



FALL ISSUE
2018

NGA NATURAL *mag*

Drug-Free Athletes of America

IMPROVE YOUR HEALTH

HELPFUL HINTS FROM
JOSH MILLER

CONTEST PREP

THE LEGEND MIKE ASHLEY

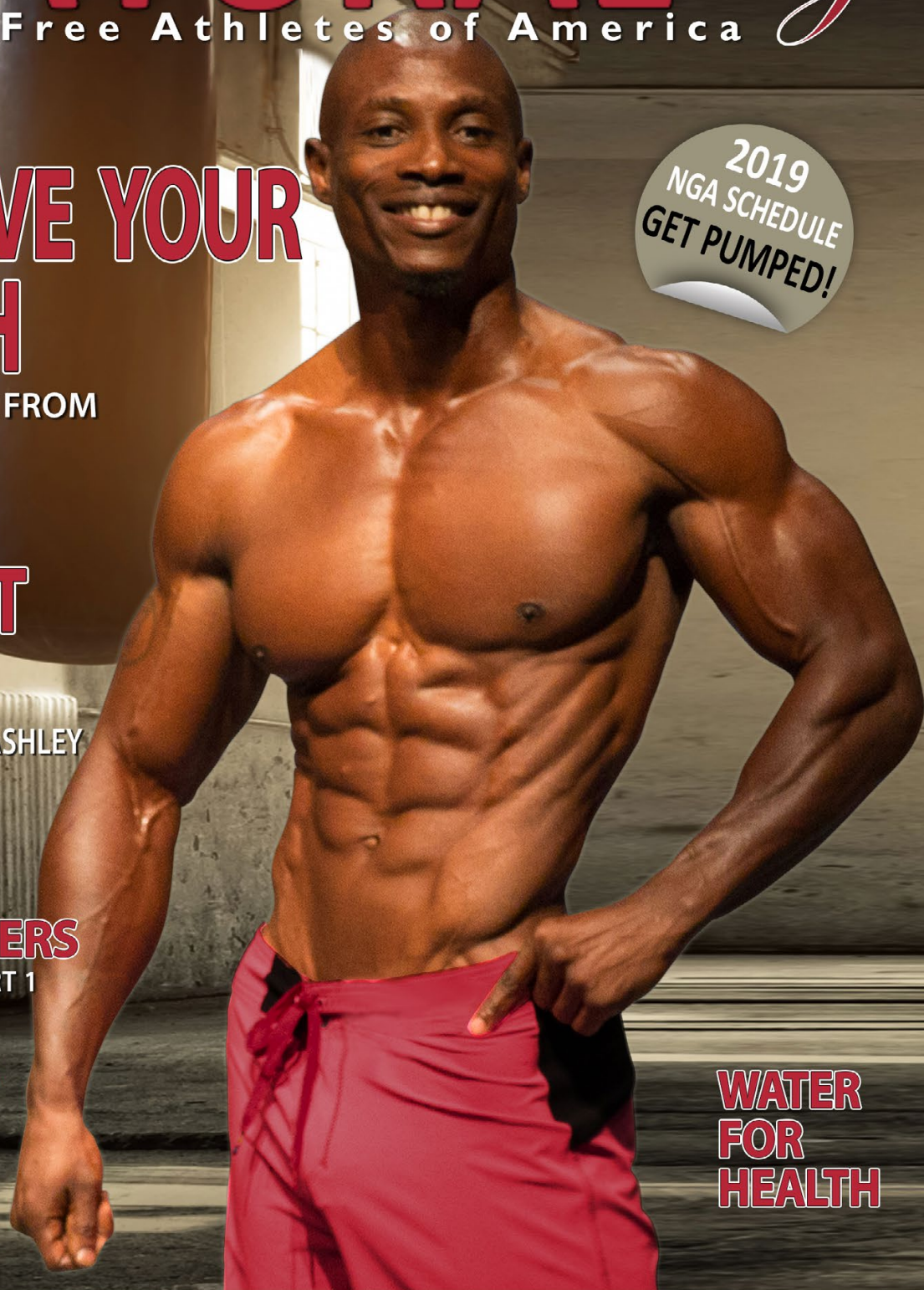
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FOR GROWTH - PART 1

+ DANGERS OF FITNESS VANITY

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NGA Pro/Am Universe NGA American Natural Championships



Photos by
Roger Lister

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NOVEMBER 10, 2018 • CORAL SPRINGS

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PREJUDGING 10:30 AM \$25.00

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NGA PROS: Selvon Whatley, Tracy Simonds, Samantha Feenburg, Clint Brackbill

NGA PRO/AM UNIVERSE

NGA AMERICAN NATURAL

PRO MEN

PRO WOMEN

AMATEURS

Debut, Novice, Couples,

BB Open & Masters

Bikini Open & Masters

An NGA Pro Qualifier

Collegiate, Teen, Junior,

Classic Phys. Open & Masters

Figure Open & Masters

Bodybuilding, Physique,

Kids Fit, Wheelchair,

Physique Open

Physique Open

Bikini, Figure Open & Masters

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Welcome

Letter from the Editor

Happy 2nd Birthday to the NGA NATURALmag! As we begin our 3rd year with FREE readership to our digital magazine, the NGA would like to thank our advertisers, athletes, and promoters for making this publication possible. This magazine has added to the many benefits that we offer to our amateur and professional athletes. With the 2nd year of publication of our online magazine behind us, we are confident that we are providing a great perk for our organization and readership.

This November will mark the 38th year since Andrew Bostinto founded the NGA which has come a long way since 1979. We are continuing to grow and build upon our foundation to meet the needs and wants of our athletes and promoters.

In this issue, there are three inspiring and educational articles about just a few of our natural athletes. We are happy to introduce Mike Ashley as one of our new contributing writers who competed in the NGA in the early 1980s and later in the IFBB as a lifetime natural bodybuilder. Also, this month we have several nutritional articles that include important information on water, salt, and how to improve your overall health through nutrition. Be sure to check out our 2018 [Athletes of the Month](#) on page 41 and vote for your favorite(s) NGA PRO Athlete at: https://bit.ly/NGA_2018_Athlete_of_the_Month

With the 2018 NGA bodybuilding competition coming to an end within the next two months, we will be working diligently to bring you our first issue of 2019. Be sure to check out our 2019 schedules that have expanded with new promoters and shows. This is just the beginning as more new shows are sure to be added in the following months. With that being said, I'd like to wish you all a Happy, Healthy & Safe Holiday Season.

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



Francine Bostinto
NGA Vice President

“NGA, the oldest natural and most reputable bodybuilding organization established in 1979”
- Andrew Bostinto, President & Founder, The National Gym Association, Inc.

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NGA PRO Physique
2x NGA PRO Universe Winner
PHOTO BY: Roger Lister
COVER DESIGN BY: Lana B. Callahan

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Steps to Improve Your Nutrition



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Whether you need a complete diet overhaul or minor adjustments, you can positively affect your health with just a few simple changes to your diet and eating habits. Following the nutrition tips listed below will help you to achieve a healthy body weight, reduce your risk of chronic disease, and dramatically improve your health and quality of life.

ACHIEVE A HEALTHY BODY WEIGHT

For most people, this means reducing daily energy intake by several hundred calories to sustain weight loss. Although this task sounds daunting, just one or two small changes will do the trick if they are maintained over time. For example, you can:

- Substitute water for sugary soda and fruit drinks. If it's the carbonation you crave, choose unsweetened, carbonated water.
- Beware of the coffee-based drinks that are made with whole milk, sweetened with syrup, and topped with whipped cream.
- Reduce the amount of added fat. Salad dressing, butter, margarine, cream cheese and peanut butter are calorie dense. You can save a significant number of calories by using these sparingly or selecting low-fat alternatives.
- Revamp your snacks. Rather than snacking on chips, crackers, cookies or candy, which are high in fat, trans fat and calories, opt for a piece of fresh fruit, baby carrots, or a cup of low-fat yogurt. If you crave a salty snack, like chips or crackers, choose the baked or reduced fat version.

REDUCE YOUR INTAKE OF SATURATED FAT, TRANS FAT, SUGAR, AND SODIUM

Not only do added fat and sugar pile on unwanted calories, but consumed in excess, they contribute to weight gain and chronic diseases such cardiovascular disease, and diabetes. For some people, too much sodium leads to high blood pressure. To combat these problems, you can:

- Limit your intake of processed grains and snack foods, such as cookies, crackers, corn and potato chips, and snack cakes. Instead, choose unprocessed foods for snacks, such as dried fruit, pretzels or nuts.
- Limit your intake of processed meats such as bacon, lunch meat and sausage which are also high in saturated fat and sodium. Instead, prepare lean cuts of fresh meat and choose low-fat cheese.
- Use less salt at the table and during cooking. In place of salt, enhance the flavor of your food with added herbs and spices.



GOOD HEALTH

- Avoid products that have added sugar (sucrose, glucose, high-fructose corn syrup) or trans-fat (hydrogenated or partially hydrogenated oil). Increase your intake of fruits and vegetables, whole grains, and fish.

THESE FOODS CONTAIN A MULTITUDE OF VITAMINS, MINERALS AND OTHER COMPOUNDS (I.E., FIBER AND ANTIOXIDANTS) THAT PROMOTE HEALTH

- Eat more fruits and vegetables at meals and snacks. Fruits and vegetables are excellent sources of vitamins, minerals and fiber.
- At least two times per week, choose fish rather than meat to increase your intake of omega-3 fatty acids.

BE A CONSCIENTIOUS CONSUMER WHEN EATING OUT

- Ask for salad dressing, butter, sour cream and sauces on the side, so you can control how much is added.
- Avoid dishes that are prepared with cream or served with a cream sauce.
- Select foods that have been steamed, broiled or baked, rather than fried.
- Restaurants are notorious for serving excessively large portions. Don't hesitate to ask for a take-home container.

Improving your nutrition is a great way to improve your health and quality of life. Making the necessary changes to your diet and eating habits will get you started! ■

NGA 17th Annual Pro/Am Mr. and Ms. Natural Philadelphia Bodybuilding, and Figure Championships



Physique Open

L-R: Ralph Barber, Atavis Kennedy (NGA PRO Card & Overall), David Cruz



PRO BB Open

L-R: Carl Wittig, Chris Reed, Mike Ennis (Winner), Umar Jones, Chris Livolsi



PRO Physique Open

L-R: Christos Mougios, Chris Livolsi, Peter Boulengeris, Dmitri McKamey (Winner), Frank Moultrie, Kyle Lavery, Rob Corvello



Men's BB Open

L-R: Dan Aleksa (NGA PRO Card & Overall), Antonio Borriello, Jacque Whambusch, Keith Green



Jane Morales

Figure Open Short
NGA PRO Card & Overall

The 18th Annual NGA PRO/AM Mr. and Ms. Natural Philadelphia Bodybuilding and Figure Championships were held at Plymouth Whitmarsh High School in Plymouth Meeting, PA, a northwest suburb of Philly. Forty-seven competitors in the PRO and Amateur divisions vied for cash awards for NGA PRO and NGA PRO Cards in the Open divisions of Amateurs in this Super NGA PRO Qualifier show.

Persistence paid off for Dan Aleksa of Warminster, PA who tried for seven years to take home the Bodybuilding Open Overall title, but this year he finally did it. A cancer survivor, he and his wife Kathryn, a former Figure winner in the NGA Philly show, own Fitness Motivators in Warminster. Dan was cheered on by his wife, his daughter Evelyn, and one-year old twin boys, Lucas and Mason.

In the Bodybuilding Open, the Lightweight winner was Keith Green who also won his NGA PRO Card in the Classic Physique division and took home the Overall in the Men's Bodybuilding Novice division. The Middleweight winner was Jacque Whambusch and the Light Heavyweight winner was Antonio Borriello.

Jane Morales, who won the Debut class in the 2017 NGA World's Gym Philly Natural, came in much improved to win not only the Figure Open Overall, but also the Figure Masters class and two NGA PRO Cards. The Bikini Open winner was first-time competitor Sarah Franklin. The Women's Physique Overall and Women's Physique Masters winner went to Kim Kisselbeck and first-time competitor Atavis Kennedy took the top spot in the Men's Physique Open and the award for Best Abs. Classic Physique NGA PRO Cards were won by Keith Green and Josh Cormier. The Men's Bodybuilding Masters winner was David Borriello and the Men's Grandmaster's Winner was Paul Davies.

In the PRO categories, the 5th place competitor

from the 2017 show, NGA PRO Bodybuilder Mike Ennis from Easton, Maryland, moved up to 1st place. The 2nd place winner in this same class was Umar Jones of Norristown who also won cash awards as the 1st place winner in the PRO Classic Physique division. NGA Mr. Coal Natural of 2017, Chris Reed of Pine Grove, PA who trains at home, captured 3rd place in his first PRO outing. Last year's NGA Mr. Natural Philly, Carl Wittig, came in at the 4th place spot in the PRO Bodybuilding division and Chris Livolsi of Long Island, NY came in fifth. The PRO Men's Physique class was perhaps the most hotly contested class in the show with seven PROs battling it out for 1st place, but it was Dmitri McKamey who won the PRO Men's Physique class for the third time. Peter Boulengeris, of Push U Gym, was the runner-up and pushed him hard for the win.

Best poser was Lisa Marquez who dedicated her routine to her late husband's memory, David Marquez, who was an NGA PRO Bodybuilder at the time of his death.

Trophy presenters were Miss Liberty Bell, Kayla Myers and Miss Liberty Bell Outstanding Teen, Benet Johnson. Benet sang the national anthem to begin the show. The NGA Spirit of Natural Philly Award was given posthumously to Giacomo Sparacio of Blue Bell, PA. Giacomo had helped many times at the shows promoted by Pump Promotions and was planning to compete at this show until he was killed in a car accident in December of 2017. Giacomo's family accepted the trophy onstage on his behalf.

Sponsors of the show were Champ's Nutrition on Grant Avenue in Philly, Beach Bum Tanz of Warminster, and Gallina Farms of Alburtis, PA. The Most Representative Gym award was a tie with Christian Street YMCA of South Philadelphia and Push U Gym of Philadelphia taking the honors. The emcee was Steve Peacock.

This was a spectacular show and we look forward to seeing another great round of competitors next year!! ■

NGA 13th Annual PRO/ AM Toledo Glass Scepter

Maumee, OH
May 19, 2018

NGA Promoter: Ryan Rollison
www.mydreambodies.com
mydreambodies@aol.com



Jontai McQueen
Physique Open MW
NGA PRO Card & Overall



Jabari Hardiman
BB Open MW
NGA PRO Card & Overall



Classic Physique Open
Eric Landrum, Ivöl Caudill,
Jontai McQueen



Christine Schultz
Figure Open Short
NGA PRO Card & Overall



Tiffany Hanks
Bikini Open Tall
NGA PRO Card & Overall

The 13th Annual PRO/AM Toledo Glass Scepter was held on May 19th at the Maumee Indoor Theater in Maumee, Ohio which is a Toledo suburb. This extraordinary show was sponsored by Bullfrog Nutrition. The competition was stiff and there were a lot of great physiques that hit the stage. All of the competitors did a great job, showed magnificent sportsmanship, and were also very supportive of one another back stage. The presentations were very well displayed and the crowd was responsive to the competitors as they showcased the results of all of their hard work.

As a show tradition, the Overall winners received beautiful custom-made glass scepters crafted by Jim Yaritto along with donations from Beverly International, Bullfrog Nutrition, Stacked Nutrition, and custom-made meal prep boards by Tudo Azul.

Five NGA PRO Cards were awarded to the following classes: Men's Bodybuilding Open, Men's Physique Open, Bikini Open, and Figure Open and Masters. This was the first time in this competition for the Men's Physique and

Women's Physique Class. Both classes were a welcome addition to the Toledo Glass Scepter and we hope to have more in October for the NGA Dream Bodies Classic. Early entry discounts are now available for the upcoming show in October.

For more show pictures and prizes, go to mydreambodies.com. We look forward to seeing another round of outstanding competitors at the next show and remember to train smart, train hard, and UNLEASH YOUR HERO! ■



BY DR. CHRISTOPH KLUPEL
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It may come as quite a surprise to learn that cheap, simple pure water is not only our most important nutrient because it's calorie free; it is also one of the most effective fat-loss aids, an all-around remedy for the treatment and prevention of many health conditions, and is simply indispensable in sustaining a healthy life.

There is not one single process in our bodies that could take place without water because every cell is regulated, monitored, and dependent upon an efficient flow of it. Water regulates our body temperature and blood circulation, carries nutrients and oxygen to the cells, removes toxins and other waste products from our cells and bloodstream, aids in the digestion and absorption of foods, helps to convert food into energy, and protects and cushions our joints and vital organs, including the spine.

