



SPRING/SUMMER ISSUE
2017

NGA NATURAL *mag*

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PETER NIELSEN

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Welcome

Letter from the Editor

Welcome to summer! While we are halfway through the year, the bodybuilding season is now in full gear.

We realize we can’t be all things to all people, but we are sincerely trying to bring you an informative magazine and organization that leads with compassion and caring first. Our natural bodybuilding community is special and Andrew and I have made a deep commitment to do our part to help this sport not only flourish, but to highlight the good we see being accomplished by both our promoters and athletes.

We are proud that the NGA, through the help of its promoters, has given thousands of dollars to many non-profit organizations over the years. It is a great feeling to know that we can give back because of the sport that we all hold dear to our hearts.

This year the NGA Pro/Am Universe will be donating to the non-profit organization Honor Flight of South Florida. I personally volunteer my time to this organization and had the honor of being a guardian twice to a WWII and a Korean War veteran. Please be sure to read all about this organization in this magazine.

I hope you enjoy this issue of NGA NATURAL mag. If you have any story ideas, comments, questions, or feedback, send them to: nga@nationalgym.com or give us a call. Your ideas count!!



Francine Bostinto
NGA Vice President

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2017 Mr. America Fitness Festival Weekend

BY BRENT MICHAEL WILLIAMS
VP, TEAM MR. AMERICA

Mr. America, LLC is proud to announce that the Mr. America Fitness Festival Weekend will take place October 6-8, 2017, at the Baltimore Convention Center in Baltimore, Maryland.

The Event will include a 3-day expo, the American Drug-Free Powerlifting and Strongman Championships, cross-fit competitions, grappling, MMA, celebrity appearances as well as the top "natural" bodybuilding and fitness competitions which will include the prestigious and revered Mr. America competition.

Mr. America, LLC is honored to proclaim that the Mr. America competition will be sanctioned by the largest Natural organization in the US, the NGA... the National Gym Association.

The Mr. America competition, first run in 1939, is the oldest competition in the Sport of Bodybuilding and is easily the most recognizable title not only in the fitness Industry, but also in mainstream America.

"This event is what Natural Bodybuilding has been looking for" stated NGA President and former Masters Mr. America, Andy Bostinto. **"The Natural segment of the sport has been growing every year and the only thing missing has been a mega-show that Natural competitors from all organizations can compete in. Now we have it!"**

With that thought in mind, in late 2016, President Bostinto met with NSL (Nspire Sports League) Commissioner Lee Thompson in a historic summit and agreed to work together on the NGA Mr. America and the Mr. America Fitness Festival Weekend.

"Having more than one organization working together on one event is a new phenomenon in the sport of Bodybuilding and Fitness" quantified NGA President Bostinto. **"With a multitude of Bodybuilding and Fitness competitions sanctioned by multiple organizations, athletes when they qualify for one event for the weekend, qualify for all events!"**

Shortly after the NSL agreed to support the NGA, the UFE (Ultimate Fitness Events) joined the affiliation, followed by FMC (Fitness Models Comps), and the WBFF (World Beauty Fitness & Fashion). All will participate in the Mr. America Fitness Festival Weekend, therefore making the NGA Mr. America the largest Natural event in the history of the sport. Other organizations are sure to participate as the event approaches.

In the spirit of the original concept of the Mr. America, the event has aligned with a charity, The Boomer Esiason Cystic Fibrosis Foundation. A percentage of the revenue from admissions, booths, and sponsors will be donated to the Foundation. Boomer Esiason, a former NFL Quarterback and

now a CBS Sports TV and Radio personality started the Foundation 25 years ago, when his son was diagnosed with the disease at birth.

President Bostinto states, **"The NGA welcomes each of the various Bodybuilding and Fitness organizations that will be joining this historic event where proceeds will go to the Cystic Fibrosis charity. This is the first in our industry. The NGA is not only proud to be the sanctioning body for the oldest and most prestigious title of Mr. America, but also honored to be part of the first major Bodybuilding/Fitness event that is aligned with a charity."**

The competitions in the SUPERSTAR WEEKEND will have a division for everyone. If you qualify for one, you qualify for all. Here are the NGA events that will be taking place during the Mr. America Fitness Festival Weekend:

- NGA Pro Mr. America (Bodybuilding Open)
- NGA Pro Mr. America (Physique Open)
- NGA Amateur Mr. America (Bodybuilding Open)
- NGA Amateur Mr. America (Bodybuilding Masters)
- NGA Amateur Mr. America (Bodybuilding Teens)
- NGA America Amateur Men's Physique
- NGA America Amateur Men's Classic Physique
- NGA America Amateur Women's Bikini
- NGA America Amateur Women's Figure
- NGA America Amateur Women's Fitness
- NGA America Amateur Women's Physique

Bostinto decreed, **"As President of the NGA, I urge all competitors who qualify to enter one or more competitions in this prestigious and momentous event. When you receive an email from MrAmerica.com notifying you that you have qualified, we implore you to register and compete. This is our big event, our mountain top, the Super Bowl of Natural Bodybuilding & Fitness... Don't let this opportunity pass you by."**

For a list of all the competitions that weekend, further information, or to register to compete, please go to www.mramerica.com or to present any questions and/or comments, please email them to: info@mramaerica.com

Photo: 1st Mr. America - Bert Goodrich





SUGAR. WE KNOW IT. WE LOVE IT. WE HATE IT. WE FEAR IT. WE CRAVE IT. WE AVOID IT...

After all, just like smoking and cancer, eating sugar will likely lead to a slow, painful death.

So, is sugar the enemy? Survey says, it depends.

Weight gain and weight loss depend on energy balance. Energy balance refers to the balance of calories in vs. calories out. Here's an overly simplified explanation: In an energy surplus, your body stores excess energy and you gain weight. In an energy deficit, your body uses stored energy and you lose weight.

So, what about sugar? Several studies have compared groups eating a diet with the same macronutrient composition (% protein, % fat, % carbs) that differed only

in carb sources consumed. The groups eating high amounts of sugar lose just as much fat without lost more muscle mass than the groups consuming little or no sugar. Furthermore, no negative body composition changes are seen in studies where complex carbs, such as whole-wheat bread and whole-wheat pasta, are replaced with sugar, while total caloric intake is kept constant.

It seems then that if macronutrients (and calories by default) are kept in check, eating a high sugar diet will have no negative impact on your physique.

What about all those studies correlating high sugar intake with obesity (or the meat consumption causes cancer studies)? We need to understand that correlation does not equal causation. Let me explain, since the 1800's, the

number of text messages sent has increased per year. Since the 1800's, the average global temperature has increased per year. Therefore, texting causes global warming, right? Sounds crazy, but for some reason when we're talking about sugar or meat, it seems okay.

Why the correlation between sugar and obesity? In general, individuals who consume high sugar diets tend to make poor nutritional choices throughout the day, which creates a caloric surplus. Is it the sugar that is causing the weight gain? No, it's the caloric surplus.

Great! So, I can eat all the sugar I want and still get ripped? Not so fast, while in an energy deficit and calorie restricted diet, as when cutting, satiety is pivotal in adherence. The fuller you are the less

hungry you will be. This means that overeating and bingeing is less likely. Sugary foods (with fruit being the exception) tend to be low in fiber, and fiber makes us feel full. This means that while eating sugary foods may not make you fat, it will leave you hungry and prevent you from getting all the benefits of fiber. Even though it seems that sugary foods will not negatively impact body composition, they are not as nutrient dense as other carbohydrate sources such as fruits, vegetables, and whole grains. If you swap a sweet potato for a can of soda, you'll be cutting out a great deal of fiber, vitamins, and minerals even though, according to the research, your body composition will not be negatively impacted.

Sugary foods also tend to have less "food bulk." By food bulk, I mean amount of food volume. When you are in a caloric deficit and have limited macronutrients to work with, you're going to want to stick to higher bulk foods so you get more bulk for your buck!

To demonstrate food bulk, here are some foods that have about the same carbohydrate content as 1 can of soda: 5 rice cakes, 1 large (180g) sweet potato, 1 cup of rice, or 3 cups of sliced strawberries. It's clear that there is less food bulk with the soda.

One possible advantage of working some sugary foods into your diet is improved adherence. If fitting some cookies or ice cream into your daily macronutrients cures your sweet tooth to prevent a "shark week" binge, it's worth it! Research shows that the most important factor in the success or failure of a nutrition or training plan is adherence. Is your diet or training program sustainable? It better be.

PRACTICAL APPLICATIONS

Do I include sugar in my diet? No. Why? Because back when the research showed that sugar was bad for bodybuilding and physique goals, I cut it out and, thus, no longer craved it. However, if I did want a sugary treat, I would have it.

As mentioned above, the whole diet matters. Micronutrients, macronutrients, food sensitivities, food allergies, diseases such as diabetes, and everything in between must be considered whenever we're talking about nutrition.

It is easy to over eat sugary foods and drinks because they are usually lower in both fiber and overall volume. This means that they are less filling (remember the soda example). When on a calorie-restricted diet, satiety is key to preventing overeating. Less fiber = less filling.

This is a presentation of the current research. Research is always changing. Things we believed 10 years ago, 5 years ago, or even a year ago, have changed. What we believe today can be changed tomorrow, but that is the beauty of science. All we can do is use the best current research, along with critical thinking to come up with conclusions. I look forward to being enlightened by the changes to come! I'm never an expert, but always a student. ■



Dr. Nicholas M. Licameli, PT, DPT, NGA Pro Bodybuilder, nlicamelidpt@gmail.com
Love. Passion. Respect. Humility. Nick's passion lies between his love for the journey of bodybuilding, education, spreading happiness, and helping others. He views bodybuilding through the eyes of a physical therapist and physical therapy through the eyes of a bodybuilder. Nick is a doctor of physical therapy and a 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. Never an expert... Always a student... Love your journey.



NGA Pro/Am

Western Kentucky Natural



August 19

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josh@TransformationPersonalTraining.com

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KentuckyNaturalBodybuilding.com

Spring/Summer 2017

2017 NGA Texas State Bodybuilding Championships

March 18, 2017
Stafford Civic Center • Stafford, Texas

NGA Promoter: Larry Mitchell
larrymitchell9999@yahoo.com
www.mitchellmusclepromotions.com

THE FURIOUS TWELVE

I saw them as the Furious Twelve because each competitor brought their "A" game. This was the first time for the NGA Texas State. It was a small show with big event flavor and enthusiasm. The battle was fierce, flex-for-flex, and pose-for-pose. The show from start to finish was dynamic! Lots of prizes for the fans, and the audience was loud and exciting.

Martin Walker was the Men's Bodybuilding stand-out with a ripped, hard package. Men's Bodybuilding Masters was ruled by Scott Cooper (Poppa Pump Cooper). He was much improved with a vascular

defined physique. His routine was good with entertainment value. David Hood was in the running for top honors in the middleweight bodybuilding class. With a little better conditioning and a little darker tan, it may have been a different story. He was the winner of the Best Stage Presentation with classic Zane like posing and a great routine. Ivan Blow won the Men's Physique division as well as the overall. With full round muscle, hardness, muscularity, and a good stage personality, his future is bright.

I'm Mitchell Muscle. And, so went the Battle of The Furious Twelve! ■



Top Row: (L to R)
Billy Madsen
Cecil Roberts
David Hood
Denis Newben



Middle Row: (L to R)
Ivan Blow (Overall
Physique)
Jarett Mitchell
Martin Walker (NGA
Pro Card & Overall BB)

Bottom Row: (L to R)
Scott Cooper
Silvestre Ocampo

Your Next Competition... Don't Just Roll the Dice



BY EARL "THE PEARL" SNYDER
NGA PROMOTER RELATIONS, NGA PROMOTER, PA
2X MR. UNIVERSE- SPAIN & FRANCE, 2X PRO WORLD, 2X PRO MASTER WORLD,
NPC NATIONAL CHAMP – 1ST, 3X TEAM UNIVERSE WINNER, NPC USA CHAMP – 1ST,
COMPETED ALL OVER THE WORLD – OVER 15 DIFFERENT COUNTRIES
EARLPEARLSNYDER@LIVE.COM WWW.NGAEASTCOASTNATURAL.COM

"Choosey People Choose Jiff", remember that? Competing for over 30 years all over the world in so many different organizations, I have learned the hard way that not all shows are created equal! It is okay to be choosey.

The very first thing to consider is "what organization am I going to compete in." Check to see what the organization has to offer. If they don't have a lot of shows to compete in, then be cautious of entering. Look at the number of shows an organization offers. If there are not many shows or they are in a small radius, this does not give you very much opportunity to use your membership card or gain the experience that you need.

You spend so much time, energy, and effort with dieting, food prep, training, cardio, and not even to mention the cash to prepare yourself to compete. Therefore, you want an opportunity to get as much exposure and advance your competition level as much as possible. If you are a competitor that does not have much experience, look to see if the show has a debut

or novice division. There are some shows that do not allow you to cross over. The more stage time you get at a show, the better you become by gaining more experience. There are many organizations that just put on shows to compete in and that's it. Look at the organization's shows that help the athletes obtain their goals and make the competitors feel important. Another consideration is to see how much stage time you get while competing. There are some shows that rush the competitors thru quickly. This is not fair to the athletes. Again, you work so hard to display what you have. When a show rushes the athletes on stage, it is an indication that the promoter is worrying about what time they finish, not about running a quality show for the benefit of you, your family, and supporters.

When choosing a show, look at the structure of the organization. Do the athletes have access to the rules and regulations? How long is my membership good for? Some organizations' memberships are only good till the end of the current year. This is not fair to the ones that compete in the fall. Whereas some organizations' memberships are good for one year from the time they are purchased. If



you have a question about a show's organization or an issue, is the person in charge, i.e., the President or Vice President of the organization, easily accessible, will they return your calls, and can you talk to them directly?

For the athletes that have experience or have goals of achieving Pro status, look at the organization's qualifications to obtaining a Pro card. Does the organization have structure and have strict guidelines of how athletes earn Pro cards? It's hard to believe, but there are some organizations that just hand out Pro cards, even if there is only 1 or 2 in a class. This only hurts the athletes in the long run. It is not fair to the athletes that earn their Pro card by competing in shows that require at least 5 in one class or win the overall. You should look at what organizations accept Pro cards from other organizations. A strong organization will accept Pro cards from only reputable organizations that uphold similar regulations as their own. If you are able, ask around to see if that organization is consistent in paying their Pros that qualify for monetary awards.

The organization that offers a lot to the athletes is the National Gym Association, Inc (NGA). The NGA

takes pride in their athletes and the integrity that the organization stands behind. The President and Vice President are easily accessible. They answer your calls or call you back. If you haven't viewed the NGA's website, you should. The NGA offers this digital magazine free to all athletes. The NGA website promotes all the shows throughout the year. They have a Pro Athlete's Gallery. If you compete in the NGA and submit your photos as a Pro, it will be posted. The NGA makes their rules and regulations (bylaws) accessible to everyone. They are highly regarded in the natural bodybuilding world as an organization that stands behind their bylaws with integrity. They require their promoters to be knowledgeable and adhere to every rule and regulation.

