



WINTER ISSUE  
2018

# NGA NATURAL *mag*

Drug-Free Athletes of America

## NGA PRO/AM UNIVERSE

HISTORY IN THE MAKING  
FOR MANY REASONS

2018  
NGA SCHEDULE  
GET PUMPED!

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DESTRUCTIVE LIVES REVERSED

## WINDOW OF ADAPTATION

REALISTIC EXPECTATIONS

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HABIT

CALVES  
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# Welcome

## Letter from the Editor

Happy New Year! On behalf of the NGA family and myself, I hope that all of you had a joyous holiday season. At the start of a New Year, many people set personal goals that they would like to achieve. It could be for health or personal reasons, but whatever the goal is, success is a story that we want to share after having achieved what we set our minds to and the key towards doing this is to do so in small increments to avoid becoming overwhelmed. There is an old saying that I often use which is "Inch by inch is a cinch, yard by yard is hard." In other words, pace yourself.

A goal you may want to consider is to get involved with our magazine. What could be better than a new year filled with new adventures? If you are interested in contributing an article that would appeal to our growing readership, please contact the NGA Office. We have set the tone for 2018 with an interesting mix of articles and stories. If you or someone you know has an inspiring fitness journey, please send them our way. We would love to share their story in our magazine.

The NGA has a great schedule of events set for 2018. We have expanded as an organization into more states and even abroad to South Korea. Be sure to check out our schedule. We are also looking for new promoters to join the NGA Family. If you or someone you know is interested in becoming an NGA Promoter, please be sure to contact Andrew Bostinto at 954-344-8410. Come be a part of the oldest natural and most reputable bodybuilding organization which was established in 1979.

As always, I welcome your comments, questions, and feedback and can be reached at [nga@nationalgym.com](mailto:nga@nationalgym.com)



Francine Bostinto  
NGA Vice President

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PHOTO BY: Roger Lister  
COVER DESIGN BY: Lana B. Callahan



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I'm often bombarded with questions from friends and family members concerning nutrition. It can be a very complicated topic. There is an overwhelming abundance of nutritional theories in the sport of bodybuilding which can lead to huge discrepancies on what to eat and what not to eat. I am often

questioned about how to perform carb refeeds or about the best types of supplements to incorporate into a nutritional plan. However, in my estimation, all that a person really needs to help them achieve their fitness goals is to follow a few basic guidelines that are sure to support what they are working towards.

In my initial consult with new clients, I am generally told the following:

- I eat very well
- My diet is fine
- I make great food choices

However, when I question further, it is easily discovered that this is certainly not the case. Sometimes, clients meet me during their first consultation 40-80 pounds overweight, feeling lethargic with low energy, and they are still convinced that poor nutrition is not the reason that they are overweight. The reality is that not only are they overweight, they are overweight because they are not making good nutritional food choices and have no idea what they are putting into their bodies that is sabotaging their health and wellness.

Since so many of my clients have this issue, I developed the following *Basic Nutritional Guidelines* that can be used to support them in achieving their health and fitness goals:

### Eat Breakfast Everyday

It always amazes me how so many people skip breakfast. Studies indicate that people who eat breakfast on a consistent basis are significantly leaner than those who do not. Breakfast limits the release of cortisol (a hormone that tells your body to store fat), so eating it is important. Also, don't make it complicated. Many of my clients have shared with me that they are in such a rush in the mornings that they tend to skip breakfast. But, if you want to achieve the fitness goals that you set for yourself and have the body of your dreams, it is imperative that you make time to eat breakfast. It only takes a couple of minutes to prepare a bowl of oatmeal or blend a protein shake with added fruit.

### Eat Every 2-3 Hours

Going without food for prolonged periods of time is not a good idea. I generally recommend eating 5-6 small meals per day. When you do this, it helps to keep blood glucose levels in check along with aiding the body in improving its overall metabolic rate. Even if you're not hungry and it has been at least three hours since your last meal, eat something, even if it is a protein shake or handful of mixed nuts.

### Eat Lean Protein With Every Meal

Protein provides essential and non-essential amino acids, which are the building blocks of lean muscle. Protein also takes longer periods of time to digest which serves to give you a greater feeling of satiety and helps to relieve hunger pangs. Additionally, protein also has greater levels of Thermic Effect of Feeding (TEF) than carbohydrates or fats, which means that more calories are being burned during digestion.

### Eat Vegetables With Every Meal

Various vegetables provide antioxidants, vitamins, minerals, and fiber. These micronutrients are essential for the growth and development of living organs, so don't forget to add these to your diet.

### Food Preparation Is Key

One of the most important things that I am constantly preaching to my clients is the importance of food preparation and this, I can't express enough. This must be a priority and although it takes time and discipline to prepare your meals in advance, it is essential that you do. Cooking and preparing meals ahead of time will ensure that you are eating the right foods at the right times and not scrambling at the last minute trying to figure it out.

In closing, design your meals to include such items as fresh fruit, fresh vegetables, and lean meats. Also, avoid processed foods, eat frequently, and prepare your meals in advance as this will surely help you to look, feel, and live more abundantly! ■



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# NGA Steel Valley Classic

August 5, 2017 • Warren, OH

Promoters: [Rocky Taumoepeau](#) & [Roy Thomas](#)

[www.rockysfitness.com](http://www.rockysfitness.com)



**Jeff Peterson**  
Classic Physique Open  
NGA Pro Card & Overall



**Kathleen Dickenson**  
Figure Open  
Overall



**Kyle Bowsher**  
Physique Open  
NGA Pro Card & Overall



**McKenzie Stewart**  
Bikini Open  
Overall



**Monica Hvizdzak**  
Physique Open  
Fit Model Mom Winner

The NGA 12th Annual Steel Valley Classic attracted athletes from across the northern and the southern regions. The youngest of the bodybuilders got this show off to an amazing start when Jaxon Mims (7 years old) and Dayton Gorney (9 years old) graced the stage which immediately got the crowd standing on their feet. In Men's Bodybuilding Open, Marcus Cooper showed up and stood out as he reminded the crowd of Lee Haney in his prime. It was his perfectly separated muscle groups and ripped body that earned him an NGA Pro Card.

The women heated up the stage in the figure competition with Taylor Tofil and Kathleen Dickenson as the class winners. However, it was Kathleen that took 1st place in Figure Novice, Open, as well as the Overall. The Men's Novice and Classic Physique Open, dominated by a bronzed gladiator, Jeff Peterson, who was the judge's most impressive athlete, also earned his NGA Pro Card.

Monica Hvizdzak and husband and fellow competitor, Paul Hvizdzak, travelled and competed together in this show in classic form. Monica, as she gracefully flexed her sun kissed tan and stunning physique, won the Women's Physique Division. Monica also entered the newest division to this

show, the "Fit Model Mom", and took home "the Gold" there, too. After Monica's incredible display, all of you fit moms out there need to get ready for next year's "Fit Model Mom" as this division is sure to be one of the fastest growing at the NGA Steel Valley Classic.

The Men's Physique Open division was the most hotly contested in this competition. The top five competitors in this class were, Kal Lewis, Doug Ludman, Dalton Campana, Kyle Bowsher, Charlie Ellis, but it was newcomer Kyle Bowsher who won the Men's Physique Open Overall and an NGA Pro Card. Olivia Lopez, McKenzie Stewart, Darlene Tammeleo, and Courtney Ross showcased winning bikini bodies, but it was McKenzie's style, grace, and perfect body that won her honors as the Bikini Open Overall.

Lastly, a special mention to "Most Inspirational Award" winner, James Taneri, who lost over 105 lbs. to compete in the 12th Annual Steel Valley Classic, ultimately reminded us all what fitness is really about.

Thank you to all who came out and supported this competition and we look forward to two great shows coming up this year, the NGA 3rd Annual PRO/AM Rocky's NEO Championships on April 21, 2018 in Columbiana, OH and the NGA PRO/AM Steel Valley Classic on August 4, 2018 in Warren, OH. ■



3rd Annual

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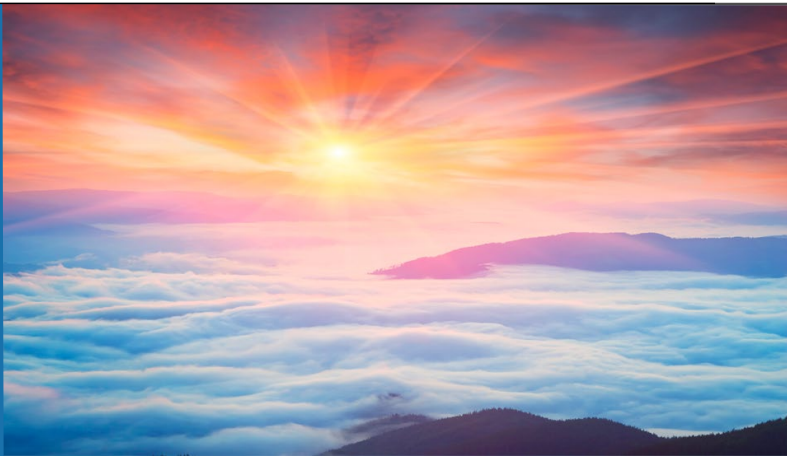
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# THE NATURAL WAY



BY MIKE HAMILL  
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## Calves or Cows?

Oh boy! What about those calves? This is one of my favorite body parts to work because I love the process involved in turning my calves into ripped, vascular cows that are to die for.

Calf training is definitely not for the weak of heart as this particular muscle group must be really focused upon and worked hard to see any significant results. The problem is, calves feel as though they already work hard enough by just getting you through the day by walking, stepping, and in some instances, running, to and from each destination or activity; therefore, they tend to rebel against doing any more strenuous work. During a typical workout, this type of rebellion usually shows up midway through the first set of any calf work that involves extreme burning. If you choose to ignore this early warning sign that feels like, burn and more burn, the calves can turn downright nasty and put a real hurting on you that may prompt you to stop. It is this form of burn intensity that is characteristic of calf work that truly makes it a test of wills, yours vs. your calves. The results you get depend on whose will is stronger.

I have tried various calf exercises and routines over the years, but the one I've found most effective will be discussed here. Although there are several muscles and tendons involved in the workings of the calf, for simplicity's sake, I will narrow it down to just two of the most important that need to be worked to get results that can be visibly seen. First is the

Gastrocnemius which is the back or meat of the calf and the second is the Soleus or the side of the calf. For those interested in a more detailed explanation on these two muscles, through basic research, you will discover a plethora of charts that will provide more in-depth information.

There have been various theories offered that provide information on the best ways to work the calves. Some theories suggest standing and seated movement that are paired in a single workout as the most effective, others suggest split movements over various workouts, while a few others suggest lying movements and donkey raises to be the most effective. Having tried nearly every theory imaginable, in my own experiences found through trial and error, I have found the best results to come from treating the calf as two distinct muscle groups and using a split system during the course of a workout. For example, the back of the calf should be worked on one workout day, while the side of the calf should be worked on the next workout day with a rest day in between. It has also been suggested by other theorists that by using heavier weights rather than higher reps, the calves will show more noticeable results. However, I have discovered that combining both heavier weights and higher reps as the best course of action because it yields the best results.

The workout routine that I have incorporated into my regimen consists of four exercises that work the various calf muscles split over three days. This regimen includes one day for the back of the calf, one day of rest, and one day for the side of the calf. For the back of the calf, I perform standing calf raises

compounded with straight leg toe presses on a leg press machine. For the side of the calf, I do seated calf raises compounded with bent leg toe presses on a leg press machine.

The following is an outline of my routine:

**Day One (Back)**  
Standing Calf Raises || 100 Reps || Heavy Weight  
Straight Leg Toe Press || 50 Reps || Heavy Weight

**Day Two (Rest)**

**Day Three (Side)**  
Seated Calf Raises || 100 Reps || Heavy Weight  
Bent Leg Toe Press || 50 Reps || Heavy Weight

Day One is a mass building day, while Day Three is more about sculpting and accentuating cuts. This is accomplished by incorporating bent leg toe presses into the workout. This is a wonderful calf exercise, in my estimation and, perhaps, my favorite. By combining the heavy weight-high reps into the calf workout, using perfect form and a rep speed of 2-2-2 (2 seconds positive, 2 seconds pause, 2 seconds negative) while augmenting drop setting when needed, outstanding gains can be made in calf development.

Generally, it is best to do one set of each exercise

moving between exercises as quickly as possible. While developing mass, increasing the weight as much as possible is the best course of action and taking not more than a three-minute rest between exercises is ideal. In a pre-contest phase, it is vital to slightly lower the weight and take no rests between exercises while doing three or four supersets with a two-minute rest between sets. For the mass phase, use 70 to 85% of one rep max. For the pre-contest phase, use 50 to 60% of one rep max, and for the maintenance phase use 65 to 70% of one rep max.

What's most important to remember about calf work is DON'T CHEAT!

When that first bit of hurt sets in, it's really easy to throw form out of the window just to finish the reps which are generally poorly done. Don't do this! It is best to keep the best form that you possibly can and reduce the weight. Be sure to get the full range of motion as you move the balls of the toes up and down while enhancing each rep with a contracting pause in the middle to get the results that you are working for. Remember, calf work hurts. To get results, you not only have to want it, but you must want it badly and this takes focus and will power. If you win the battle of the wills, you'll love the results. You'll also love the comments you hear from people with calves drooling over your COWS! ■



Mike Hamill has twenty-six years of bodybuilding experience, 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](http://www.reverbNation.com/mikehamill)





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## Training For Success

BY CHAD CURTIS  
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I've heard it said that competitive greatness is the ability to bring and deliver your best when your best is required. It is the point of recognition of that moment in time when all of your training and preparation is fully displayed in its brightest form.

It is that insurmountable feeling of standing behind the curtain, 100% focused on your time, seconds away from setting your foot upon the stage, and getting ready to display the intensity of a year's worth of work that you put in from head to toe with energy, charisma, and passion. It is that moment.

Fitness has been my lifeblood for fifteen years. I love the passionate pursuit and competitive outlet it provides as well as the physical and mental challenge. So, it comes as no surprise that when I completed my bachelor's degree in Exercise Science from Grand Valley State University in 2011, I continued my commitment in this field in the arena of personal training leadership and management for seven more years. Not only have I committed myself to a career in fitness, I have also competed in six competitions since 2014 and have been fortunate enough to take 1st place in four of them.

The thing about bodybuilding is, it dominates your life. I love that bunker mentality and tunnel vision I get during a prep season. Life shuts down and it's just you, your meals, the next day of training, the note taking, and everything that is necessary to bring your body to its peak. Each day is broken down to the minute, when and what you will eat, when and what you will train, and even when and how long you will sleep. It is all timed and scheduled. Take a few mental snapshots of the grinding moments along the way, the cardio sessions with no energy, the pushing through lifts when you're sick, and the late-night meal prep sessions, it is a lot.



If you're looking to get into the sport of bodybuilding, you must be willing to make many life-style sacrifices. It is a daunting thought, but in the end, to be behind that curtain, seconds away from the stage, and all that you incurred along the way including the mental energy that each and every moment consumed, makes it worth it. Now, you take that to the stage and it all comes together; the energy, passion, and charisma become competitive greatness.

The principle that makes competitiveness great can be carried into anything you want to do in life. If you're willing to put in the hours, make the sacrifices, pursue all the details each day with everything you have, and bring your best when your best is required, you can achieve anything. So, pursue your passion and don't be afraid to go for it. You might just create something incredible. ■



# NGA PRO/AM East Coast Natural Championships

September 23, 2017 • Happy Valley, PA

Promoters: [Earl Snyder](#) & [Terri Whitsel](#)  
[www.ngaeastcoastnatural.com](http://www.ngaeastcoastnatural.com)



**Bikini Model Open**  
L-R: Ashley Shields (1st Place),  
Sela Sanchez



**Classic Physique Open**  
Tai Yohanen, Jonathan Millinder, Luke Storey, Scott Nishida, Mike Heller



**PRO Bikini Open**  
1st Place  
Crystal Woods



**PRO Bikini Open**  
2nd Place  
Marla Probasco



**Women's Physique Open**  
Tina Lardieri, Brittany Martin, Loria McMahon, Jackie Mazzara, Lisa Lanzendorfer

The 2017 NGA PRO/AM East Coast Natural attracted athletes from all over the country, including international competitors that traveled from abroad just to be able to participate in this magnificent event.

This masterful show jumped off with the top-notch physique of Julia Hubbard hailing from Spain who was able to stay on top in order to win the Pro Figure Masters class. In the Pro Men's Bodybuilding Masters division, Mark Howshall, who has made steady improvements on his body, took 4th, Bruce Glenney placed 3rd, and last, but not least, the very contentious battle of the Masters between John Downey and Clint Brackbill led to Downey coming in 2nd and Clint coming out on top in 1st place to gain the victory.

In the Pro Bikini class, it was these two very classy ladies, Crystal Woods and Maria Probasco, who rocked the stage, yet it was Crystal who ended up taking home the title. In the Pro Figure division, Michelle Buggs showcased her physique like no other and took the 1st place win with Julia Hubbard finishing in 2nd place. Scott Nishida, who not only made the noise, but he also made his pro debut by bringing home the Pro Physique title with his hard work paying off. The Pro Men's Bodybuilding was the toughest class of all hosting the tightest competitors, but it was the hard and shredded Levi Burge that took 1st place, Clint Brackbill taking 2nd, John Downey taking 3rd place, and Marc Howshall rounding this class out by placing 4th.

In the Bikini Masters class, Julia Hubbard took home this highly coveted title. In the Men's Physique Masters, Karel Dejong, a 1st place Bovine Podiatrist hailing from the Netherlands, but currently living in Idaho, took 1st place. Making her debut and coming out victorious in the Figure Masters

class was Shaun Bartlow and Gary Haines winning the Men's Bodybuilding Masters class.

In the Bikini Open Short class, it was Brittany McLaughlin who not only won the class and the Overall, but she also earned an NGA Pro Card. In the Bikini Open Tall class, Julia Hubbard came in again to take another 1st place win. In the Figure Open Short, one of the toughest classes in this show, it was Stephanie Rodriguez who captured "the Gold" and earned her NGA Pro Card. In the Figure Tall, Jackie Mazzara not only won her class, but she also won the Overall to earn her NGA Pro Card. In the Classic Physique Open, an incredibly strong class, Luke Storey was the prevailing winner and earned his NGA Pro Card. Scott Nishida came in second place and also won his NGA Pro Card.