The adult human body is between 55% and 75% water. Water makes up 85-95% of our brain tissue, almost 90% of our lungs, 82-83% of our blood, and 75% of our muscles. Roughly two-third's of our body weight is water. Considering these data and figures, it is easy to understand why experts rank water second only to oxygen in its importance for life. While we can survive for more than a month without food, we will die within a few days without water! Many health and fitness enthusiasts are already aware of how important it is to drink ample quantities of water. However, it may be a matter of special interest to learn more about water's role in body-fat loss and in the reduction of cellulite.

First, water acts as a natural appetite suppressant and drinking a glass or two twenty minutes before a meal may help you to avoid overeating. More importantly, not drinking enough water negatively affects our body's ability to metabolize fat. Our kidneys depend on plenty of fresh water to enable them to effectively eliminate wastes such as uric acid, urea and lactic acid, as these forms of waste must be dissolved in water. If the kidneys are insufficiently supplied with water, the liver must step in to perform some of the kidney's tasks. However, being occupied with some of the kidney's work, the liver cannot perform its own tasks, one of which includes metabolizing stored fats into usable energy as efficiently as it should. As a result, fat remains stored on our body instead of being used up for energy. Obviously, a decrease in water intake will eventually lead to an increase in fat deposits, while an increase in water intake will help reduce fat deposits.

Secondly, increasing water consumption will also positively affect the appearance of women's cellulite in the buttock and thigh areas much more than the thousands of cosmetic creams, potions, and pills that have flooded the market over the years. The common culprits which cause cellulite, such as a diet high in hidden fats and salt (sodium-chloride) combined with insufficient water consumption can be significantly improved by merely drinking more pure water. The reason, which is easy to comprehend, is that when we don't drink enough water, our body perceives this as a threat to its survival and begins to store it, particularly in the extra-cellular tissues underneath the skin. Unfortunately, water retention is one of the major contributors to cellulite problems, as retaining water inhibits the body from flushing the system of toxins, leading to the formation of cellulite. Drinking plenty of pure water throughout the day, fixes this problem fast, as our body will release the redundant stored water; drinking copious amounts of water makes the body realize that retaining water is no longer required due to the continuous plentiful supply. The habit of drinking adequate amounts of water also helps to flush out excess salt from our system, eliminating another major cause of water retention, and thus helps our body to return to normal much quicker. Getting rid of excessive water will not only result in significant improvement of cellulite, but it may also lead to significant weight loss. If you are serious about becoming leaner and healthier, drinking sufficient amounts of water routinely is an absolute must.

Finally, it may be interesting for you to know that drinking at least eight glasses of water daily decreases the risk of colon cancer by 45%. Drinking an adequate amount of water can also reduce the risk of bladder cancer (by 50%), may decrease the risk of breast cancer, protects you from heart attacks, and even helps to keep your immune system to function at its best. Drinking the proper amount of water every day can also improve your general outlook on life, enhance your abilities on the job, and even improve your performance levels in the gym. So, what do you do next? Drink more water. ■

NGA Mr. & Ms. Natural Santa Rosa

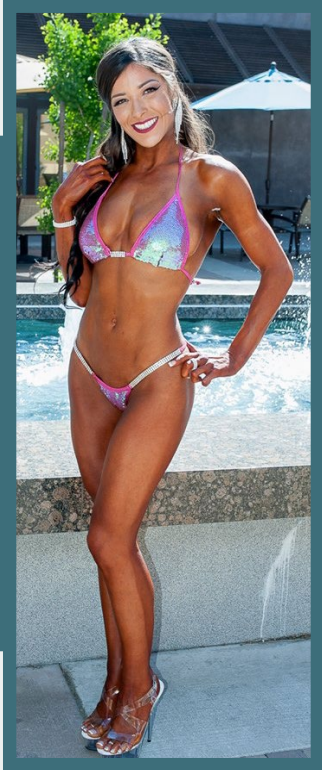
Santa Rosa, CA
May 19, 2018
NGA Promoter: Laura Gray
<http://santarosanatural.com>
lauragray38@yahoo.com



Christian Sullano
BB Open
NGA PRO Card



Winners
Megan Ford Gonzalez (1st Figure Open), Courtney Valenzuela (Bikini NGA PRO Card), Christian Sullano (BB NGA PRO Card), Wayne Squires (Physique NGA PRO Card), Joey Chapple (1st Figure Masters)



Courtney Valenzuela
Bikini Open
NGA PRO Card

Saturday, May 19th, 2018 was the 3rd year for Mr. & Ms. Santa Rosa Natural. This year, the competition was held at the beautiful Finley Community Center. Once again, the competitors were ready and in good shape for the show and it was quite a blessing to see them grace the stage.

There were several new sponsors this year including a new photographer which demonstrates the growth that this competition has taken. Additionally, this year's show was covered by "The Press Democrat" which is the local newspaper. This was definitely a true gift for a new show and a crucial way to get exposure, build traction, and get the word out to natural athletes and the community. I was very glad to see the positive feedback on social media after the show.

As an NGA Promoter, my favorite part of putting on the show is the connections I make with each athlete. Hearing their stories and reading their bios about their past, present, and how they came to compete on stage and what an experience it is to navigate through the process from registration to hitting the stage is extraordinary. Also, the relief, satisfaction, and joy that is felt and shared after the show is a one-of-a-kind feeling.

I would like to thank the NGA for all their incredible support, all the sponsors, judges, expeditors, friends, family, and the Finley staff for their commitment and hard work. I could not have done this show without them.

I am so proud of every one of them, commend them for all the hard work that they put into the sport, and look forward to another good show next year. ■



BY LAMEESA MUHAMMAD, PHD
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Life has a way of throwing curve balls. Sometimes, we are able to dodge these balls without getting hit, while at other times, we are thrown completely off the path. It is in these instances when we begin to question our fortitude and strength and wonder if it may be better to give up rather than to stay the course. For those of us who are fitness enthusiasts, tough times are sometimes the reason why we maintain our dedication to fitness. This is because we know that being active on any level, a much better choice than eating a bag of Oreo cookies dipped in chocolate milk while watching reruns of our favorite show, can be exactly what we need to get us over the bump in the road.

Over the course of my time dedicated to the sport of bodybuilding, I have come to appreciate working out because it does more than transform the physical appearance of my body, it is also what keeps me mentally stable when I am navigating through tough times. Like anyone else, my life has not always been peaches n' cream. There have been good times as well as bad times and some periods that have been a lot rougher than others.

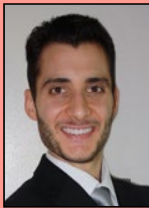
In the spring of 2017 after going through some major trials, I decided to seek the assistance of a

licensed psychologist to help me process what was taking place. Some sessions later, I was diagnosed with Major Depressive Disorder. Surprised to some degree, I knew from having one college degree in psychology that I used coping skills quite well and was adaptable, which made it very difficult for anyone to see on the outside how a professional educator like myself with a PhD could possibly suffer from depression. When I talked with the psychologist about this diagnosis, I was informed that I was high functioning and because I "worked out" and was "adaptable" I could choose how often I needed talk therapy, required no medication, and this was due to my commitment to the gym. This, he said, is what "saved" me from sinking into the typical behaviors of a clinically depressed person.

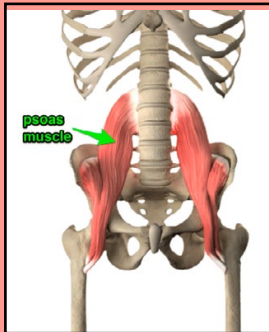
I continued to work out after hearing this and took detailed notes on how I used the gym to help me process many of the trials in my life into realities that I had the power to work through. I also reflected upon how on many of the days in which I felt my worst, I consciously made the decision that I would go work out "no matter what" because I needed it to feel better which I always did after I left the gym. But, what I found to be the greatest importance was the attitude I developed which forced me to persevere in using the healthiest tools available as a means of sustenance, to keep moving even if things are grim, and to tell myself, "DON'T QUIT." ■

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.

IMPROVE THE HEALTH OF YOUR SPINE AND MOBILITY IN YOUR HIPS: GET TO KNOW THE ILIOPSOAS



BY DR. NICHOLAS M. LICAMELI, PT, DPT
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The iliopsoas (the psoas major and iliacus are collectively known as the ilio-psoas) is a powerful muscle that attaches to the lumbar spine (lower back) and upper leg. When it contracts and shortens, it pulls its two points of contact closer to each other. When this happens, it pulls the lower back forward into an anterior pelvic tilt (lumbar extension) and lifts the leg upward as if marching (hip flexion). It also externally rotates the hip.

The iliopsoas is one of the leading causes of lower back pain as well as a contributor to limited hip/spinal mobility and it is also common for it to tighten and spasm due to prolonged sitting and gluteal weakness/inactivity. When this muscle is neglected, there is a high risk for injury and decreased physical performance.

To stretch it, it must be placed into the range opposite of what it does when it contracts.



Low back without a posterior pelvic tilt.



Low back with a posterior pelvic tilt.

How to stretch the (left) iliopsoas:

Get into a half kneel position with the left knee down. Rotate the left foot outward and to the left. Perform a posterior pelvic tilt. This means round your lower back by squeezing your abs and left glute. Maintain this spinal/pelvic position throughout the stretch. By squeezing your glute, you are forcing the iliopsoas to relax, which enhances the effectiveness of the stretch.



Back arched. WRONG!

Adding this stretch into your routine is not a cure for low back pain, but it is a step in the journey to pain free optimal performance.

Be sure to check out this video as well as the rest of the Feel-Good Friday series on my YouTube channel at the following link:

<https://www.youtube.com/watch?v=rTmvKwHNMkg> ■

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.

The Dangers of Fitness Vanity



BY DAVID HOOD
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Do you have a fitness story? Have you lost an extreme amount of weight or changed your body in an amazing and transformative way? You have? Well, I have too! I was once overweight and hated how I felt and looked. I was the blunt of jokes and never felt comfortable in my own skin. One day, I decided to clean my life up inside and out and this included taking better care of my body. So, I got a membership to my local gym and began a slow uphill battle to reclaim my life.

A few years later, I had achieved a great looking physique and met someone who suggested I compete in a bodybuilding show. I accepted the challenge not knowing the mental issues it would later create. I had busted my tail and dieted down to look the best that I ever had in my entire life. Competition day came, and I felt awesome up until I came in dead last. I asked myself how this could have happened and why did it happen? Did I not look good enough or had I not done my prep correctly? But, the truth is, no one told me that just because you diet down means you're ready for the stage. Also, I didn't know that at the pinnacle of my work, dieting, and all the hours of cardio I had completed, that I could still be told I wasn't good

enough and I wasn't quite sure that I was ready to hear that.

I walked away with a desperate feeling of loss and defeat. Consequently, over the next 6 months, I gained a lot of my former weight back. I knew that I was eating because I had a misplaced feeling of worthlessness and it took me a couple of years to come out of the funk of the whole thing. However, what I learned most from this experience is that when you decide to diet down and create a healthy lifestyle, it should be for long term happiness and well-being and never be about the vanity of looking better than others and getting a \$10 plastic trophy.

Competitive bodybuilding is about PUTTING YOURSELF AT THE OPINION OF OTHERS, so you can't take the judgment personal. It is, however, important to take the helpful tips from those experienced in this area and then keep pushing forward until you achieve your overall goal. So, before your step on stage, think twice because you will be judged fairly and harshly. If you love the gym and being healthy, then do it for that reason alone as vanity can be a self-esteem killer if you aren't ready to receive the opinionated judgments of others. But even with that, your personal journey is still rewarding because the steps that you have taken to be better will inspire someone else who is watching and motivate them to do the same. ■

Dreams to Fruition

BY
PARMJIT KAUR



I'd always dreamt of one day competing but never thought I'd see that dream to fruition as there was one major thing holding me back and this was the damage that had been done to my body by Multiple Sclerosis (MS). I always wanted to be a Bikini competitor, but I knew this would require me to wear heels on stage which I'd lost the ability to do a few years ago as MS slowly started to steal the things I once loved and took for granted. However, I didn't let that stop me and while my body type is better suited for Bikini, I competed in my very first NGA competition in May 2018 as a Women's Physique Competitor barefoot!

My story began in 2002 when I'd started to get sick, first with Shingles at age 20 and soon after with Bell's palsy, a form of temporary facial paralysis. Years had passed and I began to experience strange symptoms. Using my right hand became difficult, I developed double vision, and walking became troublesome.

After hearing my symptoms, my doctor ordered a CT Scan of my brain, but nothing could've prepared me for what would come next in the following office visit. The test results were back and after I stepped into his office, I became numb as he showed me the CT Scan results and uttered the words, "brain tumor." He couldn't confirm my diagnosis as further testing, including an MRI, was needed, but I suddenly realized that my life was about to change forever.

I was later referred to a local hospital

for further testing and had become frustrated as I was handed off from one specialist to another, all of whom had varying opinions about my diagnosis. The first neurologist suspected that rather than a brain tumor, I had two silent strokes. The second neurologist didn't agree that I had two silent strokes; rather, after reviewing the MRI results, he was almost certain I had Multiple Sclerosis (MS). He referred me to see yet another neurologist who specialized in treating MS and this time, he ordered a final series of tests including a Spinal Tap. After that final test, sitting in a hospital room, the neurologist finally came in to confirm that I, at 24 years old, had MS.

At this point, I began to set a new goal for myself. I would strengthen my body through weight-training and use the fitness platform to inspire others with disabilities to not give up and keep pushing through. I began lifting rigorously and my body began to transform although I was still at war with the disease. Lifting became difficult, weights would fall out of my hand, and my health continued to decline. My doctor's prognosis was that I would end up in a wheelchair in a couple of years and had begun to use a cane semi-regularly. All the while, I could only think of the goals I may never reach and the burden I would become on my already struggling family. But, low and behold, a fellow patient told me about the Hematopoietic Stem Cell Transplant (HSCT) she had undergone to stop the progression of MS. HSCT involves an intravenous (IV) infusion of stem cells to re-establish hematopoietic function in patients whose bone marrow or immune system is damaged or defective after using chemotherapy to eradicate the rogue T & B cells in the patient's body. I knew that this was the answer! So when November of 2016 rolled around, I flew out of the country to SUCCESSFULLY undergo HSCT.

The truth is, after I was diagnosed, I almost gave up. And sadly, I'm not alone. But it was fitness and HSCT that saved me. It changed the way I think, the way I feel about myself, and I learned how powerful and resilient the human body truly is. Most importantly, it taught me that the only real barriers we face are the ones we set for ourselves. I want to inspire others to be the best versions of themselves, disability or not. I want people to be able to look in the mirror and say, "YES! I DID IT!" ■



NGA Seattle Natural PRO/AM Bodybuilding Championships

Seattle, WA
May 19, 2018

NGA Promoters: Marlina Velasco & Mitch Barker

www.physiquesnorthwest.com

info@physiquesnw.com



Kristina Barry
Bikini Open
NGA PRO Card



Bikini Open
L to R: Jasmine Dougherty, Myra Pacleb,
Robyn Hicock, Kristina Barry (NGA PRO Card),
Nancy Phan and Pilar Roberts



Luke Nelson
Classic Physique Open



Michael LaBadie
Classic Physique Open



Bikini Model Open
Kristina Barry, Robyn Hicock, Nancy Phan



Haskell Cannonier
NGA PRO BB 1st Place

Transformation is the theme and the focus for the competitors each year at the NGA Seattle Natural PRO/AM Bodybuilding Championships. At this year's show, athletes from Washington, Oregon, and Idaho showed-off their natural muscle and wowed the audience. Marlina Velasco, Mitch Barker, and Trisha Rarey at Physiques Northwest produced one of the most spirited and anticipated drug-free events in the Pacific Northwest. Net proceeds from this extraordinary show are utilized by Univera Serve First® servefirst.org to benefit nutritionally deprived children and their families by providing hundreds of meals via partnerships with local agencies.

The Physiques Northwest team made a bold and brazen move with the introduction of both the Bikini Model and Men's Classic Physique divisions

on the stage in 2017 which proved to be popular through word-of-mouth and with their local following. This season, many of the challenges known to veteran NGA Promoters could have discouraged and stopped them dead in their tracks from moving forward, but the promoter's perseverance and passion to advocate for the sport of natural bodybuilding kept them focused with their "all in" tenacity.

The NGA PRO Men's Bodybuilding division buzzed with enthusiasm. The competitors' posing routines wowed the crowd. Size is no major issue at the PRO level as the competitors presented natural muscle with confidence and charisma. The 2018 Seattle Natural PRO/AM Champion, Haskell Cannonier, blew away the judges and his competition with his muscle development, amazing symmetry, and stage presence. He is a true competitor and plans to compete in two more NGA PRO shows this year and debut his chiseled physique as a professional bodybuilder.

The Men's Physique, Bikini Début, and Novice athletes who stepped on stage for the first time came

prepared. In his first competition, Luke Nelson won the Overall in Men's Physique. Nancy Phan took the top spot in the Bikini class in both Début and Novice as well as being the runner-up for the Overall title. Robyn Hicock's amazing hand-painted silk phoenix wings, stage presence, and physique earned her a 1st place trophy and Overall sword in the Bikini Model division.