They offer an NGA Trainer Certification program as well as a personal trainer's gallery. In addition to this magazine, the website posts the results of shows and informs you where posing seminars are taking place.

So, what organization/show are you going to choose? Do your homework and have a blast this season! ■

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March 25, 2017 • Clearfield, UT

NGA Promoters: James & Bianca Purtell

www.utahngabodybuilding.com • ptutah95@aol.com

On the 25th of March, athletes from around the mountain states region including Utah, Wyoming, and Idaho gathered at Layton High School to battle for the oldest and most coveted title in Utah..... The NGA Mr. and Ms. Natural Utah, and an opportunity to earn their NGA Pro Card. These athletes had trained long and hard during the winter to get ready to compete in bodybuilding, physique, figure, and bikini categories. Now it was time to display their hard work in front of hundreds of adoring fans, friends, and families.

First on stage, would be the Teen Bodybuilders showing the crowd that even teens can gain significant muscle with hard work and dedication, while staying natural and drug free. On this night, it would be Remington Preece who would take home the title of Mr. Teen Bodybuilding Utah. Not to be outdone, the Teen Physique athletes adorned the stage next and were an instant crowd pleaser. Not as bulky and muscular as their bodybuilding counterparts, their athletic and



symmetric bodies showed just how attainable a nice physique can be for anyone willing to put in the work. Devin West would beat out his competition and claim the title of NGA Mr. Teen Physique Utah. Next up, and the category which is quickly becoming the most popular, is the Bikini. These ladies showed that, they too are athletes and put in just as much hard work as all the other athletes in the competition. Vying for the title of NGA Ms. Bikini Utah and a certificate for a free posing suit from Dragon Fly Swimwear, these ladies battled hard and when the dust settled, it would be Traci Andreason who took home the title and an NGA Pro Card. As the bikini athletes were battling on stage, the physique men were pumping up backstage and preparing to go head-to-head for their chance at the NGA Mr. Physique Utah, as well



Photos L to R:
Justin McDonald,
Overall Physique
NGA Pro Card

Lisa McGonegal,
Overall Figure

Spencer Smith,
Overall Bodybuilder
NGA Pro Card

Traci Andreason,
Overall Bikini
NGA Pro Card

Photos by:
North Light
Photography,
Matthew Paepke

as earning an NGA Pro Card of their own. As the physique men entered the stage, it looked like a model shoot on some beach in the Caribbean with chiseled physiques, photogenic faces, and smiles wearing a variety of brightly colored board shorts. There was no doubt that the Men's Physique was a favorite as the women in the audience cheered and swooned over the sight of these well-built athletic men! The title on this night would go to Justin McDonald. Not to be outdone, the 12 and under athletes Mayson Rockwood and Kaya Turner flexed their muscles and gave the audience a peek of the future of natural athletics! It was an instant crowd pleaser and enjoyed by all. After intermission, the Figure Class took the stage and displayed their strong athletic muscles. They were equally received by the audience with excitement and

appreciation. These women proved that muscle does look good on a woman and being strong can be feminine as well! The title would go to long time veteran and figure standout Lisa McGonegal. To finish the night, the Men's Bodybuilders took over the stage and displayed lots of muscles. These men fought long and hard and when it was all said and done, Spencer Smith would take home the title of NGA Mr. Utah 2017 and his NGA Pro Card.

All in all, the show was a tremendous success and James and Bianca are already looking forward to September 30th when athletes from all over the west, will converge on the Peery's Egyptian Theater in Ogden, Utah for the 2017 NGA Northern States Pro Qualifier. ■

Health & Wealth

JONATHAN AGGEN, NGA PROMOTER, IL JWAGGEN@YAHOO.COM



Jonathon Aggen is not only an NGA Promoter, Judge, and former NGA Pro Natural Bodybuilder, he is also the go-to resource for the NGA in terms of Insurance and Investment Services. As the owner of Midwest Investment Services, he works for his clients as an Independent Insurance Agent and Investment Advisor Rep. He offers the advantages of working with an insurance and investment professional; who not only can be a one-stop-shop for his clients (in terms of offering all lines of business and personal insurance), but he can also assist his clients with protecting and growing their assets as well. This is in terms of wealth management, and retirement planning.

Over the last few months, Jonathon has been working diligently to establish relationships with key strategic partners in the insurance and financial services industry. This is so he can provide optimal insurance and investment solutions to not only his everyday clients, but the NGA members as well. Most notably, he has negotiated a nationwide special events insurance deal with a company which specializes in special events insurance policies. In addition to Event Liability, he has come up with Life Insurance solutions that are custom tailored for natural athletes. He is also licensed for home, auto, personal, and commercial general liability (for business owners); as well as worker's compensation, and Medicare supplement insurance.

To summarize, some of the benefits that Jonathon is bringing to the NGA include:

- Being an INDEPENDENT Agent, Broker, and Investment professional, he works for his Clients, not the companies that are providing the solutions.
- He has access to over 50 different companies (for insurance alone) to ensure competitive rates.
- If you are a business owner, you will receive a FREE Business Ad in the NGA Calendar.
- He only works with companies that do not impose minimum business volume, which insures that he will put your interests first; not those of the companies providing the policies.

- His Clients are more than just Clients, they are PARTNERS.
- Reduced premium expenses on event insurance policies for promoters and chairpersons.
- Life insurance policies that are custom tailored for natural athletes.
- Competitive pricing on all lines of business, personal insurance needs, including Home, Auto, Life, Business/Personal Liability, Workers Compensation, etc.
- He will take the time to learn about your personal situation and make recommendations on insurance and investments that are the best suited for your needs (without cost or obligation), for a consultation or to run a quote.
- He can be your "ONE-STOP-SHOP" for all INSURANCE and INVESTMENT solutions.
- He is not only your central point-of-contact for all your insurance needs, but has already done the research to provide the LOW-COST EVENT LIABILITY INSURANCE for all promoters/chairpersons by reducing their operating expenses, and streamlining the entire process to minimize wasted time for all parties.

Please contact Jonathon today if you are a promoter/ chairperson with a show coming up to setup your event insurance (at a specially negotiated rate, which represents a significant reduction in premiums and therefore reducing your operating expenses as a business owner). Or if you are an athlete who may need a complimentary insurance or investment consultation, or just want to discuss your personal situation to see if he can be of service and help you protect (and grow) your Health & Wealth for your future. He might be able to help you in ways you've never thought about. He can be reached at his office (located inside of the Legacy Investment Services Corporate Headquarters) at (309-699-8888 x122), via email at Jon@midwestinsurance.co, or through a private message on Facebook at <https://www.facebook.com/jwaggen> ■

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9:30am
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Including
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& Terri Whitsel

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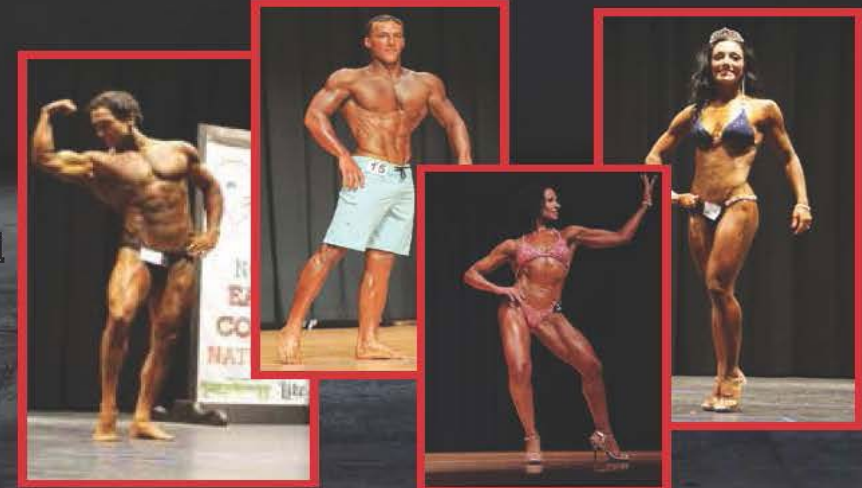


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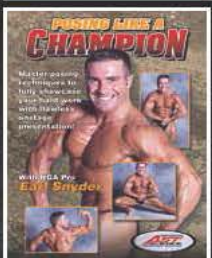
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NGA Pro/Am Universe supports

* Honor Flight * Veterans Day 2017

BY TOM CHRISTENSEN
VOLUNTEER COORDINATOR
HONOR FLIGHT SOUTH FLORIDA

Andrew and Francine Bostinto are excited to announce that the NGA Pro/Am Universe, along with the NGA American Natural Championships, are being held on November 11, 2017 in Coral Springs, Florida will this year be supporting the nonprofit organization Honor Flight South Florida (HFSF). This organization provides a once in a lifetime experience to our well-deserved veterans. *continued*

Photo: Iwo Jima Monument



NGA Salutes Our Veterans!



More than 70 years ago, young men and women went to war to literally save the world from the ultimate tyranny. They gave up much of their youth. Some lost friends. All came home with memories knowing of what they had accomplished, but many also with the nightmares of what they had seen. Now they are in their 90's and it is their turn to finally get the recognition they deserve.

Honor Flight South Florida is one of 133 hubs in a non-profit national network dedicated to honoring our veterans with a free trip to Washington D.C. On a typical Honor Flight day, veterans visit the World War II, Korean War, and Iwo Jima memorials, plus the Changing of the Guard at the

Tomb of the Unknown Soldier. The day is filled with emotion and surprises.

Veterans fly for absolutely free and each is accompanied by a guardian for the day who pays their own way. Honor Flight South Florida alternates flights out of Miami and Fort Lauderdale and the veterans return home to a grand airport celebration.

While Honor Flight first focuses on flying World War II veterans, more Korean War veterans are being invited on the four scheduled charter flights in 2017. Many of these veterans served in both wars and there have been a few who served in World War II, Korea, and Vietnam. In

September, Honor Flight South Florida is planning its second flight with Vietnam veterans serving as guardians for World War II and Korean War veterans. HFSF was the first hub to schedule a flight with this special bonding of military generations.

Because veterans fly for free, Honor Flight relies on donations and fundraising events. Broward County schools have been the largest contributors to Honor Flight South Florida in what has become a relationship that benefits students with a valuable history lesson while supporting veterans. Other donations come from individuals, companies, associations, and major fundraising events. Honor Flight is an all-volunteer organization; no one is paid. More

than 95 percent of donations go directly into flying veterans on these chartered flights. Honor Flight South Florida needs to raise approximately \$500 to fly each veteran. Honor Flight South Florida is among the newer hubs, flying 16 veterans on its first flight in October 2013. Last year, HFSF took more than 200 veterans on charter flights to Washington. The goal is 300 in 2017.

NGA Pro and Amateur athletes, come join us to salute our heroes on Veterans Day and help send them on their final mission to Washington, DC via Honor Flight South Florida. For more information on this wonderful organization go to: www.honorflightsouthflorida.org. ■

NGA Pro/Am Universe

NGA American Natural

Championships



NGA PROS
Marco Dalabona
Jo Joy
Angie Balfour
Catt Campbell

Photos by
Roger Lister

\$23,700 CASH

SATURDAY, NOVEMBER 11, 2017

Help Us Salute Our Vets On Veterans Day!

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Classic Physique Open
Physique Open

PRO WOMEN
Bikini Open & Masters
Figure Open & Masters
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2017 NGA 5th Annual Mr. Anthracite Natural/ NGA 1st Annual Mr. Coal Natural Championships

April 8, 2017
Pottsville, PA

NGA Promoter, PA & IA: Rev. Warren Egebo
www.MrNaturalPhilly.com
klon@epix.net



Men's BB Open Class Winners, Left to right -
Adam Derck HW,
John'I Lovett LHW (NGA Pro Card & Overall),
Chris Reed MW, and Paul Davies LW



Left: Dave Sheldon
2017 NGA Mr. Coal Natural
Right: John'I Lovett
2017 NGA Mr. Anthracite Natural



Physique Open, Left to right - Dante
Picarelli, John Parker, Jr., Matt Potts,
Kyle Lavery (NGA Pro Card), Christian
Force and Donald Deibler

The 5th Anniversary edition of the **NGA Mr. Anthracite Natural** and the **first ever NGA Mr. Coal Natural Championships** were held on April 8th in Pottsville, PA. The two contests were held together at a new venue: the ballroom of the Ramada Inn in downtown Pottsville. Those competing for the Anthracite Natural title must live, work, or attend school in any of the five counties making up the Anthracite Coal Region in NE PA: Lackawanna, Luzerne, Northumberland, Carbon and Schuylkill Counties. The natural bodybuilding and physique contest added another title this year to include more contestants from outside the coal region in their open title - NGA Mr. Coal Natural. There were 14 competitors in the Anthracite show and 5 competitors in the Coal show.



Kade Haldeman - Best Abs



Matt Potts - Classic Physique
(NGA Pro Card) & Spirit Award

Winning the coveted title of **NGA Mr. Anthracite Natural** was John'I Lovett of Kingston, PA. John'I was also the winner of the Classic Physique division. He thus won his NGA Pro Card in both bodybuilding and Classic Physique in this Pro Qualifier show. John'I reported to the local newspaper feature writer that "he had been training for about nine year. To him, going to the gym was a natural high (Pottsville-Republican - Herald article).

Coming in second place and winning his **NGA Pro Card** also in **Classic Physique** was Matt Potts from Minersville, PA. Matt

had battled cancer two years ago and won a special "Spirit Award" at the show. Winning his NGA Pro Card in Men's Physique was Kyle Lavery of Spring Township, PA. Winning the first ever NGA Mr. Coal Natural title was experienced bodybuilder from Pennsburg, PA - Dave Sheldon. Winning the Men's Physique division in the Coal Natural show was Frank Moultrie of Philadelphia, PA.

Two guest posers included NGA Pro Physique competitor, Dmitri McKamey of Levittown, PA and 2016 NGA Mr. Anthracite Natural, Chadwick Thomas.

Best Abs was won by Junior's winner Kade Haldeman of Pine Grove, PA and the **Best Poser** award went to Dave Sheldon, the NGA Mr. Coal Natural winner.

Most Representative Gym Award was a tie between Danko's Gym of Plain, PA and the Spring Valley YMCA of Royersford, PA. Producing the show was Rev. Warren I. Egebo who promotes four NGA shows during the year - NGA Mr. Anthracite Natural/ NGA Mr. Coal Natural, NGA Pro/Am Mr. & Ms. Natural Philadelphia, NGA Mr. & Ms. World's Gym Philly Natural, and the NGA Mr. and Ms. Sioux Empire Natural.

The sponsors were Kut Up Fit Wear of Hegins, PA, the Ramada Inn in Pottsville, PA, and Adonis Productions of Baltimore, MD. Photos by Jim Wilmer. ■

Peter N. Nielsen

BY KELLY HAWKINS



Age 8
with Dad



Age 16

Peter N. Nielsen has won 50 bodybuilding titles including the NGA Southeastern USA Pro qualifier and Mr. International Universe.

