPI Sports** Fresh Market, Coral Springs FL Target, Coral Springs FL Costco, Pompano Beach FL BJ's Wholesale, Parkland FL **Natural Bodybuilding Events**









Triston Rivers Kids Physique 1st Place



Dylan Smith

Kids Physique 2nd Place

Devyn Smith Kids Bikini 1st Place



Zachary Munoz Collegiate 1st Place



Caleb Thomas Collegiate 2nd Place



Jessica Hoffman Bikini Debut 1st Place



Natasha Crowther Bikini Novice





Nathan Recalde Physique Debut 2nd Place



Physique Debut 3rd Place



Christopher Danowski Physique Debut 4th Place Physique Novice 2nd Place



Nicholas Reise

Physique Novice

1st Place

Joy Smith Bikini Novice 2nd Place



Physique Debut

1st Place

Irma Figuenta Bikini Novice 3rd Place



Cari Brubaker Figure Debut 1st place



Jacqueline Sanchez Figure Debut 2nd Place



Carla Richardson Figure Novice 1st Place



Please visit YouTube to see all THE NGA NATIONAL athletes: https://www.youtube.com/watch?v=bbsmD7LnVTo&feature=youtu.be







NGA Pro/Am Western **Kentucky Natural Classic**

August 20, 2016 Winchester, KY

Promoter: Josh Miller

PRO Figure

1. Wendy Doran **PRO Figure - Masters**

1. Dianna Marcks

PRO Men's Physique

1. Johnnie Hilliard 2. Collin O'Connell

PRO Men's Phys - Masters

1. Johnnie Hilliard

PRO Men's BB

- 1. Logan Sheehan
- 2. Kwami Shorter 3. Ron Page
- PRO Men's BB Masters

1. Ron Page

Bikini - Open A

- 1. April Bruce
- 2. Jessica Mastronardo
- 3. Nikki Steffey
- 4. Melisha White

Bikini - Open B

1. Emma Montgomery Overall & NGA Pro Card

- 2. Cherish Isaacs
- 3. Jamison Bordrell
- 4. Natasha Still

Bikini - Masters

1. Jamison Burchell

NGA Pro Card

- 2. Christy Barnette
- 3. April Bruce
- 4. Lavelle Gearheart
- 5. Melisha White

Figure - Open A

1. Michelle Sagely **Overall & NGA Pro Card**

2. Jamisos Borchell

- 3. Erica Schwieterman

Figure - Open B

- 1. Christy Barnette
- 2. Dianna Marcks
- 3. Natasha Still
- 4. Sandy Clayborn

Figure - Masters

1. Michelle Sagely

- 2. Christy Barnette
- 3. Erica Schwieterman
- 4. Sandy Blaybors

Men's Physique - Open LW

1. Ross Brown

Overall & NGA Pro Card

Men's Physique - Open MW

- 1. Orlando Johnson
- 2. Blake Burchell

Men's Physique - Open HW

- 1. Kenneth Clayborn
- 2. Kirk Hudson

Men's BB - Open LW

- 1. Albert Gary
- 2. Tamer Abelnosr
- 3. Griffon Bernth

Men's BB - Open MW

- 1. Rob Young
- Men's BB Open LHW
- Ryan Mester

Overall & NGA Pro Card

Men's BB - Open HW 1. Chris Cole

Men's BB - Masters

1. Albert Gary

Figure - Novice

- 1. Michelle Sagely
- 2. Erica Schwieterman
- 3. Christy Basnette
- 4. Natasha Still
- 5. Sandy Clayborn

Men's BB - Novice

- 1. Chris Cole
- 2. Tamer Abdelnosr 3. Griffon Bernth

NGA 3rd Annual S&D SW Championships

August 27, 2016

Swainsboro, GA

Promoter: Bernard Cunningham

Bikini - Open

1. Shan Robinson **NGA Pro Card**

- 2. Diane Hamby
- 3. T.L. Shan Womach
- 4. Bianca Ward

5. Julia Carlson

- Figure Open 1. Melonie Tutten
- 2. Lisa White
- 3. Bianca Ward

Figure - Masters

- 1. Melonie Tutten
- 2. Lisa White

Men's Physique - Open

- 1. Randy Lane
- 2. Reggie Roberts
- 3. Channing Classic Physique - Open

1. Brian Hamby

Men's BB - Open LW

- 1. Timothy Brady
- 2. Brad Blazek

Men's BB - Open MW

1. Martin Steele

Men's BB - Open HW

- 1. Brian Hamby **Overall & NGA Pro Card**
- 2. Gregory Mason
- 3. David Johnson
- Men's BB Masters 40+
- 1. Gregory Mason 2. David Johnson

Men's BB - Masters 60+

1. John Harrington Men's BB - Novice

1. Brad Blazek

NGA 3rd Annual Natural East Coast Classic

- September 10, 2016
- East Orange, NJ
- NGA Promoters: Marc Tauriello &

Tim McDaniel Shabazz Bikini - Open Short

- 1. Lexie Zaffino
- 2. Jackie Tauriello 3. Kate Rockhill

Bikini - Open Tall

- 1. Chelsie Sampson **Overall & NGA Pro Card**
- 2. Sarah Buteux

Bikini - Masters

1. Jackie Tauriello

Figure - Open Short

1. Jenna Bidoglio

Overall & NGA Pro Card

- 2. Gwaelin Collison
- 3. Melissa Remoli
- Figure Open Tall 1. Kimberly Scholl
- 2. Courtney Cormier
- 3. Elizabeth Nusser Figure - Masters
- 1. Melissa Remoli