One of the most amazing features about this show is its ability to draw the best of the best when it comes to Women's Physique competitors. In this class, Lori McMahon brought her complete

package to take the 1st place win and the Overall while Jackie Mazzara came in at a strong 2nd place. These incredible ladies will meet again as they battle it out at the NGA Pro level. By far, the biggest class in this show, was the Men's Physique Open Lightweight where Kyle Dibert conquered the field to earn his NGA Pro Card. Logan Martz nailed 1st place in the Middleweight division and George Grimes won the Heavyweight class, the Overall, and earned his NGA Pro Card. George also took another win in the Transformation class. The Bikini Models were stunning with Ashley Shields capturing the 1st place win and all of the ladies looking as amazing as ever with their physiques and costumes. In the Men's Bodybuilding Open class, the competitors were Curt Zeigler, Jonathan Millender, and Gary Haines all going for the Overall and NGA Pro Card, yet it was Gary Haines that was crowned the champion. This was an awesome show and as spectacular as ever. We thank all of our competitors and sponsors and look forward to another great show this year! ■



# Support in Fitness:

BY LAMEESA MUHAMMAD, PHD  
FRAGMENTALIST@YAHOO.COM

## A Combination that We All Need



**T**he decision to make fitness a lifestyle can be one of the greatest challenges that any person may face. The idea of being healthy is usually a lot easier to digest than the work and sacrifices that are necessary in order to actually do it. So, once a person makes the decision and puts forth the effort and follows through, these sacrifices and changes in various aspects of one's life, whether it is pertaining to or modifying the diet or getting the proper amount of rest, bring with it the reality that things as they were are no longer.

Generally, family and friends show their support to their loved ones who have made the decision to embrace healthier living, yet often times, they may not always be truly aware or accepting of the types of limits and restrictions that this lifestyle may have on their relationships. The sudden reality for the novice or beginner athlete to their family and friends that a major change is taking place may be

daunting, because going out with friends may be trumped by spending time working out at the gym and skipping out on the chocolate frosted doughnuts at the office holiday party may be replaced with showing up with a plate of food that you meal prepped at home that no one seems to understand. For either of the two, support is what both the novice and the experienced athlete needs from those to whom they are closest in order to continue their fitness journey.

I recall when I made the decision to take my level of fitness up a notch and how the few hours that I had been spending in the gym per week, paled in comparison to the few hours that I began to spend at the gym in a single workout session. Not only was it a major change in my life, as I had no idea of the level of focus and commitment that was required to have an effective workout producing results that could be visibly seen, it was equally, if not more of a change for some of my friends and family members who could not figure out why and how I could spend two hours at the gym in one session or why I no longer ate bread, pizza, or macaroni and cheese.

I remember once being told that it was not necessary for me to continue to work out anymore

because I was already "small enough" or that because I was the mother of a small child, there is no way possible way that I should be going to the gym because all of my "free time" needed to go to child care. Those words would often leave me puzzled and completely stunned because I knew that my family and friends didn't understand the importance of working out routinely or clean eating on the same level that I did and because of that, they could not really support me. Often, I would be made to feel like working out was actually doing something bad because I surely had "better things" to do. Although these words stung, the one thing I knew that I wouldn't do was to discontinue my fitness journey because not only did I like how I was beginning to look, I loved how I was beginning to feel.

Needless to say, some years later, I am now an NGA Pro Figure Master and have managed to

change the minds of many of those who, in the beginning, discouraged my journey rather than supported it. Over time, support from my family and friends began to increase because it was becoming more apparent that I was doing more than working my body, but I was also establishing a path of consistency and discipline that transformed my mind into being a person of courage and strength that would keep moving forward when others sometimes seemed to be trying to hold me back.

Support is important in any endeavor in life and even has its place in fitness. As I steadily improve my body and overall health by staying committed to this path, I have also improved myself as a person and hope this example will inspire others to do the same. ■



Lameesa Muhammad, PhD is an NGA Pro Figure Master competitor, a personal trainer, and a sponsored athlete at Lean Styles Proactive Weight Loss and Fitness Center in Cincinnati, Ohio. She is the owner of Flour Gurl Healthier Treats & Delectables, creator of Sunday Body Blast, and model for Natural Woman Magazine. She is an educator, social service professional, and co-author of two publications. She is currently working on a publication which will highlight the unique plight of African American homeschoolers.



# Coffee: Friend or Foe?



Many people enjoy a good cup of coffee after a hearty meal or whenever they feel the need for a quick boost of energy on a long day, while there are others who can't drink coffee at all because it makes them jittery, causes them headaches, makes their heart beat faster, or disrupts their sleep. All this would make a person wonder if coffee, while supplying caffeine as a stimulant, is actually good for us.

In fact, caffeine has long become a widely used ergogenic aid within athletic circles, and with good reason. Caffeine has been proven to be quite beneficial for active individuals because of its ability to increase energy levels as well as the basal metabolic rate. Additionally, caffeine is a common ingredient contained in most commercial "fat-burner" supplements. When caffeine

is ingested as a pre-work-out supplement about an hour before cardio exercise, it improves endurance and slows the perception of fatigue, which allows for the individual to be able to exercise for longer increments of time as well as burn more calories. Strength-training athletes can also benefit from caffeine by consuming two cups of coffee - or 300-400 mg of caffeine - before their work-outs. This has been shown to increase mental alertness, focus, and also to enhance blood circulation, which means improved work-outs due to an upsurge in oxygen supply to the working muscles. Another great benefit of caffeine is that it reduces perceived muscle pain, which supports the athlete in pushing harder which helps in achieving peak performance within the limits of one's current physical capability.

While ingesting caffeine in pill form has the advantage of providing a regulated dosage of caffeine per capsule, caffeine levels in coffee vary greatly due to the brewing technique, brand, as well as in the amount used which generally provides between 80 -150 mg per 8 oz. cup and slightly less than that for instant coffee. However,

obtaining one's pre-work-out energy boost from one or two cups of freshly brewed coffee instead of caffeine-capsules should not be disregarded. After all, coffee is far more than just a source of caffeine; it also provides plenty of other healthy anti-oxidants. Among these are quinines, tocopherols, chlorogenic acid, and magnesium which all have been proven to improve the body's insulin sensitivity and glucose metabolism which results in reducing the risk of type 2 diabetes.

Coffee further supplies a major amount of vitamin B3, which has been found to have a positive effect on our blood fat levels which can lower the risk for cardiovascular disease. Additionally, drinking at least 2 cups of coffee per day can result in a 25% lowered risk of colon cancer, an 80% risk reduction for cirrhosis of the liver, and an 80% decrease in the risk of gallstones. In addition, drinking coffee routinely has been found to reduce the risk of Parkinson's and Alzheimer's disease. And, lastly, new research has debunked the long standing myth that coffee consumption causes dehydration.

In summary, although there are great benefits to drinking coffee, it is not for everyone. Pregnant women and those with a history of heart attack or high blood pressure should avoid or limit coffee consumption due to associated risks connected to their physiological condition. However, for most individuals, moderate coffee consumption appears to be far more beneficial than harmful as long as sugar and other artificial sweeteners are not added. Also, be sure to drink your last cup of coffee at least six hours before bedtime to prevent potential sleep disruption. So, while coffee is not for everyone, it most certainly does have its benefits. ■



BY DR. CHRISTOPH KLUPEL  
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## The Road to Pro

BY SAMANTHA VOELTZ

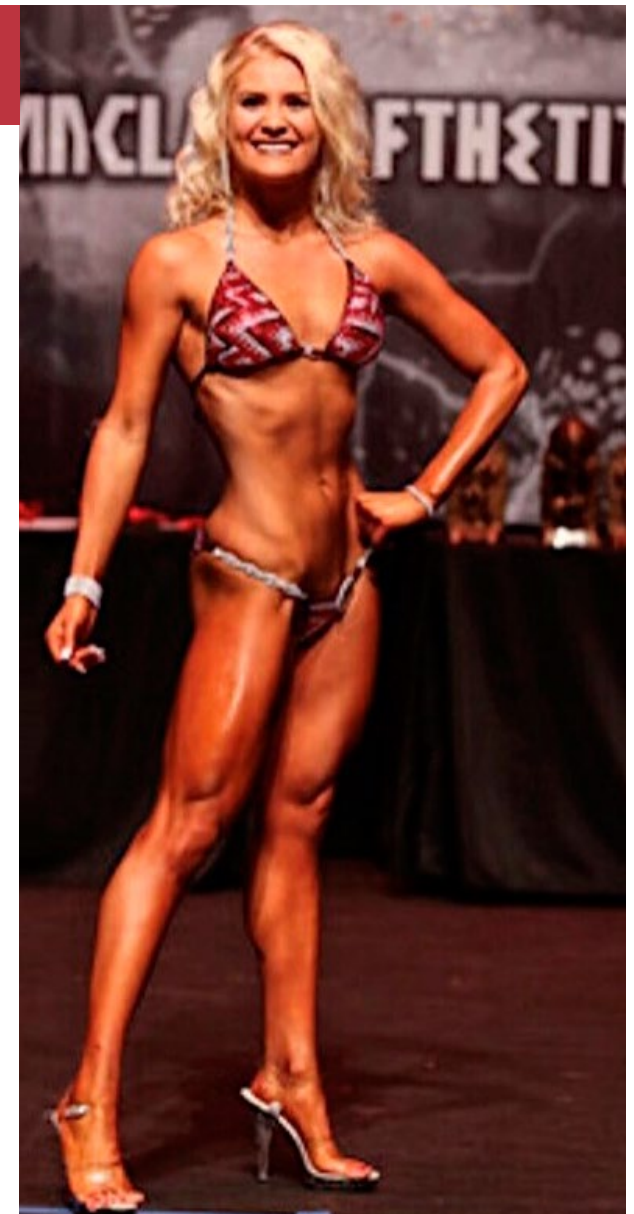
[SAMMYVOELTZ@ROCKETMAIL.COM](mailto:SAMMYVOELTZ@ROCKETMAIL.COM)

**A**s a twenty-year-old college student, it's still crazy to comprehend that I finally am considered a pro athlete, let alone telling my story to share in a magazine! Life has been an obstacle course, but I wouldn't have traded this journey for the world.

Like most people, I can admit that there have been some high and low points, but I strongly believe that the lowest points in my life were the most crucial to my success in bodybuilding. My fitness journey all started in high school where I ran track and cross country. Although I was an athlete, I struggled with an eating disorder and used running as my escape from reality. It was just something I turned to when I felt lost. I ran until I couldn't think anymore. I ran until my mind was clear and until all I could feel was the beating of my heart.

Eventually, all of this running on just a few granola bars a day took a toll on my body and I became anemic. Shortly thereafter, I was diagnosed with Rheumatoid Arthritis. At the time, I was sixteen, and that was not something that I wanted to hear. Though I knew my bones ached and my immunity was weak, the one thing I wanted people to perceive me as was strong. I kept pushing through my sports and began incorporating lifting into my workouts. After attending and witnessing my first bodybuilding competition, I knew that it was something that I wanted to do.

In my senior year of high school, I finally decided to do it and followed through with that goal and competed in my first bodybuilding show right after graduation. The feeling of accomplishment and knowing I did it all by myself had me hooked so I decided to take on another show my freshman year of college. This was one of the mentally toughest times of my life because I was new to the college



experience and had many things that I needed to adjust that were already a part of a busy schedule. I meal prepped in my dorm, stayed in when my friends partied, worked two jobs, and spent a lot of my time alone. There were days I cried and wondered if competition prep was ideal at the time, but, eventually it all paid off. I ended up placing first in Bikini Open at the NGA Titan Classic and won my NGA Pro Card.

Three months later, I competed in my first pro show and though I didn't place, I am forever grateful I have found my passion in bodybuilding. Anything that you set your mind and heart to do, you can achieve. ■



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22 NGA NATURAL mag

Winter 2018

# NGA Natural Northern States PRO Qualifier

September 30, 2017 • Ogden, UT Promoters: James & Bianca Purtell  
[www.utahngabodybuilding.com](http://www.utahngabodybuilding.com)

**Christine Skalka**  
Bikini Open Short & Masters  
NGA Pro Card & Overall

**Jeff Chin**  
Bodybuilding Open  
1st Place

**Justin McDonald**  
Physique Open  
NGA Pro Card

**Tiffany Stosich**  
Figure Open Tall  
NGA Pro Card & Overall

On September 30, 2017, athletes from all around the Mountain States region including Utah, Wyoming, and Idaho gathered at Perry's Egyptian Theater in Ogden, Utah to battle for the 2017 NGA Natural Northern States title and to earn an NGA Pro Card. These dynamic athletes trained long and hard all year just to make sure that their bodies were in their best conditions to compete in the Bodybuilding, Physique, Figure, and Bikini categories. This was their time to display all their hard work in front of hundreds of adoring fans, their friends, and their families.

In this show, the Teen Physique title was captured by Samuel Hirst. Next up was the crowd's favorite, the Bikini class, where, after all the dust settled, it was Christine Skalka who took home the title and an NGA Pro Card. In Men's Physique, it was Justin McDonald who took 1st place, earned

his NGA Pro Card, and was crowned the winner of the 2017 Utah Championships.

In a special class of 12-year olds and under, the youngest of the athletes, Mayson Rockwood and Korbin and Kayson Vaux, flexed their muscles and gave the audience a peek into the future of natural athletics! This special class was an instant crowd pleaser and enjoyed by all.

Tiffany Stosich would take home the Figure Open title and an NGA Pro Card while Jeff Chin would take the title of Mr. Natural Northern States after winning the Men's Bodybuilding Open class.

The show was a tremendous success and we are already looking forward to May when athletes from all over the West will converge to compete for the Mr. and Ms. Utah State in the 2018 NGA Natural Utah Championships PRO Qualifier. ■

NGA NATURAL mag 23



## Try Yoga... Reap the Rewards!



BY WENDY WEBBERLY

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[MATZAGIRLS@GMAIL.COM](mailto:MATZAGIRLS@GMAIL.COM)

There are experiences in life that call on you to find a strength that you never thought you had. Maybe, you had to call on insurmountable strength to bury your soulmate or beloved parent, to live in a body plagued by unceasing pain, or perhaps you lost the ability to be mobile and independent. Whatever it is, these types of trials have the potential to be the catalyst that will propel you to elicit the hidden potential of the human spirit to fight through suffering as well as to help you keep your faith in that which is good and compatible with light and love. For some, it is yoga that is the lifeline that connects to that power of good that is within.

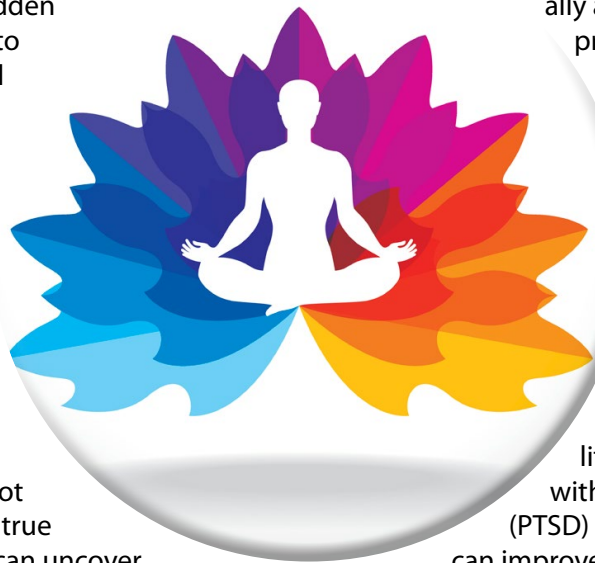
Through the practice of yoga, space that is within our inner self is cleared of all the unnecessary debris that did not allow for the tapping into the true nature of our soul so that we can uncover who we really are that is hidden beneath the burden of life's experiences. It is this clearing of space that is underneath the story that we project to the outside world and despite life situations that we find ourselves in, that allows us to begin to touch base with who we truly are. Rather than holding back, the practice of yoga can infuse us with a sense of hope and propel us forward into our life's destiny.

Yogic philosophy teaches that all levels of body and mind are connected. This includes musculo-skeletal, the breath, and the emotional, mental, and spiritual aspects of the self. Tragic events or any experience in crisis make the muscles tighten

and can cause the breath to become chronically constricted. The body remembers the places we've held trauma and loss and even if we think we've released the negative experiences that have been encountered, the mind remains unstable due to these heart-rending memories. Practicing yoga with attention to breath and sensation can release the body's restrictions by tapping in and working through the negative emotional levels while concurrently allowing access to the truest nature of the self. This can be explained as coming back to yourself.

Yogic practices can be gentle or vigorous and no matter the course chosen, the effects are profound. Yoga calms anxious states, elevates depressed moods, and can generally allow for more effective coping practices regardless of life's challenges. Yoga is an act of self-care which is empowering. If you are considering practicing yoga and incorporating it into your life, start slow and begin on your hands and knees. A growing body of research has indicated that yoga can immeasurably improve the lives of people who've experienced traumatic life events. Researchers working with Posttraumatic Stress Disorder (PTSD) sufferers have shown that yoga can improve heart-rate variability (a measure of chronic stress and PTSD), emotional regulation, and pain. This research is powerful evidence of the proven and positive effects that yoga can have in your life. However, real-life stories can be even more compelling.

My story was featured in the [Fall 2017 issue](#) of the NGA Natural mag as I too, like many others, have experienced some of life's most grueling tribulations. Let my story of resilience, courage, and healing inspire you to tackle your life's challenges - both small and large - and propel you to live a life with hope and faith even when times are tough. ■



Wendy Webberly is a Certified 200-hour yoga teacher with Yoga Alliance and is also certified as a Vedic Thai Yoga Therapist. She teaches Vinyasa Yoga, Yin Yoga, and Kundalini Yoga at the Christine E. Lynn Wellness Institute in Boca Raton, Florida as well as private lessons. Her healing hands and her words of inspiration is a service to all who come in-contact with her.

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# So, You “Tweaked” Your Back

BY DR. NICHOLAS M. LICAMELI, PT, DPT  
NGA PRO BODYBUILDER/DOCTOR OF PHYSICAL THERAPY  
NLICAMELIDPT@GMAIL.COM



Image 1



Image 2

I don't know what “tweaked” means, but I hear it every single day. The point is, you hurt your back and you're in pain. Now what? There are many different causes of low back pain, some of which are serious and some of which are not so serious. The

following exercise is not a cure for low back pain, but it will usually help ease that initial flair up to allow you to feel and move better while you seek a qualified health care practitioner to formally assess your problem.

## ... Now What?

Here's what to do...

Lie comfortably on the floor, preferably with a pillow under your head to keep the head and neck in a neutral position. Rest your arms at your sides and prop your legs up on a bench, exercise ball, chair, etc. The main objective of this exercise is to create complete relaxation using body positioning and deep breathing.

Once you assume the position, focus on deep breathing. Breathe in through your nose. Hold the air in for 2-3 seconds, then slowly exhale for 4-5 seconds through pursed lips as if blowing out a small candle. Be sure to breathe into your diaphragm so that your stomach protrudes up toward the ceiling. Imagine filling up your lower abdomen and expanding your lower back into the floor. Try to avoid letting the shoulders rise toward the ears. With each inhale, reduce the arch of the lower back and slightly flatten the spine into the floor by

allowing your pelvis to tip backward. On the exhale, sink deeper into that pelvic tilt and imagine your body melting into the floor. Don't forget to relax your head and neck.

Image 1 shows the deep inhale, expanding the abdomen and lower back. Image 2 shows the exhale and the “melting” into the floor. Notice how the creases on the shirt around the abdomen change from Image 1 to Image 2.