Like many of us, Peter grew up with challenges that programmed him to fail. At age 15, Peter was diagnosed with Crohn’s Disease, an incurable disease, leaving him and his family with little hope. Peter went from weighing 135 pounds down to a mere 86 pounds. His parents, not knowing how to handle the news of their son’s illness, allowed the fear of his diagnosis to turn into anger. His parents started to blame one another and his Dad became a physically abusive alcoholic. Peter thought it was his fault that his parents started arguing and attempted to take his own life, however, at the last moment, he heard a voice...the voice of God saying, “Give Me One More Day.”

KELLY: HOW DID YOU RESPOND AFTER YOU HEARD THE VOICE OF GOD WITHIN YOU?

PETER: There were roadblocks in my life but I began to feel peace. I knew I just needed to put one foot forward, and then I began to sense hope and a vision for who I was created to be.

KELLY: WHAT MOTIVATED YOU TO GET INTO BODYBUILDING?

PETER: The only thing that relieved stress and made me feel safe was working out. Instead of medicating myself and channeling my fear negatively, I channeled it in a positive way. I wanted to de-stress, get healthy, and get my mind off my toxic family life. So, I began to train in our apartment building basement in Brooklyn, NY where we lived, surrounded by a clothes line and garbage pails. But that didn’t matter because I was so focused and nothing was going to stop me.

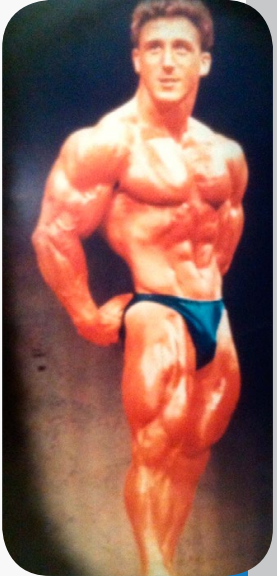
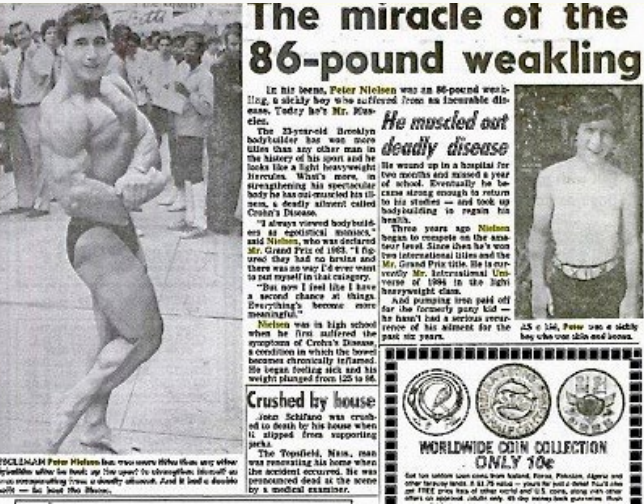
KELLY: WHAT WOULD YOU SAY TO OTHERS WITH PHYSICAL CHALLENGES WHO HAVE DIFFICULTY WORKING OUT?

PETER: Each day, I had 45 minutes to an hour where I wouldn’t have as much pain and had more mental clarity. If I allowed the disease to take over, I never would have gotten into working out. My advice would be that in a 24-hour period, try to dedicate 10-20 minutes or even an hour when you feel better to exercise. I find that when you start exercising, it makes you feel better than when you started.

KELLY: WHO OR WHAT INSPIRED YOU TO PURSUE THE TOP TITLES?

PETER: I knew that I had a handicap, and I wanted to feel normal. When I exercised, I felt like I was getting healthy and more energetic. I decided I wanted to compete. I remember competing in Pennsylvania and I came in 5th place. I remember seeing how the winner looked and I decided that I was going to do that... I was going to win. I wanted to build my body to make it stronger.

This was the only time my father drove



Wins
International
Universe 1985 in
Central America

me to a competition. It was a great experience. I remember sleeping in the car with my trophy on the drive home because I didn’t want it to break in the trunk. It was my first bodybuilding trophy and when my Dad died at the age of 49, I buried that trophy with him. After that, it ignited a fire inside of me. I set incremental goals that grew with my accomplishments. As my confidence grew, I decided to go for a national qualifier taking me to the national level.

I retired from bodybuilding after winning Mr. International Universe in 1985. Afterwards, natural bodybuilding federations came about and Andy Bostinto was a big part of their development. My career began all over again.

Winning competitions proved to me that if I could be the best at one thing, then I could channel that and be the best at having successful relationships,



Andy & Peter
1992



Wins American
Cup in 1992



1 out of 11
magazine covers

being a great father, husband, and CEO of a business. I wanted to be a champion, so I visualized it and by putting in the sweat equity, I could live it. It was a beautiful thing.

KELLY: WHAT IS YOUR FONDEST MEMORY OF YOUR TRAINING DAYS?

PETER: I enjoyed the journey more than I enjoyed the destination and celebration. I enjoy training. All our growth and learning seems to come from the valley, not the mountain top. A championship title was temporary. Training was therapeutic and has made me the man I am today.

KELLY: HOW DOES A NORMAL DAY START FOR YOU?

PETER: Before I even get out of bed, I spend 20-30 minutes in meditation giving God gratitude. I start my day with being grateful.

KELLY: WHAT ARE SOME OF YOUR ACCOMPLISHMENTS?

PETER: First and foremost, I am a dad of two amazing daughters. I've owned and operated six health clubs,

working out alongside members for years. I was awarded Trainer of the Year by Self Magazine and Muscle & Fitness, and have trained the elite as well as the Detroit Red Wings, Detroit Pistons, Joe Montana, Gary Player, and many many more.

I created and host Peter's Principles, a worldwide syndicated TV and radio show, and I have authored several books. I helped develop a Weight Management Program with Zurvita, a direct selling company focused on health and nutrition. I host Zeal for Life weight loss and fitness challenges where I love motivating others and seeing them succeed.

KELLY: WHAT IS THE ZURVITA ZEAL FOR LIFE 90 DAY CHALLENGE WITH PETER NIELSEN?

PETER: The Challenge started with just a few people and now there are thousands of people around the world taking the Zeal for Life Challenge. It's transforming lives. It's so fulfilling to be able to help people - mind, body, and spirit. The Challenge create a community within social media where people can motivate

each other. People are plugged in and receive support from those participating in the Challenge. They can find meal plans and a nutritional foundation from the program.

I was living in a hopeless situation with a disease that has no cure. I had an abusive childhood and two near-death experiences. What I do now for my livelihood is give people around the world hope to exercise, eat right, have quality in their lives, and it's awesome. When you truly love what you do, you have passion for it. And when you have passion for something, you'll live with purpose. And when you live with purpose, you're moving toward your destiny. My hope is for each person reading this:

Never stop hoping; never stop believing; never stop speaking life into your future, never stop dreaming big.



Waking up after flat
lining at age 40

For information about life coaching and to subscribe to Peter's newsletter, go to:
www.petersprinciples.com

Watch Peter's New TV show that will premiere on Discovery Life Channel Fall of 2017.

For information about the Zeal for Life Challenge, go to:
www.zurvita.com
www.zurvitacoach.com

Peter is particularly grateful to Andy and Francine Bostinto. Andy and his wife, were instrumental in Peter's bodybuilding success when he was 18 years old, and then again in bringing him out of retirement at age 30. ■



Peter with his
pre-workout drink
Zeal

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The Movement Mindset



BY JANELLE ROSENFELD
JANELLE IS AN NGA AMATEUR ATHLETE AND COMPETES IN NGA MASTER DIVISIONS

I was recently interviewed on a fitness podcast and was asked how I find motivation to work-out. The question took me a bit off-guard because I'm always motivated to move my body. Whether with my husband (a Daoist Monk) practicing tai chi sword forms, or with my teenage son hiking through the wilderness seeking out snakes and wild animals, solo at the gym, or hot yoga studio. There is nothing more fun or satisfying for me than having my body in motion.

Physiologically, our bodies were designed to move. Pumping fresh oxygen and blood to our hearts and lungs improves their ability to function and to stave off the effects of aging. The same is true for our brains. Simply put, we maximize our body and our brain capabilities when we stay active. We also have more fun. Recognizing and embracing that moving your body is FUN is what I call my "movement mindset". When I'm active, I'm happier and I'm a better version of myself. That's good for me and that's very good for those around me. I'm a better mom, a better wife, a better boss, and a better friend when I incorporate fitness and movement in my life.

What is important to understand is that we don't have to be in the fitness business to be active on a regular basis. As a business executive, I spend long hours in my office or days on end traveling around the world for work. It can be difficult to fit traditional exercise into such a schedule. However, with a movement mindset, adding physical activity to my day comes naturally. Elevator or stairs? I take the stairs of course. And, keeping a pair of dumb bells under my desk for a quick set every hour along with several rounds of

office push-ups midmorning and midafternoon is a wonderful way for me to be active during a busy work day. When traveling, I always carry on my bag as the lifting and carrying is an easy way to fit in some weight resistance, and walking briskly through the airport rather than taking the tram or moving walkway gets in a bit of cardio too.

Of course, nothing beats a good old fashioned session at the gym. A gym work-out followed by some healthy veggie sushi or vegan meal, makes for a better date-night with my husband. And, we make exercising a family affair too. Outdoor hikes and beach surfing sessions are great ways to stay connected with our teenage son.

Fitness and movement is fun. It's part of my life. It's what I choose, not because I should, but because I want to. It's my movement mindset and it works perfectly for me. ■

The Mental Approach to Physical Change



BY JOSH MILLER, BS, NSCA, CPT

NGA KENTUCKY CHAIRMAN & PROMOTER

NGA PRO BODYBUILDER & PRO PHYSIQUE

WWW.KENTUCKYNATURALBODYBUILDING.COM

JOSH@TRANSFORMATIONPERSONALTRAINING.COM

Whenever we try to change ourselves from the outside in, it never lasts. We lose weight only to gain it back. Or, we might get motivated for a brief period, but it doesn't sustain itself. We might temporarily change our habits and patterns through self-restraint, but that alone will not keep us on the right path for any considerable length of time.

You see, if we're still the same on the inside, at the level of our thoughts, beliefs, patterns, and emotions, we simply haven't achieved transformation in the deeper sense. To get healthy and stay that way, we need to exercise and eat right. But, we often need to work on ourselves beyond the body. We must examine our limiting beliefs about our body and life. We must change our mindset and heal emotional bumps and bruises that life sometimes brings.

We must hold the intention of making healthy changes inside and out. That's what works in my opinion, based on years of experience helping people make the transformation from before to after and making it last. The good news is you can do it! You really can!

The first step of success is that you must visualize yourself successful. You cannot accomplish anything if you do not see yourself successful. However, many people focus on their limitations and not their potential. Change means that we must abandon our old self and begin to speculate on who we could be. Change means modifying our behavior enough so that it is permanent. If we are given the proper knowledge, the proper understanding, and the proper instruction, we

will begin to see measurable feedback. If we make the effort to sit down and design a new life, and we make it the most important thing, and you spend time everyday taking massive action toward its attainment, then you will see your results.

The second step to success is you must surround yourself with people who are successful, who are forward-moving, who are positive, who are focused on producing results, and who support you. This will expand your vision on what's possible. This will challenge you to be more, do more, and share more. Never share your vision with people who do not believe in you. Every time you share your dream with these people, you take life out of your dream. Surround yourself with people who will never let you settle for anything less than all you can be.

The third step to success is you must realize that change is vital. The same kind of thinking that has brought us to where we are will not get us to where we want to go. Change is our greatest ally. Yet, so many people resist change justifying their current strategies to their level of success. Yet, an entirely different approach may be required to produce a new level of success.

All of us need to expand our view of who we are and what we are capable of. We need to make certain the labels we put on ourselves are not limits, but enhancements. I challenge you to step up, to raise your standard, and discover what you are truly capable of. ■



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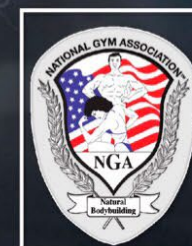
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For info, contact Carlos @ (339) 223-2886 carlos.cortes.fitness@gmail.com

2017 NGA Pro/Am Kentucky Natural Classic

The day finally arrived, April 15, 2017. This was the day that the competitors of the NGA Pro/Am Kentucky Natural Classic had anticipated for so long. Each competitor made a huge commitment to be at this event. Months of training, dieting, and sacrifice went into preparation for this event. Everyone brought their all-time best physiques and they were ready to show their hard work!

Meeting and greeting each competitor at check-in is always very special to me. As promoter, check-in gives me the opportunity to hear each competitor's personal journey of what it took for them to get to the stage! Each story is very inspiring, as all of them had to overcome many obstacles to follow through on their commitment.

Saturday morning; the day of the show had finally arrived. During pre-judging, class after class made their way to the stage. It didn't take me long to realize that the competition was fierce and the judges had their work cut out for them. The quality of bodies gracing the stage continues to improve with each show. Competitors are taking their

April 15, 2017
Lexington, Kentucky
NGA Promoters:
Josh & Melissa Miller



BY JOSH MILLER, BS, NSCA, CPT
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JOSH@TRANSFORMATIONPERSONALTRAINING.COM



Photo Left:
Jordan Elery
(NGA Pro Card
& Overall)



Photo L to R: Bikini Open "B"
Savhanna Pearson, Abigail Edds,
Shawna Broyles (NGA Pro Card & Overall),
Ali Lee, Jennifer Raisley

Photo Right
Jessica Orban
NGA Pro Bikini



Photo L to R:
Women's Physique Open
Debra Withers, Cory Kyle

Photo L to R:
Classic Physique Open
Mikie Stafford, Caio Bottura (NGA Pro Card),
Jontai McQueen, Robbie Ventura, Ross
Brown (NGA Pro Card)

Photos by:
Musclehead Graphics

training and commitment to new levels, pushing the limits of how conditioned a natural athlete can be. There were twenty-seven different classes at this show which included: Open, Novice, Jr, Masters, Pro, and Masters Pro classes. With this being a Super-Pro Qualifying event, it opened many opportunities for all competitors.

Eight NGA Pro Cards were awarded at this show. Two NGA Pro Cards were awarded in Bikini Open; one going to Stacie Bass, Bikini Open "A" winner, and one to Shawna Broyles, Bikini Open "B" and overall winner. Two NGA Pro Cards were awarded in the Men's Physique Open, one going to Wes Walker,

winner of Men's Physique Middleweight, and Jordan Elery, Men's Physique Heavyweight and overall Men's Physique winner. Our new category, Classic Physique, awarded two NGA Pro Cards. One went to Caio Bottura (who came to us all the way from Brazil), and to overall winner Ross Brown. In our Bodybuilding Open class, an NGA Pro Card was awarded to light heavyweight and overall winner, Robbie Ventura. In our Figure Open, an NGA Pro Card was awarded to class "B" and overall winner Deb Withers.

In our Pro Classes, Trevor Sajdak captured both the Pro Bodybuilding Open and Pro Bodybuilding Master titles. Cory Kyle making her pro debut won

the Pro Figure title. Stacie Reed, also making her pro debut, won the Pro Figure Masters class. The Pro Bikini class was another very close competition between Kelsey Picha and Jess Orban, with Jess Orban prevailing as the winner. Ross Brown finished out our pro classes by winning the Pro Men's Physique class.