Men's Physique - Open LW

- 1. Kevin Rhein 2. Conner Clark
- Men's Physique Open MW
- 1. Atavis Kennedy 2. Eugene Max Kozlovsky
- 3. Luis Ferreira. Jr. Men's Physique - Open HW

1. Brian Sloan

- **Overall & NGA Pro Card**
- 2. Gerald Price
- 3. Eric Powe
- 4. Grea Caglione

Classic Physique - Open

- 1. Dave Sheldon
- 2. Vincent Gruff

Men's BB - Open LW

1. Kevin Rhein

Men's BB - Open MW 1. David Rudart

- Men's BB Open LHW
- 1. Dave Sheldon **Overall & NGA Pro Card**
- 2. Dan Redstone
- 3. Vincent Gruff

Men's BB - Open HW 1. Gary Haines

- Men's BB Masters 1. Gary Haines
- 2. Dave Sheldon

3. Dan Redstone Bikini - Debut

- 1. Lexie Zaffino 2. Sarah Buteux
- 3. Jackie Tauriello Bikini - Novice
- 1. Chelsie Sampson 2. Jackie Tauriello

3. Kate Rockhill

- Figure Debut 1. Gwaelin Collison
- 2. Melissa Remoli

3. Courtney Cormier 4. Elizabeth Nusser

- Figure Novice 1. Gwaelin Collison
- 2. Elizabeth Nusser

Men's Physique - Debut

2. Eugene Max Kozlovsky 3. Atavis Kennedy

1. Brian Sloan

- 4. Luis Ferreira, Jr.
- 5. Jordan Davis 6. Conner Clark

7. Greg Caglione Men's BB - Debut

- 1. Dan Redstone 2. David Rudart
- 3. Greg Caglione Men's BB - Novice
- 1. David Rudart 2. Dan Redstone

3. Greg Caglione

Men's BB - Teens

1. David Rudart

NGA Pro/Am East Coast **Natural Championships**

September 24, 2016 State College, PA NGA Promoters:

Earl "The Pearl" Snyder

& Terri Whitsel PRO Figure - Open

- 1. Michelle Buggs
- 2. Lisa Irizarry Vientos **PRO Figure - Masters**

1. Lisa Irizarry Vientos PRO Bikini - Masters

- 1. Jennifer Passaniti-Price PRO Women's Physique
- 1. Debbie Bracy

PRO Men's Physique 1. Patrick Carr

- **PRO Classic Physique** 1. Patrick Carr
- 2. Pardovani Dominique

PRO Men's BB - Open 1. Jess Taylor

2. John Chelednik 3. Paul Harley

4. Curtis Green PRO Men's BB - Masters

2. Kris Troup Bikini - Open Short

1. Paul Harley

1. Vanessa Evola 2. Nikole Houdeshell

3. Gina Deluca

Bikini - Open Tall 1. Alyssa Spaw Overall & NGA Pro Card

2. Julie Craig

3. Brynn Morgan Figure - Open Short

1. Julie Patula **Overall & NGA Pro Card**

- 2. Buttercup Mayer 3. Gwen Collison 4. Gretchen White
- Figure Open Tall 1. Carolyn Dudek

2. Jackie Mazzar

3. Sara Woldhuls Figure - Masters

1. Carolyn Dudek 2. Buttercup Mayer 3. Sara Woldhuls

4. Gretchen White

Women's Physique - Open

1. Cheryl Whitman

Women's Physique - Masters

1. Cheryl Whitman

Women's BB - Open

1. Cheryl Whitman Women's BB - Masters

1. Cheryl Whitman Men's Physique - Open LW

- 1. Scott Nishida
- 2. Kyle Frantz
- 3. Lou Tate 4. Ray Ricke

Men's Physique Open Middle

1. Justin Price Men's Physique Open Heavy

1. Gerald Price **Overall & NGA Pro Card**

2. Robert Jones 3. Jake Ginther

Men's Physique Masters

1. Ray Ricke Classic Physique

- 1. Clint Brackbill **NGA Pro Card** 2. Kyle Frantz
- **NGA Pro Card** 3. Scott Nishida
- 4. David Sheldon 5. Jake Ginther

Men's BB - Open MW 1. David Rudart Men's BB - Open LHW

1. Clint Brackbill 2. David Sheldon Men's BB Masters

1. Clint Brackbill 2. David Sheldon

- **Bikini Debut** 1. Alyssa Spaw
 - 2. Julie Craig 3. Brynn Morgan 4. Vanessa Evola