In the new NGA PRO Bikini Open, Kristina Barry, confidently displayed her physique and won the Overall and has joined the ranks amongst the dedicated NGA PRO athletes. Kristina, a personal trainer at Body by Summer LLC, has been involved in the fitness industry for two years and grew a passion for competing and decided to go forward with her desire. Just like her coach, Summer Adams, Kristina loves to help people reach their fitness goals. Additionally, the NGA Seattle Natural was her sixth contest after a two-year preparation which proved beneficial as displayed by a notable improvement in her physique. Kristina's NGA PRO Card victory was well-deserved.

The NGA leaders started a new tradition in bodybuilding competition known as the Transformation division which showcases the work of competitors who have had a thorough or dramatic change in form or appearance. However, the metamorphosis that many competitors experience from the moment they decide to improve their health and fitness has deeper, more impactful transcendence than what can be seen by the judges or event spectators. The 200 or more words that each competitor shares, helps determine their placement and the Seattle crowd was in tears listening to their heartfelt, transparent essays being read aloud.

A special thank you is extended to all the athletes, volunteers, and everyone who support Physiques Northwest shows and we look forward to the next one which will be the NGA Oregon Natural PRO/AM Bodybuilding Championships happening October 27, 2018 in Portland, Oregon. The fall contest promises an even more unique showcase of natural bodybuilders and entertainment that will raise the bar! ■

NGA PRO/AM Southeast Natural Championships

Orlando, FL
June 9, 2018

NGA Promoter: Rick Pierre
www.southeastnatural.com
rick@onthemovefitnessfl.com



PRO Bikini Open & Masters
Kathy Abbott, Whitney Spence (1st Place),
Kristi Phillips (2nd Place) Cristi Miranda



Competitors

L-R: Buttercup Mayer, Teri Hansen, Virginia Hatch, Cat Burke, Kristi Phillips, Lacie Oakley, Holli Duncan, Whitney Spence, Rick Pierre, Mark Kennedy, Kelvin Hunt, Ladarius Saunders, Daniel Peña, James Noonan, Daron Monroe

The 2018 NGA Southeast Natural Championship held on June 9, 2018 was spectacular.

This event was promoted by Rick Pierre, sponsored by Unmatched Nutrition, and co-sponsored by Muscle Vodka and Center Stage Posing Suits. A special thank you and congratulations is extended to all the athletes who poured their blood, sweat, and tears to make this show possible!

Top honors in this outstanding venue went to NGA PRO Bodybuilder Daron Monroe, NGA PRO Bikini Open and Master Whitney Spence, and NGA PRO Physique Open Ladarius Saunders. In the amateur classes, coming in at 1st place was Bikini Model Kristi Phillips, in Teen Bodybuilding Daniel

Pena took the win and in Bodybuilding Open and Novice, it was James Noonan that took the top spot. In Men's Bodybuilding Master's 60+ and 70+, Cliff Jackson won the title and the Masters 50+ and Bodybuilding Master's Overall title went to Kelvin Hunt. In the Physique Open and Novice Physique, Mark Kennedy won the top spot and in Figure Open, it was Lacie Oakley taking the win. In the Women's Physique Open and Master categories the winner was Buttercup, and in Figure Masters the top spot went to Teri Hansen. Holli Duncan took the win in Bikini Novice and Cat Burke won the 1st place trophy in Bikini Masters. In the Bikini Open category, it was Virginia Hatch.

A special thank you goes to Head Judge, Christine Keefer, judges Tracy Simonds, Maggie Carbone,



Daniel Peña
Classic Physique Open
1st Place



Buttercup Mayer
Figure Masters & Physique Open
1st Place



Lacie Oakley
Figure Open
1st Place

George Louis Jean, and Mark Young who took the time to score these phenomenal athletes. Expeditors Anissa Rogers, Miriam Jenkins, and trophy presenters Kathy Abbott and Cristi Miranda also deserve recognition for their service. Also, thank you to David Mackey for being the Master of Ceremonies for this outstanding show. We look forward to hosting the NGA Central Florida Fall Classic on October 27th at Lyman High School located in Longwood, FL and this show will be epic! This Halloween-themed contest includes costumes that will be judged by the audience. The stage will be decked out with scary props, so join the fun with family, friends, and a lively audience, and LET'S PUT ON A SHOW!!!!

A huge congratulation goes to all the winners and we thank you for competing in the NGA Southeast Natural Championship where you are more

than just a number. We look forward to seeing you all next year on June 8, 2019 to defend your titles. As a special note, this show will be held at the Orlando Repertory Theatre. We are looking forward to this being another fantastic show with \$20,000 in prize money for all pro competitors. However, to make this happen, an early commitment from all NGA PRO competitors in every category is needed because there is a lot of prize money at stake! So, start training today and commit early. To sign up, go to www.southeastnatural.com or email me at rick@onthemovefitnessfl.com. All updates for the 2019 Southeast Natural will be posted on Facebook and <https://www.instagram.com/otmfitness/>. Also, if you are looking for assistance with show preparation, text Rick Pierre at 407-489-5665. In the meantime and as always "work hard, train harder and stay natural." ■



SPICING IT UP: **HOW TO STAY MOTIVATED**



BY EARL "THE PEARL" SNYDER

NGA PROMOTER RELATIONS, NGA PROMOTER, PA

2X MR. UNIVERSE- SPAIN & FRANCE, 2X PRO WORLD, 2X PRO MASTER WORLD,

NPC NATIONAL CHAMP – 1ST, 3X TEAM UNIVERSE WINNER, NPC USA CHAMP – 1ST

COMPETED ALL OVER THE WORLD – OVER 15 DIFFERENT COUNTRIES

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Have you ever heard or felt like you are “burned-out” from competing, lifting, dieting, cardio, etc.? You have? Well, if you look up burned-out in Webster’s Dictionary, it tells you that “burned-out” is physical/emotional exhaustion, especially because of long term stress which is determined by the choices that you make. The reality is that how you choose to react, or handle situations is what contributes to whether you feel burned-out or not and this is largely a result of how strong you are mentally. If you have a strong mind, you may never encounter the feeling of being burned-out. However, life has a way of testing a person’s strength and fortitude, so it is important to know the best ways to respond so that we don’t burn-out.

Some reasons that people get “burned-out” is because they continually do the same things at the same times every day. This includes the schedules that are set for our eating habits, lifting weights, and even doing cardio. This schedule can become so much of a routine that when you continue the pattern day after day, it has the potential to hamper and drain you mentally.

What’s the solution? Start shaking things up. Let’s start with making changes to eating habits. As competitors, we tend to have a set schedule on the types of food to consume and the time to do so. This can get boring rather quickly; therefore, one suggestion is to have variety. Instead of eating the same foods at the same time, develop a menu of healthy selections and vary your meals by choosing among the options instead of eating the same thing day in and day out.

Some simple suggestions are if you eat oatmeal (hot cereal) regularly, try using different spices or protein powders mixed in. For instance, fruit punch

flavored protein powder in oatmeal will give it variety and make it more like fruity pebbles oatmeal which is much sweeter than eating it with no spice. Mixing vanilla, chocolate, or both in hot cereal also will provide a different taste or try making it with more liquid and then microwaving it for 90 seconds and then drinking it. This is sure to get your taste buds flowing. Also, be creative by adding cinnamon, pumpkin pie, or apple pie spices to it which will make it delicious. If you get tired of oatmeal, try drinking a variety of meal replacer flavors and adding spices to that. Sugar-free (0 calories) coffee syrups will also do the trick. If you are preparing for a show, adding flavored waters to the meal replacer with ice will make you think that you are cheating because it tastes like a Dream Sickle or an Orange Julius. For other meals, instead of eating plain chicken, beef, or turkey, spice it up by using cayenne pepper, seasoned spices, or a variety of liquid smoke. Instead of eating plain rice and vegetables, cook them using liquid smoke.

When it comes to lifting, many people stick to the same workout routine, but when you change it up a bit at each gym visit, this can give you the kick that you need to keep going. Some people get tired prior to training and if that happens, you may not be motivated enough to workout. This lack of motivation sometimes results from a lack of sleep, being tired/exhausted from your job, or be due to a lack of a sufficient amount of carbohydrates. If you have a restricted carb intake, a pre-workout drink or drinking coffee or tea before training may help to get you started or you can try this afterwards if you do not have a restricted carb intake. Listening to motivational speakers or music also has a way of helping the body to get pumped up to workout. Cardiovascular training can also be completed by using a variety of machines on different days. Additionally, your workout routine can also be mixed up by training different parts on different days and this includes the amounts of sets and reps performed for every body part worked.

Most importantly, remember to take a smart mental approach to everything you do. After all, variety is the spice of life. ■

NGA Natural Mr./Ms. California PRO Qualifier

Folsom, CA
June 9, 2018

NGA Promoter: Johnny "The Motivator" Carrero

www.fitnessinmind.com

fitnessinmindmotivator@gmail.com



David Retta
BB Open
NGA PRO Card



Ernell DeVera
Bikini Open & Masters
NGA PRO Cards & Overall

This was the 25th Anniversary of promoting this event and what a show it was! This incredible show began with three natural athletes, Breana Elias (Teen Bikini), Charan Anbalagan (Teen Physique), and Daniel Walsh (Teen Physique), who all showed great potential in this sport. Bikini Masters was one of the toughest Bikini divisions that have graced the stage and this year, it was Ernell DeVera who was victorious in her beauty, symmetry, and elegant posing which earned her an NGA PRO Card! Also amazing was Lourdes Giovannini, who in her 50's, dropped over 100lbs to compete in her first Figure competition.

Scott Warden took the Men's Bodybuilding Master's division for the second year in a row, showing great improvements every year. In the Physique Open, there were two classes and it was Chuck Hoffer who showed up with a ripped physique, but couldn't overcome the lean, hard, symmetrical Paul Siebensohn who took the win in Class A. In Physique Open Class B, the return of Simar Dhaliwal wowed the audience with a newly improved physique that helped him capture the 1st place win in his class. The Overall NGA PRO Card winner was Paul Siebensohn.

The Figure division made a comeback in this

dynamic show! Katie Riseman took home an NGA PRO Card, but Joey Chapple did not make it easy for her because her lean muscular body and posing was also spectacular. In the Bikini Open, there were two classes. This was a very difficult class to judge because all the ladies came in sporting beautiful physiques. Tiffani Hollis showed up with a very lean and beautiful physique that would fare well in the Figure division. Breana Elias faced off with Ernell DeVera, but it was Ernell who was victorious and won the top spot in the Short class in Bikini Open. Alona Zaharkina went head-to-head with Rose Keyser in the Tall class with Rose squeaking past Alona by one point for the win. In the Overall Bikini category, it was Ernell (Short class) vs Rose (Tall class) with Ernell earning her second NGA PRO Card.

This year's NGA California showcased the new TIT (Team in Training) division. In this division, there was a fun routine created by Bing Saez and brought on by ten competitors known as Broadstone Muscle Squad! We are looking forward to seeing more of the TIT division at future events.

The Bodybuilding Open was a tight competition with Scott Warden bringing a well improved physique along with Aaron Whitten showcasing his symmetry and dense muscle, yet not being able to overcome the shredded body of David Reta! This year, the 2018 NGA Natural Mr. California was David Reta who also earned an NGA PRO Card! This was a fantastic show and we look forward to more outstanding shows in the future! ■

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NGA 8th Annual Titan Classic

Urbandale, IA
June 23, 2018

NGA Promoter: Titan Classic, LLC

<http://ngatitanclassic.com/>
ngatitanclassic@gmail.com



Bikini Masters Open

L-R: Melissa Olson, Debra Straw, Kimberly Nobles (NGA PRO Card), Kim George, Jessica Geo



Katrina Ellensohn

Bikini Open
NGA PRO Card & Overall



Physique Open

L-R: Dustin Short (1st Place),
Josh Straw

The NGA Titan Classic 2018 was held at the Urbandale High School Performing Arts Center. As a smaller show, it continues to be chosen by many first-time competitors for their amateur debut. This makes it truly a privilege to be able to watch as they showcase the outstanding results of many sacrifices and hours of training.

Led by the head judge, Kandee Bishop, the 2018 NGA Titan Classic was fortunate to have an exceptional panel of judges that included Andrea Castillo, Ed Castillo, Scott Michels, Courtney Mighell, and Chris Goodman. The show used a continuous format again this year which was well received by the athletes and audience. As always, the show was made possible with the help of an amazing group of volunteers and sponsors.

While the male competitor numbers were down this year, the Men's Physique competitors represented very well. Dustin Short earned 1st place honors in the Open class, with Josh Straw taking home the 2nd place trophy in the Open class and 1st place in the Novice class. Josh Straw was also named Mr. Iowa this year and was honored with a special presentation of that award.

In the Figure division, Melissa Breitenbucher earned 1st place trophies in the Open, Masters, and Novice classes, as well as being named Ms. Iowa

Figure. Mickell Imerman earned 2nd place trophies in the Open and Novice classes with Kim Stern earning 2nd place in the Figure Masters class.

The largest division this year, Bikini, had two NGA PRO Card eligible classes that were separated into two divisions due to the large number of entrants. The Open Short class 1st place winner was awarded to Katrina Ellensohn, with Kara Smith earning the 2nd place trophy in Open Short. Andrea Jones earned the 1st place trophy in the Bikini Open Tall class and Alissa Mendoza took home the 2nd place trophy. The Overall Bikini Open trophy was awarded to Katrina Ellensohn, who is now eligible to obtain her NGA PRO Card. In the Bikini Masters class, Kimberly Nobles earned the 1st place trophy and is now NGA PRO Card eligible. The 2nd place in Bikini Masters was awarded to Debra Straw. Katrina Ellensohn was awarded 1st place in the Bikini Novice Short class, with Kara Smith taking home the 2nd place trophy in Bikini Novice Short. The Bikini Novice Tall class 1st place trophy went to Andrea Jones and 2nd place was awarded to Samantha Powers. Katrina Ellensohn earned the Overall Bikini Novice 1st place trophy.

Congratulations to our NGA PRO Card eligible athletes and to all our 2018 competitors. We give a special thanks to our volunteers and sponsors for making this year's show a success. We look forward to continuing to grow and improve the NGA Titan Classic in the coming years! ■

Photo credits: Kevin Tobey

Try Yoga... Reap the Rewards!



BY WENDY WEBBERLY

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11 Types of Yoga: Part 1 of 3

There are many different types and various forms of yoga. Some practices are physically demanding, while others may be easy, relaxing, or meditative and will vary depending on the teacher. In order to determine the style that is best suited for you, it is best to try a few along with different teachers before settling on your favorite. Even if you're a seasoned yogi with a dedicated practice, flexibility, and variation, any of the following styles could enhance your overall yoga experience and challenge you to break out of your comfort zone.

This issue explains three different types of yoga practices which are the following:

Hatha Yoga

The Sanskrit term "hatha" is an umbrella term for all physical postures of yoga. In the Western Hemisphere of the world, Hatha Yoga refers to the styles of yoga (Ashtanga, Iyengar, etc.) that are grounded in a physical practice. However, there are other branches of yoga such as kriya, raja, and karma yoga that are not physically based. A physically based yoga practice is generally the most popular form and has numerous styles. Hatha Yoga classes are best for beginners because they are

usually slower placed than other yoga styles and have a classic approach to breathing and exercises. For newbies, Hatha Yoga is a great entry point into the practice.

Iyengar Yoga

Iyengar Yoga was founded by B.K.S. Iyengar and focuses on alignment as well as detailed and precise movements. In an Iyengar class, students perform a variety of postures while controlling the breath. Generally, poses are held for a long time while adjusting the minutiae of the pose. Iyengar relies heavily on props to help students perfect their form and to safely go deeper into poses. Although this form of practice does not require a lot of movement, it will provide a workout that leaves a feeling of openness and relaxation after the class. This style is also great for people who need to work slowly and methodically through their injuries.

Kundalini Yoga

Kundalini Yoga practice is equally divided into both spiritual and physical parts. This style of yoga practice is focused on releasing the Kundalini energy in your body that is trapped or coiled in the lower spine. In Kundalini classes, the core along with fast-moving, invigorating postures and breath exercises is the primary focus. This type of practice can be very intense and involve chanting, mantra, and meditation.

Tune in for the next issue of NGA NATURALmag to learn about other types of yoga and the many benefits that come with practice. ■

Reference:

<https://www.mindbodygreen.com/articles/the-11-major-types-of-yoga-explained-simply>

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.