Every single competitor brought something special and contributed in their own unique way to make this a very special event. Thanks to everyone who contributed to this event. Your efforts are greatly appreciated and valued! Thanks to the NGA for giving Natural athletes a stage and a platform! ■

There is Power in Being Focused

By Gretchen White



Gretchen White,
NGA Masters Figure
Competitor

Fitness Blogger,
Faith and Fitness
Trainer

How many of you often ask yourself the following question: “How can I turn my dreams of being (fill in the blank) into reality?” Good question. I admire all of you who dream big and want it all. There is nothing wrong with having dreams and ambitions. I have them as well. I even believe I can have it all, but I do not. Why, do you ask? Because I try to do it all so that I can have it all. And even if someone tells you, you can... you can’t. Why, you ask again? Because you only have a limited amount of time and energy available to you. We are all humans. Not superheroes. And even if you think you are a superhero, in reality you are not. You will discover that striving to have it all will leave you exhausted and out of time.

So, instead of trying to have it all and do it all, focus on the one thing that matters the most and achieve it.

Given that you have minimal time and energy, the more you focus on one thing, the more energy and time you will efficiently dedicate to reaching your true goal. You can compare this to being focused during your workout. When you are focusing on the muscle that you are working on, you eventually see results. You discover that the time and energy you put in during that workout produced results. Why, once again? Because during that workout you were focused on one thing. Working that muscle so it can reach its full potential.

When I started lifting weights, I read all I could about developing and growing my muscles. And eventually I saw results. But when I reached a peak in my development and growth, I became frustrated and began spending too much time and energy on doing too many things to

break free of that plateau. After spinning my wheels, I regrouped, focused, thus breaking through my plateau. Being focused is what is needed to achieve your goals.

To reach whatever goal you have, here are three important things I have tried that worked for me in helping me stay focused on my one goal - growing muscle to compete in women’s physique in 2017. So with that said, let’s get you focused on reaching your goal.

1. Get Rid of the Mental Noise - Constantly thinking about the many things you have to do to reach your goal can become distracting. Clear your mind of the noise!

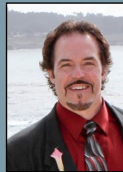
2. Learn to Focus - When you become distracted, you can begin to feel overwhelmed. Your thoughts are foggy. You cannot think clear. Take a moment to breathe in and out slowly, set your mind on what is important in reaching your goal, and you will see everything fall into place. When you are focused you achieve!

3. Don’t Inflict Self-Guilt - When you are trying to do it all and fail, your mind starts telling you negative things. It’s okay to fail. With failure comes great success!

Get focused and reach that goal!

“I am an unconventional, tattooed pastor who loves to lift weights and motivate others to do the same.”

MOTIVATOR’S CORNER



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Myths of Fitness

We’ve all heard the saying: **“No Pain, No Gain!”** It should be self explanatory, but let me explain. The **“Pain”** that they are referring to is not in your joints or the soreness after a couple of days of working out. The pain you should be feeling is in the muscle you are targeting, which comes from the struggle your muscles are going through in each exercise.

I have seen more and more people with pain and injures these days due to incorrect weightlifting. This is because of the lack of what I call **CFT (concentration, form, and technique)**. This occurs when atheletes are in a rush working out, are going through the motions at a fast pace, or using ballistic movements along with improper form and technique. I have even heard people say that “injuries in weightlifting are part of the game.” NO! Injuries are not part of the game! Injuries come from improper form and technique, incorrect seat adjustments, ballistic movements, and lack of concentration.

The **“Gain”** part is a result of slow controlled movements through both the positive and negative portion of each exercise. This tears down the muscle tissue efficiently. Then as your muscles recover, they get the gains you are searching for.

“Full Range of Motion” is another myth that the fitness industry is teaching. The only reason you would have to perform an exercise with full range is in a power-lifting competition. If you are muscle targeting or bodybuilding, then full range of motion is not necessary. The goal is to take the muscle to a struggle point without breaking your form. Some exercises you will start with full range, however, you should then reach the struggle point for the 8th, 9th, and 10th repetition. That is how you know you have the right amount of weight for that exercise. When you struggle, the extension of motion will get shorter. Remember at this point to still pause at the top and the bottom without breaking your form.

Control your movements! The shorter range work the muscles harder. If you still believe that the full range of motion is the way to go, then why do we have a great exercise called 21s? There are 3 different ranges in this exercise which work the biceps. Also, understand that some movements can cause damage to your joints by going full range, such as any kind of pec fly. By going full range of motion on a pec fly machine or dumbbell fly, it can put your shoulder joint in high risk for an injury.

One more myth that needs to be corrected is that **“Heavy weights with fewer repetitions build the muscle while doing lighter weights with more repetitions tone the muscle.”** I’m going to clarify this false statement. All muscles are different. Take calves for instance. If you want to build your calves and are doing heavy weights with fewer repetitions they will not get results. Calves are use to repetitions from standing, walking, running, riding your bike, etc. With that being said, to build or tone your calves you need to go heavy with 20-25 reps per set. The only difference from building and toning your calves would be the caloric intake.

If you want to build or tone your shoulders, you need to go heavy and do no more than 10 reps per exercise. Why is that you might ask? The reason is because we don’t walk on our hands; the shoulders are not use to high reps. High reps on shoulder exercises would do more damage than good. The shoulder joint is the most unstable joint in our bodies; therefore, it is easily dislocated. The more reps you do on shoulders, the more wear-and-tear to your shoulder joints. The shoulder joints have enough wear-and-tear already due to being active in almost every upper body exercise.

My rule of thumb is: go as heavy as you can for the repetitions you are going to execute. Also, one more thing, heavy weights do not damage your joints! Improper form, technique, and ballistic movements damage joints! ■

THE NATURAL WAY

BY MIKE HAMILL

So... you've decided you want to compete and the first thing you're asking yourself is, "how do I accomplish this? What workouts should I do, what aerobics should I do, what supplements do I buy, what gym do I join, what outfits should I wear, what music do I pick for my routine..."

Yes, these questions are all part of the equation, but they are far from the first things you should be concerned about. Absolutely none of these questions will matter if you don't first ask the most important question of all... What should I eat and how do I eat it?

The biggest component in changing your body isn't the workouts, the aerobics, the supplements, or the latest greatest magic pill, or fitness fad. The biggest component is eating. If you aren't willing to eat, and eat a boatload, then forget about competing.

Depending on where you are in your training phase, eating is 70% of the equation if you're just starting, or about 95% if you're entering the last week before a competition. It amazes me, how to this day, even people who should know better, like trainers, still whisper when they see me in the competition shape, "Oh, he has to starve himself to

get in that kind of shape." If you call five or six meals a day and 3500 calories a day starving myself, then I suppose they're right.

Proof of the above you say? My first experience in bodybuilding was with the old Cybergenics system. Does anyone remember that? My training partner at the time and I did the program. I completely changed my body and his remained basically the same. WHY? We did the same workouts at nearly the same strength levels. We took their supplements. Why didn't we get comparable results? Because I followed their meal plan and he didn't.

In subsequent years as I learned about nutrition and I have developed my training, two things have remained constant. When I train and eat properly, I get tremendous results that people who see me in a gym notice and know I'm getting ready for a competition. When I train without eating properly, despite doing the same workouts and training cycles, people and the mirror hardly know I even work out.

This is usually the point where the writer promotes the latest, greatest meal plan available. Usually, it's their meal plan and usually they're trying to

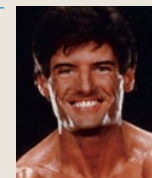
sell it to you. Not happening here. I'm not trying to sell you anything other than the truth. Be assured I have tried nearly every meal plan there is over the course of thirty-five years and there's only one that has consistently taken me to and below 3% body fat levels. If you look at most of the meal plans in use today, they are patterned after (though few will admit it) this one plan. Why? Because it works. Period.

The meal plan was written ages ago. It has been tweaked and re-written by many gurus and presented as their own, but no variation has surpassed the original or outlived it. The meal plan is in a book written by Bill Reynolds and Negrita Jayde and is entitled "Sliced." The meal plan is based on keeping you in as close a state of ketosis as possible and manipulating your metabolism into a fat burning zone, while maintaining and adding lean muscle mass. Few people ever achieve what are considered "zero body fat" levels of 3% or less, especially without the use of steroids or other drugs. I have achieved a fat level of 2.9%.

I accomplished it repeatedly using the Sliced meal plans and despite many foolish attempts to improve on the meal plan by trying the latest, greatest meal plan available, I discovered the meaning of a very wise statement. "If it ain't broke don't fix it." This meal plan has worked for decades on both genders and all age groups. It has been re-written and modified many times over the years for one simple reason, it works.

I could spend pages explaining, but it's more beneficial just to go to the source instead of listening to me jabber. Pick yourself up a copy of "Sliced" and get results. If you have questions write me and I'll give you my two cents worth.

In future articles, I will present aerobic and training methods to start reducing your fat levels and let your muscles show. Until then, train hard, train smart, and stay natural my friends. ■



Mike Hamill is an NGA Certified Personal Trainer with 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 or email at themikehamill@gmail.com

2017 NGA 77th Annual Cincinnati

April 15, 2017 • Middletown, OH
NGA Promoters: Rick & Maureen Ruether
rickruether@gmail.com • www.bodsquad.us



L to R: Ashley Michel (Overall & NGA PRO Card),
Dan Serota (Overall BB & NGA PRO Card),
Donald Lawrence (Physique & NGA PRO Card),
Heather Bouts (Figure Overall & NGA PRO Card)

The Cincinnati Bodybuilding Championships is the longest running bodybuilding event in history. This year it was promoted by Rick and Maureen Ruether and sanctioned by the NGA. Rick has promoted this show since 1997, but it was sanctioned by a different organization.

At that time, the show was about to fail to exist. The number of athletes and crowd were extremely low. Because of the show's history it simply could not just fade away. Although the "Cincinnati" has never been a huge show, it has made it to over 125 competitors a few years ago. Starting in 2010, the show became a drug tested event, as well as the Monster Mash, also now an NGA sanctioned show, which is held in October every year. Most of us weren't around when the Cincinnati show started. Back in those days the venue was the Cincinnati Central YMCA. The competitors were all men at the time. The judges went up to the competitors and visually inspected them, even their teeth! Since then things have changed quite a bit; now we even use electronic scoring for some shows.

This year, the Cincinnati was held on April 15th and was an NGA Pro qualifier. It was a great show. The judges were

first class and all are national competitors or pros, most with 10+ years judging. The crowd was totally into it; some even brought signs supporting their favorite athlete. They got a little loud at times, but that's what we like! The new NGA Pros are Dan Serota (men's bodybuilding) and Ashley Michel (bikini, first show).

This show was the first NGA event in southern Ohio and the next NGA event will be the NGA Monster Mash Natural scheduled for October 21. The Monster Mash started in 1997 (also by Rick Ruether). It was held on Halloween, thus the name. The athletes have always been able to dress up at the evening show in costumes. The crowd loved it and the competitors have always had a blast. The Mash sold completely out for 13 of 19 years!

There are many reasons that both shows are now sanctioned by the NGA, but most people already think it was a great move. The competitors, especially the women, look the way the divisions were always meant to look. Bikini girls look like bikini girls should look and the same with the figure competitors. No ripped vascular deep voiced women, just beautiful, amazing bodies that almost every woman can respect and appreciate. The women also have plenty of stage time, not just a mention and a wave at the evening show if they aren't in the top 5 (some organizations do that). We are looking forward to many successful years with the NGA! ■

NGA Pro/Am Bluegrass Bodybuilding Championships



October 7, 2017
Heritage Hall, Lexington, Ky
Super Pro-Qualifying Event



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Some Protein Facts



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Protein makes up nearly half of the dry weight of the human body and are constantly being replaced. Except for the water component, protein represents 98-99% of the skeletal muscles. Research indicates that exercise of either long duration, high volume, or high intensity increases the protein requirements of athletes; in fact, athletes may require between 23-178% more protein than average people!

The longer or harder an athlete trains, the more important dietary protein becomes to maximizing the muscles' repair and building process. As training breaks down muscle proteins, muscles require adequate protein intake to be used for repair and rebuilding. When there is not sufficient protein available

for these processes, exercise will keep continuously breaking down muscle tissue, and the athlete will end up losing valuable muscle tissue (catabolic state).

Weight-training athletes who considerably increased their intake of dietary protein, were found to be able to

increase their strength, muscular hardness, and lean body mass. This increase of lean mass brings about an increase of the body's metabolism, which is the most important aspect in achieving and maintaining a healthy lean physique. After all, bigger muscles burn more calories all day long than little muscles, whether during exercise or at rest.

Endurance athletes are also advised to increase their protein intake, as prolonged aerobic exercise can burn amino acids after the body uses up its stored glycogen (gluconeogenesis). If there are not enough amino acids derived from dietary proteins circulating in the blood, the body has no other choice than acquiring the needed amino acids through breaking down muscle tissue, thus cannibalizing itself.

Dietary protein is not only vital for the repair of existing tissue levels, the synthesis of new tissue; but, is also used as an alternative source of energy during periods of intense stress, injury, and caloric deficiency.

The amino acids, derived from ingested dietary proteins, are in fact also essential for the synthesis of other amino acids as well as hormones, neurotransmitters, enzymes, and other biochemicals. Last but not least, ingested amino acids are of utmost

importance for the optimal functioning of the immune system.

Protein deficient athletes can expect such conditions as tiredness, reduced energy, weakness, mental depression, lowered resistance to infections and disease, slower healing of injuries, and prolonged recovery from exercise.

As whole-food sources of protein are often high in fat, cholesterol, purines, and calories, while additionally placing high demands on the digestive system, it is important to understand that it is virtually impossible for any weight-training athlete to make optimum progress without the steady use of a quality protein supplement. Quality whey protein concentrates, designed for athletes, contain approximately 80%, and whey protein isolates 93% of pure protein. These are certainly among the top choices, as they are easily absorbed and don't acidify the body like animal proteins. However, for the sake of your long-term health, avoid any whey or other protein supplements, which are adulterated with toxic additives, such as artificial sweeteners, chemical colorings and flavorings. Products with such health-hazardous ingredients should have no place in the diet of any health-conscious athlete. ■

2017 NGA 2nd Annual Pro/Am Rocky's NEO Championships



Left: Figure Open Tall
Kelli Sanford-Burgoon (NGA Pro Card & Overall)



Right: Figure Open Short
Chris Trimpey, (NGA Pro Card)

Sarah Sunga, Bikini Short

Kelli Sanford-Burgoon, Bikini
Tall (NGA Pro Card & Overall)

April 29, 2017 • Columbiana, OH

“A Diamond Class”

On April 29th, the NGA 2nd Annual Pro/Am Rocky's NEO Championships was held in Columbiana, Ohio and attracted some of the highest quality competitors that fans, fellow competitors, and promoters could ask for. The amateur battles for NGA Pro Cards were fierce.

First was the battle for the Figure NGA Pro Cards. Starting off the win column was, Chris Trimpey who won the short class division and received her NGA Pro Card in this super pro qualifier. Chris then battled the highly competitive tall class figure winner. Kelli Sanford-Burgoon was the tall class figure winner after outscoring her tall classy competitors. Kelli then continued her win streak by edging out Chris for the overall figure title and her NGA Pro Card.