5. Nikole Houdeshell 6. Gina Deluca

Figure Debut

- 1. Julie Patula 2. Jennifer Dorundo
- 1. Jackie Mazzara Men's Physique Debut

1. Scott Nishida

2. Kyle Lavery

Women's Physique Debut

3. Lou Tate

Classic Physique Debut

1. Scott Nishida

Bikini - Novice

1. Alyssa Spaw

2. Jackie Mazzara

3. Gretchen White

1. Gerald Price

2. Justin Price

3. Kyle Lavery

4. Jake Ginther

Men's BB - Novice

1. Clint Brackbill

Figure Collegiate

1. Gwen Collison

2. Scott Nishida

David Rudart

Men's BB - Teen

1. David Rudart

Mixed Pairs

Transformation

1. Curtis Green

2. Jennifer Dorundo

3. Lou Tate

Men's Physique Collegiate

1. Pardovani Dominique

Men's BB - Collegiate

1. Gwen Collison/David Rudart

NGA 6th Annual Florida State

Natural Championships

October 1, 2016

Ormond Beach, FL

NGA Promoter: Bill Mora

Bikini - Open Short

1. Melissa Morreale

3. Heather Grueber

4. Keia Greenwood

5. Rhonda Rivers

6. Allie Ashmead

Bikini - Open Tall

1. Tracy Simmonds

2. Francis Turner

3. RavAnna Diego

1. Tracy Simmonds

2. Rhonda Rivers

3. Allie Ashmead

Figure - Open Short

Bikini - Masters

Overall & NGA Pro Card

2. Brandi Drye

Lout Tate

Men's Physique Novice

2. Vanessa Evola

Figure - Novice 3. Jenny Rodriguez

1. Julie Patula 4. Brenda Woodside

Figure - Masters 1. Michelle Hernandez

1. Hunter Douglas

Figure - Open Tall

1. Michelle Hernandez

2. Chereise Williams

Overall & NGA Pro Card

2. Jenny Rodriguez 3. Brenda Woodside

Women's Physique - Open

- 1. Chereise Williams
- 2. Meagan Denison
- Men's Physique Open LW

1. Matthew Malabanan 2. Andrew Polemeni

Men's Physique - Open MW

- 1. Jonathon Veysey Men's Physique - Open HW
- 1. Brandon Smith **Overall Winner & Pro Card**

Men's BB - Open LW

Overall & NGA Pro Card 2. Tarek Mokhtar

2. Tyler Clark

1. Alpha Smith

- 3. Frank Montalvo 4. Cameron Vansant 5. Matthew Malabanan
- Men's BB Open LHW 1. Caleb Thomas

2. Ricky Stalnaker 3. Don Pittman Men's BB - Open HW

1. Michael Martin Men's BB - Masters 40+

1. Michael Martin Men's BB - Masters 50+

1. Frank Montalvo Ricky Stalnacker 3. Dennis Hobart

Men's BB - Masters 60+

1. Alpha Smith **Overall & NGA Pro Card**

- Bikini Debut 1. Melissa Morreale 2. Heather Grueber
- 3. RayAnna Diego 4. Francis Turner
- 5. Rhonda Rivers 6. Allie Ashmead

Figure - Debut

1. Brenda Woodside Physique - Debut

1. Jonathan Veysey

Men's BB - Debut

- 1. Cameron Vansant
- 2. Matthew Malabanan

Teen BB - Open

- 1. Cameron Vansant
- 2. Stiven Sandoval

2016 NGA Pro/Am American Championship

October 1, 2016 Rochester, NY

NGA Promoter: Joe Christiano

PRO Men's BB - Open

- Terry Duerr
- 2. Jess Taylor
- 3. John Chelendik

Bikini - Open Short

- 1. Rebecca Candelaria
 - **NGA Pro Card**
- 2. Margarita Laing
- 3. Stephanie Lamarti
- 4. Miranda Reed
- 5. Nicole Castle

Bikini - Open Medium

1. Nakeata Graham

- **Overall & NGA Pro Card**
- 2. Alana Burkhard
- 3. Chanel Hailiares

Bikini - Open Tall

- 1. Caitlin Fix
- 2. Julie Craig

- Bikini Masters 35+
- 1. Rebecca Candelaria
- 2. Margarita Laing
- Bikini Masters 45+
- 1. Margarita Laing

Figure - Open Short

Rebecca Candelaria

- Overall & NGA Pro Card
- 2. Samantha Sprague
- 3. Maria Melo

Figure - Open Medium

- 1. Maria Zahos
- 2. Elizabeth Bender

- Figure Masters 35+
- 1. Rebecca Candelaria
- 2. Elizabeth Bender

Figure - Masters 45+

1. Maria Melo

- Women's Physique Open

1. Elizabeth Bender

- Men's Physique Open LW
- 1. Marc San Fillipo

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Men's Physique - Open MW

1. Aran Laing

Overall & NGA Pro Card

- 2. Werlin Poueriet
- 3. Stephen Ansteth
- 4. Dwight Nelson

Men's Physique - Open HW

- 1. Corey Lee
- 2. Noah Jobin

Men's Physique - Masters 40+

- 1. Aran Laing
- 2. Dwight Nelson
- 3. Marc San Fillipo

Men's Physique - Masters 50+

1. Marc San Fillipo

Men's BB - Open LW

1. Arthur Alston

- Men's BB Open MW
- 1. David Dimino
- 2. Craig VanGraafeiland 3. Robert Allen
- 4. Marc Letourneau

Men's BB - Open LHW

1. Aaron Thomas

Overall & NGA Pro Card

- 2. Michale Piwinski
- 3. Patrick Martin

4. Ana Li

- Men's BB Masters 40+
- 1. David Dimino 2. Arthur Aiston
- 3. Craig VanGraafeiland

Men's BB - Masters 50+

1. David Dimino

- Bikini Debut 1. Caitlin Fix
- 2. Elizabeth Klein
- 3. Margarita Laing 4. Alana Burkhard

5. Nicole Castle

Bikini - Novice

- 1. Nakeata Graham 2. Caitlyn Fix
- 3. Elizabeth Klein
- 4. Julie Craig
- 5. Alana Burkhard
- 6. Margarita Laing 7. Miranda Reed
- 8. Nicole Castle
- 9. Chanel Hailiares

Figure - Debut

1. Samantha Sprague

- Figure Novice
- 1. Rebecca Candelaria 2. Samantha Sprague
- 3. Maria Zahos

Men's BB - Novice

- 1. Craig VanGraafeiland
- 2. Patrick Martin
- 3. Marc Letourneau

Men's BB - Debut

- 1. Marc Letourneau
- Men's Physique Debut 1. Werlin A. Poueriet

NGA Natural Northern States

- October 15, 2016
- Clearfield, UT

NGA Promoters: James & Bianca Purtell

Bikini - Open Short

- 1. Anges Cole Overall & NGA Pro Card
- 2. Tina Cardall
- 3. Tarah Stoneburner

Bikini - Open Medium

- 1. Tara Kyzer
- 2. Dakota Denney
- 3. Carrie Harris 4. Diana Medina

Bikini - Masters 1. Anges Cole

- **NGA Pro Card**
- 2. Tina Cardall
- 3. Nury Quevedo 4. Yongyi Xayavongsa Shields
- 5. Amy Christenson