Do this exercise for about 3-5 minutes, or as long as you feel it is helping. Keep in mind that this exercise will help most, but not all. The hope is that it will reduce some of that initial pain and allow you to comfortably seek a QUALIFIED HEALTHCARE PRACTITIONER. ■

For video demonstration, please visit:  
<https://www.youtube.com/watch?v=XjTs-74iTWY>



Dr. Nicholas M. Licameli, PT, DPT believes in giving himself to others to make the world happier and healthier. He gives people the power and knowledge to change their lives. Bodybuilding and physical therapy are a means to carry out that cause. His expertise of sport, exercise, biomechanics, and the practical application of research combined with personal experience in bodybuilding and nutrition allows him to help people in truly unique ways. Love. Passion. Respect. Humility. Never an expert. Always a student. Love your journey.



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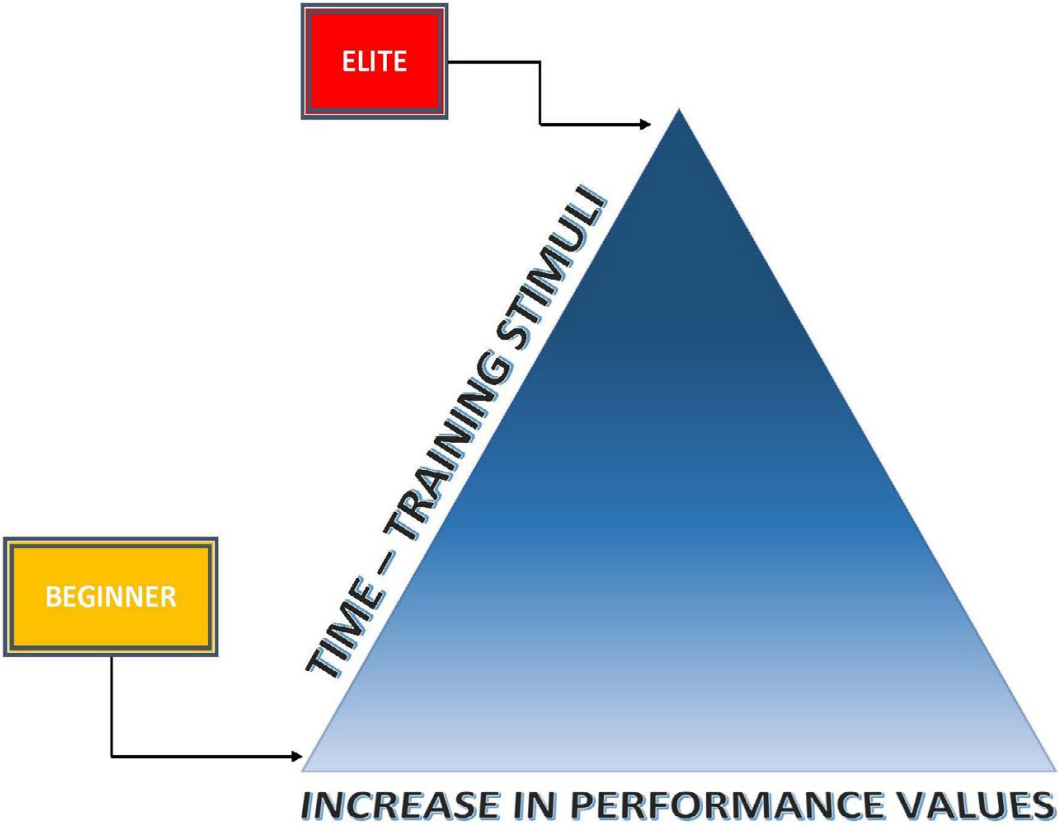


# Window of Adaptation



BY CHAD ADAMOVICH, CSCS  
CO-OWNER OF P4P MUSCLE  
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Most of us know that athletes can be very driven to accomplish their goals, while at the same time, they may have unrealistic expectations of the kinds of progress that they believe they should make. Knowing what is realistic and achievable within given timelines is necessary for the overall success of any athlete and not understanding this information and accepting it can typically cause a great amount of frustration and confusion. Whether athletes like it or not, the laws of science apply to them. One concept of science is the Window of Adaptation. Once an individual realistically understands this concept in the process towards achieving success, increased self-worth is sure to follow.



Before an athlete can apply this concept to themselves, it is important to understand the Window of Adaptation thoroughly. It can be summarized as the degree of adaptation an individual can achieve within their biological limits over time. This means that as an athlete becomes more advanced, more advanced training is necessary in order to continue moving forward in making transformations on the body. Additionally, an athlete must accept that the amount of gains from these processes will become smaller and smaller the more advanced they become.

One of the best ways to visualize this concept is by using the shape of a pyramid. Whether you are a professional in the field or someone who is just starting to learn about exercise science, the pyramid diagram makes it easy to understand. Using this visual will help the athlete to decipher their performance values coupled with the amount of time and type of training needed to continue to foster improved development. This pyramid applies to athletes with various goals, whether it be speed, strength, hypertrophy, etc. See the chart on page 28.

At the bottom of the pyramid is where beginners can place themselves. A beginner would be considered as someone with less than 2 years of training experience. Because a beginner is starting from the ground and moving up, the fastest growth/adaptation will be experienced. While at this level, various exercises and training can be applied often leading to guaranteed results. Over time, the athlete who is consistent who moves further up the pyramid will begin to notice that their adaption will begin to dwindle and get smaller. So, as the athlete's traverses up the pyramid, it gets smaller because their level of adaptation also gets smaller. What this means is that the numerical values of progress

will become less and less as the individual approaches their maximum potential. When this happens, it is important to adjust training protocols in order to see continued results. If you don't, it can lead to a plateau in which little or no tangible improved results will be achieved. At the very top of the pyramid is where an elite athlete (professional) will be within their window. Despite doing advanced training methods, they will see very small numerical values change. The changes are small, but are still significant to them as an athlete due to the level of competition.

**EXAMPLE**  
**Elite Athlete** (top of pyramid):  
Advanced Training protocols: Slower and Smaller Changes (still significant)  
Milliseconds off sprint times/Single #'s added to lifts/.25-.5lbs of FFM added  
  
**Beginner Athlete** (bottom of pyramid):  
Basic training protocols: Fast and Large Changes  
Seconds off sprint times/10's of # added to lifts/lbs. of FFM (Fat Free Mass) added

This knowledge of exercise science is a significant asset to possess because it will allow you to place yourself and/or your clients on the pyramid with a non-biased assessment. This information will also help an athlete set realistic expectations for themselves as a coach as well as for their clients. This will also help the athlete understand the process of achieving goals as more pleasant mentally and physically because it is realistic. As a result, those changes that were once viewed as insignificant will become extremely significant based on the athlete's Window of Adaptation. ■

Chad Adamovich has spent over half a decade with his pursuit of education in Exercise Science and sports nutrition. He is a Certified Strength and Conditioning Specialist (CSCS). He has an unparalleled passion for the research, science and application behind sports performance, nutrition and hypertrophy. He is devoted helping athletes at the youth, collegiate, and pro level in numerous sports. His experience is vast and has included being a Director for Athletic Republic, Director of Trainer Development for a multi-club franchise and more.



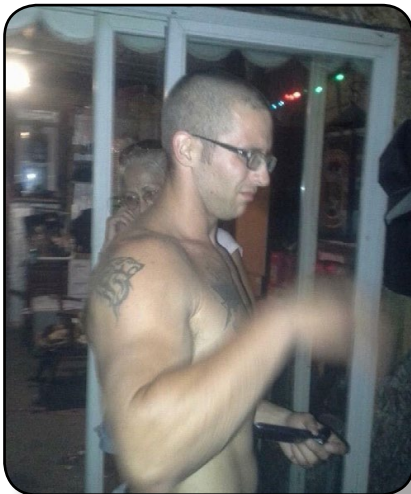
# Out of the Ashes

BY TERRI WHITSEL

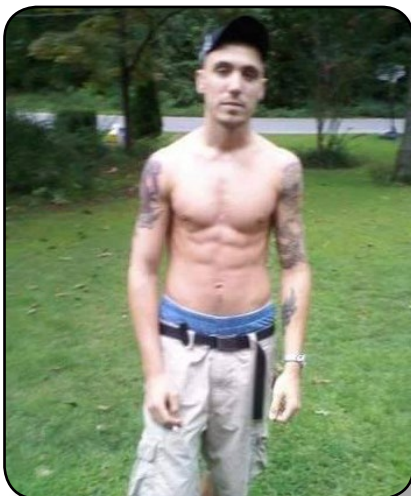


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It's like a story right out of the books. Two of NGA's finest share about how their similarly destructive lives in their youth led them to cross paths when they came together for fitness. Only they can tell their incredible stories.



Lee Meyers



George Grimes

**Lee Meyers:** I was born in August 1988 into an alcoholic and dysfunctional family. I watched drug and alcohol abuse take place as a normal past time activity in my homes. I say homes because I moved 17 times growing up. At 12 years old, my mother had abandoned my older brother and I...I started to smoke weed, drink alcohol, and abuse pills. I couldn't physically escape my reality, so I found a way to do it mentally and emotionally. Due to my drug and alcohol abuse, consequences came quickly and they were severe. My life deteriorated fast! Charges came, much time was wasted behind bars, and relationships were destroyed. I have been three years clean and sober. Physical fitness has always played a role in my life. That role became a lot larger when I got sober. I got into bodybuilding and the lifestyle that goes with that.... coupled with AA and having God in my life, has helped me to become a better man every single day. I love being involved in this organization and I love being an all-natural bodybuilder. I have shown my mental, emotional, and spiritual fortitude through getting clean and this gives me the chance to show my physical dedication to this life, too.

**George William Grimes:** I was born in April 1987 in Baltimore, Maryland. I became a heroin addict at the age of 16. [I was] not only addicted to heroin....but any drug I could get my hands on. My drug addiction cost me \$500-\$1000 a day. Most of this money came from my mother and the rest from robbing and stealing.... living a life of crime. Every day was a struggle looking for ways to get high to avoid being sick. This continued for 8 years living in and out of rehabs and even living on the streets homeless. In 8 years, I have been in 24 rehabs and a few hospitals. My

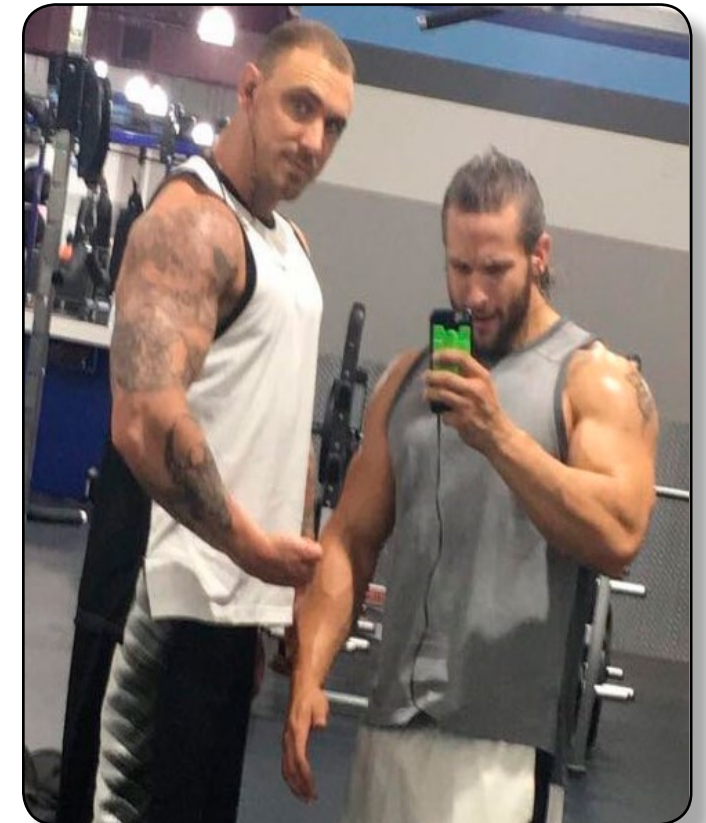
addiction got so bad I even tried suicide. Hopeless and alone, I signed myself into my last treatment facility in Pennsylvania (PA). I was so sick that at 6 ft 4 inches, I weighed 147 lbs. After I left rehab, I remained in PA, discovered fitness, and became addicted to staying healthy and exercising. Now, weighing over 200 lbs, three years sober and eating clean, I decided to join the NGA and compete in Men's Physique. I found my passion and what I love to do living sober one day at a time.

While in AA, Lee and George met at a birthday party for a mutual friend. They shared their love of pool as well as their compelling, yet strikingly similar stories. After living in a sober house just down the street from each other, their circumstances allowed them to become roommates, best friends, and share the same love for fitness and bodybuilding. They continue to support and confide in each other during tough times and they also remind each other daily on the importance of why they discontinued using drugs and alcohol.



L-R: Lee Meyers and George Grimes

Their common interest in fitness encourages them to keep pushing and staying on the right path which led them to have the pleasure of competing together in the 2017 NGA North American Championships & Ed Cole PRO Classic at the Woodlands Resort held in Wilkes-Barre, PA. It was at this show when this incredible story of these best friends about recovery and success was discovered. George placed second in the Men's Physique Open class and Lee placed second in the Men's Bodybuilding Open class. It seems fitting that their next show together may find them both crowned the winner. After all, they are already winners in life! ■



L-R: George Grimes and Lee Meyers



L-R: Lee Meyers and George Grimes





# NGA PRO/AM Bluegrass Bodybuilding

October 7, 2017 • Lexington, KY

Promoters: Josh & Melissa Miller

[www.kentuckynaturalbodybuilding.com](http://www.kentuckynaturalbodybuilding.com)

I am very honored to promote NGA shows and to work with the amazing NGA family. The competitors of the NGA are awesome. Not only are the NGA competitors some of the best built physiques in Natural Bodybuilding, but they are also some very amazing people.

One of the things I love about promoting NGA shows is getting to know the competitors. I enjoy hearing their story of what it took for them to make it to the stage! It is so inspiring to know that even though they were faced with many obstacles, they still overcame the odds, followed through on their commitment, and achieved their goals.

October 7, 2017, was the day of the NGA PRO/AM Bluegrass Bodybuilding Championships! The show was held in Lexington, Kentucky in Heritage Hall. There was a total of 26 different classes offered in

this incredible show. Among these classes were, the Novice, Junior, Open, Masters, and the Pro Open categories. On this festive night, 8 NGA Pro Cards were awarded to some outstanding competitors.

In the Bodybuilding Open, the winners were lightweight competitor, Robert Goff, who earned his NGA Pro Card; middleweight competitor, Seth Talbott; and light heavyweight competitor Vincent "Doug" VanDyke, who won the Overall and also earned his NGA Pro Card.

This competition also hosted 2 figure classes. The Figure Open "A" winner went to Makayla Wallace and the Figure Open "B" winner went to Overall winner, Cynthia Reffner, who earned an NGA Pro Card.

Men's Physique Open consisted of 3 classes. The lightweight winner went to Cade Cyrus, middleweight went to Elamin Assaid, and the heavyweight winner went to Tyrone Burroughs, who also won



**Christopher Graves**  
Classic Physique  
NGA Pro Card



**Ali Lee**  
Bikini Open  
NGA Pro Card & Overall



**L-R: Josh Miller, Vincent VanDyke, Melissa Miller**  
Men's BB Open LHW, NGA Pro Card & Overall



**L-R: Justin Toole, Tyrone Burroughs, Jeffrey Witherspoon**  
Men's Physique Open HW



**Cynthia Reffner**  
Figure Open  
NGA Pro Card & Overall

the Overall and earned an NGA Pro Card.

In the Women's Physique class, Chris Trimpey took 1st place and was the Women's Physique champion.

The Bikini Open classes were a close nail biting category where the competition was stiff. These girls brought their "A" game and it surely showed! Two NGA Pro Cards were awarded in the Bikini Open category with Bikini Open "A" winner going to Rozlyn Turner, who earned her NGA Pro Card. Bikini Open "B" and Overall winner went to Ali Lee, who also earned her NGA Pro Card.

The Classic Physique Open division has become a very popular class at this show. Two NGA Pro Cards were awarded in this class: 1st place to Robbie Ventura and 2nd place to Christopher Graves.

The Bodybuilding Novice champion went to Seth Talbott and the Figure Masters champion went to

Cynthia Reffner. Tyrone Burroughs was the Men's Physique Masters champion and the Bikini Masters champion was awarded to Candi Weir. Also, it was Christopher Graves who was the Classic Physique Masters champion.

The Bikini Novice "A" was won by Rozlyn Turner who also was the Overall winner in this category. The Bikini Novice "B" champion was awarded to Christine Cavanaugh. The Men's Bodybuilding Masters champion was awarded to Scotty Haire.

Our NGA PRO Champions were as follows: PRO Bodybuilding Open, Jay Johnson; PRO Bodybuilding Masters, Kyron Moses; PRO Bikini Open and PRO Bikini Masters, Shawna Broyles; PRO Figure Open, Courtney Mighell; and PRO Men's Physique Open, Jordan Elery.

Champions were crowned and NGA Pro Cards were earned on this fantastic night! Thank you to everyone who made this show amazing! ■



# MOTIVATOR'S CORNER



BY JOHNNY "THE MOTIVATOR" CARRERO  
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## What Not To Do: Exercises That Should Be Banned

There are many exercises I believe should be discouraged, yet many people are still performing them in gyms worldwide. People continue to perform them because they can't see nor, can they understand the damage that can be done to the body if they are continued. The following is a list of exercises that are banned and the reasons why:

**1. Pulldowns Behind Neck:** Performing pull-downs behind your neck is a very risky exercise to perform because it puts your deltoids in a bad position and places unnecessary stress on your rotator cuff, coracoacromial ligament, and the long head of the bicep tendon. This exercise also tears up your interspinous ligament which is a direct result of the stress from the weight being placed in a hyperflexion position.

**2. Press Behind Neck:** Performing any type of press movement behind the neck is extremely bad for your shoulder joints, rotator cuffs, coracoacromial ligament, and interspinous ligament. The interspinous ligament is located in the strong, yet delicate cervical part of spine and should not be placed in any position that requires a press with a large amount of weight.

**3. Upright Rows:** This very popular exercise that is performed in the gyms today should be avoided indefinitely. This exercise is very dangerous because it may cause impingement of the shoulder, wrist, elbow, as well as has the potential to cause additional neck issues.

**4. Shoulder Shrugs:** This is another movement which should be stopped immediately because it is often performed with very heavy weights and puts stress on the shoulder joints, ligaments, and tendons in the neck.

**5. Lunges Dropping the Back Knee:** This is another exercise that is hazardous. For the record, lunges are designed to work and build the Gluteus Maximus. But, when you attempt to drop the knee backward, you cannot fully contract the Gluteus Maximus with a bent knee. The back leg needs to be as straight as possible to perform this exercise correctly. When you drop the back knee, all the weight distribution goes straight to your knee joint taxing your quadriceps tendon and patellar ligament.

**6. Cross Lunges:** This is another exercise movement that adds unnecessary stress on the knee joint and also taxes the Anterior Cruciate Ligament (ACL), the Medial Collateral Ligament (MCL), and the Lateral Collateral Ligament (LCL). Performing any exercise movement that taxes your knee joint repeatedly will lead to weak

ligaments and tendons and will also subject them to major tears.