The next NGA Pro Card battle came in the Men's Physique from the lightweight winner versus the heavyweight champion. Johnathan Hamilton, representing CNC out of Toledo, OH, edged out Ja'Darian Bowers (2nd place) and other competitors for the lightweight division title. Johnathan patiently waited for the outcome of the heavyweight open physique champion which turned out to be Michael Anthony, from New Castle,

NGA Promoter: Rocky Taumeopeau
www.rockysfitness.com

BY ROY THOMAS
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Pennsylvania. These two titans, Johnathan and Michael, posed neck-n-neck on stage for the overall. After the dust had settled from their quarter turns, Johnathan's hand was raised to win the overall Men's Physique title after displaying his stone, chiseled abs, crowd pleasing smile, and robust stage presence.

No contest is complete without the ever popular and constantly growing bikini classes. After their half turns and stage walks were completed, Sarah Sunga emerged by a narrow margin to be the short class open bikini winner. Sarah watched the tall class bikini division with bated breath to see who would be her competition for the overall bikini title. The tall class winner turned out to be Kelli Sanford-Burgoon. These two ladies, Sarah and Kelli, gracefully compared half turns and stage walks until the judges decided that this was Kelli Sanford-Burgoon's day. Showcasing her conditioning, her poise and her grace on stage, Kelli won the overall bikini title and she is now one of the newest NGA Pros.

Contestants were so pleased with the show, they have started to sign up for the next show, which is the NGA 11th Annual Pro/Am Steel Valley Classic in Warren, Ohio on August 5, 2017. ■



Johnathan Hamilton, Physique
Open MW (NGA Pro Card & Overall)



Bikini Open Short
Left: Sam Schmeizer, 2nd Place
Right: Sarah Sunga, 1st Place



Inspiration Awards
Left: Jordan Childress lost over 75 lbs.
Right: Bryce Wright lost over 100 lbs.



Dante Delorenzo
Classic Physique Open, 1st Place

Meet ALVIS VAUGHAN

BY EARL "THE PEARL" SNYDER
NGA PROMOTER RELATIONS
NGA PROMOTER, PA

Al is a true NGA athlete and represents what the drug-free sport of bodybuilding is about. He has competed since 1977. I have competed with Al in several Mr. Universe shows abroad. I have first-hand knowledge of the type of person that he is.

By the end of 2014, Al had won two NGA Florida State titles, two NGA New Jersey State titles, finished 2nd in the NGA World Championships, as well as won the NGA Pro/Am Universe four times.

Two and a half months later, Al was diagnosed with Stage IV throat cancer on February 1, 2015. After seven weeks of radiation and chemotherapy, along with his determination, he was declared cancer free six and a half months later. Rather than feeling sorry for himself, Al decided to step on stage and had a goal to do better than he had in the past. At this time, not only did he beat cancer, he also won the Over 55 Tri-State Championships and was awarded Best Poser.

A week later, Al flew to Pennsylvania to compete in the NGA North American Championships & Ed Cole PRO Classic. Not only did he leave conquering his class and being crowned the North American Champion, he was also awarded the Ed Cole Determination Award. Ed Cole was a long time natural competitor who appeared in many magazines and the television show, America's Got Talent.



Ed Cole was diagnosed with cancer and continued to compete until his very last days. He wanted his legacy to carry on in the natural bodybuilding world, which his wife, Marie Cole, supported and sponsored this award to the most worthy athlete. The award is given to the athlete that shows the most determination to never give up, no matter what the circumstances are.

One month later, Al took 3rd in the World Championships. He came back to the states to claim the Over 60 NGA Universe title. On May 6, 2017, Al was presented with the Mike "Broc Man" Ives Warrior Spirit Award at the NGA 5th Annual Gator Classic ([see page 52](#)).

If you ever get a chance to see Al on stage, you will be encouraged, motivated, and eager to tackle life's troubles. Al is a great entertainer on stage, but most notably, Al has achieved many successes even in the face of extreme adversity. He continues to remain humble and that speaks volumes to his character. We are proud to have you, Al Vaughn as an NGA Member... you represent well. ■

Surviving Cancer Led Me to My Passion



BY LAURA GRAY
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Nutrition and exercise is paramount today. With our busy lives, many turn to processed foods so popular and readily available, instead of whole foods with better nutritional value. But what's promising is the growing popularity and access to healthier choices. Making daily nutritional choices can impact your life in positive ways. I've changed my life by exercising and making healthier choices.

I am a Cancer survivor and my passion is exercise and nutrition, as well as making healthy life choices. I remember there was a time that very few people knew someone touched by cancer. Today, most people can say they have a family member, friend, or co-worker that has been touched by this disease. January 2017 was a 10-year milestone for me. What I remember at the time I was diagnosed, is if I would be alive to see my children get married and have their own families. I recall the struggle of who I should confide in and if I should tell my children. I was married at the time, and my husband, a recovering alcoholic, five years sober into four years of our marriage. Unfortunately, my illness impacted his sobriety in the worse way and our marriage ended. I had to rely on my 16-year-old daughter to drive me to my treatments, worried if this was too much to ask. She was enjoying high school and working on meeting a GPA that her Dad and I required to help her get a used car. I found out she



L to R - son Joe, granddaughter Monet, daughter Sonja, and mother Laura Gray

chose to miss an extra credit test that would have helped her reach that GPA. The drive to my treatments was 35 minutes away, and when I found out she missed this test, I called her school to speak to her teacher. I learned she did not disclose my illness to her teacher, as she did not want to use my illness as an excuse for missing her test. Her teacher agreed to offer her a makeup test which she passed!

I remember looking out the window from my kitchen watching her drive away in her first car and feeling very proud and happy to see that moment. The experience changed me forever and I appreciate my good health and the joy of living my life. I've been able to see my son get married and I am enjoying two grandchildren with one on the way. It has been a struggle and a joy and I embrace what happened because it has led me to my passion for exercise and a much healthier lifestyle. This experience taught me to be an advocate for my health because every day is a blessing. ■

2017 NGA North American Championships & Ed Cole Classic Rocks the Woodlands Resort In Wilkes-Barre, PA

April 29, 2017
Wilkes-Barre, PA

It was a fun and exciting show for everyone. As you drove up to the Woodlands Inn, on the larger than life-size marquee was our NGA show poster with the athletes. It was a beautiful resort where the athletes and fans enjoyed everything they had to offer like a pool size indoor hot tub, an indoor pool, Japanese restaurant, outside bars and restaurants, two dance clubs, and a casino just up the street.

The NGA Ed Cole Pro Classic kicked off with the Men's Classic Physique. This class was stacked. It was Gerald Price who edged out Scott Nashida for the title, while Kyle Lavery took 3rd.

Julia Hubbard, who flew half way around the world from Spain, captured the NGA Pro Figure & NGA Pro Figure Masters title. She was in phenomenal shape. NGA Pro Men's Master BB Gold was won by David Moore while Curt Green was in 2nd. Rounding out the NGA Pro division was John'I Lovett over Padovani Dominique (from Haiti) in the Pro Classic Physique.

The NGA North American Championships took place immediately. Kenny Williams showcased his physique to win the NGA Men's Master Physique. Wendy Serfass won the NGA Figure Masters as well as the NGA Transformation division. She had a life-changing experience by reaching one of her goals that evening.

In the Bikini Open Short, it was Mia Sallavanti who beat out Heather Brudereck. Mia also won the Bikini Collegiate. In the Bikini Open Tall, it was Tiffany Reeve beating Julie Craig for 2nd, while Brynn Morgan ended up taking 3rd. One of the highlights of the night was the Bikini Overall. When Mia & Tiffany went on stage to see who would earn their NGA Pro Card, they just started posing on their own. This is when the crowd went wild. It was so loud that you could not hear the head judge,

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

Lorraine take the ladies thru their half turns. This was the loudest crowd that we heard at a show. It was a tough overall with Mia coming out the victor.

In the Figure Short class, it was Maria Wozniak taking 1st place, while Ebony Fenstermaker was victorious in the Figure Tall Class. When Maria & Ebony came out for the overall, the crowd did not let up and all mayhem broke loose again. Ebony ended up qualifying for her NGA Pro status. Rounding out the women's open division was the Physique class. This class was loaded and unique. You had six top athletes who came to do some battling. The top two athletes were a mother/daughter combination. It was Dawn Litzinger edging out her daughter Preslee Litzinger for the title. Both mother and daughter earned their NGA Pro qualifying status.

The top three place winners in the Men's Physique Open class were: Pardovani Dominique taking 1st, followed by George Grimes in 2nd, and Kenny Williams taking the bronze.

One of the toughest classes was the Classic Physique. It was Albert Broody edging out Matthew Dantone for 1st. Rodney Addison was 3rd, followed by Brad Musto in 4th, and the youngest competitor, at 18 was Scott Trump coming in 5th. Every one of these guys will have a great future.

In the Bodybuilding Open Classes, it was Mathew Danton beating Aaron Iben. In the light heavyweight, Albert Broody beat John'I Lovett. In the heavyweight class, David Moore edged out Lee Myers. It was David Moore taking home the overall.

Our highlight class was the Transformation Division. These athletes were winners because of the obstacles that they overcame to be where they are today. Their "before" pictures were displayed on the big screen as their stories were read. Then the athlete walked out... The crowd was in awe. Pardovani Dominique took 3rd, while Rachael Stratton took 2nd. Our Transformation winner was Wendy Serfass. ■



Women's Physique Open - Maria Wozniak, Alisa Matechak, Preslee Litzinger (NGA Pro Card), Dawn Litzinger (NGA Pro Card) and Danielle Todman



Classic Physique Open - Scott Trump, Matthew Dantone (NGA Pro Card), Albert Broody (NGA Pro Card), Brad Musto, Rodney Addison



BY EARL "THE PEARL" SNYDER
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Your Exercise Thermostat, How Much is Enough?

Part 1 of 3



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How much exercise is enough? The answer to this question is elusive without first considering tangible applications of volume, intensity, frequency, and the momentum (speed) of exercise.

There is a delicate balance to consider between these four variables as they operate collectively to provide the answers we are looking for.

To establish the ideal amount of exposure to exercise necessary to optimally stimulate muscle growth, we must first determine the *dose* required to bring

a target muscle to its *saturation point*.

By this I am referring to the point where it subsequently loses its ability to respond further to additional exercise. While this is contingent on several requirements; once having achieved this state, additional exercise is neither desired nor necessary.

This concomitantly results in a tremendous state of congestion (pump). While the pump may be merely a happy side effect that occurs by proxy with any form of resistance training, it is conditional to and certainly an indicator of growth when induced by properly applied training.

From my experience, muscles and their surrounding structures

do not reach their full saturation point simply by taking a single working set, or even a series of sets (giant set) to the point of momentary muscular failure. During the first set, the involved muscles and structures are still gaining momentum; building up to full strength in preparation for an even more explosive subsequent effort yet to come.

To complete only one *round* of exercises would be to stop short of both the volume and intensity that is accumulatively necessary to bring the muscle to complete threshold, thus preventing it from reaching its full saturation point. It is not until subsequent sets are performed before this occurs. Unless a muscle group and its associated areas are prepared adequately, they will not be able

to generate the muscle contractions necessary to completely affect growth stimulation.

Conversely, it is intensity itself that ultimately determines the ceiling of volume that is required, necessary, or even possible for achieving maximum growth stimulation. It is not a coincidence that in fact once having been achieved, this 'ceiling' translates into all the volume that is required or that a trainee can even stand.

For both volume and intensity there is a point of diminishing returns, both predicated one on the other; that is, if you train too much then you can't train as hard, and vice versa.

In either case, the problem will never be training too hard. Even greater levels of intensity can be achieved by the application of intensity enhancing techniques discussed elsewhere.

Time is also a consideration for the enhancement of intensity; therefore, a certain element of brevity must also be brought into the equation for best results. With high intensity training, only a small window of time is available to yield the greatest possible value of

exercise.

The actual workouts must therefore be short and brief. It is a quickened pace, or momentum generated by the proper application of exercise that enhances and literally enables levels of intensity beyond that which are normally attainable with conventional training methods.

Intensity itself imposes limitations in workout brevity; brevity being a necessity when training with truly high intensity. Even as an increase in volume compromises intensity, intensity is also diminished when it is spread out over longer periods of time. An excess in volume will also adversely affect overall recovery ability.

But an increase in workout momentum can become self-limiting as well. Decreasing elapsed workout time does not mean to suggest that an increase in workout speed is to the point of simply racing through the exercises.

Not only should all individual movements be performed with high intensity, but also in a controlled, strict, and deliberate fashion. In most cases, rest time between sets or groups of

exercises should be no more than is required long enough to regain composure and restoration of normal breathing. Following these guidelines will provide everything in the way of the requirement for training brevity and momentum.

After a properly performed workout, the trainee should experience a tremendous pump; which is an indicator of growth. As neuromuscular pathways become irresponsive and no longer able to fire at full capacity, this is soon followed by a rapid loss of contractile efficiency.

While it is the very momentum of the workout and its proper application that enables the target muscle to quickly achieve its saturation point; the *down side* afterward is equally as important an indicator that the exercise session was successful.

At this point, when the point of threshold is reached and the highest possible percentage of muscle fibers have been affected; the target muscle will no longer respond to additional sets; in other words, the muscles are shot! Even as the pump begins to rapidly dissipate, at this point you'll know you've had enough. ■

My Journey to the Stage

BY ZOEY ANDERS

I stood on stage at the 2017 NGA “Old Navy” Pro/Am Classic with bright lights in my face and tears of joy in my eyes. I had done it. I was not a quitter. I was a winner, a bikini pro champion.

Three years before, I was a fourteen-year old kid with no positive goals. I had quit every sport I’d tried up to that point. I began smoking, drinking, and taking drugs. I didn’t believe in myself. Every criticism dragged me down. I was depressed and I hated the way that I looked. My every thought was dark. I craved the very things that hurt me. I drank to deal with my anger.

At this point in my life, my only goal was to be intoxicated. I would wake up and smoke. I skipped every meal, except lunch. I smoked to deal with hunger. I ended each night with getting drunk. My grades in school were plummeting and I got more and more out of shape. I could not even walk up a small hill without panting and having to stop.

I hit rock bottom the night I overdosed on pills. I started having panic attacks after that, every time I took drugs or ate any food at all. My throat would tighten and I felt like I was going to die. I was wasting away. I knew it was unhealthy, but I did not want to stop.