6. Reana Garcia Menchaca

- Figure Open 1. Raquele Stanton
- 2. Lisa McGonegal

3. Robin Belnap Figure - Masters

- 1. Erin Dyches
- Figure Grand Masters 1. Lisa McGonegal
- 2. Robin Belnap

Women's Physique - Open 1. Karen Rager

Women's Phy - Grand Master

1. Karen Rager

- Men's Physique Open 1. Kyle Turner
- **NGA Pro Card**

- 5. Michael Christopher

- 2. Jon Winn
- 3. Matt Johnson
- 4. Adrian Hicks
- Men's Physique Masters
- 1. James Flagg 2. Cody McBride

Men's BB - Open LW

- 1. Art Roberts
- 2. Paydon Newman
- 3. Jason Schwartz

Men's BB - Open MW

1. Rich Critchfield **Overall & NGA Pro Card**

- 2. Paul Campbell

3. Gary Rager

- Men's BB Masters 1. Rich Critchfield
- 2. Jason Schwartz

Men's BB - Grand Masters 1. Art Roberts

- 2. Gary Roger
- **Bikini Short Novice**
- 1. Amy Luth
- 2. Vroqua King
- 3. Tess Vrska
- 4. Yongyi X. Shields
- 5. Mandi Hicks
- 6. Reana Garcia Menchaca

7. Denise Ortiz **Bikini - Medium Novice**

- 1. Nurv Quevedo
- 2. Amy Christenson 3. Kady Kodele
- Men's Physique Novice LW 1. Joey Gallegos

2. Jaden Chase 3. Bret Kelley

- Men's Physique MW Novice
- 1. Daniel Bertelli 2. Brian Hubbard

3. Jason Spendlove Men's Physique - HW Novice

- 1. Daren Hoverson
- 2. James Flagg 3. Jon Witt

4. Cody McBride 5. Haden Furse

Teen Physique

1. Christian Peterson Teen BB

1. Daniel Schofield

NGA Dream Bodies Classic

October 15, 2016 Toledo, OH

NGA Promoter: Rvan Rollison

Bikini - Open Short 1. Judy Dudderar

- **Overall & Pro Card** 2. Niki Spino
- 3. Sasha Firestone

4. Karlee Albrecht

- 5. Courtney Angelo
- 6. Jenalee Hinds

Bikini - Open Tall

1 Melissa Ripple Figure - Open Short

1. Wendi Eldred

- **Overall & NGA Pro Card**
- 2. Amy Fitschen
- 3. Erica Schwieterman 4. Roberta Gartley
- 5. Kate Lenart

Figure - Open Tall

- 1. Kristin Carlisle
- 2. Carolyn Dudek Figure - Masters 35-39

1. Carolyn Dudek

2. Erica Schwietermen Figure - Masters 40-50

1. Wendi Eldred

Overall & NGA Pro Card

2. Roberta Gartley

Figure - Masters 50-60 1. Pippa Turner 2. Renee Mason

- Physique Open Masters 1. Chanda Mariotti
- Men's Physique Open LW 1. Omar Odetalla 2. Tom Cinzori

Men's Physique - Open HW 1. Yuseff Georges **Overall & NGA Pro Card**

2. Ravheem Williams 3. Paul Ripple

4. Vince Marino

1. Tom Cinzori Men's BB - Open LW

Men's Physique - Masters

1. Joshua Espinoza Men's BB - Open MW

1. Dan Norman

Men's BB - HW 1. Les Courts

Men's BB - Masters 1. Dan Norman Bikini -Debut Short

- 1. Niki Spino Bikini - Debut Tall
- 1. Melissa Ripple 2. Teresa Walkovich **Bikini - Novice Short** 1. Sasha Firestone
- 2. Courtney Angelo 3. Jenalee Hinds

Bikini - Novice Tall

1. Melissa Ripple

Figure - Novice Short

1. Amy Fltschen

Men's Physique - Debut LW

- 1. Omar Odetalla
- 2 Tom Cinzori

Men's Physique - Debut MW

1. Thomas Brahier

Men's Physique - Debut HW

- 1. Paul Ripple Men's Physique - Novice
- 1. Yussef Georges 2. Paul Ripple

Teen Physique - Men's 1. Tarig Hardiman

NGA Pro/Am Bluegrass

Bodybuilding Championships Winchester, KY

October 22, 2016 NGA Promoter: Josh Miller

- PRO Bikini Open Kristen Jones
- PRO Figure Open

1. Wendy Doran 2. Ruth Ruscello-Miller PRO Figure -Masters

1. Wendy Doran 2. Ruth Ruscello-Miller

PRO Women's Phys - Open

PRO Men's Physique - Open

- 1. Kristin Berard
- 1. Steven Rice 2. Johnnie Hilliard

3. Ross Brown PRO Men's Phys - Masters

- Johnnie Hilliard PRO Men's BB - Open
- 1. Robert Harris 2. Anthony Collier

3. Dan Sammon

- 4. Jacob Jeske 5. Matthew Burdness
- 6. Mathew Serd PRO Men's BB - Masters
- 2. Kevin Whaley 3. Scott Fanti 4. Matthew Serd