NGA 11th Annual 'Old Navy' Natural PRO/AM Classic

Birmingham, AL
June 30, 2018

NGA Promoters: Scott "Old Navy" Hults & Michael Jackson

www.ngaoldnavyproomclassic.com
ngaoldnavyclassic@gmail.com



PRO BB Masters

L-R: Nathan Eaton, Paul Redmer, Darryl Lee (1st Place), Gary Henton, David Weinstock



Men's BB Open

L-R: Scott Hults (Promoter), Luke Murphy (LW), Terry James (MW), Kevin Taylor (LHW), Jayvan Cobb (HW), Mike Jackson (Co-Promoter)

Thirty-five outstanding men and women came from Georgia, Florida, Tennessee, Mississippi, Kentucky, Ohio, Texas, and Alabama to vie for Sculptured Award Medallions and NGA PRO Cards at the 2018 NGA 11th Annual 'Old Navy' Natural Bodybuilding, Figure, Physique, and Bikini Classic - Super PRO Qualifier and the NGA 6th Annual 'Old Navy' Natural Master PRO Bodybuilding Classic in Trussville (Birmingham), Alabama.

The athletes were pleased as we moved our show from being hosted in Homewood to the new and spectacular venue, Trussville Civic Center. This relocation beamed with its great stage, sound system, and dramatic lighting. Also added to the ambience was the pump-up area, back-stage refreshments, and 2018 NGA "Old Navy" Classic sports bags with

the official 2018 NGA show t-shirt and goodies given to all the competitors.

The contest started on time and ran smoothly. It was a "competitor's show," run by competitors who know what athletes want and need. Many of the competitors were repeat contestants from last year who said they would like to come back next year for the NGA 12th Annual 'Old Navy' Natural PRO/AM Classic on June 29, 2019. Others said they would encourage their competitor friends to join them on stage at the next show. As always, it was a fun show and next year will be even better.

In addition to the NGA 'Old Navy' Open amateur show, five PRO Master Bodybuilders, three PRO Grand Master Bodybuilders, two PRO Figure Master, two PRO Bikini and three PRO Master Physique athletes were on stage to compete in the NGA 'Old Navy' Natural PRO Bodybuilding Master and



Kevin Taylor

BB & Classic Physique Open
2 NGA PRO Cards

Open Bikini Classic. Darryle Lee from Spring Hill, TN repeated his PRO Men's Masters Bodybuilding win from last year while NGA PRO, Paul Redmer from Acworth, GA repeated his 2017 PRO Grand Master title win. Brandon Cobia, from Hoover, AL, who won his NGA PRO Card at the 2017 show, won his first PRO Grand Master Physique title. The PRO Figure Masters class was won by Jacquelyn Rock, from Pensacola, FL, while Birmingham's Zoey Anders captured the NGA PRO Bikini Open title.

In the amateur competition, NGA PRO Card eligible classes needed five or more competitors entered for the Open and Master Divisions. NGA PRO Cards were awarded to five athletes in this Super PRO Qualifier. Daniel Johnson from Cullman, AL captured the Men's Physique Lightweight class and the Overall Men's Physique title. Daniel Huitt from Montgomery, AL won the Men's Physique Heavyweight class and two NGA PRO Cards were awarded in the Men's



Zoey Anders

PRO Bikini Open
1st Place

Classic Physique class which were, Kevin Taylor from Calera, AL and David Hood from Mt. Vernon, TX. The Bodybuilding Open Light Heavyweight Class and the Bodybuilding Overall title was won by Keven Taylor from Calera, AL.

For our 11th Anniversary Show, we continued offering the Mr. & Ms. Alabama title in every class. Twelve athletes won Mr. & Ms. NGA Natural Alabama titles. This was a spectacular show and we look forward to the next one!

Thank You to Our Sponsors:
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Will Power Fitness Gym, Chelsea, AL
National Federation of Professional Trainers (NFPT)
Cherry Bombs - Attitude Gear

A Presentation of BodyBuildingSenior, LLC,
Birmingham, AL ■



Brandon Cobia

PRO Physique Masters
1st Place

PHYSIQUE CONTEST PREP



BY MICHAEL ASHLEY
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In 1978, I competed in my first competition which was the Dan Laurie Teenage Mr. America. In this contest, I placed third and after that, I was hooked. Soon, after I graduated from high school and joined the U.S Army, I was introduced to powerlifting. During those years, I competed in powerlifting and bodybuilding and captured numerous titles in both sports. In 1981, I left the U.S. Army with an Honorable Discharge and returned to civilian life. The following year, I captured my first title which was the NGA Mr. Metropolis. I continued that journey which led to numerous titles including the 1986 IFBB Amateur World Championships and was the first and only Arnold Classic Drug Free Champion. In 1990 I entered into a well appreciated professional bodybuilding career.



As an individual who has competed successfully at the amateur and professional level, I have been asked on numerous occasions how would I prepare for a competition when it comes to calorie restriction and the cardio component. From my perspective, whether it's personal preparation

or working with others, there is no exact science for contest prep. Ingredients such as establishing a caloric deficit through dietary modification and increased activity along with manipulating the percentages of the macronutrients at different stages would be a part of every athlete's plan. Beyond those basics, the journey can be very different. At some of the most elite physique events in the world, it's not uncommon to find differences in the strategies for each competitor though they all look phenomenal. Given this, I have provided the following considerations which have resulted from my

personal experience, the experience I've had with others, and that which I have read from scientific literature.

THE FIRST PRECAUTION

I advise any competitor is to have a physical in an effort to rule out any abnormalities as it relates to one's overall health.

NEXT, COMPLETE A DIETARY REVIEW

Next is to complete a dietary review. Most competitors usually have some idea of what their daily consumption of foods are because they are primarily in one of three stages, off season and trying to put on lean body mass, preparing for a competition, or recovering from one. The dietary review provides an overview of the average consumption of calories along with the percentages of protein, carbohydrate, and fat. The nutrient status of trace vitamins and minerals comes from the extensive blood work.

LASTLY, UNDERGO A BODY FAT TEST

Lastly, undergo a body fat test done with a skin fold caliper although there are a variety of other effective means. Throughout the preparation, it is important to be consistent by using the same source in order to establish consistency. At some stages, there is a greater concern for skin fold measurements than the actual composition result.

DURATION OF THE PREP

I have experienced short and long preps and have found long term preps to be more successful especially as a natural competitor. Another key ingredient in defining the duration is the starting body composition. If a person carries a significant excess of body fat in the off season, a long slow prep is best. In the past, a 12% off season would be my highest body fat percentage and as a result, twenty weeks would be sufficient to maintain balance throughout the prep. There are credible sources in the industry that recommend a loss of .5-1% per week which is a helpful guide. One example of how this would work would be if an individual weighs 215 at 12% body fat and projects to compete at 5%,

the projected contest weight would be 199 provided that there is no loss in lean body mass which is unlikely, but not impossible especially if there is a lean mass gain during certain stages of the prep. With a weight loss projection of 16 lbs. to lose, the recommendation would be .5% loss per week over the course of 16 weeks. Adding an additional four weeks would assist in achieving readiness for the contest in two weeks with a gradual increase during the final weeks. The additional two weeks helps to ensure adjustment to the plan during the first month. Another example would be if there were

18 weeks of preparation, two to four weeks to allow adjustment to the plan would be adequate with most of the weight coming off in the first eight to ten weeks and the last eight weeks being used to slow down the process to minimize sacrificing lean tissue which is hard to avoid as one becomes leaner.

THE MACRONUTRIENT BREAKDOWN

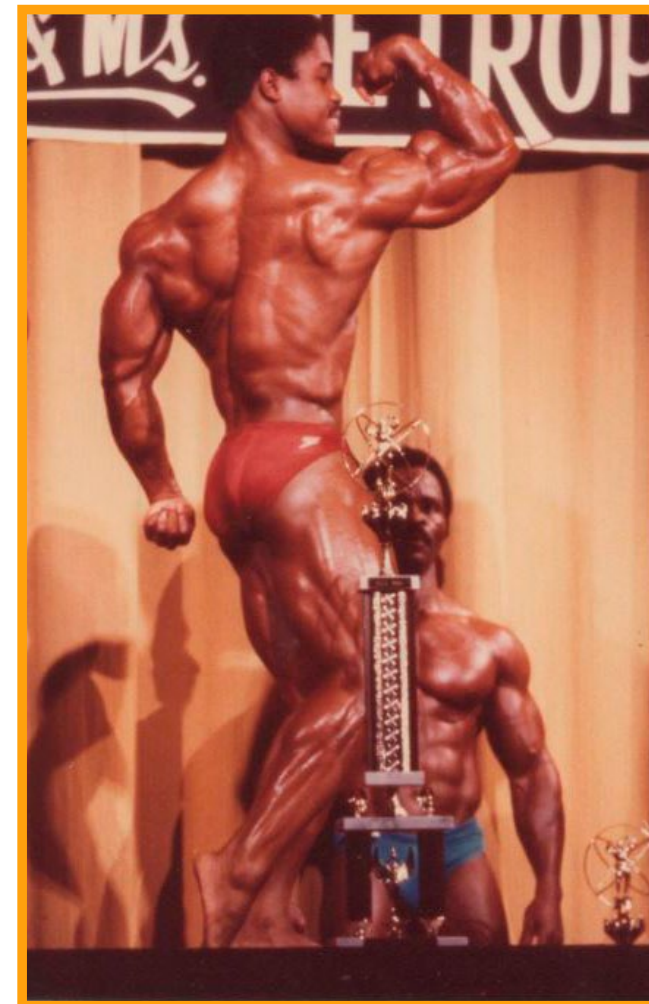
FATS

Throughout the entire prep, the fat intake ranges from 15-25%. During this period, the sources consumed, but are not limited to avocado, avocado oil, macadamia nuts, almonds, and naturally occurring protein sources. During this time, the percentage of fat calories are generally low in the beginning of the prep primarily because

the carbohydrate percentage is at its highest. The last month of the prep its not uncommon to find the fat percentage at 15% and if I choose to manipulate macronutrients, based on total daily expenditure it will naturally fluctuate also.

CARBOHYDRATES

Carbohydrates amount for the rest of the calories



consumed after the protein and fat percentages are defined. This can range from 55% to as low as 35% at different stages of the prep. The sources consumed, but are not limited to, include brown rice, buckwheat, quinoa, oatmeal, sweet potatoes, strawberries, blueberries, green beans, asparagus, romaine lettuce, spinach, broccoli, cauliflower, and carrots.

NUMBER OF MEALS PER DAY

The meals per day varies from the start of the prep to the final stage. In the first 10-12 weeks, six meals are consumed daily and in the other six to eight weeks, meals are reduced to five and in the final three days before the event, meals may be increased to as many as 8 daily but in smaller portions.

CARDIO

Cardio activity can be completed anywhere from as much as one hour per day based on two bouts to as little as twenty to thirty minutes per day. Bodybuilders and physique competitors should consider depending on the diet more than cardio for significant fat loss. If it is possible to achieve 30 minute bouts of low intensity cardio and rotate with intervals once every three days along with a complete day of rest, would be ideal, but not always possible. So, it may be best to define your eating plan and then supplement it with a minimum amount of cardiovascular activity that it would take for the body to make a transformation. The formula that I have used over the years is the Karvonen Method. The Karvonen formula is Target HR= ((Max HR- RHR) X % intensity) +RHR) For example the lower intensity

bout 60-70% heart rate range can be calculated as follows. Male age 50 with a resting heart rate (RHR) at 65 beats per minute.

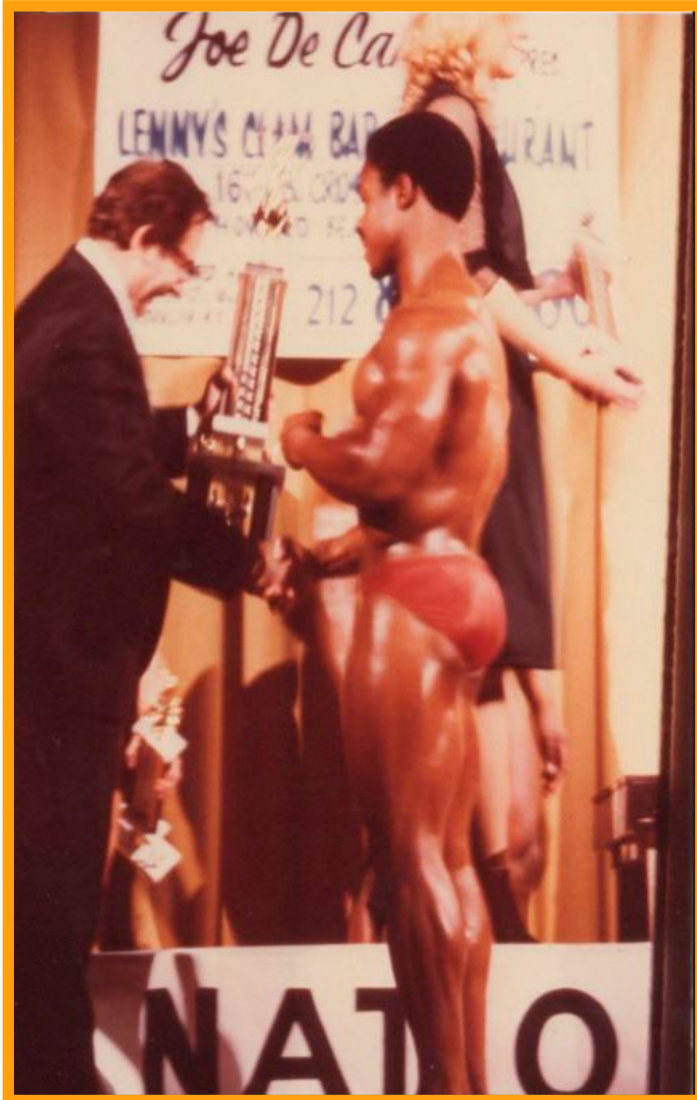
- Age predicted max heart rate would be: 220-50 = 170
- 60% intensity [(170 -65) x.60] +65= 128 bpm
- 70% intensity [(170-65) x .70] +65= 139 bpm

In such a case I would do 30minutes of cardio within the range of 128-139bpm. When doing the higher intensity interval bouts, one of the options that I have used is to sprint on the stationery bike for 20 seconds at the range of 80-90% heart rate range, recover to a rate of 50-60% for 60 seconds and repeat the bout. Such a session would last for 20 minutes with an additional 5 minutes warmup and cool down. The lowest and longest bout that I would ever do is one hour at 50-60% heart rate range.

PUTTING IT ALL TOGETHER

In the hypothetical prep, the competitor would start his prep at 215 lbs. and consume approximately 3800 calories per day with the previously suggested macro-nutrient breakdown,

train six days per week (this is my personal training routine), cardio three days per week rotating two lows and one high intensity interval bouts (maintaining cardio training in the evening at least 7 hours or more in between strength training bouts in the morning), there are also times when I have



trained in the morning and do cardio in the late afternoons. I try to sleep approximately eight hours per night, supplement with, vitamin-c, Vitamin-d, fish oil, 4-6mg/kg of caffeine along with 3 gms of creatine monohydrate 30 minutes before the workout while consulting with a sports nutritionist for specific amounts.

Also, remember to check bodyweight once per week and check body fat every two to three weeks and more frequent if experiencing aggressive weight loss in the early stages of preparation. If bodyweight exceeds what is projected, but lean body mass remains, don't panic, just observe the numbers for 1-2 more weeks and if it continues to exceed what is projected after three weeks, increase caloric intake by 250 from carbohydrates and keep the physique contest preparation going. If a plateau surfaces and drastic measures must be taken, one approach is to lower the calories for three days then boost them on the fourth and continue the fluctuation. For example, at 3800 calories per day I would take the sum of four days 15200 subtract 1000 divide the balance by four which would be 3550. I would consume 3550 for three days

which would be considered low days and on the fourth I would add 500 calories for a sum of 4050 and I would primarily use carbohydrate calories for the fluctuations. This approach creates a bearable deficit of 500 calories over the four days and after a week or two the body starts changing again. For individuals with lower kcals the adjustment can be made with less calories for the fluctuations. Once the plateau breaks, I would return to the new low and in some cases right back to the original before the fluctuation.

The final week is the make or break it week and extreme measures are usually unnecessary. If you are not in shape, dropping extreme amounts of water, manipulating sodium, or other extreme measures will prove unfavorable and if it's not broken please don't try to fix it. I usually train until Wednesday for a Saturday event increase my carbohydrates Thursday and Friday, drink as needed Friday night and Saturday morning. Thursday and Friday posing is my workout and on Saturday the rest is up to the judges. Failure to plan and execute is a plan to fail. Prepare for success and you will be successful. ■

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A photograph of Tanya L. Wells, a woman with long blonde hair, smiling. She is wearing a dark top. In the background, there is a banner that reads "WBGR Sports & Entertainment".