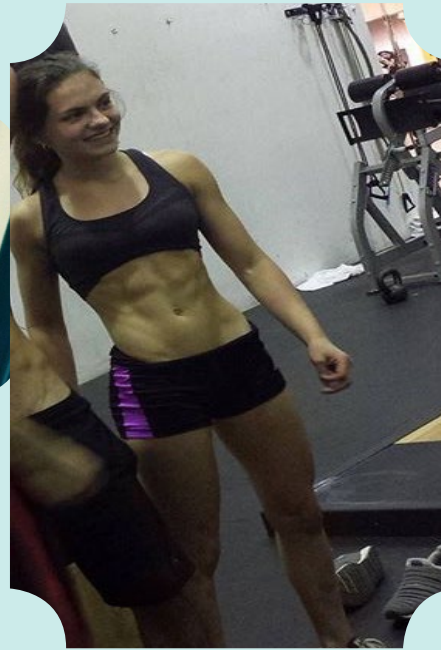
Things started to change when my father found out what I had been up to. My parents had no idea what was going on. They only knew I was becoming more and more depressed. I was on my way out the

door one night to smoke, when my father stopped me and asked to check my coat pockets. I freaked out and I refused. The night ended with him finding the cigarettes. The next morning, I woke and discovered that I had been pulled out of school and was being homeschooled. I was never to see my so called “friends” again and I was bitter and angry.

In my down time, I watched movies. I know it sounds strange, but I was inspired by athletic women in action movies. I began to research their fitness regimes and I became interested in women’s bodybuilding. I asked my parents for a gym membership and told them I wanted to work out. They were skeptical and did not expect much of me and with good reason. Up until that point, I quit every sport I had ever done, and boy, had I done a lot of sports!

I started going to the gym, and at first I was quite self-conscious. I was afraid of the other members and I thought people would look down on me. I was unsure of myself and I did not really know how to work out. After a month, I became comfortable with the gym and started to go every day. I loved the way working out made me feel and how it was starting to make me look.

During the summer, I was working out very hard, but incorrectly. I eventually injured myself. I had been trying to lift as heavy as I could, but I still ate very little and had no energy. I went to the



doctor with a back injury and he told me to not squat or deadlift for a few months. I was crushed. Those exercises had been my staples and I thought I would wither away to nothing. Being injured made me realize I had been neglecting a lot of other muscles, and that I was very underdeveloped.

I decided then to get a coach to help me. Natural bodybuilding was the obvious choice. I found an awesome coach, with a great record of professional bodybuilding. He was excited to help me achieve and even transcend my goals. I had only a vague idea of ever competing. He told me I would compete within a year! I couldn’t believe it. For the first time, I started a structured plan and began seeing results. My diet also changed drastically. I ate a clean and balanced diet. I found a sport I loved. This time, I was going to stick with it.

My biggest frustration was having to do less! I had been pushing so hard. I couldn’t believe how my coach wanted me to cut back on exercise. I thought, “How am I going to get bigger if I do less?” But he challenged me to change my



workout frequently, to try new things, and to stick to healthy eating and plenty of rest! My dad encouraged me to listen to my coach. “He’s won lots of competitions. Listen to him.” Grrr! One thing I can say for sure, is that I was consistent. I followed the plan, day after day, week after week.

Competition prep was at hand faster than I imagined. I started to lean out. I got a great posing coach to help prepare me for the stage. I practiced walking in five-inch nightmare shoes for the show. I also began to have second

thoughts. I was sure I would come in last place. However, I realized that to be good at anything, you must overcome struggles, and be willing to fail. I knew that I no longer wanted to be a quitter.

The night before my first show was the hardest for me. Reality sank in. I was going on stage before all those people. I was asking other people to judge me. Could I handle the criticism this time? I fell asleep with the image of myself walking on stage. I awoke oddly calm and ready. I got up and looked in the mirror. For the first time in a long time, I was happy.

The next thing I knew, I was pumping up backstage and then my name was called.

The minute I stepped on stage, I felt at ease and all my nervousness went away. I felt amazing and happy. I came to terms with myself and decided that it was okay if I did not win. I had won with myself. The night show went smoothly. I enjoyed the other competitors. Everyone was supportive and friendly. Some of the guys were funny. One man rolled onto stage with a hoverboard!

Then, it was time for the awards. Standing before the judges with all the other beautiful women, I really did not expect anything. My competitors all looked amazing. I was happy just to be a part of it. When they called fourth place, I realized I had to be in the top three. I was jittery with excitement as I heard third place called. I thought second place at my first show was an honor! Then second place was called and it wasn’t me. I was the only one left standing, and that meant that I had won. I could not believe it. Tears started to flow without my control. It was the best moment for me.

If you had told me at thirteen I would win a bodybuilding show, I would have laughed at you. But bodybuilding motivated me to succeed in every aspect of my life. Once I saw that I could succeed in one area, it motivated me in all other areas. I still have a long way to go, but I am happy with myself and where I am at. I’m grateful to my family, my coach, and my new friends at the gym. I don’t know what will happen in my next competition, but I know that I can never go back. Bodybuilding has changed my life for the better. ■

Photos (L to R): Zoey 2013 Age 14 Weight 130 | Zoey 2015 Age 16 Weight 100 | Zoey July 2016 Age 17 Weight 110

2017 NGA 5th Annual Gator Classic

May 6, 2017 • Ormond Beach, FL

NGA Promoter: Bill Mora



BY BILL MORA
NGA PROMOTER, FL
BILLYCT74@AOL.COM
WWW.MUSCLESHPNUTRITION.COM



Bill Mora with Jay Karp (BB Master Overall & NGA Pro Card)



Joshua Rolle
(Physique Overall & NGA Pro Card)



Top right: Khalif Muhammed
(Bodybuilding Overall & NGA Pro Card)



Left: Samantha Feenburg (Figure Open & Master Overall - 2 Pro Cards)



Top: Melissa Morreale (Bikini 2nd Place & NGA Pro Card)



Bill Mora with Sarah Logie (Bikini Overall & NGA Pro Card)

The 2017 NGA 5th Annual Gator Classic took place May 6th at the Ormond Beach Performing Arts Center. This venue "has all" for a bodybuilding competition, plenty of room backstage (upper and lower floors!), stadium/theater style seating for up to 600, ample lobby space for vendors, awesome sound system, and plenty of stage room. This is the "Go To" venue for promoter Bill Mora and his group of helpers, MC, judges, and competitors.

This show proved to be a hard fought battle for many competitors throughout Florida, the southeast, and as far away as South Africa! Every division was stacked with loaded talent that gave the judges some work to do! Seven NGA Pro Cards were eventually awarded!

This year's Mike "Broc Man" Ives Warrior Spirit Award was given to Alvis Vaughan of Sarasota, Florida. Alvis has been a staple on the local and northeast bodybuilding scene for over 40 years! Al battled through Stage 4 throat cancer where chemo and radiation therapy dragged his body down to barely being able to walk or do anything else. After beating cancer, Al slowly progressed

back into his workout routine where he eventually regained his former physical condition! The "Broc Man" Warrior Spirit Award is given each year to someone who has overcome a major adversity to be able to compete. We are proud to award this year's recipient to Alvis Vaughan.

Once the dust had settled, the scores were tallied, t-walks and routines completed, it was time for our awards ceremonies. There were several hard-fought battles for 7 NGA Pro Cards! This year's Overall Pro Card Winners for the 2017 NGA Gator Classic are as follows:

Figure Masters Pro Card: Samantha Feenburg
Figure Open Pro Card: Samantha Feenburg
Bikini Open Pro Card: Sarah Logie
Bikini Open Pro Card: Melissa Morreale
Men's Physique Open Pro Card: Joshua Rolle
Men's Bodybuilding Masters Pro Card: Jay Karp
Men's Bodybuilding Open Pro Card: Khalif Muhammed

Thank you to everyone who competed and congrats to our new NGA Pro Card winners! Next show: July 29th, NGA Central Florida Classic Pro/Am. ■



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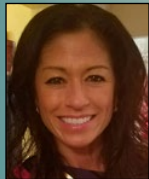
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Transformation Division Takes Off With Wings!

"We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty"

- Maya Angelou



TERRI WHITSEL
NGA COMMUNICATION EXECUTIVE
NGA PROMOTER, PA
TERRI.WHITSEL@GMAIL.COM
WWW.NGAEASTCOASTNATURAL.COM



(L to R)
Curtis Green,
Earl Snyder,
and
Jennifer
Dorundo

The absolute greatest thing that a natural bodybuilding organization provides is the opportunity for ordinary people to showcase an extraordinary transformation. The exclusive beauty is in the natural aspect of the transformation. In the fall of 2015 the NGA East Coast Natural Pro/Am Championships decided to find a few butterflies and incorporate them into their show in State College, Pennsylvania. After competing and attending so many different shows and constantly talking with competitors, we realized there were so many athletes that had compelling stories to tell of how they got to be on stage. Every competitor who steps on to a natural stage has "natural" bragging rights; but there are many whose stories are much bigger than most people could ever imagine. Thus, the Transformation Division was born to the NGA on September 26, 2015.

So how does it work? To begin, it is a free crossover that is included with the athletes' registration. Requirements are simple; a "before" picture, a written story, and the willingness to be proud of your dynamic transformation. Next the athlete showcases the "before" picture while live on-stage. The hardest part for most is showing the "before" picture.

Setting the Stage for Transformation

At the night show, the promoter gives a short introduction to this exciting division as the big screen is brought down on the stage. We begin to read the first Transformation story to the audience as the first competitor's "before" picture is bared...raw...unedited for the audience and judges to stare at the entire time they listen. After the story is read and everyone is already in awe...we welcome to the stage the competitor...in the flesh...in their "after!" Jaws drop, tears are flowing, and people are standing in applause. The

chill in the air is undeniable. Athletes are peeking from behind the stage just to get a glimpse of the "before" and "after" in one shot. After all competitors in the Transformation Division are completed, one at a time, we bring them all back out on stage. They are lined up together with their "before" behind each of them and they are judged live. The judging is unique...it is not about their physiques as they are on stage. The judges must take a close look at the "before" pictures, while considering their transformation story and decide on the greatest transformation. Every competitor is celebrated...but after all, it's a competition, right? So, one is crowned the ultimate, biggest winner!

We always felt at shows that it was important to point out to the audience that we are literally "normal" people, just like them sitting in the seats. We even had athletes enter the show mainly to do the Transformation Division...it means something. We all started somewhere and ended up here... on stage...doing it naturally. THIS is what gives everyone hope and encouragement that they too can overcome extreme obstacles and reach a goal without having to turn to unnatural methods!

We know this affects people. After each show people from the audience consistently give feedback that the Transformation Division was so real to them and how inspiring it was. Emails and posts after the show from the Transformation athletes, their families, and supporters always remind us that it was just the right thing to do in our Natural Bodybuilding world!

When looking for your next show, check out the Transformation Division...get inspired...tell others your story! And yes, we are now seeing it blossom into other organizations... Go Transformers, FLY! ■

2017 NGA Pro/Am Heart o f America Championships

May 6, 2017 • East Peoria, IL

NGA Promoter - John Abraham jjabraham1@yahoo.com www.hoanaturalclassic.com



Bikini Debut - left to right: Megan Siears, Rachel Cillick, Kelly Huffman, Pamela Hahn, Jessica Huffman, Guida Scheer, Angela Carey, Aubrey Rosado



Pro Men BB - left to right: Mark Dick, Raymond Cummerlander, Trevor Sajdak, Monroe Harrison



Megan Gaza, Pro Figure Winner



Alma Mentz - 2nd Place Bikini Open Tall

Over 50 athletes took the stage at the 22nd annual NGA Pro/Am Heart of America on May 6th in East Peoria, IL. This was the 14th year for me to promote this show. A packed house filled a new venue this year at the Illinois Central College Performing Arts Center. Although overall numbers were down slightly this year, a very competitive stacked class of athletes came to compete for their NGA Pro status as the show is an NGA Super Pro Qualifier. The Bikini and Men’s Physique classes were especially full, with Head Judge Earl “The Pearl” Snyder commenting, “it was one of the biggest Bikini classes he had seen in an NGA show.”

In the Pro Division of Men’s BB, Trevor Sajdak of Columbus, OH, edged out Mark Dick of Morton, Illinois for the win. Pro Bikini went to Jessica Orban, bagging her 3rd straight Pro Bikini win, after winning the transformation class just 7 months ago at the NGA/NPC Championships. Pro Figure went to Megan Gaza, a rising star in the NGA Pro Figure ranks. She edged out a very well-conditioned Cory Kyle. Cory went on to win 1st place in Women’s Physique Open after crossing over from Pro Figure.

Other NGA Pro Card winners from the open classes were Brian Neilson, overall Men’s Physique, and Jessica Huffman, overall Women’s Bikini. At 19 years young, she is a rising star for sure. Jessica also claimed 1st in Figure Open medium. Ryan Scott, a big and muscular heavyweight won Men’s

Bodybuilding Open and an extremely conditioned Raquele Stanton claimed her NGA Pro Card winning Figure Open. Brent Julius earned an NGA Pro Card for winning the Bodybuilding Masters 40+ and Open Light-weight class. He will make a great NGA Pro.

Other winners, Mike Ewalt, Bodybuilding Debut; Justin Boyd, Physique Debut; Jessica Huffman, Bikini Debut; Marissa Barney earned her NGA Pro Card by taking the Bikini Open Tall. In Bikini Model, Brittany Gronau earned a well-deserved 1st place with a fit symmetrical body and a gorgeous costume. A heartwarming story, Elizabeth Stevens won the Transformation Class. She looked amazing and had a great story to tell. Rebin Roy was awarded the Jerry Thomas Memorial Award for the athlete displaying passion and courage in our sport. Nick Ross beat out high school sophomore sensation Ethan Skar in Men’s Physique Teen. Kaitlyn Ryan, who gets better every show, took Figure Novice and Mike Ewalt won Bodybuilding Novice and Bodybuilding Masters 50+.