1. Dan Sammon

5. Ron Page Bikini - Open A

Overall & NGA Pro Card 2. Samantha Link

1. Alicia Gifford

3. Beth Wilson

4. Brie Crain

Bikini - Open B

1. Whitney Arrowood

NGA Pro Card

2. Carley Gutman

3. Andrea Joseph

4. Kristin Newby

5. Haley Johnson

Bikini - Masters

1. Beth Wilson

3. Kris Cage

Figure - Open A

1. Alicia Gifford

6. Alexandra Matz

7. Lovelle Gearheart

2. Lovelle Gearheart

2. Amanda Thompson

3. Lindsey Franklin

4. Makayla Wallace

Figure - Open B

1. Katherine Rose

3. Carley Gutman

Figure - Masters

Kimberlee Hilliard

1. Tammy Rodriguez

1. Jennifer M. Mims

NGA Pro Card

2. Amanda Thompson

4. Kimberlee Hilliard

1. Katherine Rose

1. Garrett Serd

2. Cade Cyrus

Cody Berry

3. Troy Coop

1. Mark Comley

2. Billy Graves

3. Vincent VanDvke

1. Douglas Ludmann

2. Vincent VanDvke

3. Tanner VandeGiff

4. Michael Grapner

1. Douglas Ludmann

3. Ruth Russcello-Miller

5. Maddie Brandenburg

Women's Fitness - Open

Men's Physique - Open LW

Overall & NGA Pro Card

Men's Physique - Open MW

Men's Physique - Open HW

Men's Physique - Masters

Women's Physique - Open

Overall & NGA Pro Card

- 5. Lindsey Franklin
- 6. Nikki Steffey

2. Johnnie Hilliard

4. Rodney Darden

Men's BB - Open LW

- 2. Garrett Serd

3. Albert Gary

- 4. Bryan Hendrix
- 5. Michael Grapner
- Men's BB Open MW

2. James Taylor

1. Rob Young

- 3. Cody Berry Men's BB - Open HW
- 1. Alphonso Gillion Jr. **NGA Pro Card**
- 2. Gregory Campbell 3. Cody Cable 4. James Brant
- 5. Jeff Caldwell Men's BB - Masters
- 2. Jeff Caldwell Bikini - Novice

1. James Brant

2. Whitney Arrowood 3. Carley Gutman

1. Beth Wilson

4. Brie Crain 5. Lindsey Franklin 6. Andrea Joseph

7. Alexandra Matz 8. Haley Johnson

- 9. Nikki Steffey 10. Kris Cagle Men's BB - Novice
- 1. Garrett Serd 2. James Taylor Bikini - Juniors

1. Carley Gutman

2. Alexandra Matz

4. Haley Johnson

1. Cade Cyrus

3. Kristin Newby

Men's Physique - Juniors

- 2. Mark Comley
- Men's BB Junior 1. James Taylor

3. Cody Berry 4. Michael Grapner

2. Cody Berry

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3. Troy Coop Classic Physique - Open 1. Steven Rice

Overall & NGA Pro Card

- 3. Carson Williams-Lucero

- 1. Scott Fanti

Overall & NGA Pro Card

3. Michael Grapner

NGA Pro/Am

Natural Peoria Championships

October 29, 2016 Peoria, IL

NGA Promoter: Jonathan Aggen

PRO Men's BB - Open

- 1. Benjamin Goins
- 2. Brandon Quast
- 3. Justin Draper
- 4. Robert Harris
- 5. Corry Harris
- 6. Monroe Harrison
- 7. Nick Erickson
- 8. Arma Wright
- 9. Brandon Chaison 10. Matt Mirowski

Bikini - Open A

1. Casadie Little **Overall & NGA Pro Card**

2. Julie Jacobs

- 3. Jessica Rogers
- 4. Alyssa Woith
- 5. Denise Kirk
- 6. Melissa Bailey Bikini - Open B

1. Ashley Noland

NGA Pro Card

- 2. Jennifer Kosinski
- 3. Robyn Scott
- 4. Jalene Kaiser
- 5. Kiauna Perkins
- 6. Savannah Hacket

Bikini - Open C

1. Sarah Kish

NGA Pro Card

- 2. Faith Wright
- 3. Lindsey Bush
- 4. Brittany Gronau
- 5. Cassie Maguire

Bikini - Masters 35+

1. Robyn Scott

NGA Pro Card

2. Jeannette Scott

- 3. Coleen Scofield
- 4. Denise Kirk
- 5. Melissa Bailev

Bikini Model - Open

1. Casadie Little

NGA Pro Card

2. Ashley Noland

- **NGA Pro Card**
- 3. Brittany Gronau 4. Cassie Maguire

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5. Savannah Hacket

Figure - Open A

1. Crystal Crayton

- **NGA Pro Card** 2. Amy Fitschen
- 3. Natascha Harris
- 4. Whitney Stearns
- 5. Violet Holmes

Figure - Open B

- 1. Amanda Goins
- **NGA Pro Card** 2. Sabrina Werner
- 3. Jennifer Eason
- 4. Kassie Tippey
- 5. Abby Romero

Figure - Open C

1. Breanna Tucker

Overall & NGA Pro Card 2. Felicia Christianson

Figure - Masters 35+

1. Felicia Christianson

- **Overall & NGA Pro Card** 2. Crystal Crayton
- 3. Jennifer Eason
- 4. Natascha Harris

Figure - Masters 40+

- 1. Felicia Christianson
- 2. Violet Holmes

Figure - Masters 50+

1. Felicia Christianson

- Women's Physique Open
- 1. Diane Covington
- 2. Stephanie Russ

Men's Physique - Open LW

1. Gary Ramos

NGA Pro Card

- 2. Jonathan Igartua
- 3. Matt LaGrotta
- 4. Dustin Oesterle
- 5. Pete Mangano
- 6. Stephen Alford
- 7. Jason Williams