**7. Leg Extension:** This is an exercise that is not designed to support heavy weight as it was designed to rehabilitate the range of motion on a knee that has been through a surgery or replacement. This movement is best performed in a slow and controlled pace. It may also be beneficial to the quadriceps development to work this muscle with light weight and high reps (15-30). The Leg Extension is most effective when it is used at the end of your leg work out and not as a warm up. The best exercises to use as a warm up for your knees is free standing squats (no weight) or leg presses (light weights).

Some of the exercises mentioned above target the trapezius muscle which leaves many people wondering exactly what types of exercises that they can incorporate into their workout routine that are low risk and do not pose

hazards on the body. The good news is that there is no particular exercise that is needed to target the traps because they are being worked when engaged in any other safe body movements that work the upper torso. This muscle can be targeted when any upper body row movement is performed, as well as through bicep curls, shoulder presses, pull downs, pull ups, or any lateral movement. So, amazing traps can be developed without performing any of the hazardous moves that have been incorporated into the aforementioned list.

I hope this article helps to clarify many unanswered questions pertaining to what not to do as it pertains to exercises that can pose the highest risk and hazards to the body. If there are any additional questions or thoughts, please, feel free to email me at:

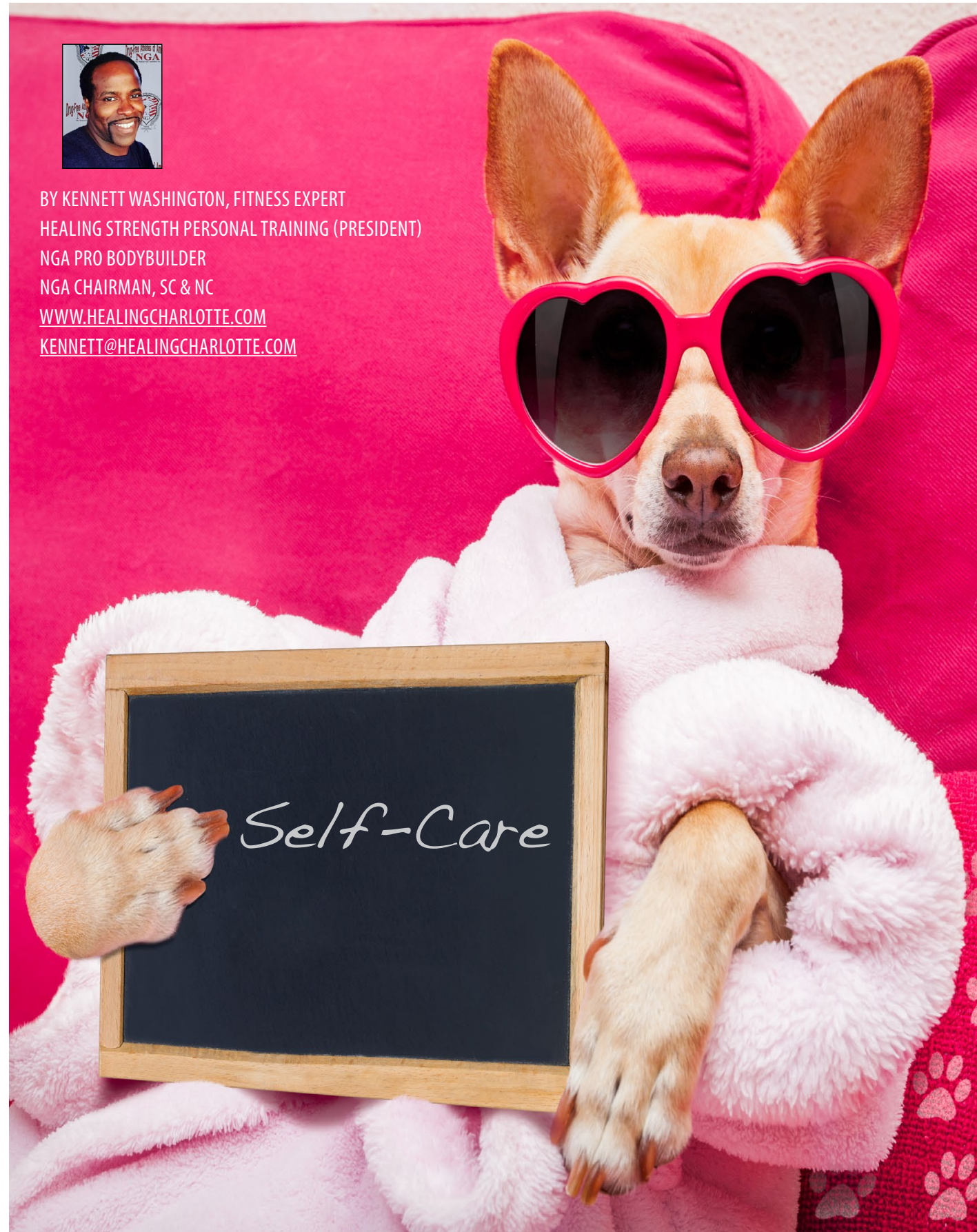
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## Being Healthy Is a Habit with No Expiration

I'm beginning to think that self-care is a bit cliché.

I see TV shows talk about it. I see other businesses trying to sell it. I read magazine articles about it and even John Tesh shares tips on his nightly radio show conversing about this much ado subject. It gets incredible amounts of coverage, but it never seems to translate into actual self-care. Do you know what I mean?

Just last week, I talked with a lady who is 36 years old, has 3 kids, a full-time job, is married, has 2 dogs, and she barely has time to breathe. She knows she needs to take better care of herself, but she's hesitant. Why is that, you might be asking? It's because she's been down this path so many times before and swears with each passing year, that when the kids go back to school, it's the New Year, or by her 36th birthday, that she is really going to do it this time.

Deep down, she's not excited about working out or eating well, but she does want to feel better. She does want to look better and she genuinely wants to be happier. So, what's stopping her? It's because working out is never fun and eating healthy is super-boring. But, she's kind of tired of feeling this way and a bit overwhelmed and doesn't know how she could possibly start to workout on a fist tight schedule, eliminate sugar from her diet, significantly reduce her carb intake, begin meditating, journal daily, write love notes to her husband, reach out to old friends, take long walks in nature, and read a new book every 3 days. It looks like it might be impossible. However, I'm glad she reached out to me.

I hear stories like hers a lot and have come to the conclusion that the self-care industry sure has a way of making most of us feel super-guilty about what we're NOT doing and that never makes us feel good. Yet, this is one of the reasons why I believe that self-care is a journey based on taking steps towards achieving a goal, not just achieving the goal. Achieving goals is based on taking steps and taking the first step is what's most important.

One step at a time is the best course of action and then it is repeated and then repeated again. The bottom line is that being healthy is a habit with no expiration date. There are no set days to being healthier because it is something that should be worked on daily. Some days we're rockstars and other days we're lucky to make it out of the house looking somewhat human, but the key is that we don't stop giving our best and we must never give up on ourselves.

Don't let self-care be a source of stress. One of the best ways to avoid this potential problem is to select one aspect about yourself that you want to focus on and work on that for the next week. Maybe, you decide to eat a healthy breakfast every day or hit the gym 3 days that week, but whatever it is that you decide, it is important to stay committed and follow through. If you fall off the wagon, just get up, brush yourself off, and get back on again. Remember, you are in it for the long haul.

This is one of the reasons why I started Healing Strength Personal Training because it is based on the premise that continued perseverance and consistency will help you to meet your goals if you have the right tools in place. It is my personal belief that having essential tools in place, will make your fitness journey easier and I'm not talking about TRX stations or kettlebells, I'm referring to accountability, friends, mentors, coaches, and someone to just be there and help guide you through the process. This level of accountability can not only be transferred to fitness, but also to many different areas of your life.

If you are in the area and have decided that you really want to make a change in your life, my door is open. I'd love the chance to help you begin the process of transformation. This process will entail a 30-minute consultation, and don't worry, I am not a drill sergeant, but I will offer you supportive, encouraging words along with an action plan that will set you on the way towards making that change that you always wanted. Book your consult here at: [www.healingcharlotte.com](http://www.healingcharlotte.com). Until next time, train hard and eat healthy! ■





**(Super Pro Qualifier)**

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## A photograph of a very muscular man, likely a bodybuilder, posing shirtless. He is wearing blue athletic shorts and has a highly defined physique, showing prominent muscles in his chest, arms, and torso. He is standing against a dark background.



# NGA PRO/AM Natural Peoria Championships (NPC)

October 28, 2017 • Peoria, IL

Promoter: Jonathon W. Aggen

[www.nganpc.com](http://www.nganpc.com)

The 2017 NGA PRO/AM Natural Peoria Championships was like none other this year. Featuring a brand-new division, this year's show got off to a spooky start. A while ago, a comment was made about the NGA's Natural Peoria Championships being a "Halloween show", so, it only seemed fitting to add a Halloween class where competitors were able to show off their great costumes and bodies at the same time by adding an element of fun to an already outstanding show. The Halloween class showcased the great physiques of Bryan Muth, Regina Phalange, Allyson Woith, Stephanie Mulvaney, Beth Oliva, and Tamra Christine Antenucci who brought with this new division an added level of scary excitement!

The Pro Men's Bodybuilding Open lineup was, once again, stacked with awesome competitors who made for an outstanding show. In this class, it was Jay Johnson (1st), Austin Kjergaard (2nd), Terry Starks (3rd), Ty Kroll (4th), Dan Serota (5th), David Beall (6th), and Denzel "BlackSteel" Carter (7th), placing at each respective level. In the Pro Bikini Open class, Ashley Lane Noland came away with the 1st place win with Heather Eggers following in 2nd place. In the Pro Figure Open class, Erin Barr took 2nd place and Carly Wendt made her Pro Figure Open debut and took home the 1st place win!

NGA Pro Card winners for the Men's



**NGA Judges**

L-R: Earl "The Pearl" Snyder, Courtney Mighell, Terri Whitsel, Desiree Fletcher-Carruthers, Jonathon W. Aggen, Joy Smith, Kimie Arnone, Carla Richardson, and John Abraham



**Halloween Class**

L-R: Stephanie Mulvaney, Julie Jacobs, Regina Phalange, Allyson Woith, Ethan Skaar, Bryan Muth



**Bikini Open "A"**

L-R: Allyson Woith, Julie Jacobs, Cassidy Walters, Jess Rogers, Kimberly Smith



**PRO Bikini Model Open**

Ashley Lane Noland, Candace Hart (Trophy Girl)



**PRO Men Bodybuilding Open**

L-R: Austin Kjergaard, Terry Starks, Ty Kroll, Dan Serota, Jay Johnson



**Classic Physique Open**

L-R: Ralph Dunnighigh, Chris Nelson, Richie Kincaid, Josh Kelch, Kyle Seibert

Physique Open included Bryan Muth (light-weight) and Chris Nelson (heavyweight). There was an impressive showing for Classic Physique Open as well with Kyle Seibert and Ralph Dunnighigh both taking home NGA Pro Cards. However, this was none too soon for Ralph since he had just flown in from the Bronx, New York to compete in this outstanding show on his way to celebrate his wedding with his new bride and ended up later hopping on a plane to Vegas to continue the celebration of his honeymoon and his win!

David Hammond stunned everyone by taking home not only an NGA Pro Card, but also the Overall win in the Bodybuilding Open! For the Figure Master's 35+ class, Stephanie Mulvaney tore up the stage again this year and took home the Overall and the NGA Pro Figure Masters Card. It was Carrie Catalano-Helton winning the Figure Masters 40+ class which earned her an NGA Pro Figure Masters Card. Amber Lohf won the Bikini Masters 35+ class, snatching her NGA Pro Bikini Masters Card as well.

In the Bikini Open "A" class, Cassidy Walters took the win with Amber Lohf coming back hard to snatch 1st place to take the Bikini Open "B" class and the Overall. Carrie Catalano-Helton won the Figure Open "A" class, the Overall, and took home her NGA Pro Card.

The 2018 NGA NPC will be at Illinois Central College, in East Peoria, Illinois. Please go to the website for more information: [www.nganpc.com](http://www.nganpc.com). Download the phone app to register. This year's contest will host a new sponsor program designed to maximize the benefits for all of our sponsors. Please go to [www.nganpc.com/sponsors](http://www.nganpc.com/sponsors) if you are a business owner or authorized representative and you would like to develop a partnership that will enhance your business more than anyone else has ever done in the past! We look forward to seeing you October, 20, 2018! ■



# How Important Is Portion Control?



BY PETER N. NIELSEN  
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OPERATING PARTNER AT CLEAN PLANET FOODS  
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You may think you know what a serving size looks like, but it can be easy to eat more than you should because restaurants are in the habit of serving “super-sized” meals. The best way to be sure you’re eating the right number of calories and to be confident you’re getting the nutrition you need to maintain a healthy lifestyle is to gain more information and knowledge about what constitutes a recommended serving size.

**DEFINITION**

Developed by the United States Department of Agriculture, the serving size defines a specific amount of a particular food that represents the recommended portion for one sitting. The serving size creates a standard reference used on food labels.

**IMPORTANCE**

The standardized serving size is one tool you can use to be sure you’re following a healthy, balanced diet. The United States Department of Agriculture determined that nutritional values be contained in the defined serving size. This information must be placed on food packages in the form of a Nutrition Facts label for easy access to data about the

calories, fats, protein, fiber, carbohydrates, vitamins, and minerals contained in one serving. Getting into the habit of reading the label is a first step towards helping to adjust your daily intake in order to meet your health and fitness needs.

**SERVING SIZES**

The first line on the Nutrition Facts label tells you what the serving size is for that particular food item and this is followed by the number of servings contained in that package. If you haven’t paid attention to the defined serving sizes, you might be surprised to discover that they may be smaller or possibly larger than you realized. If you’re concerned about weight gain, compare the serving size with the portion you normally eat. You may discover you’re eating twice the number of calories you need each day. Once you begin this process, it may seem like quite a bit of information to compute, but serving sizes do remain consistent. For example, one serving of meat is 3 oz., a serving of fruit is 1 medium-sized amount, a serving of bread is 1 slice, and the serving size for drinks and cooked vegetables is 1 cup.

**GUIDES**

Some guides are available online that provide

visual examples of serving sizes, so you don’t have to worry about weighing or measuring your portions. According to research on recommended serving sizes conducted by Loyola Marymount University: one cup of cooked pasta is about the size of a tennis ball; one serving of hard cheese is 1 oz., which is the size of four dice; and a 3 oz. serving of beef, chicken, or pork is the size of an adult’s palm.

To lose weight, you need to burn more calories than you consume, which inevitably means one thing: PORTION CONTROL. Remember, your body can only utilize 30 grams of protein within a 2½ hour period of time and anything more will be stored as fat. As for carbohydrates, your body can only utilize 300 calories or 75 grams of carbs within a 90-minute period of time and anything more than that will also be stored as fat. So, be sure that you are not only consuming the right foods, but also the right serving size.

Take the guesswork out of eating the correct amount of calories and get the proper nutrition to maintain a healthy lifestyle. ■



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NGA Pro Lex Kovacs  
Photo by Kaycie Davis,  
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# 2018 NGA PRO AM NORTH JERSEY Championship & 2018 NGA WOMEN EXTRAVAGANZA

*(Super Pro Qualifier)*

## SATURDAY, JUNE 23, 2018

📍 Bloomfiled Middle School | 60 Huck Road, Bloomfiled, NJ

**Prejudging 12:00PM | Competitors Check-in 8:30AM | Competitors Meeting 10:30AM**  
**Finals 5:30PM | Doors open at 5:00PM**

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- ✓ Debut
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- ✓ Novice Men Physique

✓ **Novice Men Bodybuilding**

- ✓ Open Women Physique
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## NGA Master Pro Athlete

BY JOHN BIBBY  
[JBIBBY2003@YAHOO.COM](mailto:JBIBBY2003@YAHOO.COM)

I was born and raised in Cincinnati, Ohio as an only child. At an early age, I became heavily involved in sports. More specifically, I loved to play football and basketball. Due to my involvement with sports, exercise was a natural addition, but I only did it so that I could play better. After I graduated from college, I continued to exercise, but not regularly. Additionally, eating clean was most definitely low on my list of priorities.

So, after many years of exercising on and off and a far less than nutritious dietary plan, I decided a change was in need and joined the world of bodybuilding. In 2006, I had my first encounter with the bodybuilding world through Beverly International, the health supplement company. Beverly International taught me that bodybuilding was a sport that consisted of training, clean eating, and being able to present your body in various poses to highlight all the work that you endured to get it that way.

What attracted me most to the sport was the idea that the only real competition that you have as a bodybuilder is with yourself. It didn't take me long to realize that I wanted to compete in a bodybuilding show, so I did. My first show was March 2006 and I competed as a lightweight bodybuilder. I can remember stepping on that stage just like it was yesterday. I was nervous and excited at the same time, but once I hit that stage, I went into a zone and did my best showing the audience the hard work that I had put in and, wow, it felt great! I went on to compete in two more shows between the years of 2006-2008, but decided to take an involuntary break from the sport in 2009.

It wasn't until 2015 when I began a new business promoting healthy living through natural supplementation that I decided to rejoin the sport. In my



estimation, the best way to promote my new business was to live by example. I began training with Hank Merrick at Lean Styles Proactive Weight Loss and Fitness Center in August 2016 and in just three months, he was able to get me ready to compete at the age of 46 at the 2016 NGA Monster Mash Natural. I did well in that show, but I knew that I could have done better. I competed again, one year later, in the same show and placed 1st in the Men's Physique Master division, earning my NGA Pro Card. It was a great feeling of accomplishment.

Today, I am truly blessed and honored to be an NGA Pro Master Physique Athlete. My ultimate goal is to use this platform, as a professional natural bodybuilder, to glorify God by inspiring and encouraging individuals to live a spiritually, mentally, emotionally, physically, and healthy lifestyle. I want people to know that you are never too old to obtain optimal health. One of my favorite quotes from Napoleon Hill says, "Whatever the mind can conceive and believe, it can achieve," and that I believe. ■



# NGA PRO World Championships NGA Natural NJ State Open

November 4, 2017 • Bloomfield, NJ

Promoter: [Paul Hendricks](#)  
[www.njnationalgym.com](http://www.njnationalgym.com)



**Antonio Rizzi**  
Men's BB Open LHW  
NGA Pro Card & Overall



**Tommy Do**  
Men's BB Open MW  
NGA Pro Card & 2nd Overall



By: [Lorraine DePass](#)



**Dawud Rasul & Alvis Vaughn**  
Men's BB Grand Masters 60+



**Clint Brackbill**  
PRO BB Winner



**Estira Castillo**  
Bikini Open "B"  
NGA Pro Card & Overall



**Shkeera Campbell**  
Bikini Open "A"  
NGA Pro Card

New Jersey's last competition of the 2017 season was a rousing success and undoubtedly the best of the season. The 2017 NGA PRO World Championships/ NGA Natural NJ State Open was held at Bloomfield Middle School on November 4th and hailed competitors from as far south as the state of Florida and extended even further across the globe to the European country of Italy.