Swords were presented to overall winners and I treated the competitors to a well-deserved complimentary after party with food, pizza, drinks, and a DJ. Be sure to mark your calendars on May 5th for the 2018 NGA Pro/Am Heart of America (HOA) in East Peoria, IL. ■



Jessica Huffman, Overall Bikini & NGA Pro Card



Trevor Sajdak, Men’s Pro Winner



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NGA Pro Lex Kovacs
Photo by Kaycie Davis,
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2017 NGA Atlantic Classic
March 11, 2017
Atlanta, GA
NGA Promoters:
Ernesto Rackley & Lanard Hatney

Bikini – Open
1. Jasmine Stills
NGA Pro Card
2. Ebony Scott
3. Lisa Johnson
4. Kendall Cherry
5. Lindsey Hill
6. Eve Taylor

Bikini – Masters 35+
1. Lisa Johnson
2. Eve Taylor

Figure – Open
1. Ann Schmidtova
NGA Pro Card
2. Amanda Roach
3. Melissa Huff
4. Kaesha Strain

Figure – Masters 35+
1. Patricia Crawford

Men's Physique – Open LW

1. Austin Reynolds

Men's Physique – Open MW
1. Neal Morgan
2. Jason Browder
3. Calvin LeClear

Men's Physique – Open HW
1. Joshua Running
NGA Pro Card & Overall

Men's BB – Open & Masters
1. Francisco Montalvo

Bikini – Novice
1. Jasmine Stills
2. Ebony Scott
3. Kendall Cherry
4. Lindsey Hill

Figure – Novice
1. Amanda Roach
2. Kaesha Strain

2017 NGA Texas State Championships
March 18, 2017
Stafford, TX
NGA Promoters:
Larry & Debbie Mitchell

Men's Physique – Open LW
1. Ivan Blow
Overall
2. Jarrett H. Mitchell

Men's Physique – Open HW
1. Billy Masden
2. Dennis Newben

Men's Physique – Masters 50+
1. Bill Masden

Men's BB – Open LW
1. Silvestre Ocampo

Men's BB – Open MW
1. Martin Walker

NGA Pro Card & Overall
2. David Hood

Men's BB -Open LHW
1. Scot Cooper
2. Joshua Broussard
3. Brian Hoffman

Men's BB – Masters 50+
1. Scott Cooper
2. Brian Hoffman

Men's Physique – Novice LW
1. Ivan Blow
2. Jarrett H. Mitchell

Men's Physique – Novice MW
1. Cecil Robeas

Men's Physique – Novice HW
1. Dennis Newber

Men's BB – Novice LW
1. Silvestre Ocampo

Men's BB – Novice MW
1. Martin Walker
2. David Hood

Men's BB – Novice LHW
1. Adam Rawling

2017 NGA 1st Annual Tri-State Championships
March 25, 2017
Bloomfield, NJ
NGA Promoters:
Pete Diaz & Sam Kapoor

Bikini – Open Short
1. Maria Pinizzotto
Overall
2. Michelle Rocco

Bikini - Open Tall
1. Michelle Ortega
2. Doris Swarn

Bikini - Model
1. Michelle Ortega

Figure – Open Short
1. Maria Pinizzotto
Overall

Figure – Open Tall
1. Doris Swarn
2. Caroline Wilson

Women's Physique – Open
1. Lauren Kuchnar

Men's Physique – Open MW
1. Mike Basler
NGA Pro Card & Overall
2. Anthony Harris
3. Jovens Louis-Jean

Men's Physique – Open HW
1. Calvin Lashley
2. Robert Jones
3. Samuel Garba

Classic Physique – Open
1. Alex Kruklinski
NGA Pro Card
2. William Bass
NGA Pro Card
3. Anthony Harris
4. Justin Barrow
5. Arkeem Samuels

Men's BB – Open
1. Alex Kruklinski
2. Justin Barrow

Bikini – Debut
1. Michelle Rocco

Bikini – Novice
1. Michelle Rocco

Figure – Debut
1. Caroline Wilson

Men's Physique - Novice
1. Calvin Lashley
2. Samuel Garba

Men's BB- Novice
1. Justin Barrow

2017 NGA Natural Utah Championships
March 25, 2017
Clearfield, UT
NGA Promoters:
James & Bianca Purtell

Bikini – Open Short
1. Traci Andreason
NGA Pro Card & Overall
2. Vanessa Hammel
3. Andrea Morales
4. Kaylee Anderson
5. Claudia Bran

Bikini - Open Tall
1. Sarah Kelly
2. Cindy Garcia
3. Jennifer Ramsey

Bikini - Masters
1. Claudia Bran

Figure - Open
1. Lisa McGonegal
2. Lauren Winskowski
3. Erica Escalante Paul
4. Aja James

Figure - Masters
1. Lisa McGonegal
2. Aja James

Men's Physique – Open LW
1. Justin McDonald
NGA Pro Card & Overall
2. Matt Heidrich
3. Tyler Miera
4. Wen Yuan Zhu

Men's Physique – Open HW
1. Jon Winn
2. Devin Vest

Men's BB – Open LW
1. Spencer Smith
NGA Pro Card & Overall
2. Nick Klingler
3. Juan Sucuzhanay
4. Mark Smith

Men's BB -Open HW
1. Tyson Davis
2. Erik Legend Ritter
3. Will Farr

Teen's Physique
1. Devin Vest
2. Mark Wiser
3. Chase Elsberry
4. Andrew Margetts
5. Dax Peterson

Teen's BB
1. Remington Preece
2. Colby Barnes

2017 NGA 5th Annual Mr. Anthracite
2017 NGA 1st Annual Mr. Coal Natural Championships
April 8, 2017
Pottsville, PA
NGA Promoter: Warren Egebo

Anthracite Contest
Men's Physique – Open
1. Kyle Lavery
NGA Pro Card
2. Matt Potts

3. Christian Force
4. Donald Deibler
5. John Parker, Jr.
6. Dante Picarelli

Classic Physique - Open
1. John Lovett
NGA Pro Card
2. Matt Potts
NGA Pro Card
3. Aaron Iben
4. Donald Deible
5. John Parker, Jr.
6. Dante Picarelli

Men's BB - Open LW
1. Paul Davies
2. Michael Webb
3. John Parker, Jr.

Men's BB – Open MW
1. Chris Reed
2. Aaron Iben
3. Dave Evans

Men's BB – Open LHW
1. John Lovett

NGA Pro Card & Overall
2. Kade Haldeman
3. Dante Picarelli

Men's BB – Open HW
1. Adam Derck

Men's BB – Master 40+
1. Paul Davies
2. Dave Evans

Men's BB – Master 50+
1. Paul Davies

Men's BB – Novice LW
1. Michael Webb
2. John Parker, Jr.

Men's BB – Novice MW
1. Chris Reed
2. Aaron Iben
3. Dave Evans

Men's BB – Novice LHW
1. John Lovett

Overall
2. Kade Haldeman
3. Dante Picarelli

Men's BB – Novice HW
1. Adam Derck

Men's BB – Juniors
1. Kade Haldeman
2. Michael Webb

Mr. Coal Contest
Men's Physique – Open
1. Frank Moultrie
2. Kyler Baughman
3. Allen Jackson

Men's BB – Open MW
1. Dave Sheldon
Overall

Men's BB – Open HW
1. Shawn Jackson

Men's BB - Masters 40+
1. Shawn Jackson

Men's BB – Masters 50+
1. Dave Sheldon

2017 NGA 20th Annual Pro/Am Natural Northeast Championships
April 15, 2017
Rochester, NY
NGA Promoter: Joe Christiano

PRO Bikini – Open
1. Nakeata Graham
2. Chantiza Stern

PRO Figure – Open
1. Susanne Shaw
2. Rebecca Candelaria

PRO Figure – Masters
1. Stacie Reed
2. Wendy Doran

PRO Bikini – Open Short
1. Makayla Himes
NGA Pro Card & Overall
2. Jayme Altes
3. Rebecca Candelaria
4. Dina Mihalitsas
5. Nicole Castle
6. Shanese McCoy
7. Julia Dorseh
8. Gabriela Fruce

Bikini – Open Medium
1. Pam Gall
2. Tabitha Milevich

Bikini – Open Tall
1. Julie Craig
2. Jennifer Falvo
3. Jennifer Jansen
4. Nicole Riley St. Arnaud

Bikini – Masters 35+
1. Jayme Altes
2. Nicole Riley St. Arnaud
3. Tabitha Milevich

Bikini – Masters 45+
1. Gabriela Fruce
2. Pam Gall

Figure – Open Short
1. Alisa Carr
2. Jenni Sullivan
3. Michelle Ross

Figure – Open Medium
1. Nakeata Graham

NGA Pro Card & Overall 2. Danielle Shifflet 3. Alyssa Rollins 4. Katelyn Sanders Figure - Masters 1. Jenni Sullivan Women's Physique – Open 1. Tiffanie Baney 2. Jenni Sullivan Men's Physique – Open LW 1. Jeffrey Leist 2. Helgan Saleh 3. Mused Kassim 4. Derek Rush Men's Physique – Open MW 1. Kyle Lavery NGA Pro Card & Overall Men's Physique – Masters 40+ 1. Bob Fontaine Men's BB – Open BW 1. Kevin Magee 2. Arthur Alston 3. Tom Mihalitsas Men's BB – Open LW 1. Kendall Leist 2. Mitchell Ladd Men's BB – Open MW 1. Rob Allen 2. Colby Habermacher Men's BB – Open LHW 1. Michael Gralla NGA Pro Card & Overall 2. Roger Welch 3. Jim Capello Men's BB – Masters 40+ 1. Arthur Alston 2. Jim Cappello 3. Michael Coleman Men's BB – Masters 50+ 1. Tom Mihalitsas 2. Jim, Cappello Men's BB – Masters 60+ 1. Jim Cappello Bikini – Debut 1. Dina Mihalitsas 2. Marjorie Lewin 3. Jennifer Falvo 4. Jennifer Jansen 5. Nicole Riley St. Arnaud 6. Gabriela Fruce 7. Pam Gall 8. Tabitha Milevich Bikini - Novice 1. Makayla Himes	2. Jayme Altes 3. Dina Mihalitsas 4. Jennifer Faivo 5. Julia Dorsey 6. Nicole Castle 7. Jennifer Jansen 8. Shanese McCoy 9. Nicole Rily St. Arnaud 10. Pam Gall 11. Tabitha Milevich Figure – Debut 1. Alyssa Rollins 2. Katelyn Sanders Figure – Novice 1. Danielle Shifflet 2. Alyssa Rollins 3. Katelyn Sanders 4. Michelle Ross Men's Physique – Debut 1. Jeffrey Leist 2. Heegan Seleh 3. Mused Kassim Men's Physique – Novice 1. Heegan Seleh 2. Muled Kassim Men's BB – Debut 1. Colby Habermacher 2. Paul Beck Men's BB – Novice 1. Kevin Magee 2. Colby Habermacher 3. Mitchell Ladd 4. Paul Beck Men's BB – Teens 1. Mitchell Ladd 2. Paul Beck 2017 NGA Pro/Am Kentucky Natural Classic April 15, 2017 Lexington, KY NGA Promoters: Josh & Melissa Miller PRO Bikini – Open 1. Jessica Orban 2. Kelsey Picha PRO Figure – Open 1. Cory Kyle 2. Stacie Reed 3. Wendy Doran PRO Figure – Masters 1. Stacie Reed 2. Wendy Doran PRO Men's Physique – Open 1. Ross Brown	PRO Men's BB – Open 1. Trevor Sajdak 2. Ryan Mester 3. Darryle Lee PRO Men's BB – Masters 1. Trevor Sajdak 2. Sean Newsome 3. Darryle Lee 4. Desmond Phillips Bikini – Open “A” 1. Stacie Bass NGA Pro Card 2. Jordan O'Neil 3. Rachel Jacob 4. Kendra Michelle 5. Brittany Lang Henry 6. Mariola Hullings Bikini – Open “B” 1. Shawna Broyles NGA Pro Card & Overall 2. Ali Lee 3. Abigail Edds 4. Jennifer Raisley 5. Savhanna Parson Bikini – Masters 1. Shawna Broyles NGA Pro Card 2. Stacie Bass 3. Jennifer Raisley 4. Christy Barnette 5. Carolyn Paul Figure – Open “A” 1. Christy Barnette 2. Renae Cannon 3. Kara Thompson Zentz Figure – Open “B” 1. Debra Withers 2. Angie Taylor 3. Trudy Lonesky Figure - Masters 1. Christy Barnette 2. Angie Taylor 3. Trudy Lonesky Women's Physique – Open 1. Debra Withers 2. Cory Kyle Men's Physique – Open LW 1. Jonah Baker 2. Austin Reynolds 3. Alan Nguyen 4. Derek Rush Men's Physique – Open MW 1. Wes Walker
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3. Chris Colborn 4. Jonah Baker 5. Austin Reynolds 6. Logan Embs 7. Alan Nguyen Men's BB – Juniors 1. Robbie Ventura 2. Caio Bottura 3. Dalton Leet 4. Mike Jarvie 5. Trinity McDaniel 6. Jason Hensley 2017 NGA 77th Annual Cincinnati Natural April 15, 2017 Middletown, OH NGA Promoters: Rick & Maureen Reuther Bikini – Open Short 1. Ashley Michel NGA Pro Card & Overall 2. Madelyn Engle 3. Elizabeth Tonyan 4. Brie Crain 5. Hailey O'Nan Bikini – Open Medium 1. Kayla Kirk 2. Krishawnda Allen 3. Carmen Gaines 4. Harmony Glisson 5. Candi Weir 6. Amanda Wolfe Bikini – Open Tall 1. Lauren Wessel Bikini – Masters 35+ 1. Candi Weir 2. Harmony Glisson Figure – Open Short 1. Heather Bouts NGA Pro Card & Overall 2. Lameesa Muhammad 3. Jackie Engle 4. Ashley Jones 5. Christian Armstrong-Owens 6. Laura Burdo 7. Angela Woodard 8. Kaitlin Dougherty 9. Janice More Figure – Open Medium 1. Ashley Gladwell 2. Stephanie Anne Figure – Open Tall 1. Darlene Taylor 2. Gina Grove	Figure – Masters 40+ 1. Lameesa Muhammad NGA Pro Card 2. Darlene Taylor 3. Laura Burdo 4. Angela Woodard 5. Janice Morse Figure – Masters 50+ 1. Jackie Engle 2. Angela Woodard 3. Gina Grove 4. Janice Morse Men's Physique – Open LW 1. Donald Lawrence NGA Pro Card & Overall 2. Edward Rivin 3. Zachary Branscum 4. Eric Thayer Men's Physique – Open MW 1. Tyler Knicely Men's Physique – Open HW 1. Jared Dunn Men's Physique – Masters 40+ 1. Eric Thayer Men's BB – Open LW 1. Jeremy Schira 2. Stephan Blue 3. Edward Rivin Men's BB – Open MW 1. Michael Hisle Men's BB – Open LHW 1. Bilal Sharieff-Mills Men's BB – Open HW 1. Dan Serota NGA Pro Card & Overall Men's BB – Masters 40+ 1. Michael Hisle Men's BB – Masters 50+ 1. Michael Hisle 2. Brian Riley Men's BB – Masters 60+ 1. Timothy Crist Bikini – Novice 1. Ashley Michel 2. Kayla Kirk 3. Madelyn Engle 4. Lauren Wessel 5. Krishawnda Allen 6. Elizabeth Tonyan 7. Candi Weir 8. Harmony Glisson 9. Carmen Gaines 10. Hailey O'Nan 11. Amanda Wolfe Figure – Novice	1. Ashley Gladwell 2. Darlene Taylor 3. Ashley Jones 4. Christian Armstrong-Owens 5. Stephanie Anne 6. Gina Grove 7. Kaitlin Dougherty Figure - Juniors 1. Kaitlyn Dougherty Men's Physique - Novice 1. Donald Lawrence 2. Zachary Branscum 3. Tyler Knicely 4. Eric Thayer 5. Jared Dunn Men's BB – Novice 1. Jeremy Schira 2. Bilal Sharieff-Mills 3. Edward Rivin 4. Brian Riley 2017 NGA North American & Ed Cole Pro Classic April 29, 2017 Wilkes-Barre Scranton, PA NGA Promoters: Earl “The Pearl” Snyder & Terri Whitsel PRO Figure – Open 1. Julia Hubbard PRO Figure – Masters 1. Julia Hubbard PRO Classic Physique – Open 1. John'l Lovett 2. Pardovani Dominique PRO Men's Physique – Open 1. Gerald Price 2. Scott Nishida 3. Kyle Lavery 4. Mike Tufo PRO Men's BB – Masters 1. David Moore 2. Curt Green Bikini – Open Short 1. Mia Sallavanti NGA Pro Card & Overall 2. Heather Brudereck Bikini – Open Tall 1. Tiffany Reeve 2. Julie Craig 3. Brynn Morgan 4. Brittany Stevens Figure – Open Short 1. Maria Wozniak 2. Wendy Serfass	Figure – Open Tall 1. Ebony Fenstermaker NGA Pro Card & Overall 2. Preslee Litzinger 3. Alissa Matechak Figure - Masters 1. Wendy Serfass 2. Maria Wozniak Women's Physique – Open 1. Dawn Litzinger NGA Pro Card 2. Preslee Litzinger NGA Pro Card 3. Danielle Todman 4. Maria Wozniak 5. Alissa Matehak Women's BB – Open 1. Dawn Litzinger Men's Physique – Open HW 1. Pardovani Dominique 2. George Grimes 3. Kenny Williams Men's Physique – Masters 1. Kenny Williams Classic Physique – Open 1. Albert Broody NGA Pro Card 2. Matthew Dantone NGA Pro Card 3. Rodney Addison 4. Brad Musto 5. Scott Trump Men's BB – Open MW 1. Matthew Dantone 2. Aaron Iben Men's BB – Open LHW 1. Albert Broody 2. John'l Lovett Men's BB – Open HW 1. David Moore NGA Pro Card & Overall 2. Lee Meyers Bikini - Debut 1. Mia Sallavanti 2. Tiffany Reeve 3. Brittany Stevens Bikini – Novice 1. Mia Sallavanti 2. Tiffany Reeve 3. Heather Brudereck 4. Brynn Morgan 5. Brittany Stevens Bikini – Collegiate 1. Mia Sallavanti Figure – Debut
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1. Wendy Serfass	NGA Pro Card & Overall	1. Megan Siears	3. Evan Kuhl
2. Rachael Stratton	2. Ja'Darian Bowers	2. Karissa Weber	4. James McKenzie
Figure – Novice	3. Austin Grycza	3. Aubrey Rosado	Men's BB – Open MW
1. Preslee Litzinger	4. James Cole	4. Rebin Roy	1. Josh Kelch
2. Wendy Serfass	Men's Physique – Open HW	Bikini – Open Medium	Men's BB – Open LHW
Classic Physique - Debut	1. Michael Anthony	1. Jessica Hoffman	1. Rusty Baty
1. Albert Broody	2. James Taneri	NGA Pro Card & Overall	2. Shane Hawley
2. Scott Trump	3. Bryce Wright	2. Guida Scheer	3. Wyatt Foard
Classic Physique - Novice	Men's Physique – Masters	3. Rachel Cillick	Men's BB – Open HW
1. Matthew Dantone	1. James Teneri	4. Angela Carey	1. Ryan Scott
2. Aaron Iben	Men's Classic Physique – Open	5. Stevie Hawkins	NGA Pro Card & Overall
Men's BB – Novice	1. Dante Delorenzo	Bikini – Open Tall	2. Jack Halverson
1. Albert Broody	2. Robert Raupach	1. Marissa Barney	Men's BB – Masters 40+
2. Matthew Dantone	Men's BB – Open MW	NGA Pro Card	1. Brent Julius
3. Aaron Iben	1. Josh Kelch	2. Alma Mentz	NGA Pro Card & Overall
Transformation	Men's BB – Open	3. Lindsey Bush	2. Michael Ewalt
1. Wendy Serfass	1. Robert Thomas	4. Brittany Gronau	3. James McKenzie
2. Pardovani Dominique	2. Jed J. Lee	5. Kelly Huffman	4. Rusty Baty
3. Rachael Stratton	3. Robert Raupach	Bikini – Masters	5. Shane Hawley
	4. Vladimir Chlouba	1. Megan Siears	6. Wyatt Foard
	Bikini – Novice	NGA Pro Card	7. Jack Halverson
2017 NGA Pro/Am	1. Sarah Sunga	2. Angela Carey	Men's BB – Masters 50+
NEO Championships	2. Sam Schmeizer	3. Pamela Hahn	1. Michael Ewalt
April 29, 2017	3. Jade Schorr	4. Rebin Roy	2. Rusty Baty
Columbiana, OH	4. Jordan Childress	Bikini – Model	3. Jack Halverson
NGA Promoter: Rocky Taumoepeau	Men's Physique – Novice	1. Brittany Gronau	Bikini – Debut
PRO Men's Physique – Open	1. Johnathan Hamilton	2. Rebin Roy	1. Jessica Huffman
1. Youssef Georges	2. Ja'Darian Bowers	Figure – Open Short	2. Megan Siears
PRO Men's BB – Open	3. Austin Grycza	1. Raquele Stanton	3. Guida Scheer
1. Trevor Sajdak	4. Bryce Wright	NGA Pro Card & Overall	4. Rachel Cillick
Bikini – Open Short	5. James Taneri	2. Kaitlyn Ryan	5. Angela Carey
1. Sarah Sunga	6. James Cole	3. Amirah Spielman	6. Aubrey Rosado
2. Sam Schmeizer	Men's BB – Novice	Figure – Open Medium	7. Kelly Huffman
Bikini – Open Tall	1. Jed J. Lee	1. Jessica Huffman	8. Pamela Hahn
1. Kelli Sarford-Burgoom	2. Vladimir Chlouba	2. Amy Brown	Bikini – Novice Short
NGA Pro Card & Overall		Figure – Open Tall	1. Megan Siears
2. Jade Schorr	2017 NGA Pro/Am	1. Elizabeth Stevensor	2. Karissa Weber
3. Jordan Childress	Heart of America	Figure - Masters	3. Aubrey Rosado
Bikini – Masters	May 6, 2017	1. Amy Brown	4. Rebin Roy
1. Kelli Sanford-Burgoom	Peoria, IL	Women's Physique – Open	Bikini – Novice Medium
2. Jade Schorr	NGA Promoters:	1. Cory Kyle	1. Jessica Huffman
Figure – Open Short	John Abraham & Brad Schupp	Men's Physique – Open MW	2. Gida Scheer
1. Chris Trimpey	PRO Bikini – Open	1. Brian Neilsen	3. Rachel Cillick
NGA Pro Card	1. Jessica Orban	2. Jeff Hultbert	4. Stevie Hawkins
2. Sarah Sunga	2. Nicole Sullivan	3. Daniel Davis	Bikini – Novice Tall
3. Misty Waldon	3. Jean Rozhon	Men's Physique – Open HW	1. Marissa Barney
4. Shelley Sandberg	PRO Figure – Open	1. Nick Ross	2. Brittany Gronau
5. Sam Schmeizer	1. Megan Gaza	2. Justin Boyd	3. Angela Carey
Figure – Open Tall	2. Cory Kyle	3. Jose DeFrank	4. Kelly Huffman
1. Kelli Sanford-Burgoom	PRO Men's BB – Open	Men's Physique – Masters	5. Pamela Hahn
NGA Pro Card & Overall	1. Trevor Sajdak	1. Vincent Van Dyke	Figure – Debut
2. Jade Schorr	2. Mark Dick	2. David Hayes	1. Elizabeth Stevens
Figure - Masters	3. Raymond Cummerlander	Men's BB – Open LW	Figure - Novice
1. Shelley Sandberg	4. Monroe Harrison	1. Brent Julius	1. Kaitlyn Ryan
Men's Physique – Open MW	Bikini – Open Short	2. Michael Ewalt	2. Amirah Spielman
1. Johnathan Hamilton			