Men's Physique - Open MW

1. Austin Steward

Overall & NGA Pro Card

- 2. Noah Sepich 3. Blake Bush
- 4. Erik Janik
- 5. Michael Morgan
- 6. Jack Abel

Men's Physique - Open HW

- 1. Jeremy Tippey
- 2. Chris Eurich
- 3. Edward Deloach
- Classic Physique Open

- 1. Isaiah Williams
- 2. Lindsey Diggs

Men's BB - Open LW

- 1. George Kowalski
- 2. Gary Fern

3. Michael Wilcher

Men's BB - Open MW 1. Jerome Drakeford

NGA Pro Card

- 2. Rvan Lowry 3. Ryan Deushane
- 4. Noah Sepich
- 5. Chris Smith

Men's BB - Open LHW 1. Jose Velasquez

Overall & NGA Pro Card

- 2. Rich Breklin
- 3. Isaiah Williams
- 4. Jack Halverson 5. Rusty Batty
- 6. Justin Stajduhbag
- 7. Dave Eisley
- Men's BB Open HW 1. Lindsey Diggs
- 2. Tristen York
 - Men's BB Masters 40+ 1. Rusty Batty
 - 2. Dave Eisley Men's BB - Masters 50+

1. Jerome Drakeford

- **Overall & NGA Pro Card** 2. Jack Halverson
- 3. Rusty Batty

Men's BB - 60+

1. Gary Fern

- Bikini Debut A
- 1. Jessica Rogers 2. Jeanette Scott
- 3. Denise Kirk
- 4. Coleen Scofield
- 5. Melissa Bailey

Bikini - Debut B

- 1. Kiauna Perkins
- 2. Jalene Kaiser

Bikini - Debut C

- 1. Sarah Kish
- 2. Lindsev Bush

Bikini - Novice A

- 1. Casadie Little Overall
- 2. Julie Jacobs
- 3. Jessica Rogers 4. Alvssa Woith
- 5. Denise Kirk 6. Coleen Scofield

- Bikini Novice B
- 1. Jennifer Kosinski
- 2. Kiauna Perkins
- 3. Jalene Kaiser

Bikini - Novice C

- 1. Sarah Kish
- 2. Faith Wright
- 3. Lindsey Bush
- Bikini Model Novice
- 1. Cassie Maguire Figure - Debut
- 1. Whitney Stearns
- Figure Novice A
- 1. Crystal Crayton 2. Whitney Stearns
- 3. Violet Holmes
- Figure Novice B Sabrina Werner
- 2. Kassie Tippey

3. Abby Romero Men's Physique - Debut LW

- 1. Gary Ramos
- 2. Matt LaGrotta 3. Dustin Oesterle

4. Stephen Alford Men's Physique - Debut MW

1. Michael Morgan 2. Blake Bush

Men's Physique - Debut HW 1. Brad Butler

- Men's Physique Novice LW
- 1. Gary Ramos 2. Matt LaGrotta
- 3. Jonathan Igartua 4. Dustin Oesterle
- 5. Stephen Alford

6. Pete Mangano

Men's Physique - Novice MW 1. Austin Steward

Overall 2. Blake Bush

3. Erik Janik 4. Sean Ziemba

- Men's Physique Novice HW 1. Jeremy Tippey
- 2. Brad Butler Classic Physique - Debut
- 1. Lindsev Diggs Men's BB - Debut LW

1. Michael Wilcher

- Men's BB Debut MW 1. Chris Smith Men's BB - Debut HW
- 1. Dave Eisley Men's BB - Novice LW

1. Michael Wilcher

Men's BB - Novice MW

- 1. Ryan Deushane
- 2. Chris Smith

Men's BB - Novice LHW

- 1. Dave Eislev
- **Transformation**
- 1. Alyssa Woith 2. Tristan York
- 3. Brad Butler
- 4. Dave Eisley 5. Whitney Stearn

NGA Mr. / Ms. Rochester

- **Championships** October 29, 2016
- Rochester, NY NGA Promoter: Joe Christiano

Bikini - Open

- 1. Myla Bseirani
- **NGA Pro Card** 2. Marni Carfley
- 3. Rebecca Candelaria
- 4. Margarita Laing 5. Desire Cooper

6. Shanese McCov Bikini - Masters 35+

- 1. Rebecca Candelaria
- 2. Margarita Laing 3. Desire Cooper

Bikini - 45+ 1. Margarita Laing

Figure - Open 1. Marni Carfley Men's Physique - Open

1. Randy Johnson 2. Stephen Ansteth

- Men's BB Open
- 1. Aran Laing 2. Arthur Alston

3. David DiMino 4. Rob Allen

- Men's Masters 50+ 1. David DiMino Bikini - Novice
- 1. Margarita Laing 2. Shanese McCov

Men's BB - Novice 1. Aran Laing Men's BB - Teen

1. Mitch Ladd

NGA Pro World Championships NGA Natural New Jersey Championships

- November 5, 2016
- East Orange, NJ

NGA Promoter: Paul Hendricks PRO Bikini - Open

- 1. Crystal Woods
- 2. Nandi Bell

PRO Figure - Open

- 1. Michelle Buggs
- 2. Tyneka Pack
- 3. Catherine Aranda

4. Sherry Perper PRO Women's Phy- Open

- 1. Catherine Aranda 2. Suzy Russo PRO Men's BB - Open
- 1. Terry Duerr
- 2. Paul Oliveira 3. Aaron Thomas

4. Marc A. Howshall

- Bikini Open A 1. Lexie Saffino
- **Overall & NGA Pro Card** 2. Shenachanel Melgar
- 3. Kristy Buck 4. Jackie Tauriello Bikini - Open B
- 1. Diana Gibson 2. Lori Weary