The day started with the Pro Men's Bodybuilding class which gave the judge's some difficult choices to

make. Thankfully, these professional athletes were up to the challenge as they stepped up to the plate in a grueling comparison round. However, it was at the end of the night that Clint Brackbill proved to be the best with his incredible symmetry and definition.

The Pro Bikini Open class featured one of our newest pros, Tiffany Ensmann, who shows great potential as a hard to beat contender. Nevertheless, it was Crystal Wood who took first place with a flawless perfect presentation coupled with her usual and impressive overall shape.

The NGA New Jersey competition continues to attract new competitors and this dynamic show was no exception. The quality that was showcased by these fitness neophytes demonstrated the level of

dedication that each of them put into their contest preparation. The bikini division is no exception as it continues to thrive as more and more women enter each year. This year's congratulations go to Shkeera Campbell and Esira Castillon, for their well-deserved NGA Pro Cards and for a job well done.

Another growing division in this competition is the Men's Physique Open class. This year's win goes to Nikia Grimes who has matured immensely as an athlete as he competed throughout the year and ended the season with an NGA Pro Card.

The Men's Bodybuilding Masters class showcased two favorites, 68-year-old Dawud Raul and 67-year-old Alvis Vaughn. These men are impressive for their energy and mature muscularity and are always a

source of inspiration to all. Though a close call, it was Dawud's night to win it all.

The night finished with Men's Bodybuilding Open with Antonio Rizzi from Italy winning the Overall and his NGA Pro Card. However, the American, Tommy Do was not allowed to leave the stage until he was surprised with an NGA Pro Card as the American Overall winner. These gentlemen warmed up the stage with their smiles and made for a great way to end the show.

NGA New Jersey would like to congratulate all of the 2017 NGA competitors for their hard work and also thank them for choosing the National Gym Association. We look forward to seeing you in 2018! ■



# HIDDEN GEMS

**M**y name is Marion Hall and I have been an NGA Pro Bodybuilder since 2014. My bodybuilding journey began in 1982 when I started training in the 8th grade with the high school football team. Most of my early training occurred mainly in high school weight rooms as commercial gyms were virtually non-existent. Over time, I gravitated towards working out in a makeshift gym that was actually a two-bedroom apartment that was above a neighborhood grocery store. By the time I entered college, gyms, as we know them today, steadily began to pop up all around the country which made working out more accessible to the public.

In my 35 years of training experience in the field of bodybuilding, I have utilized different versions of gym equipment and have found some to be more effective than others. I currently train in three gyms and enjoy new gym experiences because I learn quite a bit about equipment. I will highlight what I believe to be premiere equipment when it comes to getting the types of results on the body that many people desire:

**Yoke Bar:** Over the past three years, I have used the Yoke Bar and it has virtually replaced the barbell back squats that I typically used when training my quadriceps. There are several versions of these bars and when comparing it to barbell back squats, in my opinion, I find it to be easier on your shoulders and it also applies more direct focus on the quads. Powerlifters have used this bar for years, but it has many benefits for bodybuilders as well. One unique aspect about these bars is how the hands rest on the handles in front of you which allows for the core to get an amazing workout along with the quads without stressing the lower back or the hamstrings. Other effective uses of this bar are when performing good mornings and standing calf raises.

BY GEORGE MARION HALL  
[MHALL@SHRINET.ORG](mailto:MHALL@SHRINET.ORG)



**Cambered Bar:** This is another great piece of exercise equipment that is generally used more by powerlifters to improve strength. My favorite use of this bar is for shoulder shrugs. Also, this bar can be used in a power rack and simply has to be dragged up the rack while your body is inside the cambered portion. This exercise completely works the traps without the forward roll of the shoulders that occurs with regular barbell shrugs. Another great use of this bar is to perform prone rows.

**Pullover Machine:** In two of the gyms where I workout, this great machine is an excellent addition to any workout routine. I generally use this machine during back workouts as it is more of a back exercise and is also a little easier on the shoulders than using dumbbells because it removes tricep involvement. This move can also be incorporated as either the first or the last exercise when performing stretches to loosen the body.

**Donkey Calf Raise:** In my opinion, this is the best exercise for calves because the weight pressure is directly over your calves. Many gyms do not have this machine, but it can be supplemented by having your spouse, girlfriend, or training partner(s) to provide you with resistance instead.

**Old School Pec Deck Machine:** This machine has arms pads that will allow you to squeeze your elbows together. Talk about a contraction in your pecs! Plus, this machine is also effective in working the rear pec deck laterals by letting the elbow pads rest on the triceps. This machine is primarily designed to supply movement to the shoulders rather than the arms.

**Honorable Mentions:** Other great pieces of workout equipment that I have discovered in the many gyms that I have visited over the years that have proven effectiveness include the vertical leg press, angled calf raise, reverse hyperextension, glute ham bench, and tibia raise machine. These machines, in my opinion, will surely get the results that you are looking for.

In closing, innovative pieces of equipment are great; however, older models have also proven effective, so don't bypass them for the sake of experiencing something new. You are sure to find many hidden gems when building new muscle. ■







2017



# NGA PRO/AM Universe NGA American Natural Championships

November 11, 2017 • Coral Springs, FL

[www.nationalgym.com](http://www.nationalgym.com)

Promoters:

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By: [Terri Whitsel](#)

Photos By: Roger Lister || Live Streaming By: Chris Baltzer [http://bit.ly/2017\\_NGA\\_Universe\\_Videos](http://bit.ly/2017_NGA_Universe_Videos)

The NGA *Grand Finale* rounded out the year in style! This show was history in the making for many reasons. Among those was the live streaming which allowed viewers across the world to view this magnificent presentation online without any interruptions. An unprecedented 16,000 people viewed this spectacular show! This amazing competition started with an address from Honor Flight, a non-profit organization created solely to honor America's Veterans for all of their sacrifices. This marvelous presentation included the outstanding participation of the president of the NGA, Andrew Bostinto. One of Honor Flight's amazing services to support our veterans is to transport them to Washington DC, at no cost, so that they can visit the memorials of their fallen, but never forgotten, comrades. Priority transportation is offered to senior veterans who are survivors that served in World War II as well as to terminally ill veterans. A portion of the proceeds from this dazzling show went towards the funding of this prestigious organization in order for them to be able to continue this service for our veterans. Honor Flight's presentation was followed by the unforgettable induction of long time NGA Promotor and competitor, John Abraham, into the NGA Hall of Fame.



2017 NGA Hall Of Fame

L-R: Francine Bostinto, John Abraham, Andrew Bostinto



Athletes from all over the world, including as far away as Italy, gathered together to do battle in this stupendous event. The professional debuts and novice classes were followed by the NGA Pros who took the stage in an impressive showing of the finest athletes in the organization.

The Bikini Masters got this part of the show started and all of these ladies looked fantastic. Tracy Simonds took 1st place in this class followed by Shawna Broyles coming in at 2nd, and Sarah Logie in 3rd place. Stacked with several previous NGA Universe winners, the Pro Men’s Bodybuilding Masters, was a class that included the best of the best. Selvon Whatley, from the country of Guyana, came out on top in this division to beat out Ray Clark, who came in 2nd, followed by 3rd place winner, Kyron Moses. In the Pro Figure Masters class, it was Samantha Feenburg taking home the top prize, Idelisse Rivera taking 2nd, and Tania Valdez coming in at 3rd place.

In the Pro Classic Physique, Clint Brackbill and Catt Campbell battled it out with Clint taking home “the Gold”. In the Pro Bikini Open, Tracy Simonds took the 1st place for the second time this evening, followed by Ashley Robinson in 2nd place, and Shawna Broyles coming in at 3rd place. The Pro Men’s Physique was a tough class where two defending PRO Universe Champions battled it out. It was Antony Richburg taking 1st place, Catt Campbell coming in at 2nd, and Jordan Elery taking the 3rd place position. In the Pro Figure Open class, Samantha Feenburg took “the Gold” twice in one night, 2nd place went to Ashley Smith, followed by Courtney Mighell coming in at the 3rd place position. The largest NGA Pro class in this dynamic competition was Men’s Bodybuilding Open and Selvon Whatley, featured on the cover of this issue, was absolutely unbeatable. Ray Clark came in 2nd place and Patrik Minante, from Italy, took the 3rd place position.

# NGA PRO Universe



**PRO Bikini Open**

L-R: Sara Logie, Natasha Crowther, Shawna Broyles, Julia Hubbard, Tracy Simonds, Ashley Robinson, Jessica Orban, Christine Skalka, Jessica Hoffman



**PRO Bikini Masters**

L-R: Julia Hubbard, Shawna Broyles, Francine Bostinto, Tracy Simonds, Sarah Logie, Christine Skalka



**PRO Figure Open**

L-R: Samantha Feenburg, Idelisse Rivera, Kathy-Ann Abbott, Courtney Mighell, Ashley Smith



**PRO Figure Masters**

L-R: Amanda Perron, Idelisse Rivera, Francine Bostinto, Samantha Feenburg, Tania Valdez, Jo-Ann Hill



**Tracy Simonds**

PRO Bikini Open & Masters Winner



**Samantha Feenburg**

PRO Figure Open & Masters Winner



**Selvon Whatley**

PRO BB Open & Masters Winner



**Antony Richburg**

PRO Physique Open Winner



**PRO Men's BB Masters**

L-R: Michele Grupillo, Ray Clark, Francine Bostinto, Selvon Whatley, Kyron Moses, Clint Brackbill



**PRO Classic Physique**

Catt Campbell, Francine Bostinto, Clint Brackbill



**Clint Brackbill**

PRO Classic Physique Open Winner



**PRO Men's Physique Open**

L-R: Ivan Blow, Catt Campbell, Francine Bostinto, Antony Richburg, Jordan Elery Wendy Michel



# NGA Amateur Universe



**Amy Lademann**  
Figure Open  
NGA Pro Card



**Derek Edouard**  
Men's Physique  
NGA Pro Card & Overall



**Kristi Phillips**  
Bikini Open  
NGA Pro Card



**Michele Grupillo**  
Men's BB Open, NGA Pro Card & Overall  
PRO BB Masters 4th Place



**Rodney Addison**  
Men's BB Open  
NGA Pro Card & 2nd Overall

In the NGA Amateur Universe Championships, Kristi Phillips won the Bikini Open and Masters classes to earn her NGA Pro Card. The Men's Bodybuilding Masters came on stage in great shape and took the spotlight. In the 40-49 division, Francesco Bruno from Italy won 1st place, Max Maffucci won "the Gold" in the 50-59 division, and in the 60+ division, it was Alvis Vaughn bringing it back to return

to "the Gold" status. These competitors, like fine wine, get better with age. Amy Lademann won Figure Open and Masters earning her NGA Pro Card. Samantha Feenburg won Women's Physique, with Rosemary Brickman taking 2nd, followed by Alissa Matechak coming in at 3rd place.

The 1st place winners in the Men's Physique Open

# NGA American Natural Championships



**Bikini Debut**  
L-R: Daryl Sissman, Ashley Keck



**Figure Debut**  
L-R: Jacquelyn Yelvington, Amy Lademann, Janice Schweinfurth



**Figure Novice**  
L-R: Janice Schweinfurth, Jacquelyn Yelvington, Rochelle Atengco



**Men's Physique Debut**  
L-R: Ricardo Hernandez, Derek Edouard, Rick Lademann



**FIBBN Italian Team**  
L-R: Max Maffucci, Francesco Bruno, Marco Zanetti, Michele Grupillo, Patrik Minante, Ubalda DeAngelis Lister, Francesco Pignatti, and Antonio Rizzi (missing)

**A round of applause to our trophy presenters:**  
Joy Smith (white dress) and Carla Richardson (black dress)

divisions were Bryan Snyder, Mike Henry, and Derek Edouard, but it was Derek who took the Overall winning his NGA Pro Card. The 1st place winners in the Men's Bodybuilding Open divisions were Michele Grupillo, Francesco Pignatti, and Rodney Addison. The Overall winner and new NGA Pro was the *Italian Stallion* Michele Grupillo. The American, Rodney Addison, won his NGA Pro Card by placing 2nd in the Overall. In the final division of the show, Bryan

Snyder placed 1st in the Classic Physique division.

The NGA PRO/AM Universe & American Championships is always an unforgettable show, and this one set the bar higher for 2018. So, get ready for November 10th when all of the top winners from across the globe will gather together once again to showcase the epitome of all natural physiques in the world of bodybuilding. ■





BY DR. JEFFREY SCALLON  
JSCALLON@GMAIL.COM

# Twisted

One morning, while in the gym doing one arm dumbbell rows with far more weight than what I typically use, I felt a strange burning sensation in my lower back. The rational part of me insisted that I cease the activity immediately, however, the irrational and more macho part of my mind overruled that instinct and I continued on although I was in great pain. My form was poor, so as I jerked the dumbbell up for every rep, the burning sensation began to spread. I did complete the exercise, but that was the last time that I touched a dumbbell.

All this happened when my eldest son was just 3 weeks old. I had lost my job, my apartment, and all of my studies came to a screeching halt. For my wife's entire pregnancy, I dreamt and fantasized about all of the wonderful things that I would do with my budding family and the last thing that I would have ever imagined was that I would be dragging them around from specialist to specialist for months to physical therapy and even to a more long distance trip that we made to the Mayo clinic in Rochester.

I decided to seek the attention of a medical doctor and learned that I had torn the last intervertebral disc wide a full 120 degrees and my pelvic ligaments were so stretched out that they no longer provided the support necessary to hold my pelvis together which caused excruciating pain. Because of this, in

2008, I elected to have a micro discectomy. This surgery helped me to be able to at least sit again, but the threat of pain from my pelvis twisting if I made even the slightest move was still there. I could not bend to put socks on or tie my shoes nor could I spread my legs more than shoulder width apart. And, the worst part about the diminished use of my physical body was that I could not lift more than 15-20 lbs. As a man, I felt useless. I had to develop special ways to get my pants on in the morning and for getting in and out of bed. I basically felt like I couldn't participate in life anymore.

So, I decided to read a book by Steve Reeves called "Building the Classic Physique" and began to think about muscle building in a different way. That's when I decided to enter a natural bodybuilding competition, I felt this would be a solution to my ineptness and it would give me a goal to strive towards in being able to regain control of my life. Just the idea that I could participate in a sport breathed into me a renewed sense of self. For me, it wasn't about winning or losing, it was about being able to be a part of something, stand on stage, and look like I belonged there.

No longer able to lift weights, I decided to use bodyweight exercises to get back into shape. I used a combination of push-ups, pull-up, dips, and chins. Over the course of the 12 weeks that I trained, I began to appreciate the aesthetic qualities, symmetry, and beauty of bodybuilding. I slowly came to the realization that bodybuilding is not about pounding on the muscles just for the sake of mass, but it is an art and a sincere appreciation of the human form very similar to the beauty displayed in Da Vinci's Vitruvian Man.

Once the competition was over, I felt like I had achieved a milestone, because for so long I had listened to my body telling me "no" which stopped me from doing things. But after molding it into the form I wanted, I was beginning to tell it what to do for a change and it was responding.

Through the experience, I saw that there is a place for everyone in natural bodybuilding. I walked away from the show stronger, healthier, and more confident than I had been in a very long time. ■