3. Elizabeth Stevens	3. Cassie Shaw	1. Larisa Schiers	6. Laurel Fortin
4. Amy Brown	4. Rhonda Gray Foldesi	2. Tasha Buss	Women's Physique – Open
Men's Physique – Debut	Figure – Open	Figure – Novice “B”	1. Chereise Williams
1. Justin Boyd	1. Stacey Allen	1. Jil Nichols	Men's Physique – Open MW
2. Nick Ross	2. Carrie Rose	2. Kolina Manusina	1. Matt O'Neill
3. Jeff Hultberg	Figure - Masters	Figure – Novice “C”	2. Harry Wilken
4. Jose DeFrank	1. Stacey Allen	1. Jennifer Henry	Men's Physique – Open HW
5. Ethan Scaar	2. Carrie Rose	Men's BB – Novice	1. Joshua Rolle
6. Daniel Davis	3. Larisa Schiers	1. Christian Peterson	NGA Pro Card & Overall
Men's Physique – Novice	4. Jil Nichols	2. Mark Abernathy	2. Troy Theodosiou
1. Brian Neilsen	Men's Physique – Open LW	3. Ethan Crane	3. LaDarius Sanders
2. Justin Boyd	1. Justin McDonald	Men's BB - Teens	Classic Physique – Open
3. Nick Ross	2. Daryl Lenhart	1. Christian Peterson	1. Catt Campbell
4. Jose DeFrank	3. Plamen Pavlov		2. Harry Wilken
5. Ethan Scaar	Men's Physique – Open MW	2017 NGA Gator Classic	3. Jeffrey Scallon
6. Daniel Davis	1. Anthony Suiter	May 6, 2017	Men's BB – Open LW
Men's BB – Debut	NGA Pro Card & Overall	Ormond Beach, FL	1. Jay Karp
1. Michael Ewalt	2. Wyatt Hall	NGA Promoter: Bill Mora	2. Joe Carbone
2. Evan Kuhl	3. Christopher Huffman	Bikini – Open Short	Men's BB – Open MW
Men's BB – Novice	4. Mark Stray	1. Sarah Logie	1. Khalif Muhammad
1. Michael Ewalt	Men's Physique – Open HW	NGA Pro Card & Overall	NGA Pro Card & Overall
2. James McKenzie	1. Tyler Hoffer	2. Melissa Morreale	2. Catt Campbell
3. Evan Kuhl	2. Edward Kempe	NGA Pro Card	3. Jeffrey Scallon
4. Josh Kelch	3. Joe Daily		Men's BB – Open LHW
5. Shane Hawley	4. Zach Barnes		1. Al Vaughan
6. Rusty Batty	5. Tony Pittz		Men's BB – Open HW
7. Wyatt Foard	Men's BB – Open MW		1. Daron Monroe
Men's Physique - Teens	1. Jeffrey Czartoryski		2. Kelvin Hunt
1. Nick Ross	2. Arthur Roberts		3. Mark Dellorto
2. Ethan Skaar	Men's BB – Open LHW		Men's BB – Masters 40+
Transformation	1. Joe Daily		1. Randall Garner
1. Elizabeth Stevens	2. Conner Zimmerly		Men's BB – Masters 50+
2. Pamela Hahn	3. Jonathan Eldredge		1. Jay Karp
	Men's BB – Open HW		NGA Pro Card & Overall
	1. Tyson Frodin		2. Kelvin Hunt
	NGA Pro Card & Overall		3. Joe Carbone
	2. Clark Elkins		4. Dennis Hobart
2017 NGA Pro/Am Northwest	Men's BB – Masters 40+		Men's BB – Masters 60+
Natural Championships	1. Jeffrey Czartoryski		1. Al Vaughan
May 6, 2017	2. Arthur Roberts		Bikini – Novice “A”
Boise, ID	3. Joe Daily		1. Sarah Klosterman
NGA Promoter: Allen Bowlden	4. Clark Elkins		2. Ariel Cleary
PRO Bikini – Open	Bikini – Novice “A”		3. Kathleen Duffy
1. Agnes Cole	1. Tina Henry		4. Kristine Gilleo
PRO Men's BB – Open	Bikini – Novice “B”		5. Laurel Fortin
1. Rodney Hawthorne	1. Haley Hill		6. Andrea Faison
2. Craig Toth	2. Rebekah Kekel		Bikini – Novice “B”
Bikini – Open “A”	3. Natalie Barrows		1. Chelsea Kamody
1. Casey Snider	4. Carrie Euerle		2. Sandra Vera
NGA Pro Card & Overall	Bikini – Novice “C”		3. Heavenly Figueredo
2. Brittany Boren	1. Tanya Turner		4. Kaitlyn Payne
3. Broke Irving	2. Natalie Lipkowitz		Figure – Novice
Bikini – Open “B”	3. Megan Thompson		1. Amanda Lappas
1. Rita Soltesz	4. Nancy Rae Allen		2. Kymberly Taylor-Whitehurst
2. Cassie Shaw	Figure – Novice “A”		3. Candie Sullivan
Bikini – Masters			
1. Tina Henry			
2. Rita Soltesz			

4. Laurel Fortin
5. Megan Hayward
Men's Physique – Novice
1. Matt O'Neill
2. Harry Wilken
3. LaDarius Sanders
4. Troy Theodosia
Men's BB – Novice
1. Mark Dellorto
2. Jeffrey Scallon
3. Pamela Hahn

**2017 NGA Pro/Am
Garden State Classic**
May 13, 2017
Bloomfield, NJ
NGA Promoters:
Pete Diaz & Sam Kapoor

- PRO Bikini – Open**
1. Chelsea Sampson
PRO Figure – Open
1. Alissa Cheatham
2. Dehabah Sylvester
PRO Men's Physique – Open
1. Mike Basler

- PRO Men's BB – Open**
1. George Patton
Bikini – Open
1. Christine Dorian
2. Maria Andino
Bikini – Masters
1. Christine Dorian
Figure – Open
1. Marissa Malin
2. Kimberly Gendron
Figure – Masters 35+
1. Marissa Malin
Overall
Figure – Masters 45+
1. Kimberly Gendron
Women's Physique – Open
1. Marissa Malin
2. Danyelle Blocker
Men's Physique – Open LW
1. Antonio Garcia
Men's Physique – Open MW
1. Carlos Echavaria
NGA Pro Card & Overall
2. Maurice Finnerty
3. Joe Alonzo

- Men's Physique – Open HW**
1. Kenny Williams
2. Calvin Lashley
3. Marcell Coles
Classic Physique – Open
1. Fulbio Jiminian
NGA Pro Card
2. Ben Ciccarelli
NGA Pro Card
3. Calvin Lashley
4. Matt Bustos
5. Keith Walcott, Jr.
Men's BB – Open LW
1. Ben Ciccarelli
NGA Pro Card & Overall
2. Matthew Naranjo
Men's BB – Open MW
1. Matt Bustos
2. Keith Walcott, Jr.
Men's BB – Open HW
1. Marcell Coles
2. Shawn E. Jackson
Men's BB – Masters 40+
1. Shawn E. Jackson
Bikini – Novice

1. Maria Andino
Figure – Debut
1. Marissa Malin
2. Kimberly Gendron
Men's Physique – Debut
1. Carlos Echavaria
2. Maurice Finnerty
3. Joe Alonzo
4. Antonio Garcia
Men's Physique – Novice
1. Kenny Williams
2. Antonio Garcia
Men's BB – Debut
1. Matthew Naranjo
Men's BB – Novice
1. Marcell Coles
2. Matthew Naranjo
3. Matt Bustos
4. Shawn E. Jackson
Best Poser
Matt Bustos
Best Abs
Carlos Echavaria



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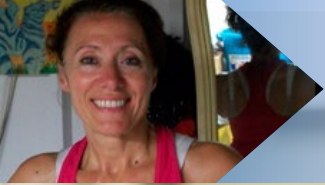
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