Bikini - Masters 35+ 1. Diana Gibson

3. Tina Hack

- **NGA Pro Card** 2. Lori Weary 3. Kristy Buck
- 4. Jessica Nugent

5. Jackie Tauriello 6. Tina Hack 7. Elina Russo

- Figure Open A 1. Terri Whitsel
- **Overall & NGA Pro Card** Sarah Heitzenroeder
- 3. Sharon Boyle 4. Melissa Remoli 5. Amanda Runnels
- Figure Open B Ebony Fenstermaker 2. Jacqueline Mazzara
- 3. Carol Mancuso Men's Physique - Open MW
- 2. Jovens Louis Men's Physique - Open HW 1. Rodney Addison

2. Daniel Coyle

1. Scott Nishida

3. Dennis Purves

Men's BB - Open LW

1. Ben Ciccarelli

3. Marc Tomasella

1. Selvon Whatley

2. Clint Brackbill

3. Gary Haines

4. Dave Sheldon

Carl Witting

6. Antonio Rizzi

Men's BB - Open HW

1. Rodney Addison

2. Daniel Coyle

3. Dennis Purves

1. Selvon Whatley

1. Paul Oliveira

2. Clint Brackbill

3. Gary Haines

4. Dave Sheldon

5. Daniel Coyle

6. Roger Hoode

7. Marc Tomasella

8. Lawrence Brodie

NGA Pro/Am

Universe Championships,

NGA American Natural

Championships

November 12, 2016

Coral Springs, FL

NGA Promoters:

Andrew & Francine Bostinto

PRO Bikini - Open

2. Cleia Sarada

Lilit Kazaryan

3. Dorene Castelline

4. Adrienne Baldwin

1. Dorene Castelline

2. Michelle Johnson

PRO Figure - Open

1. Tania Valdes

2. Angie Balfour

3. Sherry Perper

5. Shikira Turner

1. Tania Valdes

4. Catherine Aranda

PRO Figure - Masters 35+

PRO Bikini - Masters 35+

1. JoJoy

Men's BB - Masters 35+

Men's BB - Masters 46+

Overall & NGA Pro Card

2. Joseph Drum

Men's BB - Open LHW

Overall & NGA Pro Card

2. Angie Balfour

3. Sherry Perper

4. Catherine Aranda

- 5. Melvin Ortiz
- **Audience Choice Award**
- 6. Brandon Smith
- 7. Andy Swanson
- PRO Men's BB Open
- 1. Marco Dalabona
- 2. Stefano Ruffin
- 3. Matthew Burdess 4. Alpha Smith, Jr.
- 5. Kevin Wakefield 6. Marlo Diana
- 7. Matt Mirowski PRO Men's BB - Masters 40+
- 1. Daron Monroe 2. David Moore 3. Alpha Smith, Jr.
- 4. Kevin Dubree 5. Marlo Diana
- 6. Gary Henton 7. Johnny Spears

8. Desmond Phillips Bikini - Open A 1. Jessica Hoffman

Overall & NGA Pro Card

- 2. Brooke Masters
- 3. Suanny Morales Bikini - Open B
- 1. Natasha Crowther **NGA Pro Card** 2. Loredana Turza
- 3. Ivonne Margues 4. Rachel Stanley

5. Ellen Miller

6. Joy Smith Bikini - Masters 35+

- 1. Natasha Crowther **NGA Pro Card** 2. Brooke Masters
- 3. Ivonne Margues 4. Joy Smith