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Training Data Matters for Growth Part 1



BY CHAD ADAMOVICH, CSCS
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In the world of bodybuilding and sports performance, athletes care a lot about their development, yet are at odds with their focus on data. In the sports performance world, there is a high level of focus and detail on training protocols and less emphasis on nutrition. However, in the bodybuilding world, it's the exact opposite with high detail on nutrition data and very little emphasis on training protocols. It is true that nutrition is the key for growth, but without proper periodization with training protocols, it will be difficult to maximize results or even to see slow progress if there is any at all. The following will highlight the most effective strategies for growth and how to go about applying it.

THE BIGGEST MISTAKE

The biggest mistake bodybuilders make is not tracking training data or having a plan for progression. Time and time again, there are a number of great physiques going into the gym that will train with a rough idea of what they want to do that day (for example Monday tends to be national chest day), but there is nothing set for protocol. An example of this is like being in the show preparation stage, but not having plans on how to establish a proper nutritional plan to help you get the body that you are working towards. I constantly educate trainers/coaches/athletes that the danger of being random in any aspect of bodybuilding or physical development will only result in random results and when you begin to become specific in what you do, you will get specific results. You may have a great physique which is the result of doing random things, but you don't have an optimal one. You never know what type of results you may achieve if you started asking yourself,

"What if I tracked my training like my nutrition numbers, where would my growth be?"

"Do I know how much volume my body can handle? Do I even know what volume is?"

"If I'm tracking my training, is it progressive with a plan or am I just recording what I did that day?"

HAVING FOCUS

It is important that bodybuilders "up their game" when it comes to training and focus on the specifics. Also, keep in mind, there are A LOT of variables on how to apply this information, but the goal is to have a general idea on what to start working towards when establishing a training protocol.

As it pertains to hypertrophy, volume AND exertion are key to optimal results. $\text{Volume} = \text{Load} \times \text{Sets} \times \text{Reps}$. This equation will provide the total volume for daily, weekly and/or monthly totals. Exertion is the effort it takes to complete a given set which is equal to how many reps are left before failure. For example: an exertion of 2 would mean that 6 reps

were completed, but 8 could have been completed to failure. It is valuable to know this because constantly training to failure is not optimal for growth and development.

THE BIGGEST MISTAKE SPECIFICS

Both volume and exertion alone are not optimal. This is because volume isn't as significant if exertion is not considered. A perfect example of this is having an experienced athlete bench press with a bar only. This may get an excessive amount of reps, giving you a high-volume number total, but the exertion is low. A low exertion effort with the experienced athlete will most likely not elicit a hypertrophic response. Therefore, you would need to increase the load to get a significant exertion response.

This does not mean that more is better! AGAIN, MORE IS NOT BETTER! There is not a linear response to this, meaning adding a greater amount of volume doesn't equate to a greater amount of growth. All athletes are different and will have different thresholds. There are upper limits and lower limits to this equation and going too low will guarantee a limited response of growth and going too high, will guarantee detriments in training, health, and performance. In order to be progressive, find the proper range for you within these two data points.

TO BE CONTINUED...

Part 2 of this segment will be in the winter issue. In this article, an explanation will be provided which will demonstrate how to apply the knowledge mentioned here as well as how to begin a starting point in programming. It is important to be able to maximize hypertrophic response with proper application of volume and exertion. It is also important to have progressive overload and how to do this will be outlined in the next article. In the meantime, start by recording workout volume and exertion because this is valuable data needed in order to start getting great results rather than just getting good ones. ■

Chad Adamovich is Co-Owner of P4P Muscle and Owner of IronScience – Where Science Meets an Athlete's Potential. He has spent over half a decade with his pursuit of education in Exercise Science and Sports Nutrition. In addition, he holds the credentials as a Certified Strength and Conditioning Specialist (CSCS). Chad has an unparalleled passion for the research, science and application behind sports performance, nutrition and hypertrophy. He has devoted the majority of his life to 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. To get additional free professional training advice, follow P4P Muscle on Facebook, Instagram and YouTube. You can also follow IronScience on www.instagram.com/iron_science/



Liz Jones & Dustin Scott
Ms./Mr. 4th of July



Classic Physique Open
Matt Estock
2nd place & NGA PRO Card,

Courtney Mighell
(NGA Promoter),

Zach Downs
1st Place & NGA PRO Card

Midwest Productions presented the inaugural NGA Rumble on the River Championships held on July 7, 2018 in Davenport, Iowa. The show was part of the 5th Annual QC Strength & Fitness Expo. Over 700 people attended the expo last year and besides the bodybuilding show, featured events included: Powerlifting Meet, Strongman Competition, 311 Fitness Challenge, and a variety of sports and wellness vendor booths. The expo hall was full of excitement and energy! The seats were filled and there was standing room only to view some of the midwest's best natural professional and amateur bodybuilders.

There were two PRO men's classes, Physique and Bodybuilding. NGA PRO Scott Gosselink of Grinnell, Iowa took home 1st place and a cash prize in PRO Physique. The battle for PRO Men's Bodybuilding was close, but Dustin Scott from Nevada, Iowa earned the win with Matt Mirowski from Cheyenne, Wyoming coming in at 2nd place and both of them giving the audience a show with a phenomenal pose down.

On the amateur side, Erik Cabral swept 1st place in the Men's Physique Debut, Novice, and Open classes. Two NGA PRO Cards were given out in Men's Classic Physique to Zach Downs in 1st place and Matt Estock in 2nd place. The battle for the Overall Men's Bodybuilding title came down to the winners in three classes: lightweight winner Matt Estock, middleweight winner Jason Carwile and light heavyweight Zach Downs. Zach edged out the others and won the Overall Bodybuilding title while

NGA PRO/AM Rumble on the River

Davenport, IA
July 7, 2018

NGA Promoters: Courtney & Cody Mighell
courtneymighell@gmail.com



Dustin Scott
PRO BB Open
1st Place



Scott Gosselink
PRO Men's Physique Open
1st Place



Laura Austin
Bikini Open
NGA PRO Card & Overall

also becoming the newest Men's PRO Bodybuilder.

Competition was tough on the ladies' side as well with two divisions of Figure and Bikini. Kanisha Roberts took home 1st place in the Figure Debut, Novice, and Open classes. Placing 1st in the Novice Bikini class was Ashley Wood who also went on to secure the win in Bikini Open Tall as well. Laura Austin won the Bikini Open Short, the Overall title, and secured an NGA PRO Card. The Bikini Masters title went to Liz Jones who had just turned a stunning 53 years old.

Since the show took place shortly after the 4th of July, as an added interactive feature, an Independence Day costume contest was incorporated where the audience chose the winners! Four competitors showcased their patriotic gear with the titles of Mr. & Miss. 4th of July going to Dustin Scott & Liz Jones.

Finally, before intermission, the inspiring Transformation division featured three athletes that shared their amazing stories of their journey to fitness. The audience was on the edge of their seat and the verge of tears as they listened to their stories on how they overcame drugs, alcohol abuse, self-doubt, illnesses, fear, and many other hardships. In this class, Matt Estock took home the medal for his inspiring testimony on what inspired him to get on stage.

This show wouldn't have been possible without the wonderful panel of judges, which included the Head Judge, Earl Snyder, and Auditor, Terri Whitsel. A big thank you goes out to all the staff who helped make this first year show a success.

Congratulations to all the athletes who competed and thank you for choosing the NGA and we will see you next year! ■



NGA South Lake Tahoe Natural

Lake Tahoe, CA
July 21, 2018

NGA Promoter: Bing Saez
www.bingfit.com
southtahoenatural@gmail.com



Sarah Kelly
Figure Open
NGA PRO Card

Group Shot

Eric McKnight
BB Open
NGA PRO Card

The NGA 2nd Annual South Lake Tahoe Natural was a huge success. This competition was a theatrical event which displayed the new Tahoe “Viking Conquer” logo created by art student, Matt Mooney. During the evening show, a stage prop of a Viking ship was rolled out which made everyone feel like they were in a victorious battle. On the ship, the Battle Axe and Viking Shield that was the prize for the Overall winner of Bodybuilding, was displayed.

The Head Judge, Jonathon Aggen from Illinois, brought order to prejudging as he introduced the panel of judges and the credentials required to be an NGA Judge, to the audience. This show featured two new divisions, Classic Physique and Team in Training, which proved to be a great addition. There were a total of eight NGA PRO Cards awarded on this spectacular night!

There was an intense posedown for the Overall in the Bikini division which kept the judges and audience out of their seats. The winner of both the Bikini Open and Masters went to a well-deserved Alona Zarahkina.

Figure Open winner, Sarah Kelly, was outfitted in a Wonder Women figure suit adorned with gold bracelets on each wrist. She displayed a very strong and overall triumphant presentation!

Figure Master winner, Joey Chapple, is new to the NGA and competed on two NGA stages prior to earning her NGA PRO Card in Tahoe at this competition.

The Men’s Physique Open winner, Kenneth Haynes, competed in the OCB a week prior to the NGA Tahoe Natural show and earned his NGA PRO card in both federations! This was quite a triumphant win!

Denzel Carter and Lorenzo Elder are the new winners that hold the titles in the NGA PRO Classic Physique Open division. The unique poses in this division brought the “golden era” look back to the stage and showed the crowd just why bodybuilding is an art form.

The Men’s Bodybuilding Open winner, Eric McKnight, received the Viking Conquer title and climbed the ship to grab the Battle Axe and the Viking Shield in a victorious display of a true natural athlete!

We look forward to the next show, which will be a PRO/AM event, held on July 20, 2019 as this show will continue to be bigger and better! ■



NGA ATHLETES OF THE MONTH

These nine NGA PRO Athletes have been randomly selected from the: 2017 NGA PRO Universe held on November 11, 2017 in Coral Springs, Florida and the 2018 NGA Heart of America held May 5, 2018 in Peoria, IL.

Go to the following link:
https://bit.ly/NGA_2018_Athlete_of_the_Month

and LIKE your favorite athlete or athletes. The athlete with the most LIKES by the end of **Halloween October 31st** at 11:59pm will receive a **FREE** entry and two tickets for: **2018 NGA PRO Universe Championships on November 10th in Coral Springs, FL** AND THE **2019 NGA PRO/AM Heart of America in May 4, 2019 in Peoria, IL**



2018 NGA ATHLETES OF THE MONTH

ROW 1 (L to R):
Jess Orban
Trevor Sajdak
Tracy Simonds
Brian Neilsen

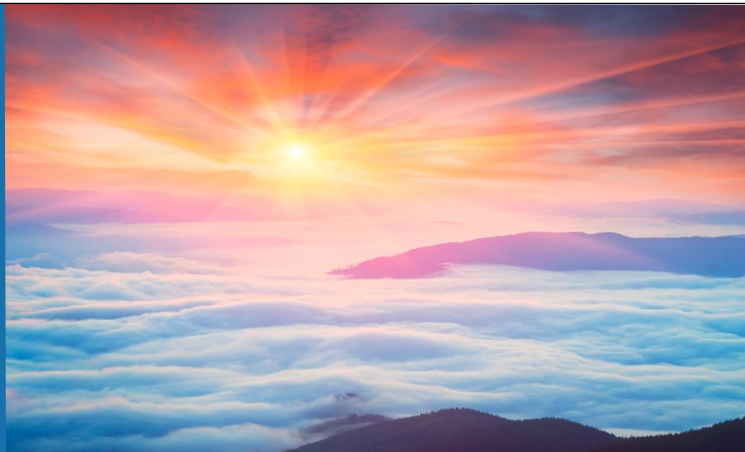
ROW 2 ((L to R):
Michele Grupillo
Megan Gaza
Samantha Feenburg
Jordan Elery

ROW 3 ((L to R):
Ashley Robinson

THE NATURAL WAY



BY MIKE HAMILL
NGA CERTIFIED PERSONAL TRAINER
THEMIKEHAMILL@GMAIL.COM



ABS AFTER 40!! (OR ANYTIME)

This article is not a paid advertisement for the Ab Bench and I am in no way associated with the makers of this machine nor have I ever been contacted to advertise for it. However, I will say, should they like this article and wish to give me an AB Bench of my own, I will gladly accept it. The reason is because this is by far the best ab machine I've ever tried and believe me, I've tried them all! From rollers to flexors, to door attachments and all sorts of weird contraptions, they all have one common result.... no result! The abs you see pictured here at the age of 40 are the result of working exclusively on the AB Bench. It's the only source of ab work I do and will ever do and this is for one simple reason.
... IT WORKS!

By utilizing four movements through a bio-mechanically correct range of motion, this bench works the entire abdominal area with tremendous results. There is no longer a need to risk injury performing hanging leg raises or reverse crunches to target the lower abdominal area, nor is there a need to perform an obscene number of crunches to try to develop that six pack. The four movements are (1) Crunch Pulls, (2) Ab Twists, (3) Low Ab Twists, and (4) Side Spins.

Some performance tips on the exercises are as follows:

- For all the exercises, the further you can wriggle your bottom into the seat, the better positioning you'll have for full range movements.
- By placing your feet slightly behind the knees for the pulls and twists, I have found better stabilization during the exercise.
- By pulling the rope closer to the neck and holding it there, you will slightly increase your range of motion.

Range of motion is what makes this machine so very effective. Through the use of its patented arched back pad, the AB Bench gives you a full 30 degrees more range of motion via a pre-stretch, which is impossible to get via the conventional floor crunch.

The crunch pulls work the entire abdominal area, while the twists, depending on the range of motion used (shorter range for external obliquus or longer range for lower internal obliquus) will give you obliquus to be proud of. Best of all, the side spins target the Transverse Abdominis which are responsible for, in layman's terms, pulling your stomach in to give you that small waistline look so many people seek.

Through trial and error, I have found the following routines give me results beyond what I ever thought possible:

HEAVY DAY

Crunch Pulls 40 Reps Heavy Weight
Crunch Pulls 40 Reps Heavy Weight
Ab Twists 30 Reps Medium Weight
Low Ab Twists 30 Reps Medium Weight
Side Spins 20 Reps Medium Weight
Side Spins 20 Reps Medium Weight

LIGHT DAY

Crunch Pulls 100 Reps 40% of Heavy Weight
Crunch Pulls zero
Ab Twists zero
Low Ab Twists 100 Reps 40% of Heavy Weight
Side Spins 50 Reps 40% of Heavy Weight
Side Spins zero

This is the exact routine that gave me the results you see pictured.

- Cycle the HEAVY day for 6 weeks on Monday, Wednesday, and Friday. In between sets of HEAVY day workouts, take two-minute rests.
- Cycle the LIGHT day for 3 to 4 weeks. On LIGHT days, take a one-minute rest between sets.
- Then take 1 to 2 weeks off before beginning another cycle.

What makes this machine even better is that it provides a very safe way to target your lower back by doing Erector Crunches.

If you have a weak or injured lower back and find exercises such as hyperextensions difficult or impossible to do, this bench is the answer to your prayers.

Again, let me make it clear, I support this machine for only one reason, IT WORKS! If you have access to one, give it a try. If not, it's well worth the purchase price if you want abs at any age! ■

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

TRANSFORMATION

BY NGA PRO CLASSIC PHYSIQUE BODYBUILDER
MATT ESTOCK

In 1996, at the age of 12, my father died a sudden cardiac death which caused my life to shatter. Hopelessly looking for a way to numb the pain due to this loss, I began to use drugs and alcohol. After a while, I became very good at hiding my drug and alcohol use and my addiction worsened.

In January of 2007, I developed numbness in my feet and legs and also began having very bad headaches which caused me to go to the ER. When I arrived and checked in, the doctors ordered a spinal tap. The results showed a greater amount of protein than normal and this raised a red flag because it indicated that I could possibly have an autoimmune syndrome condition known as Guillian Barre'. I was paralyzed, and the numbness had progressed to my upper extremities and was taking over my body. The paralysis reached my diaphragm which made me scared to go to sleep at night. My mother, who was right beside me, began praying and by the grace of God, the paralysis stopped before I needed a ventilator. However, by the next morning, the left side of my face was numb from Bell's palsy and I had difficulty talking and I couldn't blink my eye and needed eye drops for moisture and a patch to protect them.

Diagnosed with Guillian Barre' syndrome and completely paralyzed, the autoimmune response to a viral infection started to attack the myelin sheath of the nerves. This damage causes the muscle to atrophy. At this point, I was moved to the rehab unit and was unable to lift a finger, let alone rollover in bed. I had been stripped of all capabilities to care for myself and was scared to death, but my mother never left my side. I asked my mom to bring my tattoo machine from the shop. I placed a number 2 pencil in the grip and began trying to retrain myself to draw.

As time progressed, I would continue to relearn all the daily activities that many of us so easily take for granted. I left the hospital after two months in a wheel chair and continued outpatient therapy. After about six months, I was able to walk on my own. While still trying to regain muscle strength, I went from 150lbs to 225lbs and was drinking a

5th of whiskey a day and using recreational drugs. I still didn't want to stop.