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<b>NGA Texas Punisher</b> <b>Bodybuilding Classic &amp; Fit Expo</b> August 19, 2017 Mt. Pleasant, TX <b>NGA Promoters:</b> <b>Brad Duncan &amp; David Hood</b> <b>Bikini - Open Short</b> 1. Destiny Stone 2. Rhoushanda Anthony 3. Cindy Fernandez 4. Erica Duthu 5. Kaila McDonald <b>Bikini - Open Tall</b> 1. Regina Sowell <b>NGA Pro Card &amp; Overall</b> 2. Sara Trimble 3. Vanessa Otero <b>Figure - Open</b> 1. Shana Evans <b>NGA Pro Card</b> 2. Sandi Duncan 3. Cindy Fernandez 4. Beth Vanginault 5. Kate Losecco <b>Women's Physique - Open</b> 1. Shana Evans <b>Men's Physique - Open LW</b> 1. Trent Briggs 2. Manuel Silva 3. Alexis Luna 4. Jarrett Mitchell 5. Cesar Guerrero 6. Angel Mendoza 7. Tim Brennen <b>Men's Physique - Open MW</b> 1. Teejay Shanks 2. Roberto Robles 3. Barran Stone 4. Ryan McKinney 5. Austin Pham 6. Lonnie Dean 7. Javier Mak <b>Men's Physique - Open HW</b> 1. Erik Hughes <b>NGA Pro Card &amp; Overall</b> 2. Ashley Amerson <b>Men's Physique - Masters</b> 1. Tim Brennan 2. Tim Epting <b>Classic Physique - Open LW</b> 1. Ryan McKinney <b>Classic Physique - Open MW</b> 1. Barran Stone <b>NGA Pro Card &amp; Overall</b> 2. Roberto Robles	3. Austin Pham <b>Classic Physique - Open LHW</b> 1. Josue Perez <b>Classic Physique - Open HW</b> 1. Kerry Posey 2. Aaron Nugent <b>Classic Physique - Masters</b> 1. Barran Stone <b>Men's BB - Open LW</b> 1. Keith Perry <b>NGA Pro Card &amp; Overall</b> 2. Nathan Coffman <b>Men's BB - Open MW</b> 1. Roberto Robles 2. Austin Pham <b>Men's BB - Open LHW</b> 1. Josue Perez 2. Tilman Duthu 3. Brandon Williams <b>Men's BB - Open HW</b> 1. Kerry Posey 2. Daniel Crooks <b>Men's BB - Masters</b> 1. Daniel Crooks 2. Rodney Cook 3. Terry Brewer <b>Bikini - Novice Short</b> 1. Destiny Stone <b>Overall</b> 2. Erica Duthu 3. Kaila McDonald <b>Bikini - Novice Tall</b> 1. Sarah Trimble 2. Vanessa Otero 3. Makyra Motley 4. Lyndee Rodgers <b>Figure - Novice</b> 1. Beth Vanginault <b>Men's Physique - Novice LW</b> 1. Trent Briggs 2. Michael Fisher 3. Manuel Silva 4. Lonnie Dean 5. Alexis Luna 6. Cesar Guerrero 7. Angel Mendoza <b>Men's Physique - Novice MW</b> 1. Ashley Amerson 2. Bradley Gilbert 3. Bryan Giguere <b>Men's Physique - Novice HW</b> 1. Jatavious Leverett <b>Overall</b> 2. Cameron Bednarz 3. Tim Epting	<b>Classic Physique - Novice LW</b> 1. Ryan McKinney <b>Classic Physique - Novice LHW</b> 1. Terry Brewer <b>Men's BB - Novice LW</b> 1. Keith Perry <b>Overall</b> 2. Nathan Coffman <b>Men's BB - Novice LHW</b> 1. Tilman Duthu <b>Men's BB - Novice HW</b> 1. Rodney Cook <b>Men's Physique - Teens</b> 1. Trent Briggs 2. Michael Fisher 3. Cameron Bednarz <b>NGA 4th Annual Southeastern Natural Fitness Competition</b> August 19, 2017 Swainsboro, GA <b>NGA Promoters:</b> <b>Bernard &amp; Lawanda Cunningham</b> <b>Bikini - Open Short</b> 1. Jamila Baraka <b>Overall</b> <b>Bikini - Open Tall</b> 1. Tiffany Mize 2. Mamie Madden 3. Cynthia Comeus <b>Figure - Open Short</b> 1. Jeria Johnson <b>Overall</b> 2. Lisa Williams <b>Figure - Open Tall</b> 1. Kelly Anderson <b>Figure - Masters</b> 1. Lisa Williams <b>Men's Physique - Open LW</b> 1. Robert Maddos <b>Men's Physique - Open MW</b> 1. Javiohn Seymore 2. Aaron Cooper 3. Alex Hamilton 4. Justin Hunt <b>Men's Physique - Open HW</b> 1. Park Neese 2. Zackary Larry 3. James Hessing 4. Channing Jones <b>Classic Physique - Open</b> 1. Danny Holloway <b>NGA Pro Card</b> 2. Tony E. Howard, II	<b>NGA Pro Card</b> 3. Chris Taylor 4. Brant Breeze 5. Chris Mize <b>Men's BB - Open LW</b> 1. Jesse Suggs, Jr. <b>Men's BB - Open MW</b> 1. Chris Taylor <b>Men's BB - Open LHW</b> 1. Shelton Finch <b>NGA Pro Card &amp; Overall</b> 2. Riehard J. Roe 3. Jesse Mullins <b>Men's BB - Open HW</b> 1. Tony E. Howard <b>Men's - Masters 40+</b> 1. Chris Taylor 2. Gregory Mason <b>Men's - Masters 60+</b> 1. Jesse Suggs, Jr. <b>Figure - Novice</b> 1. Jeria Johnson 2. Melinda Price 3. Catherine Herrins 4. Lisa Williams 5. Kelly Anderson <b>Men's BB - Novice</b> 1. Chris Taylor <b>NGA PRO/AM Western Kentucky Natural Classic</b> August 19, 2017 Owensboro, KY <b>NGA Promoters:</b> <b>Josh &amp; Melissa Miller</b> <b>PRO Bikini - Open</b> 1. Shawna Broyles <b>PRO Bikini - Masters</b> 1. Shawna Broyles <b>PRO Figure - Open</b> 1. Wendi Eldred 2. Michelle Sagely 3. Michele Ackerman 4. Christina Myers <b>PRO Figure - Masters</b> 1. Wendi Eldred 2. Michele Ackermen <b>PRO Men's Physique - Open</b> 1. Jordan Elery <b>PRO Men's BB - Open</b> 1. Kyrn Moses 2. Marion Hall 3. Robbie Ventura 4. Ron Page <b>PRO Men's BB - Masters</b>
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1. Kyrn Moses 2. Marion Hall 3. Ron Page <b>Bikini - Open</b> 1. Laurel Beeman 2. Lori Tyra <b>Bikini - Masters</b> 1. Lori Tyra <b>Figure - Open</b> 1. Sabrina Spears 2. Tabecca VanDyke <b>Women's Physique - Open</b> 1. Michelle Sagely 2. Tabecca VanDyke <b>Men's Physique - Open MW</b> 1. Derek Smith <b>Men's Physique - Open HW</b> 1. Tyrone Burroughs <b>Men's Physique - Masters</b> 1. Tyrone Burroughs <b>Classic Physique - Open</b> 1. Vincent Doug VanDyke 2. Cole Edwards 3. Robbie Ventura 4. Ron Page <b>Men's BB - Open MW</b> 1. Vincent Doug VanDyke <b>Men's BB - Open LHW</b> 1. Cole Edwards <b>Men's BB - Novice</b> 1. Vincent Doug VanDyke <b>Men's Physique - Juniors</b> 1. Derek Smith <b>NGA Natural Eastern Classic Bodybuilding</b> September 16, 2017 Nutley, NJ <b>NGA Promoters</b> <b>Tim McDaniel &amp; Marc Tauriello</b> <b>Bikini - Short</b> 1. Elizabeth Gillespie 2. Jackie Tauriello 3. Dynah Visaurre 4. Rose Vegas <b>Bikini - Tall</b> 1. Caroline Wilson <b>NGA Pro Card &amp; Overall</b> 2. Brenda Green 3. Christine Dorrien <b>Bikini - Masters 35+</b> 1. Jackie Tauriello 2. Brenda Green 3. Christine Dorrien <b>Figure - Open Short</b>	1. Jackie Tauriello <b>NGA Pro Card &amp; Overall</b> 2. Layla Rascona 3. Stephanie Rodriguez 4. Buttercup Mayer <b>Figure - Open Tall</b> 1. Colleen Biltzstein 2. Courtney Cornier <b>Figure - Masters 35-44</b> 1. Jackie Tauriello 2. Layla Rascona 3. Buttercup Mayer <b>Figure - Masters 45+</b> 1. Buttercup Mayer <b>Men's Physique - Open</b> 1. Ray Houser <b>NGA Pro Card</b> 2. Calvin Lashley 3. Marcell L. Coles 4. Dan Redstone 5. Terence O'Donell <b>Classic Physique - Open</b> 1. Anthony Martinez 2. Calvin Lashley 3. Marcell L. Coles 4. Antuan Gatewood <b>Men's BB - Open MW</b> 1. Frank Pignataro <b>Men's BB - Open LHW</b> 1. Ray Houser <b>NGA Pro Card &amp; Overall</b> 2. Victor Henry 3. Dan Redstone <b>Men's BB - Open HW</b> 1. Merzell L. Coles 2. Antuan Gatewood 3. Shawn Jackson <b>Men's BB - Masters 35+</b> 1. Marcell L. Coles 2. Shawn Jackson <b>Men's BB - Masters 45+</b> 1. Dan Redstone 2. Dawud Rasul 3. Shawn Jackson <b>Men's BB - Masters 55+</b> 1. Dawud Rasul 2. Brian Lucas <b>Men's BB - Master 60+</b> 1. Victor Henry <b>NGA Pro Card &amp; Overall</b> 2. Dawud Rasul <b>Bikini - Novice</b> 1. Brenda Green 2. Jackie Tauriello 3. Dynah Vidaurre	4. Elizabeth Gillespie <b>Bikini - Debut</b> 1. Elizabeth Gillespie 2. Brenda Green 3. Dynah Vidaurre 4. Rosie Vega <b>Figure - Debut</b> 1. Jackie Tauriello 2. Colleen Blitzstein <b>Figure - Novice</b> 1. Jackie Tauriello 2. Courtney Cormier <b>Men's Physique - Debut</b> 1. Roberto Castaner 2. Brian Lucas <b>Men's BB - Debut</b> 1. Frank Pignataro 2. Brian Lucas <b>Men's BB - Novice</b> 1. Roberto Castaner 2. Brian Lucas 3. Frank Pignataro 4. Shawn Jackson <b>NGA PRO/AM South Florida Hammer Championships</b> September 23, 2017 Hollywood, FL <b>NGA Promoter: Carlos Andres</b> <b>PRO Bikini - Open</b> 1. Crystal Perry 2. Tracy Simonds 3. Michelle Johnson <b>PRO Figure - Masters</b> 1. Marilyn Garcia 2. Vanessa Reggiardo <b>PRO Men's BB - Masters</b> 1. Victor Garcia 2. Kevin Wakefield <b>Bikini - Open</b> 1. Kylie Childers <b>NGA Pro Card</b> 2. Antionette Bagley 3. Kristy Bolha 4. Alecia Roushay 5. Jennifer Britton <b>Bikini Model - Open</b> 1. Michelle Johnson 2. Alecia Roushay 3. Sheryl Hicks 4. Kristy Bolha <b>Figure - Open</b> 1. Idelisse Rivera <b>NGA Pro Card</b> 2. Myesha Rodgers	3. Vanessa Reggiardo 4. Sheryl Hicks 5. Jennifer Britton <b>Men's Physique - Open</b> 1. Darren Walker 2. Endwal Espinal 3. Jordan Biamonte <b>Classic Physique - Open</b> 1. Darren Walker 2. Endwal Espinal 3. James Byrd 4. Felipe Acosta <b>Men's BB - Masters</b> 1. James Byrd <b>Fitness Children - Ages 5-8</b> Liliana Cortes Carma Raymond <b>Fitness Scholarship</b> Benjamin Rhode <b>Fitness Children - Ages 9-12</b> Samantha Drawl Matthew Rhode <b>NGA PRO/AM Natural Olympian</b> September 23, 2017 Rohnert, CA <b>NGA Promoter:</b> <b>Johnny "The Motivator" Carrero</b> <b>PRO Bikini - Open</b> 1. Hannah Covington <b>PRO Men's BB - Open</b> 1. Lorenzo Elder 2. William Robinson 3. Stephen Butterfield <b>Bikini - Open</b> 1. Heidi Hall 2. Colleen Revill <b>Figure - Open</b> 1. Natalie Weston <b>Men's Physique - Open</b> 1. JaeGeun Kim 2. Markus James 3. Brian Dworkin <b>Men's BB - Open</b> 1. JaeGeun Kim <b>NGA Natural East Coast Natural PRO/AM Championships</b> September 23, 2017 State Collage, PA <b>NGA Promoters:</b> <b>Earl "The Pearl" Snyder &amp; Terri Whitsel</b> <b>PRO Bikini - Open</b> 1. Crystal Woods
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2. Maria Probasco	<b>Women's Physique - Open</b>	1. Brittany McLaughlin	<b>PRO Qualifier</b>
<b>PRO Figure - Open</b>	1. Lori McMahon	2. Heather Bruderick	September 30, 2017
1. Michelle Buggs	<b>NGA Pro Card</b>	3. Ashley Shields	Ogden, UT
2. Julia Hubbard	2. Jackie Mazzara	4. Daisy Somits	<b>NGA Promoters:</b>
<b>PRO Figure - Masters</b>	<b>NGA Pro Card</b>	5. Heather McNichol	<b>James and Bianca Purtell</b>
1. Julia Hubbard	3. Brittany Martin	6. Angelica LeFlore	<b>Bikini - Open Short</b>
<b>PRO Men's Physique - Open</b>	4. Lisa Lanzendorfer	<b>Figure - Debut</b>	1. Christine Skalka
1. Scott Nishida	5. Tina Lardieri	1. Shaun Bartlow	<b>NGA Pro Card &amp; Overall</b>
<b>PRO Men's BB - Open</b>	<b>Men's Physique - Open LW</b>	2. Lisa Lanzendorfer	2. Devin Gongora
1. Levi Burge	1. Kyle Dibert	3. Elizabeth Guerrisky	3. Adela Mucino
2. Clint Brackbill	2. Vinicius Marques	4. Sarah Lopez	<b>Bikini - Open Medium</b>
3. John Downing	3. Franklin Moultrie	5. Sela Sanchez	1. Katie Donovan
4. Marc Howshall	4. Zachary Hayward	<b>Figure - Novice</b>	2. Robyn Pusey
<b>PRO Men's BB - Masters</b>	5. Jesse Freeman	1. Jackie Mazzara	3. Emily Matheson
1. Clint Brackbill	6. Wilner Pierre	2. Shaun Bartlow	<b>Bikini - Open Tall</b>
2. John Downing	7. Tai Yohanan	3. Lisa Lanzendorfer	1. Jennifer Pulsipher
3. Bruce Glenney	8. Ray Ricke	4. Elizabeth Guerrisky	2. Ashley Nelson
4. Mark Howshall	<b>Men's Physique - Open MW</b>	5. Courtney Cormier	3. Jennifer Peterson
<b>Bikini - Open Short</b>	1. Logan Martz	6. Sarah Lopez	4. Alexandra Babilis
1. Brittany McLaughlin	2. Andrew Ramage	<b>Men's Physique - Debut</b>	<b>Bikini - Masters</b>
<b>NGA Pro Card &amp; Overall</b>	<b>Men's Physique - Open HW</b>	1. Logan Martz	1. Christine Skalka
2. Heather Bruderick	1. George Grimes	2. Zachary Hayward	<b>NGA Pro Card</b>
3. Ashley Sheils	2. Hindenburg Smith	3. Wilner Pierre	2. Devin Gongora
4. Kate Conklin	3. John Hardisty	4. Dave Litzinger	3. Robyn Pusey
5. Daisy Somits	4. Dave Litzinger	5. Tai Yohanan	4. Alexandra Babilis
<b>Bikini - Open Tall</b>	5. Joshua Reed	<b>Men's Physique - Novice</b>	5. Jennifer Pulsipher
1. Julia Hubbard	<b>Men's Physique - Masters</b>	1. Kyle Dibert	6. Emily Matheson
2. Heather McNichol	1. Karel Dejong	2. Vinicius Marques	<b>Figure - Open Short</b>
<b>Bikini - Masters</b>	2. Ray Ricke	3. Zachary Hayward	1. Tiffany Stosich
1. Julia Hubbard	3. Dave Litzinger	4. John Hardisty	<b>NGA Pro Card &amp; Overall</b>
2. Kate Conklin	<b>Classic Physique - Open</b>	5. Wilner Pierre	2. Lisa McGonegal
3. Daisy Somits	1. Luke Storey	6. Joshua Reed	3. Erica Escalante Paul
4. Heather McNichol	<b>NGA Pro Card</b>	7. Tai Yohanan	<b>Figure - Open Tall</b>
<b>Bikini Model - Open</b>	2. Scott Nishida	8. Dave Litzinger	1. Nina Francis
1. Ashley Sanchez	<b>NGA Pro Card</b>	<b>Men's Physique - Collegiate</b>	2. Ardith Stitt
2. Sela Sanchez	3. Jonathan Millinder	1. Andrew Ramage	<b>Figure - Masters</b>
<b>Figure - Open Short</b>	4. Mike Heller	<b>Classic Physique - Debut</b>	1. Erica Escalante Paul
1. Stephanie Rodrigues	5. Tai Yohanan	1. Luke Storey	2. Lori Larson Hall
<b>NGA Pro Card</b>	6. Ray Ricke	2. Mike Heller	3. Lori Holder
2. Lauren Abersold	<b>Men's BB Open - LW</b>	<b>Classic Physique - Novice</b>	<b>Figure - Grand Masters</b>
3. Shaun Bartlow	1. Curt Zeigler	1. Luke Storey	1. Lisa McGonegal
4. Lisa Lanzendorfer	2. Tai Yohanan	2. Mike Heller	2. Ardith Stitt
5. Maria Mobasseri	<b>Men's BB - Open MW</b>	<b>Men's BB - Novice</b>	<b>Men's Physique - Open</b>
6. Angelica Leflore	1. Jonathan Millinder	1. Curt Zeigler	1. Justin McDonald
<b>Figure - Open Tall</b>	<b>Men's BB - Open HW</b>	<b>Transformation</b>	<b>NGA Pro Card</b>
1. Jackie Mazzara	1. Gary Haines	George Grimes	2. Jimmy Chhun
<b>NGA Pro Card &amp; Overall</b>	<b>NGA Pro Card &amp; Overall</b>	<b>Winner</b>	3. Matt Moore
2. Elizabeth Guerrisky	2. Lee Meyers	Lee Mayers	4. Ken Chav
3. Courtney Cormier	<b>Men's BB - Masters 40-49</b>	Wilner Pierre	5. Daniel Peterson
4. Sarah Lopez	1. Gary Haines	Tina Lardieri	<b>Men's BB - Open</b>
<b>Figure - Masters</b>	2. Curt Zeigler	Sela Sanchez	1. Jeff Chin
1. Shaun Bartlow	<b>Bikini - Debut</b>	Brittany McLaughlin	2. Joe Daily
2. Lisa Lanzendorfer	1. Daisy Somits	Stephanie Rodriguez	3. William Campbell
3. Maria Mobasseri	2. Heather McNichol	<b>Men's BB - Masters</b>	1. Jeff Chin
4. Sara Lopez	<b>Bikini - Novice</b>	<b>NGA Natural Northern States</b>	