5. Ellen Miller

7. Irma Figuenta

- 6. Rachel Stanley
- 8. Suanny Morales

NGA NATURAL Mag 67

Bikini Model - Open 1. Joy Smith

5. Betty Thomas

PRO Men's Physique - Open

- 3. Thomas Lazier, Jr.
- 4. Trov Graham

Figure - Open

1. Ubalda DeAngelis NGA Pro Card (Intl.)

2. Suzanne Llano **NGA Pro Card**

3. Vanessa Reggiardo

4. Betty Thomas

5. Carla Richardson

6. Cari Brubaker

7. Buttercup May

8. Ayo Randall

9. Meagan Dennison

Figure - Masters 35 - 39

1. Vanessa Reggiardo Overall 2nd &

NGA Pro Card 2. Ayo Randall

Figure - Masters 40 - 49

1. Ubalda DeAngelis

Overall 1st & **NGA Pro Card**

2. Suzanne Llnao

Figure - Masters 50+ 1. Buttercup Mayer

Women's Physique - Open

1. Ubalda DeAngelis

2. Carla Richardson

Men's Physique - Open LW

1. Nicholas Reiser

2. Kirphton Fray

Men's Physique - Open MW

1. Simone Generali

2. Ali Alnajdi

3. Chesley Dugason

Men's Physique - Open HW

Wendy Michel

Overall & NGA Pro Card

2. Andrea D'Ascanio

3. Nathan Recalde

4. Jordan Biamonte 5. Giovanni Andujar

6. Christopher Danowski

7. Jean Pradel

Classic Physique - Open

1. Catt Campbell **NGA Pro Card**

2. Zachary Munoz

3. Ali Alnajdi

4. Dmitry Mikhailov

Men's BB - Open LW

1. Michele Grupillo

2. Kevin Dubree

3. Zachary Munoz

Men's BB - Open MW

1. Nicholas Noel

2. Desi Brown

Men's BB - Open LHW

1. Clint Brackbill

Overall & NGA Pro Card

2. Caleb Thomas

3. Antonio Rizzi

4. Johnny Spears 5. Alvis Vaughan, Jr.

Men's BB - Open HW

1. Daron Monroe

2. Patrik Minante

Men's BB - Masters 40 - 49

1. Michele Grupillo

Overall 1st &

NGA Pro Card

2. Desi Brown 3. Randall Garner, Jr.

Men's BB - Masters 50 - 59

1. Clark Fischer

Men's BB - 60+

1. Alvis Vaughan, Jr.

Overall 2nd & **NGA Pro Card**

2. Clark Fischer

Bikini - Debut

1. Jessica Hoffman

Bikini - Novice

1. Natasha Crowther

2. Joy Smith

3. Irma Figuenta

Figure - Debut

Cari Brubaker

2. Jacqueline Sanchez

Figure - Novice 1. Carla Richardson

Men's Physique - Debut 1. Wendy Michel

2. Nathan Recalde

3. Jean Pradel

4. Christopher Danowski

Men's Physique - Novice

1. Nicholas Reiser

2. Christopher Danowski

Men's BB - Collegiate

1. Zachary Munoz

2. Caleb Thomas

Kids Bikini

1. Devyn Smith

Kids Physique

1. Triston Rivers

2. Dylan Smith

NGA 5th Annual Mid Atlantic Pro Blowout **NGA 41st Annual**

Mount Rogers Championships

November 19, 2016 Woodbridge, VA

Promoters: Pam & Sarah Spindel

PRO Bikini - Open

1. Oseana McMillon

2. Natalie Bun 3. Ineika Jett

PRO Figure - Open

1. Lisa Shen

2. Theresa Knepshield

3. Charmaine Beatty **PRO Figure - Masters**

1. Lisa Shen

PRO Women's BB - Open 1. Lisa M. Jones

2. Lori Jones

3. Debbie Bracy PRO Men's Phys - Open

1. Gerald Price

2. Kyle C. Montgomery

3. Jelani Hennessey

PRO Men's BB - Open 1. Terry Duerr

2. Tyler L. Gensler

Magnum McCrae

4. Heru El Bev 5. Clinton Beach

PRO Men's BB - Masters

1. Terry Duerr

2. Langston Brooks

3. David Moore

4. Michael Dalton

5. Clinton Beach Bikini - Open A

1. Valerie Shapovalova

NGA Pro Card

2. Jessica Natkin

3. Jessica Villarreal

4. Lindsey Gold

5. Tawanda Lindo Bikini - Open B

1. Rachel Miller Overall & NGA Pro Card

2. Ileano Alamo

3. Emily Newman 4. Sarah Walter

5. Gwendolyne Ramos

6. Lorease Johnson 7. Latasha Campbell

Bikini - Masters 35+ 1. Emily Newman

3. Lorease Johnson

NGA Pro Card 2. Gwendolyne Ramos 4. Latasha Campbell

5. Kimberly Machinski

Figure - Open A

1. Renea Jones-Hudson

Overall & NGA Pro Card 2. Adriene McElhaney

3. Dana McCall 4. Janice Scroggins

Figure - Open B 1. Theresa L. Williamson

Figure - Masters

1. Renea Jones-Hudson 2. Adrienne McElhanev

3. Dana McCall

4. Angela Woods 5. Theresa L. Williamson

6. Janice Scroggins 7. Teresa Hursey 8. Tena Lengacher

Women's Physique - Open

1. Robin Hopkins 2. Lisa Ludka

Women's BB - Open 1. Dianne Bissonette

Best Female Poser 2. Lisa Ludka

Men's Physique - Open LW 1. Kinshasha Lindsay

2. Thomas D. Proctor Men's Physique - Open MW

1. Charles Wade Overall & NGA Pro Card

2. Tarris D. Barrett, Sr. 3. Christopher Badillo

4. Jay Richardson

5. Toby M.Levan Men's Physique - Open HW

1. Ronald Morris 2. Charles Preston

Men's BB - Open MW 1. Isaac Sarpong

Overall & NGA Pro Card 2. Richard Stover

3. David Shaw **Best Male Poser**

4. Christopher Badillo 5. Samual Dozier

6. Jelani Hennessev 7. Jeff Bradford

Men's BB - Open LHW 1. Rashid Hedges

2. Matthew Carpenter 3. Miles Baker Men's BB - Open HW

1. Eugene Wright

Men's BB - Masters 35+ LW

1. Christopher Badillo

NGA Pro Card

2. Jeff Bradford Men's BB - Masters 35+ HW

Overall & NGA Pro Card

1. Rashid Hedges

2. Kenny Ragsdale Men's BB - Masters 50+ 1. Miles Baker

2. Peter Van Kleeck

Men's BB - Masters 60+

1. Mile Baker

Peter Van Kleeck

3. Dan Moore Bikini - Novice

1. Rachel Miller

2. Vallerie Shapovalova

3. Ileano Alamo

4. Jessica Natkin

5. Danielle Franchois

6. Sarah Walters

7. Lindsev Gold

8. Gwendolyne Ramos

9. Lorease Johnson

10. Stephanie Hatch 11. Tawanda Lindo

12. Latasha Campbell

Men's BB - Novice LW

1. Isaac Sarpong

2. Richard Stover

3. Israel J. Velaguez Men's BB - Novice HW

1. Isaac Sarpong

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"As a full-time working professional in the fitness and health industry, being in NGA certified trainer has given me a nationally recognized level of credibility. Because the certification program is so diverse, I can speak to people from a point of reference about anything from nutrition, injury prevention and treatment, to advice on exercises to help them reach their goals confidently and effectively. The greatest reward I can hope to receive is knowing that I can help other people, and being an NGA certified personal trainer has given me the ability to do just that all over the world!" - Lex Kovacs

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