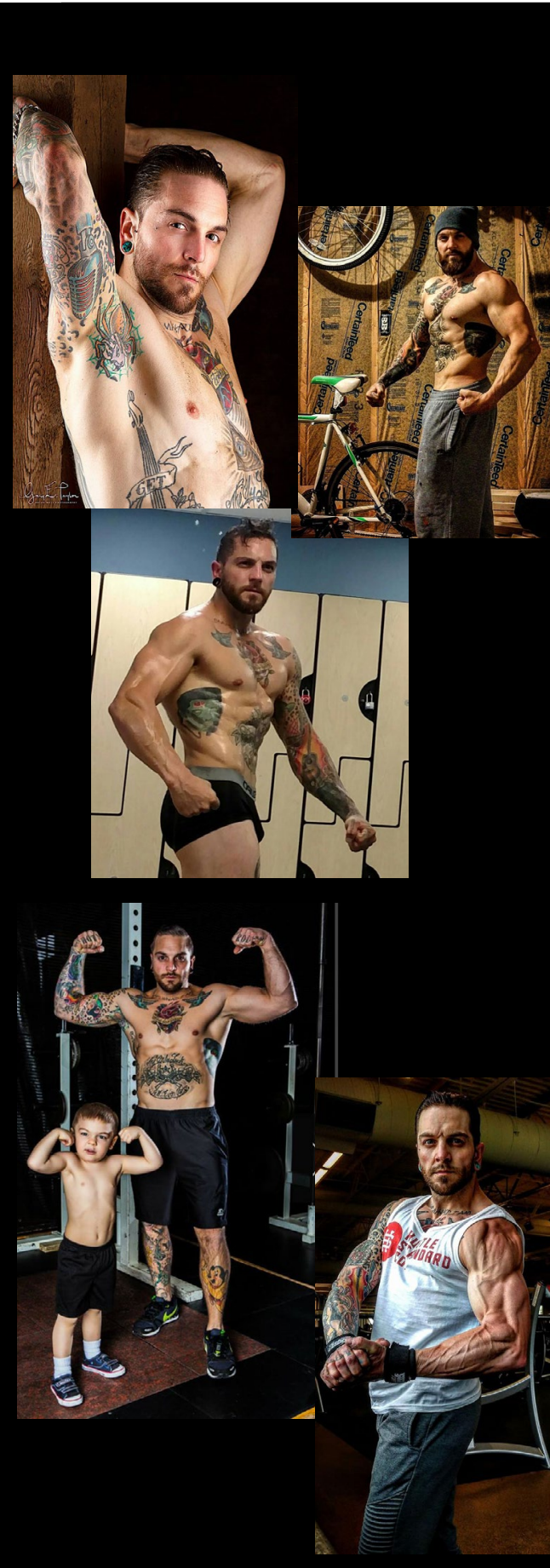
My son, Kai, was born on January 8, 2011. Being there to see him come into the world was an awesome moment, but because of my drinking and partying, his mother left and took him away from me the day before Father's Day the following year and this broke my heart. I had hit a new kind of low.... rock bottom. I did not know when I would see my son again, but I knew I had to be there for him after I had lost my dad and I did not want him to lose me.

Inspired by the need to be there for Kai, I threw out the rest of the whiskey in the house, but replaced it with smoking three packs of cigarettes a day to cope. I decided that I needed to get back to the gym to hit the heavy bags, so I stopped cold turkey on the cigarettes and focused more of my hurt and anger in the gym.

I was out to prove that I deserved to be in my son's life and I started eating clean and healthy. Gradually, I started to see the resemblance of muscle definition I had before the paralysis which made working out my new addiction. Finally, my mother's prayers were being answered. I found myself being an encouragement to others which allowed them to see that if I could stop using drugs and alcohol and make a change in my life, anybody could. My good friend approached me and helped with prep for my first competition in the spring of 2014. After that first time on stage, I was hooked and determined to continue to not use any type of drug or illegal supplement and wanted to remain a natural bodybuilder.

This year, I won 1st place in the Bodybuilding Open Lightweight division and won my NGA PRO Card in Classic Physique Open. I have been in three shows at the end of my 3rd season on July 7, 2018 which is also the 6th anniversary of my sobriety. However, best of all is that my son is a constant source of inspiration in my life. He's my super hero and my biggest fan. I thank God that my mother never gave up on me and my son for saving my life. He was my reason for choosing the healthy lifestyle that I am so passionate about today.

My motto, "You have to fear the fall to learn how to spread your wings and soar to reach new heights" and *Never Give In*, is now my clothing line. I give special thanks to my friend and coach, Brandon Wadas, and the support of team Iron Nutrition Management for helping me along my new journey. ■



NGA PRO/AM Central Florida Classic

Ormond Beach, FL
July 28, 2018

NGAPromoter: Bill Mora
www.muscleshopnutrition.com
billyct74@aol.com



Bikini Open Short
Holli Duncan, Shelly Seidenberg,
Kristen Guarino

Bikini Open Winners
Luna Hernandez,
Bill Mora (Promoter),
Shelly Seidenberg



Figure Masters
L-R: Teresa Caracciolo, Teri Hansen, Theresa Regan,
Lisa Ogw

PRO BB Open
Marco Dalabona,
Paul Redmer in the background



PRO Bikini Open
L-R: Dana Tindal
Chance Schwartz



The 2018 NGA PRO/AM Central Florida Classic was held on July 28, 2018 in Ormond Beach, Florida. This show hosted two NGA PRO Divisions in Men's Bodybuilding and Bikini Open and also featured local and international competitors from the UK.

Every division in this spectacular show was stocked well with gifted and talented athletes with fantastic physiques which made it anyone's guess who the winner would be! In the PRO Men's Bodybuilding Open, Paul Redmer of Georgia and local competitor, Marco Dalabona, were in a hard battle. However, Marco's conditioning edged out Paul to take the top spot. The PRO Bikini Open was

also a stiff competition with Jacksonville's Chance Schwartz and Tampa's Dana Tindal, in her pro debut, battling it out for 1st place. Both ladies worked the stage, but Dana, who won her NGA PRO Card at this show just one year ago, was the one to get the winning nod although Chance always brings a complete package and tends to get better with every competition she enters.

The Figure Open divisions were a hard-hitting group to judge. Everywhere you turned, muscle, conditioning, and hard work was showcased, which put the judges on their toes to determine the best package. In this division, Meagan Denison, who keeps getting better, is a name to watch for in the

future along with newcomer Teresa Caracciolo, who had a great physique and will do battle in upcoming NGA shows! In the end, the Overall and NGA PRO Card winner was Theresa Regan.

The Bikini Open division was another tough competition. These ladies showed what it means to work hard day in and day out in the gym. Bikini over the years has taken a bit of a hit for not being a true "bodybuilding" division, but this group changed that perspective. Luna Hernandez and Shelly Seidenberg battled for the Overall, but Shelly Seidenberg of Port Orange would be the Overall winner this night and earn her NGA PRO Card.

A special thank you to William Grazione who held a contest prep seminar the night prior to the show. You can follow him on social media as he will continue to run these seminars to help competitors take their prep to the next level. Also, thank you to Dr. Kristine Lamana and her Evolve Chiropractic of Daytona Beach for allowing us to use her facility for check-in.

Thank you to all the judges and competitors for your continued support! Bill Mora's next show will be the NGA New England Natural to be held on October 27, 2018 in New Milford, CT. For information and registration forms, go to www.muscleshopnutrition.com ■

BODYWEIGHT FLUCTUATIONS DURING CONTEST PREP



BY GEORGE MARION HALL
MHALL@SHRINET.NET
NGA PRO BODYBUILDER



In 2014, I won my NGA PRO Card at the Kentucky Natural Classic. To make improvements for the pro level, I enlisted the help of a diet coach. One requirement from my coach has been to keep a daily dry weight chart during the entire duration of contest prep. After 4 years and 20 weeks or more each prep, trends have been identified in regards to bodyweight fluctuations. The goal of this article is to identify factors that impact bodyweight fluctuations during contest prep by providing an outline of my personal workout routine.

BACKGROUND

Dry weight was measured using the same digital scale for consistency and precise weight

throughout the 4 years. The training model was either 5 (3 on 1 off/2 on 1 off) or 6 (6 on 1 off) days a week and most days were double split workouts. Some High Intensity Interval Training (HIIT) was used in addition to weight training. No steady state cardio was utilized because it was found to be catabolic over my 36-year bodybuilding career. All body parts were trained just once a week, except for calves and abdominals. Leg training was split over 2 days with one being quads only and the other hamstrings. The diet was 6 or 7 meals a day with a high carb refeed day every 4-5 days. Great effort was put into eating meals at the same time every day and also getting 7-8 hours of sleep every night. Every week the goal was to lose 1-2 pounds.

RESULTS

At the first of the week, bodyweight would spike up higher than the previous week's low weight, but drop to hit the target (1-2 pounds lost) by the week's end. Back day (Tuesdays) and hamstring day (Thursdays) produced the biggest losses

(1-1.8 pounds). Chest and biceps day (Saturdays) as well as shoulder and triceps day (Wednesdays) produced the smallest weight drops (0-.6 pounds). Non-training days (Mondays and/or Fridays) saw an increase in weight (up to 1-1.6 pounds), except on Fridays, which would remain unchanged (in the early stages of prep) or produce a mild to moderate drop (in the later stages of prep). High carbohydrate refeed days produced a higher weight gain on quad day (Sunday) or Monday (despite it being a training or non-training day). However, when a high carb day was implemented on other days, it usually made little difference in the weight trends mentioned earlier in this section. After sleeping, if wake-up time was earlier than normal, the weight drop would be minimal or not drop at all. A later wake-up time (getting more sleep) would produce a higher weight drop if it was at the end of the week, but this would have no effect on Mondays. The days HIIT was included, bodyweight drops were a little more than the typical weight gain days (Mondays and Tuesdays). Surprisingly, if quad day occurred on Sunday, a significant gain occurred which could be more than 2 pounds.

CONCLUSIONS

With the exception of quad workout days, when the larger muscles were worked, the biggest weight losses occurred. Conversely, when smaller muscle groups were worked out, weight drops decreased. Carbohydrate intake is a factor when making gains, but it is always best to follow your body's trend of gaining or losing weight until you achieve carb deficit. HIIT does assist in weight reduction when used with regular weight training as well obtaining adequate amounts of sleep per night. Non-training days also aid recovery, but will increase weight unless it occurs at the end of the week or further into the contest preparation. Also important to note was that there was no difference

in bodyweight fluctuations or trends found training 5 days versus 6 days a week. If meals were not consumed at their regular scheduled times, weight gain/loss was positively affected.

WEIGHT INCREASES

For every week, there was an increase in bodyweight which typically occurred on Monday and Tuesday. It was difficult to discover why weight gain increased on Monday because it followed the most grueling of all workouts which was Sundays when quads were trained. Also, even when HIIT was added to Sunday, Monday's dry weight would always increase to as much as 2 pounds or more. One theory on why this was occurring was because there was less activity on the weekends versus the work week although those training sessions were typically longer than those during the week. Also important to note was that the daily routine (bed/wake-up times, eating schedule, etc.) did not change dramatically on the weekends which made it difficult to conclude why the body was fighting to hold weight. After a careful review of the dry weight chart, a common theme emerged. On Monday, constipation was noted and sometimes noted on Tuesday as well. The only explanation for this phenomenon was that the quad workouts were so intense that it caused constipation (up to 2 days at times) which also caused negative bodyweight fluctuations.

FINAL THOUGHTS

It is easy to allow the numbers on the scale to disrupt the thoughts on whether or not progress is being made, so it is important to trust the process, stick to the game plan, and train smarter, not harder. I am appreciative and thankful for my diet coach, Shelli Jones of Evolution Fitness, during this 4- year journey because she helped me to achieve my goals! ■

DAY	WEIGHT	BODY PARTS TRAINED
Sunday	191.50	Quads & Calves
Monday	193.00	Non-Training Day (As if feeling itch to train)
Tuesday	194.00	Back & Abdominals
Wednesday	192.50	Shoulders, Triceps & Abdominals
Thursday	192.00	Hamstrings, Glutes & Calves
Friday	190.50	Non-Training Day (Abs if feeling itch to train)
Saturday	190.00	Chest, Biceps, Forearm & Abdominals



NGA PRO/AM P4P Undefeated Natural Championships



Bikini Open Short

L-R: Emily Peterson, Tierney Cushman, Sabra Wilson (NGA PRO Card), Katie Kiss

**Wisconsin Dells, WI
August 11, 2018**



Left: Physique Open LW

L-R: Scott Baerenwald, Lee Kirkwood, Matthew McClure, Lucas Scott

Right: PRO BB Open

L-R: Jerome Drakeford, Chad Adamovich, Meshack Ochieng, Joe Manning, Jay Johnson



The NGA PRO/AM P4P Undefeated Natural Championships was a show unlike any other in the Natural Bodybuilding world. NGA Promoters Joseph Bolton, Chad Adamovich, and Joe Manning, all set out to change how bodybuilding shows are done while preserving the integrity of the judging and competition. The main goal was to raise the bar on stage experience, production quality, entertainment for the crowd, and to host a show on a different level that has never been seen before. Based on the initial unsolicited testimonials that have rolled in over the last couple of weeks, it is safe to say that this goal was accomplished.

This event was unique in a few important ways. First, the level of production was off the charts. Showcore, a Super Bowl LII production partner, was on site to manage the stage design and lighting. They created an absolutely beautiful presentation and atmosphere for our athletes which made them feel like absolute rock stars during the evening show when they took to the stage. The smoke machines, movers, light bars, and specialized lighting set the tone for the energy during the finals to be on a level like none other. The sound and music were managed live on stage by DJ Marco who did an amazing job. Finals kicked off with a high energy dance performance by Rian Alexander of Team 2.0 which got the crowd energized for all of our athletes. From that moment on, the energy never died down. During

the final intermission, one of our sponsors, Perfect Fit Gear, ran an amazing high energy fashion show to keep the energy up during the break. We received several comments from coaches and athletes that this was the first show they had ever been to where nobody left, and the crowd was still full of energy all the way down to the last posedown. The stage was designed with two catwalks that allowed athletes to intermingle with the crowd during finals' routines and T-walks.

There were numerous benefits for the athletes that extended beyond the stage. Workout Wisconsin Network was in the house to film live green screen interviews for every competitor free of charge and to be used as they wanted. Strobel Entertainment also took two green screen photos of all athletes and provided free, clean edited pictures. The NGA PRO champions qualified for King of the Hill and Queen of the Hill \$500 on top of prize money bonus if they are able to successfully defend their title in 2019. Additionally, the NGA PRO athletes were offered the opportunity to have their picture on P4P Muscle product labels over the course of the next year, with Misti Weatherford, the NGA PRO Bikini champion, appearing on product labels starting this fall. Also, two NGA PRO champions were entered into a drawing for a Free Ride Sponsorship to next year's event. This Free Ride Sponsorship includes travel, NGA PRO Card renewal, entry fee, drug test fee, a one-night hotel stay, and a photography package, all free of charge, from P4P Muscle LLC. This year's winner

of the drawing was PRO Bodybuilding champion, Meshack Ochieng. Finally, a year of free supplements was provided by P4P Muscle to one randomly drawn amateur Overall winner and this year's winner was Kris Clevon, who became a new NGA PRO Women's Physique competitor.

All of this is just the beginning as the next year will raise the bar even further and is destined to be even bigger and better. The second production, already in the works, will push the boundaries of what a bodybuilding competition should be. The main goal is to bring the "show" back to a bodybuilding show by creating a professional and fun experience that everyone will remember for a long time to come, so stay tuned and follow us on Facebook and www.instagram.com/p4pmuscle to see updates as the story of building the next show unfolds. The 2019 show date is October 5th, and we graciously extend the invitation to all future competitors to join us on stage at our next NGA Natural Bodybuilding show. Registration can be completed at our website: www.p4pundefeated.com

Unsolicited Testimonials

Coach: "Awesome! Best venue hands down that I've ever been at. Absolutely a great experience. It was nice to feel like you were honored to have us there rather than we should be lucky to be there."

Athlete: "It was so much fun and the best show I've competed at thus far."

Athlete: "This is the most professional, top notch, classy show I've ever seen or participated in....cannot wait to be back in 2019."

Attendee: "I did not compete, but I felt it was an exciting show for both competitors and the audience. It made for an exciting night! Definitely a unique experience for a competition."

Attendee: "Mind blown!"

Attendee: "It was fantastic...very well organized and professional. It was great that the head judge gave an explanation of what was occurring. The finals were great and all the competitors seemed to love it. I came to this show thinking I wanted to compete; now I really do...such great energy. I loved it!"

Athlete: "The lighting and special effects/customization were beyond anything I have seen at other shows. The announcers and expeditors were organized and ready and the athlete areas were just right. The judges were fair and gave honest feedback. After this experience, P4P Undefeated will be my priority show for my future seasons. You couldn't pay me to stop smiling because I had so much fun and the energy was perfect!"