2. Joe Daily	4. Nick Snow	1. Candi Weir	4. Kyle Bias
3. William Campbell	5. Nick Griffin	2. Christine Cavanaugh	5. Scotty Haire
<b>Figure - Novice</b>	<b>Men's BB - Open</b>	3. Jennifer Raisley	<b>Men's BB - Open MW</b>
1. Amanda Winterton	1. Hercules Collins	4. Lori Tyra	1. Seth Talbott
2. Lori Larson Hall	2. Marquet Shumate	<b>Figure - Open A</b>	2. Brian Bohman
3. Lori Holder	<b>Men's Physique - Debut</b>	1. Makayla Wallace	3. Dillon Ervin
<b>Men's Physique - Novice</b>	1. Nick Snow	2. Alexis Vandegriff	4. Mikie Stafford
1. Edward Kempe	2. Gregory Territo	<b>Figure - Open B</b>	<b>Men's BB - Open LHW</b>
2. Myles Kevern	3. Nick Griffin	1. Cynthia Reffner	1. Vincent VanDyke
3. Anthony Peace	<b>NGA PRO/AM Bluegrass</b>	<b>NGA Pro Card &amp; Overall</b>	<b>NGA Pro Card &amp; Overall</b>
4. Brant Lewter	<b>Bodybuilding Championships</b>	2. Laura Strunk	2. Mark Hawkins
<b>Men's Physique - Teens</b>	October 7, 2017	3. Tabecca VanDyke	3. Oliver Tillery
1. Samuel Hirst	Lexington, KY	<b>Figure - Masters</b>	<b>Men's BB - Masters</b>
<b>NGA 7th Annual Florida State</b>	<b>NGA Promoters:</b>	1. Cynthia Reffner	1. Scotty Haire
<b>Natural Championships</b>	<b>Josh &amp; Melissa Miller</b>	2. Tabecca VanDyke	2. Mark Hawkins
October 7, 2017	<b>PRO Bikini - Open</b>	<b>Women's Physique - Open</b>	<b>Bikini - Novice A</b>
Ormond Beach, FL	1. Shawna Broyles	1. Chris Trimpey	1. Rozlyn Turner
<b>NGA Promoter: Bill Mora</b>	<b>PRO Bikini - Masters</b>	2. Tabecca VanDyke	<b>Overall</b>
<b>Bikini - Open</b>	1. Shawna Broyles	3. Chasity Young	2. Kendra Eubank
1. Juri Ware	<b>PRO Figure - Open</b>	<b>Men's Physique - Open LW</b>	3. Allyson Woith
2. Sara Rossiter	1. Courtney Mighell	1. Cade Cyrus	4. Shenoa Baker
<b>Bikini - Masters</b>	2. Chris Trimpey	2. Tanner Vandegriff	5. Marie Black
1. Juri Ware	<b>PRO Men's Physique - Open</b>	3. Robert Goff	<b>Bikini - Novice B</b>
2. Sara Rossiter	1. Jordan Elery	<b>Men's Physique - Open MW</b>	1. Christine Cavanaugh
<b>Figure - Open Short</b>	2. Carson Jowers	1. Elamin Assaid	2. Jennifer Raisley
1. Meagan Dension	<b>PRO Men's BB - Open</b>	2. Morris Cooper	3. Danielle Witherspoon
2. Samantha Dowell	1. Jay Johnson	3. Mikie Stafford	4. Laura Strunk
<b>Figure - Open Tall</b>	2. Kyron Moses	<b>Men's Physique - Open HW</b>	5. De'siree Ford
1. Ashley Smith	3. Jess Taylor	1. Tyrone Burroughs	<b>Men's BB - Novice</b>
<b>NGA Pro Card &amp; Overall</b>	4. Robbie Ventura	<b>NGA Pro Card &amp; Overall</b>	1. Seth Talbott
2. Juri Ware	5. Ron Page	2. Justin Toole	2. Robert Goff
3. Candace Novak	<b>PRO Men's BB - Masters</b>	3. Jeffrey Witherspoon	3. Edgar Lopez
<b>Figure - Masters</b>	1. Kyron Moses	<b>Men's Physique - Masters</b>	4. Mark Hawkins
1. Juri Ware	2. Kevin Whaley	1. Tyrone Burroughs	5. Dillon Ervin
2. Candace Novak	3. Ron Page	2. Jeffrey Witherspoon	6. Mikie Stafford
<b>Women's Physique - Open</b>	<b>Bikini - Open A</b>	3. Troy Coop	7. Oliver Tillery
1. Ashley Smith	1. Rozlyn Turner	<b>Classic Physique - Open</b>	<b>Men's Physique - Juniors</b>
2. Meagan Denison	<b>NGA Pro Card</b>	1. Robbie Ventura	1. Elamin Assaid
3. Samantha Powell	2. Jordan O'Neill	<b>NGA Pro Card</b>	2. Cade Cyrus
<b>Men's Physique - Open LW</b>	3. Kendra Eubank	<b>NGA Pro Card</b>	<b>Men's BB - Juniors</b>
1. Rob Benjamin	4. Allyson Woith	3. Vincent VanDyke	1. Seth Talbott
2. Nick Snow	5. Lori Tyra	4. Kyle Bias	2. Oliver Tillery
3. Nick Griffin	6. Shenoa Baker	5. Justin Toole	<b>NGA Thunder Classic</b>
<b>Men's Physique - Open HW</b>	7. Marie Black	6. Mikie Stafford	October 14, 2017
1. Hercules Collins	<b>Bikini - Open B</b>	7. Ron Page	Deland, FL
<b>NGA Pro Card &amp; Overall</b>	1. Ali Lee	<b>Classic Physique - Masters</b>	<b>NGA Promoter: Tracy Simonds</b>
2. Marquet Shumate	<b>NGA Pro Card &amp; Overall</b>	1. Christopher Graves	<b>Bikini - Open Short</b>
3. Gregory Territo	2. Candi Weir	2. Vincent VanDyke	1. Heavenly Figueredo
<b>Classic Physique - Open</b>	3. Christine Cavanaugh	3. Ron Page	<b>Overall</b>
1. Rob Benjamin	4. Danielle Witherspoon	<b>Men's BB - Open LW</b>	2. Kristi Phillips
<b>NGA Pro Card</b>	5. Jennifer Raisley	1. Robert Goff	3. Stephanie Borland
2. Hercules Collins	6. Laura Strunk	<b>NGA Pro Card</b>	<b>Bikini - Open Tall</b>
<b>NGA Pro Card</b>	7. De'siree Ford	2. Carson Jowers	1. Molly Richardson
3. Marquet Shumate	<b>Bikini - Masters</b>	3. Edgar Lopez	<b>Bikini - Master's 35+</b>



1. Kristi Phillips	1. Leonard Horton	3. Matthew Rando	<b>Men's Physique - Teens</b>
2. Stephanie Borland	<b>Men's BB - Open MW</b>	4. George Beard	1. Grant Gilstrap
<b>Figure - Open Tall</b>	1. Mark Price	<b>Men's Physique - Masters 40+</b>	<b>Men's BB - Debut</b>
1. Teri Hansen	<b>Men's BB - Open HW</b>	1. Bill Fry	1. Mathew Rando
2. Candace Novak	1. Les Courts	<b>NGA Pro Card</b>	2. Trevor Johnson
<b>Figure - Open Tall</b>	2. Mack Bernard	2. Hamid Khan	3. Raymond Dumit
1. Teri Hansen	<b>Bikini - Novice</b>	3. Scott Lyons	<b>Men's BB - Novice</b>
2. Candace Novak	1. Melissa Kolmar	4. George Beard	1. Caleb Hoppe
<b>Men's Physique - Open LW</b>	<b>Figure - Novice</b>	5. Raymond Dumit	2. Trevor Johnson
1. Nick Griffin	1. Beth Webster	<b>Classic Physique - Open</b>	3. Raymond Dumit
<b>Men's Physique - Open MW</b>	<b>Men's Physique - Teens</b>	1. Jordan Strickland	<b>Men's BB - Collegiate</b>
1. Nick Redburn	1. Tariq Hardiman	<b>NGA Pro Card</b>	1. Jordan Strickland
<b>Overall</b>	<b>Men's BB - Debut</b>	2. Oshain Henry	<b>Men's BB - Juniors</b>
<b>Men's BB - Masters</b>	1. Mark Price	<b>NGA Pro Card</b>	1. Jordan Strickland
1. Dennis Hobart		3. Bill Fry	
<b>Bikini - Novice</b>	<b>NGA Red Rose City</b>	4. Scott Lyons	<b>NGA Monster Mash® Natural</b>
1. Heaven Figueredo	<b>Natural Classic</b>	5. Matthew Rando	October 21, 2017
2. Kristi Phillips	October 21, 2017	6. Raymond Dumit	Middletown, OH
3. Stephanie Borland	Lancaster, NC		<b>NGA Promoters:</b>
4. Molly Richardson	<b>NGA Promoter: Kennett Washington</b>	<b>Men's BB - Open MW</b>	<b>Rick &amp; Maureen Ruether</b>
<b>Figure - Novice</b>	<b>Bikini - Open Short</b>	1. Caleb Hoppe	<b>Bikini - Open A</b>
1. Teri Hansen	1. Shawn Jackson	<b>Men's BB - Open LHW</b>	1. Brittany Meenach
2. Candace Novak	2. Amy Hollis	1. Mathew Rando	<b>NGA Pro Card &amp; Overall</b>
<b>Men's Physique - Novice</b>	<b>Bikini - Open Tall</b>	2. Trevor Johnson	2. Tiffany Rea
1. Nick Redburn	1. Susan Tea	<b>Men's BB - Open HW</b>	3. Christine Cavanaugh
2. Nick Griffin	<b>NGA Pro Card &amp; Overall</b>	1. Oshani Henry	4. Ashly Starr
	2. Cynthia Cornelius	2. Jordan Strickland	<b>Bikini - Open B</b>
<b>NGA PRO/AM 5th Annual</b>	3. Julie Whitehead	<b>Men's BB - Masters 35+</b>	1. Krystal Ying
<b>Dream Bodies Classic</b>	<b>Bikini - Masters 35+</b>	1. Mathew Rando	2. Stephanie Pitts
October 14, 2017	1. Susan Tea	2. Raymond Dumit	3. Candice Weir
Toledo, OH	2. Shawn Jackson	<b>Men's BB - Masters 45+</b>	4. Angela Buehler
<b>NGA Promoter: Ryan Rollison</b>	3. Amy Hollis	1. Mathew Rando	5. Harmony Glisson
<b>PRO Figure - Open</b>	<b>Bikini - Masters 45+</b>	<b>Bikini - Debut</b>	<b>Bikini - Open C</b>
1. Michelle Buggs	1. Cynthia Cornelius	1. Shawn Jackson	1. Amanda Rowland
2. Courtney Mighell	<b>Bikini - Model Open</b>	2. Julie Whitehead	2. Tiffany Cooper
3. Michell Acherman	1. Shawn Jackson	<b>Bikini - Novice</b>	<b>Bikini - Masters 35+</b>
<b>PRO Men's BB - Open</b>	<b>Figure - Open Short</b>	1. Shawn Jackson	1. Stephanie Pitts
1. Kyron Moses	1. Holly West	2. Cynthia Cornelius	2. Candice Weir
2. Daniel Serota	2. Shawn Jackson	3. Julie Whitehead	3. Jamila Le
<b>Bikini - Open Short</b>	3. Amy Champion	<b>Figure - Debut</b>	4. Christine Cavanaugh
1. Darlene Tommello	4. Sandra Masci	1. Jessica Patrizi	5. Angela Buehler
2. Danette Rzeszotarski	<b>Figure - Open Tall</b>	2. Amy Champion	6. Harmony Glisson
<b>Bikini - Open Tall</b>	1. Jessica Patrizi	<b>Figure - Novice</b>	<b>Figure - Open A</b>
1. Melody Critchley	<b>NGA Pro Card &amp; Overall</b>	1. Jessica Patrizi	1. Stacey Reeves
2. Jordan Childress	<b>Figure - Masters 45+</b>	2. Holly West	2. Danielle Burress
<b>Bikini - Masters</b>	1. Holly West	3. Amy Champion	3. Kylie Nicolaus
1. Darlene Tommello	2. Amy Champion	<b>Men's Physique - Debut</b>	4. Latisha Lewis
2. Melissa Kolmar	<b>Men's Physique - Open Short</b>	1. Grant Gilstrap	5. Paola Leimenstoll
3. Danette Rzeszotarski	1. Bill Fry	2. Zach Ward	6. Michelle Williams
<b>Figure - Open</b>	<b>NGA Pro Card &amp; Overall</b>	3. Hamid Khan	<b>Figure - Open B</b>
1. Beth Webster	2. Zach Ward	4. George Beard	1. Letelia Robinson
<b>Figure - Masters 35+</b>	3. Hamid Khan	<b>Men's Physique - Novice</b>	<b>NGA Pro Card &amp; Overall</b>
1. Erica Ward	<b>Men's Physique - Open Tall</b>	1. Grant Gilstrap	2. Marissa Roberts
2. Beth Webster	1. Grant Gilstrap	2. Scott Lyons	3. Melissa Downerd
<b>Men's Physique - Open LW</b>	2. Scott Lyons	3. Hamid Khan	4. Renner, Brittany

<b>Figure - Open C</b>	1. Joey Sauerland	<b>Men's BB - Novice</b>	2. Stephanie Mulvaney
1. Shanequa Gray	<b>NGA Pro Card &amp; Overall</b>	1. Joey Sauerland	3. Kayla Bridgeman
2. Teresa Fohl	<b>Men's BB - Open HW</b>	2. Patrick Johns	4. Monika Bhanot
3. Amy Breeze	1. Braxton Moragne	<b>Men's BB - Juniors</b>	5. Violet Holmes
<b>Figure - Masters 40-49</b>	2. Rich Horne	1. Joey Sauerland	<b>Figure - Open B</b>
1. Letelia Robinson	<b>Men's BB - Masters 40-49</b>	2. Braxton Moragne	1. Annie Morozko
2. Amy Breeze	1. Michael Hisle		2. Jaclyn Dennison
3. Tracey Seppi	2. Rich Horne	<b>NGA PRO/AM Natural Peoria</b>	3. Dawn Cox
4. Ruth Jones	<b>Men's BB - Masters 50-59</b>	<b>Championships</b>	4. Allie Muma
<b>Figure - Masters 50+</b>	1. Brian Riley	October 28, 2017	<b>Figure - Masters 35+</b>
1. Letelia Robinson	2. Michael Hisle	Peoria, IL	1. Stephanie Mulvaney
2. Pippa Turner	3. Ron Mango	<b>NGA Promoter: Jonathon Aggen</b>	<b>NGA Pro Card &amp; Overall</b>
3. Geraldine Orso	<b>Men's BB - Masters 60+</b>	<b>PRO Bikini - Open</b>	2. Dawn Cox
4. Deborah Miller	1. Ron Mango	1. Ashley Noland	3. Violet Holmes
<b>Men's Physique - Open LW</b>	2. Timothy Crist	<b>PRO Bikini Model - Open</b>	4. Allie Muma
1. Douglas Halker	<b>Bikini - Novice</b>	1. Ashley Noland	<b>Figure - Masters 40+</b>
2. John Bibby	1. Krystal Ying	<b>PRO Figure - Open</b>	1. Carri Catalano-Helton
3. Brandon Lewis	2. Tiffany Rea	1. Carly Wendt	<b>NGA Pro Card</b>
4. Eric Thayer	3. Ashly Starr	2. Erin Barr	2. Jaclyn Dennison
5. Ballard, Kenny	4. Angela Buehler	<b>PRO Men's BB - Open</b>	3. Dawn Cox
<b>Men's Physique - Open MW</b>	<b>Figure - Novice A</b>	1. Jay Johnson	4. Monika Bhanot
1. Joshua Basler	1. Kylie Nicolaus	2. Austin Kjergaard	5. Violet Holmes
<b>NGA Pro Card &amp; Overall</b>	2. Latisha Lewis	3. Terry Starks	6. Allie Muma
2. Buzz Berleman	3. Shanequa Gray	4. Tyler Kroll	<b>Figure - Masters 50+</b>
3. Maury Davis	4. Melissa Downerd	5. Dan Serota	1. Carri Catalano-Helton
4. Jontai McQueen	5. Letelia Robinson	6. David Beall	<b>Women's Physique - Open</b>
5. Brandon Glines	6. Geraldine Orso	7. Denzel Carter	1. Dawn Cox
<b>Men's Physique - Open HW</b>	7. Amy Breeze	<b>Bikini - Open A</b>	<b>Men's Physique - Open LW</b>
1. Nolan Henderson	8. Teresa Fohl	1. Cassidy Walters	1. Bryan Muth
2. Cody Shields	9. Kimberly Haller	<b>NGA Pro Card</b>	<b>NGA Pro Card &amp; Overall</b>
3. Ivory Elms	<b>Figure - Novice B</b>	2. Julie Jacobs	2. Matt Lagrotta
<b>Men's Physique - Masters 40+</b>	1. Danielle Burress	3. Jess Rodgers	3. Eric Janik
1. John Bibby	2. Stacey Reeves	4. Allyson Woith	4. Alex Emert
<b>NGA Pro Card</b>	3. Marissa Roberts	5. Kimberly Smith	5. Cameron Burges
2. Eric Thayer	4. Michelle Williams	<b>Bikini - Open B</b>	<b>Men's Physique - Open HW</b>
3. Maury Davis	5. Paola Leimenstoll	1. Amber Lohf	1. Christopher Nelson
4. Mike Hunter	6. Brittany Renner	<b>NGA Pro Card &amp; Overall</b>	<b>NGA Pro Card</b>
5. Alex Brown	7. Tracey Seppi	2. Jennifer Martin	2. Ulysses Briseno
6. Corey Richardson	8. Ruth Jones	3. Megan Siears	3. Kevin Crampton
<b>Classic Physique - Open A</b>	9. Deborah Miller	4. Tamara Huff	4. Tyler Leonard
1. Douglas Halker	<b>Men's Physique - Novice A</b>	5. Ashley Pilgrim	5. Ethan Skaar
2. Eric Thayer	1. Joshua Basler	6. Alicia Rowe	<b>Classic Physique - Open</b>
3. Conor McBride	2. John Bibby	<b>Bikini - Masters 35+</b>	1. Ralph Dunniehgh
<b>Classic Physique - Open B</b>	3. Brandon Lewis	1. Amber Lohf	<b>NGA Pro Card</b>
1. Joey Sauerland	4. Maury Davis	<b>NGA Pro Card</b>	2. Kyle Seibert
<b>Pro Card &amp; Overall</b>	5. Jontai McQueen	<b>NGA Pro Card</b>	<b>NGA Pro Card</b>
2. Brian Riley	6. Alex Brown	2. Megan Siears	3. Christopher Nelson
3. Blayton Jones	7. Kenny Ballard	3. Julie Jacobs	4. Richie Kincaid
4. Robinson, Jerry	<b>Men's Physique - Novice B</b>	4. Tamara Huff	5. Joshua Parker Kelch
<b>Men's BB - Open LW</b>	1. Nolan Henderson	5. Tamra Antenucci	<b>Men's BB - Open LW</b>
1. Patrick Johns	2. Douglas Halker	<b>Bikini Model - Open</b>	1. Dillon Ervin
2. Osare Enaiho	3. Brandon Glines	1. Allyson Woith	2. James McKenzie
<b>Men's BB - Open MW</b>	4. Cody Shields	<b>Figure - Open A</b>	<b>Men's BB - Open MW</b>
1. Michael Hisle	5. Matthew Mayes	1. Carri Catalano-Helton	1. Ralph Dunniehgh
<b>Men's BB - Open LHW</b>	6. Conor McBride	<b>NGA Pro Card &amp; Overall</b>	2. Kyle Seibert



<b>Men's BB - Open LHW</b>	4. Brendan Raschert	<b>Overall</b>	3. Bryan Snyder
1. David Hammond	5. Will Rios	2. Teri Hansen	4. Marlo Diana
<b>NGA Pro Card &amp; Overall</b>	<b>Classic Physique - Debut</b>	<b>Figure - Masters 30+</b>	5. Carl Wittig
2. Richie Cialabrin	1. Richie Kincaid	1. Buttercup Mayer	6. Urosh Tasic
<b>Men's BB - Open HW</b>	2. Joshua Parker Kelch	<b>Figure - Masters 40+</b>	7. Ben Ciccarelli
1. Richard Horne	<b>Men's Physique - Novice LW</b>	1. Beverly Stark	<b>Bikini - Open A</b>
<b>Men's BB - Masters 40+</b>	1. Eric Janik	<b>Overall</b>	1. Shkeera Campbell
1. Richard Horne	2. Alex Emert	2. Teri Hansen	<b>NGA Pro Card</b>
2. James McKenzie	3. Cameron Burges	3. Buttercup Mayer	2. Paula Condina
<b>Bikini - Debut A</b>	<b>Men's Physique - Novice HW</b>	<b>Figure - Master 50+</b>	3. Tiffany Ensmann
1. Jennifer Martin	1. Ulysses Briseno	1. Buttercup Mayer	4. Daisy Somits
2. Tamara Huff	2. Ethan Skaar	<b>Men's Physique - Open</b>	5. Roberta Vasc
3. Kimberly Smith	3. Brendan Raschert	1. Jefferson Ruiz	<b>Bikini - Open B</b>
4. Alicia Rowe	<b>Men's BB - Novice</b>	<b>NGA Pro Card</b>	1. Estira Castillo
5. Tamra Antenucci	1. James McKenzie	2. Majer Entabi	<b>NGA Pro Card &amp; Overall</b>
<b>Bikini - Debut B</b>	<b>Men's Physique - Teens</b>	3. Angel De Los Reyes	2. Michelle Ortega
1. Amber Lohf	1. Justin Thomas	4. Adam Pock	3. Gigi Ackert
2. Megan Gaidos	<b>Transformation</b>	5. Marquis Alexander	4. Vanessa Villa
3. Regina Phalange	1. Allie Muma	<b>Men's BB - Open MW</b>	<b>Bikini - Masters 35+</b>
4. Ashley Pilgrim	2. Tamra Antenucci	1. Kyle Burns	1. Gigi Ackert
<b>Bikini Model - Debut</b>	<b>Halloween</b>	<b>Overall</b>	<b>Bikini - Masters 45+</b>
1. Regina Phalange	1. Bryan Muth	<b>Men's BB - Open LHW</b>	1. Shkeera Campbell
2. Tamra Antenucci	2. Regina Phalange	1. Alex Tripp	2. Roberta Vasc
<b>Figure - Debut</b>	3. Allyson Woith	<b>Men's BB - Masters 40+</b>	<b>Bikini Model - Open</b>
1. Kayla Bridgeman	Stephanie Mulvaney	1. Alex Tripp	1. Michelle Ortega
2. Kate Paige	Julie Jacobs	<b>Bikini - Novice</b>	<b>Figure - Open A</b>
3. Monika Bhanot	Ethan Skaar	1. Damaris Rivera	1. Shawn Bartolo
<b>Bikini - Novice A</b>	<b>NGA PRO/AM Central Florida</b>	2. Amber Intelisano	2. Jane Morales
1. Cassidy Walters	<b>Fall Classic</b>	3. Kristen Hower	<b>Figure - Open B</b>
2. Julie Jacobs	October 28, 2017	4. Alexa Trujillo	1. Alisa Matechak
3. Jess Rodgers	Orlando, FL	<b>Figure - Novice</b>	2. Ashley Kreig
4. Allyson Woith	<b>NGA Promoter: Rick Pierre</b>	1. Beverly Stark	<b>Figure - Masters 45+</b>
5. Kimberly Smith	<b>PRO Bikini - Open</b>	<b>Men's Physique - Novice</b>	1. Shawn Bartolo
6. Alicia Rowe	1. Cristi Miranda	1. Amber Intelisano	2. Jane Morales
<b>Bikini - Novice B</b>	2. Acadia Webber	2. Majer Entabi	<b>Women's Physique - Open</b>
1. Jennifer Martin	3. Chance Schwartz	3. Angel De Los Reyes	1. Alisa Matechak
2. Tamara Huff	<b>PRO Figure - Open</b>	4. Adam Pock	<b>Men's Physique - Open MW</b>
3. Megan Gaidos	1. Kathy Abbott	5. Marquis Alexander	1. Nakia Grimes
4. Ashley Pilgrim	<b>Bikini - Open</b>	<b>NGA PRO World Championships</b>	Brian Lucas
5. Tamra Antenucci	1. Damaris Rivera	<b>NGA New Jersey State Open</b>	2. Jamil Brooks
<b>Bikini Model - Novice</b>	<b>NGA Pro Card</b>	November 4, 2017	<b>Men's Physique - Open HW</b>
1. Tamra Antenucci	2. Amber Intelisano	Bloomfield, NJ	1. Calvin Lashley
<b>Figure - Novice</b>	3. Kristen Hower	<b>NGA Promoter: Paul Hendricks</b>	<b>NGA Pro Card &amp; Overall</b>
1. Kayla Bridgeman	4. Dyan Bram	<b>PRO Bikini - Open</b>	2. Marcus Cros
2. Jaclyn Dennison	5. Kim Kendall	1. Crystal Woods	3. Terrence O'Donnell
3. Monika Bhanot	6. Alexa Trujillo	2. Brittany McLaughlin	<b>Men's Physique - Masters 40+</b>
4. Violet Holmes	<b>Bikini - Masters</b>	3. Caroline Wilson	1. Terrence O'Donnell
5. Allie Muma	1. Damaris Rivera	<b>PRO Figure - Open</b>	2. Nikia Grimes
<b>Men's Physique - Debut LW</b>	2. Dyan Bram	1. Tyneka Pack	3. Brian Lucas
2. Duane Stallworth	3. Kim Kendall	<b>PRO Women's Physique - Open</b>	<b>Classic Physique - Open</b>
<b>Men's Physique - Debut HW</b>	<b>Figure - Open Short</b>	1. Lori McMahon	1. Bryan Snyder
1. Ulysses Briseno	1. Buttercup Mayer	<b>PRO Men's BB - Open</b>	2. Calvin Lashley
2. Tyler Leonard	<b>Figure - Open Tall</b>	1. Clint Brackbill	3. Marcus Cros
3. Justin Thomas	1. Beverly Stark	2. Ray Houser	<b>Men's BB - Open MW</b>
			1. Tommy Do

<b>NGA Pro Card &amp; 2nd Overall</b>	<b>Andrew &amp; Francine Bostinto</b>	11. Bryan Snyder	1. Derek Edouard
2. Dawud Rasul	<b>NGA PRO Universe Championships</b>	12. Kyle Daniel Moore	<b>NGA Pro Card &amp; Overall</b>
3. Brian Lucas	<b>PRO Bikini - Open</b>	13. Vincent VanDyke	<b>Classic Physique - Open</b>
<b>Men's BB - Open LHW</b>	1. Tracy Simonds	14. Alpha O. Smith, Jr.	1. Bryan Snyder
1. Antonio Rizzi	2. Ashley Robinson	15. Marlo Diana	2. Jasmond Wimberly
<b>NGA Pro Card &amp; Overall</b>	3. Shawna Broyles	16. Kevin Culpepper	<b>Men's BB - Open LW</b>
2. Alvis Vaughan, Jr.	4. Sarah Logie	<b>PRO Men's BB - Masters</b>	1. Michelle Grupillo
<b>Men's BB - Open HW</b>	5. Julia Hubbard	1. Selvon Whatley	<b>NGA Pro Card &amp; Overall</b>
<b>Men's BB - Masters 55+</b>	6. Jessica Orban	2. Ray Clark	2. Max Maffucci
1. Dawud Rasul	7. Christine Skalka	3. Kyron Moses	3. Francesco Bruno
2. Brian Lucas	8. Natasha Crowther	4. Michele Grupillo	<b>Men's BB - Open MW</b>
<b>Men's BB - Masters 60+</b>	9. Jessica Hoffman	5. Clint Brackbill	1. Francesco Pignatti
1. Dawud Rasul	<b>PRO Bikini - Masters</b>	6. Victor Garcia	2. Francisco Montalvo
2. Alvis Vaughan, Jr.	1. Tracy Simonds	7. Bryan Snyder	<b>Men's BB - Open LHW</b>
<b>Men's BB - Grand Masters 65+</b>	2. Shawna Broyles	8. Alpha O. Smith, Jr.	1. Rodney Addison
1. Dawud Rasul	3. Sarah Logie	9. Vincent VanDyke	<b>NGA Pro Card &amp; 2nd Overall</b>
2. Alvis Vaughan, Jr.	4. Julia Hubbard	10. Marlo Diana	2. Alvis L. Vaughan, Jr.
<b>Bikini - Debut</b>	5. Christine Skalka	11. Kevin Culpepper	<b>Men's BB - Masters 40-49</b>
1. Estira Castillo	6. Natasha Crowther	12. Paul R. Bryan	1. Francesco Bruno
2. Shkeera Campbell	<b>PRO Figure - Open</b>	<b>NGA Amateur Universe Championships</b>	<b>Men's BB - Masters 50-59</b>
3. Paula Condina	1. Samantha Feenburg	<b>Bikini - Open</b>	1. Max Maffucci
4. Ashley Kreig	2. Ashley Smith	1. Kristi Phillips	2. Alvis L. Vaughan, Jr.
5. Tiffany Ensmann	3. Courtney Mighell	<b>NGA Pro Card</b>	3. Francisco Montalvo
6. Gigi Ackert	4. Idelisse Rivera	2. Amy Lademann	<b>Men's BB - Masters 60+</b>
7. Vanessa Villa	5. Kathy-Ann Abbott	3. Ashley Keck	1. Alvis L. Vaughan, Jr.
<b>Figure - Debut</b>	6. Tania Valdez	4. Bing Saez	<b>NGA American Natural Championships</b>
1. Yaleny Malgar	7. Tyneka Pack	5. Daryl Sissman	<b>Bikini - Debut</b>
2. Ashley Kreig	<b>PRO Figure - Masters</b>	<b>Bikini - Masters</b>	1. Ashley Keck
<b>Men's Physique - Debut</b>	1. Samantha Feenburg	1. Kristi Phillips	2. Daryl Sissman
1. Marcus Cros	2. Idelisse Rivera	2. Daryl Sissman	<b>Figure - Open</b>
2. Jamil Brooks	3. Tania Valdez	<b>Figure - Open</b>	1. Amy Lademann
<b>Bikini - Novice</b>	4. Amanda Perron	<b>NGA Pro Card</b>	2. Jacquelyn Yelvington
1. Estira Castillo	5. Jo-Ann Hill	3. Bing Saez	3. Janice Schweinfurth
2. Shkeera Campbell	<b>PRO Men's Physique - Open</b>	4. Janice Schweinfurth	<b>Figure - Novice</b>
3. Tiffany Ensmann	1. Antony Richburg	5. Rochelle Atengco	1. Jacquelyn Yelvington
4. Michelle Ortega	2. Catt Campbell	<b>Figure - Masters</b>	2. Janice Schweinfurth
5. Gigi Ackert	3. Jordan Elery	1. Amy Lademann	3. Rochelle Antengco
6. Daisy Somits	4. Ivan Blow	2. Janice Schweinfurth	<b>Men's Physique - Debut</b>
7. Roberta Vasc	5. Wendy Michel	3. Maureen Condon	1. Derek Edouard
8. Vanessa Villa	6. Steven Crespo	4. Alissa Matechak	2. Ricardo Hernandez
<b>Figure - Novice</b>	<b>PRO Classic Physique - Open</b>	<b>Women's Physique - Open</b>	3. Rick Lademann
1. Yaleny Malgar	1. Clint Brackbill	1. Samantha Feenburg	<b>NGA 43rd Annual Mount Rogers Championships</b>
<b>Men's Physique - Novice</b>	2. Catt Campbell	2. Rosemary Brickman	<b>NGA 7th Annual Mid Atlantic PRO Blowout</b>
1. Nakia Grimes	<b>PRO Men's BB - Open</b>	3. Alissa Matechak	November 18, 2017
2. Jamil Brooks	1. Selvon Whatley	<b>Men's Physique - Open LW</b>	Woodbridge, VA
<b>NGA PRO/AM Universe Championships</b>	2. Ray Clark	1. Bryan Snyder	<b>NGA Promoters:</b>
<b>NGA American Natural Championships</b>	3. Patrik Minante	2. Marquis Feagin	<b>Pam &amp; Sarah Spindel</b>
November 11, 2017	4. Daniel Serota	<b>Men's Physique - Open MW</b>	<b>PRO Bikini - Open</b>
Coral Springs, FL	5. Kyron Moses	1. Mike Henry	1. Evin Himmighoefer
<b>NGA Promoters:</b>	6. Clint Brackbill	2. Ricardo Hernandez	
	7. Tyson Frodin	<b>Men's Physique - Open HW</b>	
	8. Victor Garcia		
	9. Lorenzo Elder		
	10. Antonio Rizzi		



2. Shkeera Campbell	<b>NGA Pro Card &amp; Overall</b>	3. Maren Zinsmeyer	2. Tony Ray Yeatts
<b>PRO Bikini - Masters</b>	2. Alison Adams	4. Kim Price	3. Scot Davis
1. Evin Himmighoefer	3. Laura Mahabir	<b>Men's Physique - Open LW</b>	4. Adam Robertson
2. Shkeera Campbell	4. Candance Henderson	1. Kinshasha Lindsey	5. Daniel Moore
3. Emily Newman	<b>Bikini - Masters</b>	2. Marcus Halloway	<b>Men's BB - Masters 60+</b>
<b>PRO Figure - Open</b>	1. Toni Farthing	<b>Men's Physique - Open MW</b>	1. Charles Allen
1. Laquita Carr	<b>NGA Pro Card</b>	1. Idelfonso Giron	<b>Best Poser</b>
2. Tyneka Pack	2. Tonjanika Boyd	<b>Men's Physique - Open HW</b>	2. Scott Davis
<b>PRO Figure - Masters</b>	3. Tilisha Lockley	1. Marcell Coles	3. Daniel Moore
1. Laquita Carr	4. Bella Carter	<b>NGA Pro Card &amp; Overall</b>	<b>Bikini - Novice</b>
<b>PRO Women's BB - Open</b>	5. Candance Henderson	2. Nnamdi Nzeh	1. Erin Grey
1. Lisa Jones	<b>Figure - Open Short</b>	3. Quadri Yusuf	2. Toni Farthing
<b>PRO Men's Physique - Open</b>	1. Verline Jackson	4. Charles Preston	3. Alison Adams
1. Jayson Dolorfino Salaum	<b>NGA Pro Card &amp; Overall</b>	5. Fred Moore	4. Tonjanika Boyd
2. Kyle Dibert	2. Darlene Wilson	6. Chris Schliesmann	5. Tilisha Lockley
<b>PRO Men's BB - Open</b>	3. Tishira Smith	7. Gonzalo Pelace	6. Lydia Brackett
1. Magnum McCrae	4. Sheila Bailey	<b>Men's BB - Open LW</b>	7. Sanya Hassan
2. Ray Clark	5. Amber Coleman	1. Marcus Halloway	8. Laura Mahabir
3. Ray Houser	<b>Figure - Open Tall</b>	2. Tony Ray Yeatts	9. Bella Carter
4. R.E Franklin	1. Marisa Steiner	<b>Men's BB - Open MW</b>	10. Candance Henderson
5. Langston Brooks	<b>Figure - Masters</b>	1. Ryan Field	<b>Figure - Novice</b>
6. Mike Ennis	1. Verline Jackson	<b>Men's BB - Open LHW</b>	1. Verline Jackson
<b>PRO Men's BB - Masters</b>	<b>NGA Pro Card</b>	1. Quadri Yusuf	2. Marisa Steiner
1. Ray Clark	2. Marisa Steiner	<b>NGA Pro Card &amp; Overall</b>	3. Darlene Wilson
2. Langston Brooks	3. Darlene Wilson	2. James Thaxton	4. Tishira Smith
3. Mike Ennis	4. Sheila Bailey	3. Marcell Coles	5. Sheila Bailey
4. Anthony Stinchcomb	5. Leesa Smith	4. Caleb Hoppe	6. Maria Teresa Ferreyra
<b>Bikini - Open Short</b>	<b>Women's Physique - Open</b>	<b>Men's BB - Open HW</b>	7. Amber Coleman
1. Toni Farthing	1. Jennell Holmes	1. Andrey Borovkov	8. Leesa Smith
<b>NGA Pro Card</b>	<b>Best Poser</b>	2. Fred Bey	<b>Men's BB - Novice LW</b>
2. Tonjanika Boyd	2. Angela Lewis	3. Howard Baker	1. Chris Reese
3. Lydia Brackett	3. Maren Zinsmeyer	4. Courtney Clark	<b>Men's BB - Novice HW</b>
4. Sanya Hassan	4. Kim Price	5. Adam Robertson	1. Quadri Yusuf
5. Bella Carter	<b>Women's BB - Open</b>	<b>Men's BB - Masters 50+</b>	<b>Overall</b>
<b>Bikini - Open Tall</b>	1. Jennell Holmes	1. Fred Bey	2. Howard Baker
1. Erin Gray	2. Angela Lewis	<b>NGA Pro Card &amp; Overall</b>	3. Courtney Clark



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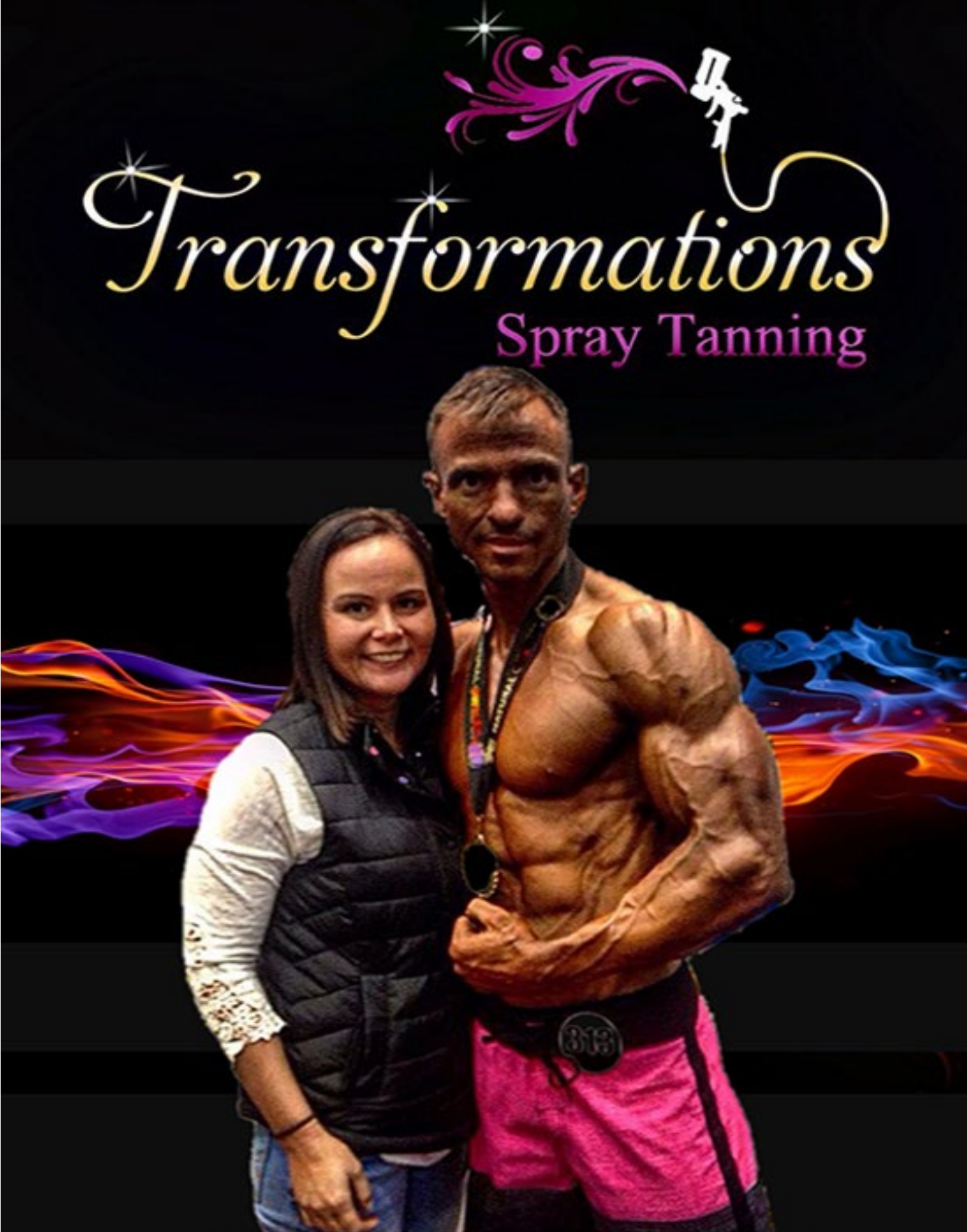
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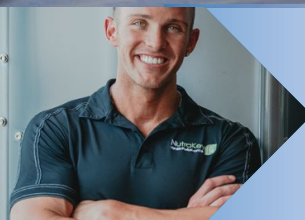
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