Show Photographer: "The energy created in part by the production helps to feed the athletes on stage, which in turn generates more energy. Set the right atmosphere and it all feeds off itself into a much more entertaining experience for everyone. The promoters here did an excellent job." ■

CONTROLLING SALT

Nearly 90% of adults consume more salt than U.S. dietary guidelines recommend. Recently, a new study conducted by the Centers for Disease Control and Prevention published in the Journal of Pediatrics of 6,235 children aged 8 to 18 years old found that young people in the United States are consuming an average of 3,387 mg of salt per day which exceeds the 2,300 mg daily limit recommended by the federal dietary guidelines. Study results were obtained by measuring blood pressure and weight. This study concluded that high sodium intake contributes to increased blood pressure levels and also places a person at greater risk for developing heart disease and other health issues.

Children are not exempt from these negative effects. Additionally, this study concluded that 15% of the children in the study had elevated or high blood pressure which is most prevalent among children who are overweight. The study also found that for every 1,000 mg of sodium an overweight child consumed, blood pressure response was seven times greater than for a child of normal weight. Another study conducted by the Centers for Disease Control and Prevention found that middle-aged men are consuming approximately 54% more salt now than in the early 1970s; while women consume a whopping 67% more! There's no wonder that the importance of maintaining salt intake has gained more focus on the importance of obtaining a healthier diet. In fact, the American Heart Association now endorses a 1,500-mg sodium limit for all adults and that's less than half the intake of a person living in the United States - adult or child!

Achieving these sodium intake levels are easier said than done because lowering

your intake means much more than using the salt shaker less, it means monitoring all sodium intake in whatever form it may come! Studies indicate that three-quarters of salt consumption comes from eating processed food or dining out. This report was based on food surveys that included 7,227 Americans, of which more than 2,500 were children and teens, in 2007-2008. Furthermore, the Centers for Disease Control and Prevention also found that 44% of salt intake in the United States can be accounted for by the consumption of ten popular foods which are the following:

10 POPULAR FOODS = 44% OF SALT INTAKE	
Bread and rolls	7.4%
Cold cuts/cured meats	5.1%
Pizza	4.9%
Poultry (fresh & processed)	4.5%
Soups	4.3%
Sandwiches (cheeseburgers)	4.0%
Cheese	3.8%
Pasta Dishes	
(spaghetti & meat sauce)	3.3%
Meat Dishes	
(meatloaf with tomato sauce)	3.2%
Snacks	
(chips, pretzels, popcorn & puffs)	3.1%

with different herbs in place of salt when cooking. For example, when preparing savory foods, try using cayenne or white pepper. A mixture of garlic, lemon zest or juice, thyme, paprika, and onion works wonderfully with chicken. Fresh, chopped basil is terrific with tomatoes, and olive oil! The goal is to add enough flavor, so that your food is savory and tasty without the salt!

If you're not sure where to start, there are plenty of prepared salt replacement mixes you can purchase at your local grocery store. You'll be happier, healthier, and gain a whole new way of enjoying the flavors of food without the salt! ■



BY PETER N. NIELSEN
CHIEF EXECUTIVE OFFICER AT WWW.PETERSPRINCIPLES.COM
OPERATING PARTNER AT CLEAN PLANET FOODS
PETER@PETERSPRINCIPLES.COM

NGA Flag City Classic & Expo



Isaiah Williams
BB Open MW &
Classic Physique
2 PRO Cards



Bikini Masters
L-R: Darlene Tommelleo, Jennifer Raisley, Tori McVey,
Mari Nakahara, Megan Lauck

Figure Open Winners
L-R: Layla Zikau, Nicole Cannell,
Megan Draper



Morgan McVey
Bikini Open "B"
NGA PRO Card & Overall

The Inaugural Flag City Classic was held September 1, 2018 at the state-of-the-art Marathon Center for the Performing Arts. Some of the best natural athletes still made the trip to Findlay, Ohio to compete in this spectacular event.

NGA Promoter and former NGA PRO, Shiloe Steinmetz, served as Master of Ceremonies and opened the competition with a prayer for all the athletes and then introduced one of the best gospel singers in the country, Kerry Buck, to sing the National Anthem. This show presented unique and special awards which was truly a gift for the athletes. Each athlete received a goodie bag and t-shirt at check in as well as introduced their brief bios at the start of an enthusiastic evening show crowd. Every athlete had ample stage time on one of the best stages in the bodybuilding arena and there were some tough and close classes. However, at the end of the night, only a few could take the

title of Overall Champion and qualify for their NGA PRO Card.

Isaiah Williams took the top spot in both Men's Bodybuilding and Classic Physique, while hometown hero, Nick Topel, earned the title of Men's Physique Overall.

For the females, it was Deb Withers from Kentucky who earned top spot in Women's Physique, while Morgan McVey won the Bikini Novice as well as the Bikini Open in her very first competition to qualify for NGA PRO status.

Finally, in the Figure Open, it was another hometown hero, Nicole Cannell, who earned her NGA PRO Card by taking claim to the Figure Overall title. This show is definitely one you don't want to miss next year if you are an athlete. Call Shiloe at 419-799-0714 to commit to enter and receive half off entry to next year's extraordinary event! ■

NGA Promoters: Shiloe Steinmetz & Amanda Bayliff

Findlay, OH
September 1, 2018

www.ngaflagcityclassic.com
shiloesteinmetz@yahoo.com
baylifftraining@gmail.com

NGA Pro/Am Universe

NGA American Natural Championships

Photos by Roger Lister

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NGA PRO/AM UNIVERSE

PRO MEN	PRO WOMEN	AMATEURS
BB Open & Masters	Bikini Open & Masters	An NGA Pro Qualifier
Classic Phys. Open & Masters	Figure Open & Masters	Bodybuilding, Physique,
Physique Open	Physique Open	Bikini, Figure Open & Masters

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NGA Mr./Ms. Santa Rosa Natural

Santa Rosa, CA
May 19, 2018

NGA Promoter: Laura Gray

Bikini - Open

- 1. Courtney Valenzuela
- 2. Annie Tichenor
- 3. Tiffany Hillis
- 4. Frauka Kozar
- 5. Dana Linares

NGA PRO Card

Figure - Open

- 1. Megan Gonzalez
- 2. Joey Chapple
- 3. Frauka Kozar

Figure - Masters 35+

- 1. Joey Chapple
- 2. Frauk Kozar

Men's Physique - Open

- 1. Wayne Squires
- 2. Christian Sullano
- 3. David Retta
- 4. Shaun Hayes
- 5. Scott Warden

NGA PRO Card

Men's BB - Open

- 1. Christian Sullano
- 2. David Reta
- 3. Scott Warden
- 4. Shaun Hayes
- 5. Wayne Squires

NGA Royal Cup Classic

Lancaster, SC
June 2, 2018

NGA Promoter:

Kennett Washington

PRO Bikini - Open

- 1. Genisien Winfrey

PRO Figure - Open

- 1. Starla Stallings

PRO Women's BB - Open

- 1. Kelly Garrett

PRO Men's Physique - Open

- 1. Brad Duncan

PRO Classic Physique - Open

- 1. Daniel Holloway
- 2. Tony Howard

PRO Men's BB - Open

- 1. Kwami Shorter
- 2. Ashton Lewis

Bikini - Open

- 1. Susan Tea
- 2. Vanessa Otero

- 3. Sarah Trimble

Bikini - Masters 35+

- 1. Susan Tea
- 2. Vanessa Otero

Figure - Open

- 1. Melissa Williams

Figure - Masters 35+

- 1. Melissa Williams

Women's Physique - Open

- 1. Kelly Garrett

Men's Physique - Open LW

- 1. Zach Ward
- 2. Hamid Kahn
- 3. Angel Mendoza

Men's Physique - Open MW

- 1. Cortez Fredrick

NGA PRO Card & Overall

- 2. Steve Umansky
- 3. Santario Ratchford

Men's Physique - Open HW

- 1. Dennis Newber
- 2. Colby Clarington

Classic Physique - Open

- 1. Kwami Shorter
- 2. Brad Duncan
- 3. Colby Clarington
- 4. Ashton Lewis
- 5. Cortez Fredrick

NGA PRO Card

Figure - Debut

- 1. Melissa Williams

Men's Physique - Novice

- 1. Cortez Fredrick
- 2. Zach Ward
- 3. Steve Umansky
- 4. Hamid Khan
- 5. Santario Ratchford
- 6. Angel Mendoza

NGA 38th Annual

Annapolis Championships

Annapolis, MD
June 3, 2018

NGA Promoters:

Pam & Sarah Spindel

Bikini - Open

- 1. Tara C. Dunn
- 2. Alessandra Molina
- 3. Sarahlee Chiappone
- 4. Ashley Badami
- 5. Lilyette Tagala
- 6. Katie Savageau

Figure - Open

- 1. Regina Sica
- 2. Carol Jones

Men's Physique - Open LW

- 1. Ray Raleigh

NGA PRO Card & Overall

- 2. Marcus Holloway
- 3. Herb Lee
- 4. Harry Watters

Men's Physique - Open MW

- 1. Ali Alfaraj

Men's BB - Open LW

- 1. Herb Lee

NGA PRO Card & Overall

- 2. Marcus Holloway

Men's BB - Open LHW

- 1. George Forrest

Men's BB - Open HW

- 1. Fred Bey
- 2. Raymond Weiland

Men's BB - Masters 40+

- 1. Raymond Weiland
- 2. George Forrest

Bikini - Novice

- 1. Tara C. Dunn
- 2. Ashley Badami
- 3. Sarahlee Chiappone
- 4. Ashley Badami
- 5. Katie Savageau

Figure - Novice

- 1. Regina Sica
- 2. Carol Jones

Men's BB - Novice

- 1. Raymond Sica

NGA PRO/AM Southeast Natural

Championships

Orlando, FL

June 9, 2018

NGA Promoter: Rick Pierre

PRO Bikini - Open

- 1. Whitney Spence
- 2. Kristi Phillips

PRO Bikini - Masters 35+

- 1. Whitney Spence
- 2. Kristi Phillips

PRO Men's Physique - Open

- 1. Ladarius Sanders

PRO Men's BB - Masters 40+

- 1. Stephen Beaugrand
- 2. Daron Monroe

Bikini - Open

- 1. Virginia Hatch
- 2. Holli Duncan
- 3. Cat Borke

Bikini - Masters 35+

- 1. Holli Duncan
- 2. Cat Borke

Bikini Model - Open

- 1. Kristi Phillips

Figure - Open

- 1. Lacie Oakey
- 2. Teri Hansen
- 3. Buttercup Mayer

Figure - Masters 35+

- 1. Buttercup Mayer

Figure - Masters 40+

- 1. Buttercup Mayer

Figure - Masters 50+

- 1. Buttercup Mayer

Women's Physique - Open

- 1. Buttercup Mayer

Women's Phys - Masters 35+

- 1. Buttercup Mayer

Women's Phys - Masters 40+

- 1. Buttercup Mayer

Women's Phys - Masters 50+

- 1. Buttercup Mayer

Men's Physique - Open

- 1. Mark Kennedy

Classic Physique - Open

- 1. Daniel Pena

Men's BB - Open MW

- 1. James Noona

Men's BB - Open HW

- 1. Kelvin Hunt

Overall

Men's BB - Masters 50+

- 1. Kelvin Hunt

Overall

Men's BB - Masters 60+

- 1. Cliff Jackson

Men's BB - Masters 70+

- 1. Cliff Jackson

Bikini - Novice Short

- 1. Holli Duncan

Classic Physique - Novice

- 1. Daniel Pena

Men's BB - Novice

- 1. James Noonan

Men's BB - Teens

- 1. Daniel Pena

NGA PRO/AM USA

Championships

Madison, WI

June 9, 2018

NGA Promoter: Jack Halverson

PRO Bikini - Open

- 1. Taylor Stephenson
- 2. Jody Els-Kraemer

- 3. Teri Galbraith

PRO Figure - Open

- 1. Stephanie Engevold
- 2. Sarah Skinner
- 3. Ariel Mierendorf

PRO Classic Physique - Open

- 1. Kaniel Kennedy
- 2. Cole Holmberg

PRO Men's Physique - Open

- 1. Jameson Hole
- 2. Brendon Buff

Bikini - Open "A"

- 1. Kira Waters
- 2. Laura Austin

NGA PRO Card

- 3. Amy Shaver
- 4. Megan Siears
- 5. Britta Leigh
- 6. Kim Machotka
- 7. Prisca Angela

Bikini - Open "B"

- 1. Nicole Carrington
- 2. Alma Menta
- 3. Nicole Borwege
- 4. Dana Rogers
- 5. Liz Jones
- 6. Jodi Krenz

NGA PRO Card & Overall

Bikini - Masters 35+

- 1. Megan Siears

Bikini - Masters 40+

- 1. Kim Machotka

Bikini - Masters 50+

- 1. Jodi Krenz
- 2. Elizabeth Jones

Bikini Model - Open

- 1. Elizabeth Jones

Figure - Open

- 1. Chelsea Kautza
- 2. Megan Nicholson
- 3. Nancy Troia
- 4. Patricia Gobrecht
- 5. Adrienne Elias
- 6. Emily Schreiber

NGA PRO Card

Figure - Masters 40+

- 1. Megan Nicholson
- 2. Patricia Gobrecht

Women's Physique - Open

- 1. Amy Myers
- 2. Adreanne Elias

Men's Physique - Open LW

- 1. Dustin Webb

Men's Physique - Open MW

- 1. Matthew McClure

Overall

Men's Physique - Open HW

- 1. Stanley Ponder
- 2. Cody Stelmach

Classic Physique - Open LW

- 1. Greg Hosch
- 2. Conor Maloney

Classic Physique - Open MW

- 1. Matthew McClure
- 2. Jason Carwile
- 3. Andrew Merkovich

Classic Physique - Open HW

- 1. Vincent Johnson
- 2. Cody Stelmach

NGA PRO Card & Overall

Men's BB - Open LW

- 1. Donald Davis

NGA PRO Card & Overall

Men's BB - Open MW

- 1. Steven Mauer
- 2. Tim Walters
- 3. Jason Carwile
- 4. Steven Rogers

Men's BB - Open LHW

- 1. Doaug Hawver
- 2. Vinny Johnson

Men's BB - Masters 40+

- 1. Donald Davis
- 2. Greg Hosch

NGA PRO Card

Men's BB - Open LHW

- 1. Doaug Hawver
- 2. Vinny Johnson

Men's BB - Masters 40+

- 1. Donald Davis
- 2. Greg Hosch

Men's BB - Masters 50+

- 1. Brian Wepking
- 2. Steven Rogers

Men's BB - Masters 50+

- 1. Brian Wepking
- 2. Steven Rogers

Bikini - Debut

- 1. Nicole Carrington
- 2. Amy Shaver
- 3. Britta Leigh
- 4. Kim Machotka
- 5. Elizabeth Jones
- 6. Jodi Krenz

Bikini - Novice

- 1. Laura Austin
- 2. Britta Leigh
- 3. Kim Machotka
- 4. Prisca Angela
- 5. Jodi Krenz

Bikini Model - Debut

Bikini Model - Novice

- 1. Elizabeth Jones

Figure - Novice

- 1. Patricia Gobrecht
- 2. Adrienne Elias
- 3. Emily Schreiber

Men's Physique - Debut

- 1. Andrew Merkovich
- 2. Dustin Webb

Men's Physique - Novice

- 1. Andrew Merkovich
- 2. Stanley Ponder
- 3. Dustin Webb

Classic Physique - Debut

- 1. Vincent Johnson
- 2. Conor Maloney

Classic Physique - Novice

- 1. Vincent Johnson
- 2. Cody Stelmach

Men's BB - Debut

- 1. Vincent Johnson
- 2. Tim Walters
- 3. Jason Carwile
- 4. Benjamin Crocker

Men's BB - Novice

- 1. Tim Walters
- 2. Anthony Nelson

NGA Natural Mr./Ms. California

Championships

Folsom, CA

June 9, 2018

NGA Promoter:

Johnny "The Motivator" Carrero

Bikini - Open "A"

- 1. Emell DeVera
- 2. Breana Elias
- 3. Tiffani Hillis
- 4. Megan Thompson
- 5. Rena Matthews
- 6. Ruthie Vuittonet

Bikini - Open "B"

- 1. Rose Keyser
- 2. Alona Zaharkina
- 3. Tylor Cilione
- 4. Noelle Hollingsworth
- 5. Slavka Vecerova
- 6. Kris Bertsch

Bikini - Masters 35+

- 1. Emell DeVera
- 2. Alona Zaharkina
- 3. Tiffani Hillis

NGA PRO Card

- 4. Rena Matthews

- 5. Kris Bertsch

Figure - Open

- 1. Katie Riseman

NGA PRO Card

- 2. Joey Chapple
- 3. Jilene Thompson

- 4. Mandi Chamberlin

- 5. Cori Lenehan

Figure - Masters 35+

- 1. Joey Chapple
- 2. Lourdes Giovannini

Men's Physique - Open "A"

- 1. Paul Siebensohn
- 2. Chuck Hoffer

NGA PRO Card & Overall

- 3

Bikini Model - Open 1. Regina Sica 2. Ashley Badami Figure - Open Short 1. Cheryl Shumake Figure - Open Tall 1. Regina Sica Overall Figure - Masters 55+ 1. Cheryl Shumake Women's Physique - Open 1. Lisa Manolescu Women's Phys - Masters 45+ 1. Lisa Manolescu 2. Joanne Gilchrist Women's BB - Open 1. Lisa Manolescu Women's BB - Masters 45+ 1. Lisa Manolescu Men's Physique - Open HW 1. Quintin Richardson 2. Charles Preston Men's Physique - Masters 35+ 1. Charles Preston Classic Physique - Open 1. Charles Deanes 2. James Aikens 3. Sam Dozier Classic Physique - Masters 35+ 1. Charles Deanes Overall 2. Sam Dozier Classic Physique - Masters 55+ 1. Raymond Weiland Men's BB - Open LHW 1. Archie Turner Overall 2. Raymond Hunter 3. Terry McGhee Men's BB - Open HW 1. Charles Deanes Men's BB - Masters 35+ 1. Charles Deanes Overall 2. Raymond Weiland Men's BB - Masters 45+ 1. Raymond Weiland 2. Terry McGhee Bikini - Debut 1. Yana Vasileva Bikini - Novice 1. Yana Vasileva 2. Ashley Badami 3. Lilytte Tagala 4. Kelly Tyler	Bikini Model - Debut 1. Regina Sica 2. Ashley Badami Bikini Model - Novice 1. Ashley Badami Figure - Novice 1. Cheryl Shumake Women's Physique - Debut 1. Lisa Manolescu 2. Shervonne Smith 3. Joanne Gilchrist Women's BB - Debut 1. Lisa Manolescu Men's Physique - Debut 1. Quintin Richardson Men's Physique - Novice 1. Quintin Richardson 2. Charles Preston Classic Physique - Debut 1. James Aikens 2. Sam Dozier 3. Raymond Hunter Classic Physique - Novice 1. Sam Dozier 2. Raymond Hunter Men's BB - Debut 1. Terry McGhee Men's BB - Novice 1. Archie Turner Paralympic 1. Shervonne Smith NGA PRO/AM North Jersey Women Extravaganza Championships June 23, 2018 Bloomfield, NJ NGA Promoter: Paul Hendricks PRO Bikini - Open 1. Brittany McLaughlin 2. Deana Scheddin PRO Figure - Open 1. Christine Tama 2. Dehabah Sylverster 3. Mackenzie Miller 4. Melissa Remoli PRO Figure - Masters 35+ 1. Christine Tama 2. Noel Bovino 3. Melissa Remoli PRO Women's Phys - Open 1. Christine Tama PRO Men's Physique - Open 1. Addison Jarvis 2. Calvin Lashley	PRO Men's BB - Open 1. Victor Egonu 2. Derek McGuire 3. Matthew Carey 4. Wilfred Vidro 5. Albert Shaw 6. Christopher Reed 7. Vince Wood 8. Dawud Rasul PRO Men's BB - Masters 40+ 1. Wilfed Vidro 2. Vince Wood 3. Christopher Reed 4. Dawud Rasul Bikini - Open Short 1. Mackenzie Miller Overall 2. Jennifer Cruz 3. Lilytte Tagala Bikini - Open Tall 1. Carlin Laginestra Bikini Model - Open 1. Brittany McLaughlin Figure - Open 1. Allison Jackson 2. Megan Filpak 3. Noel Bovino 4. Desiree Chirco Figure - Masters 35+ 1. Allison Jackson 2. Megan Filpak Men's Physique - Open LW 1. Cristhian Sanabria Men's Physique - Open MW 1. Nakia Grimes NGA PRO Card & Overall 2. Chris McLaughlin 3. Jude Cassion 4. Mariusz Zawlocki 5. Osner Charles Men's Physique - Open HW 1. Gary Ramos Men's Physique - Masters 40+ 1. Nakia Grimes Classic Physique - Open 1. Keith Walcott 2. Cristhian Sanabria 3. Osner Charles Men's BB - Open LW 1. Carlos Martin Men's BB - Masters 40+ 1. Rob Tursi Men's BB - Masters 50+ 1. Carlos Martin 2. Rob Tursi	Bikini - Debut 1. Jennifer Cruz Bikini - Novice 1. Jennifer Cruz 2. Carlin Laginestra 3. Lilytte Tagala Figure - Debut 1. Megan Filpak 2. Carmen Oropeza 3. Desiree Chirco Men's Physique - Debut 1. Mariusz Zawlocki 2. Gary Ramos 3. Osner Charles 4. David Cazares Men's Physique - Novice 1. Chris McLaughlin 2. Gary Ramos NGA Titan Classic Urbandale, IA June 23, 2018 Promoter: Titan Classic Promotions, LLC Bikini - Open Short 1. Katrina Ellensohn 2. Kara Smith 3. Megan Letze 4. Kimberly Nobles 5. Debra Straw 6. Tiffany Branneman 7. Katie Allison Bikini - Open Tall 1. Andrea Jones 2. Alissa Mendoza 3. Samantha Powers 4. Molly Hinchliff 5. Jessica George 6. Melissa Olson Bikini - Masters 35+ NGA PRO Card 2. Debra Straw 3. Kim George 4. Jessica George 5. Melissa Olson Figure - Open 1. Melissa Breitenbucher 2. Mickell Imerman 3. Kim Stern 4. Denise Kimnach Figure - Masters 35+ 1. Melissa Breitenbucher 2. Kim Stern
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3. Denise Kimnach Men's Physique - Open 1. Dustin Short 2. Josh Straw Bikini - Novice Short 1. Katrina Ellensohn 2. Kara Smith 3. Megan Letze 4. Kimberly Nobles 5. Tiffany Branneman 6. Debra Straw Bikini - Novice Tall 1. Andrea Jones 2. Samantha Powers 3. Alissa Mendoza 4. Molly Hinchliff 5. Kim George 6. Melissa Olson Figure - Novice 1. Melissa Breitenbucher 2. Mickell Imerman Bikini - Ms. Iowa 1. Katrina Ellensohn 2. Kara Smith 3. Megan Letze 4. Alissa Mendoza 5. Samantha Powers 6. Debra Straw 7. Molly Hinchliff 8. Tiffany Branneman 9. Katie Allison 10. Melissa Olson Figure - Ms. Iowa 1. Melissa Breitenbucher 2. Mickell Imerman NGA 'Old Navy' PRO/AM Classic Birmingham, AL June 30, 2018 NGA Promoters: Scott Hults & Michael Jackson PRO Bikini - Open 1. Zoey Anders 2. Lisa Johnson PRO Bikini - Masters 35+ 1. Lisa Johnson PRO Figure - Masters 35+ 1. Jacquelyn Rock 2. Cynthia Reffener PRO Men's Phys. - Masters 40+ 1. Brandon Cobia 2. Tyrone Burroughs 3. John Bibby PRO Men's BB - Masters 40+ 1. Darryle Lee 2. Gary Henton	3. Paul Redmer 4. David Weinstock 5. Nathan Eaton PRO Men's BB - Grand Masters 1. Paul Redmer 2. David Weinstock 3. Randall Pickering Bikini - Open 1. Naoko Beebe 2. April Chambers Bikini - Masters 35+ 1. Naoko Beebe 2. April Chambers Figure - Open 1. Ashley Tucker 2. Latonia Bell Figure - Masters 35+ 1. Latonia Bell Women's Physique - Open 1. Ashley Tucker Men's Physique - Open LW 1. Daniel Johnson NGA PRO Card & Overall 2. Alex Soens 3. Louis Paleveda 4. Joshua Anders 5. Calvin Littlejohn Men's Physique - Open HW 1. Daniel Huitt NGA PRO Card 2. Victor Jones 3. Dennis Neuber 4. John O. Wall, Jr. 5. John Jones Classic Physique - Open 1. Kevin Taylor NGA PRO Card 2. David Hood NGA PRO Card 3. Terry James 4. John Jones 5. Daniel Smith 6. Chris Griffie Men's BB - Open LW 1. Luke Humphry 2. Andrew Rusencrantz Men's BB - Open MW 1. Terry James 2. David Hood 3. John Jones 4. Daniel Smith Men's BB - Open LHW 1. Kevin Taylor NGA PRO Card & Overall Men's BB - Open HW 1. Jayvian Cobb	NGA PRO/AM Rumble on the River Championships Davenport, IA July 7, 2018 NGA Promoters: Courtney & Cody Mighell PRO Men's Physique - Open 1. Scott Gosselink PRO Men's BB - Open 1. Dustin Scott 2. Matt Mirowski Bikini - Open Short 1. Laura Austin NGA PRO Card & Overall 2. Alma Menz 3. Britta Baumberger 4. Tina Lisowski 5. Elizabeth Jones Bikini - Open Tall 1. Ashley Wood 2. Samantha Powers Bikini - Masters 35+ 1. Elizabeth Jones Figure - Open 1. Kanisha Roberts Men's Physique - Open LW 1. Erik Cabral Overall Men's Physique - Open HW 1. Dennis Neuber Classic Physique - Open 1. Zach Downs 2. Matt Estock NGA PRO Card 3. Jason Carwile 4. Slater Murphy 5. Todd Mayer Men's BB - Open LW 1. Matt Estock 2. Tim Walters 3. Joe Miksan Men's BB - Open MW 1. Jason Carwile 2. Slater Murphy Men's BB - Open LHW 1. Zach Downs NGA PRO Card & Overall Men's BB - Masters 40+ 1. Jason Carwile Bikini - Novice 1. Ashley Wood 2. Britta Baumberger 3. Tina Lisowski	4. Samantha Powers 5. Elizabeth Jones Figure - Debut 1. Kanisha Roberts Figure - Novice 1. Kanisha Roberts Men's Physique - Debut 1. Erik Cabral Men's Physique - Novice 1. Erik Cabral Transformation 1. Matt Estock Kanisha Roberts Matt Mirowski July 4th Costume Elizabeth Jones Female Winner Dustin Scott Male Winner Samantha Powers Slater Murphy Matt Estock NGA 8th Annual World's Gym Philly Natural Championships Philadelphia, PA July 14, 2018 NGA Promoter: Warren Egebo Bikini - Open 1. Kendra Kay 2. Lindsey Parrill Figure - Open "A" 1. Shani Harvey Overall Figure - Open "B" 1. Aliyah Emas 2. Sarah Castrogiovanni 3. Atiya Pope Figure - Masters 35+ 1. Shani Harvey 2. Sarah Castrogiovanni 3. Atiya Pope Women's Physique - Open 1. Sarah Castrogiovanni Women's Phys. - Masters 35+ 1. Sarah Castrogiovanni Men's Physique - Open LW 1. Ralph SKIP Richards 2. Christopher Paul Men's Physique - Open MW 1. Courtney Malcom Overall Classic Physique - Open 1. Gary Haines 2. Alex Puhalla Classic Physique - Open
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1. Gary Haines	Bikini - Masters 35+	Bikini - Open Short	Pam & Sarah Spindel
2. Richard Moglia, Sr	1. Alona Zaharkina	1. Shelly Seidenberg	PRO Bikini - Open
Men's BB - Open LW	NGA PRO Card	NGA PRO Card & Overall	1. Evin Himmighoefer
1. Joseph Drum	2. Natalie Chapin	2. Kristen Guarino	PRO Bikini - Masters 35+
Men's BB - Open MW	3. Kris Bertsch	3. Holli Duncan	1. Evin Himmighoefer
1. Eduardo Teixeira	4. Megan Cullen	Bikini - Open Tall	PRO Figure - Open
NGA PRO Card & Overall	5. Lori Strickler	1. Luna Hernandez	1. Sydney Ekeroth
2. Maximilion Angle	Figure - Open	2. Rishawn Carriere	PRO Figure - Masters 35+
3. Roger Houde	1. Sarah Kelley	Bikini - Masters 35+	1. Sydney Ekeroth
Men's BB - Open LHW	NGA PRO Card	1. Rishawn Carriere	PRO Men's Physique - Open
1. Walter Copeland, II	2. Joe Chapple	2. Holli Duncan	1. Jayson Salaum
2. Alex Puhalla	3. Kerry Ordoins	Figure - Open Short	2. Cyrus Russell
3. Charles Dashiell	4. Rebecca Shrader	1. Teri Hansen	3. Kyle C. Montgomery, Sr.
Men's BB - Masters 40+	5. Kelly Glynn	2. Theresa Caracciolo	PRO Men's BB - Open
1. Walter Copeland, II	Figure - Masters 35+	1. Theresa Regan	1. Ray Clark
Overall	1. Kerry Ordoins	NGA PRO Card & Overall	PRO Men's BB - Masters 40+
2. Charles Dashiell	2. Rebecca Shrader		1. Ray Clark
3. Richard Moglia, Sr	3. Tracy Larson		2. Langston Brooks
Men's BB - Grand Masters 50+	Men's Physique - Open LW		3. Frey Bey
1. Roger Houde	1. Shaun Hayes	Figure - Masters 35+	Bikini - Open
2. Richard Moglia, Sr	2. Dennis Pang	1. Theresa Regan	1. Tilisha Lockley
Bikini - Debut	3. Thomas Xiong	2. Teri Hansen	NGA PRO Card
1. Kendra Kay	Men's Physique - Open HW	3. Theresa Caracciolo	2. Saika Pahari
2. Lindsey Parrill	1. Kenneth Haynes	4. Lisa Ogwe	3. Vangie Siko
Physique - Debut	NGA PRO Card & Overall	Women's Phys - Open	4. Pam Nesbitt
1. Ralph SKIP Richards		1. Meagan Denison	5. Lydia Brackett
2. Christopher Paul		2. Lisa Ogwe	Bikini - Masters 35+
3. Danny Putnam		3. Tanghua Li	1. Tilisha Lockley
(Daniel LasSalle)		2. John Ni	2. Pam Nesbitt
Men's BB - Debut	Classic Physique - Open	Men's Physique - Open LW	3. Vangie Siko
1. Eduardo Teixeira	1. Lorenzo Elder		Figure - Open
Men's BB - Novice LW	NGA PRO Card	Men's BB - Open LW	1. Janelle Hall
1. Richard Moglia, Jr		1. Jason Pagen	2. Ashley Young
Men's BB - Novice MW	NGA PRO Card	Men's BB - Open HW	Figure - Masters 35+
1. Eduardo Teixeira		1. Dennis Hobart	1. Janelle Hall
Men's BB - Junior		Men's BB - Masters 50+	Women's Physique - Open
1. Richard Moglia, Jr		1. Dennis Hobart	1. Sydney Ekeroth
		Bikini - Debut	2. Diane Mitchell
		1. Shelly Seidenbert	Men's Physique - Open
		2. Luna Hernandez	1. Devonn Sumter
NGA South Lake Tahoe Natural	NGA PRO Card	Bikini - Novice	Men's BB - Open LW
South Lake Tahoe, CA		1. Shelly Seidenbert	1. Bernard Gamiao
July 21, 2018		2. Luna Hernandez	NGA PRO Card & Overall
NGA Promoter: Bing Saez		Figure - Novice	
Bikini - Open Short	NGA PRO/AM Central Florida	1. Theresa Carcciolo	Men's BB - Open MW
1. Alona Zaharkina	Classic	1. Tanghua Li	1. Maxwell Ervin
NGA PRO Card & Overall	Ormond Beach, FL	2. John Ni	Men's BB - LHW
2. Natalie Chapin	July 28, 2018	Men's Physique - Debut	1. Alan Harshaw
3. Rose Keyser	NGA Promoter: Bill Mora	1. Jason Pagen	2. Daniel Frantzen
4. Breana Elias			3. Raymond Weiland
5. Megan Cullen			Men's BB - Open HW
Bikini - Open Tall			1. Frey Bey
1. AnnieTichenor			Men's BB - Masters 40+
2. Tylor Cilione			1. Raymond Weiland
3. Kris Bertsch			Men's BB - Masters 50+
4. Noelle Hollingsworth			
5. Christie Williams			

1. Alan Harshaw	Women's Physique - Open	3. Greg Luerding	Bikini - Open "A"
Bikini - Novice	1. Kris Clevon	Men's BB - Masters 50+	1. Victoria Phillips
1. Tilisha Lockley	NGA PRO Card	1. Rusty Batty	NGA PRO Card & Overall
2. Saika Pahari	2. Dawn Cox	2. Greg Luerding	2. Eric Duthu
Men's BB - Novice	NGA PRO Card	Men's BB - Masters 60+	3. Rhoushanda Anthony
1. Timothy Sun		1. Greg Luerding	Bikini - Open "B"
		Bikini - Novice	1. Makyra Motley
		1. Ashley Srb	2. Vanessa Otera
		2. Sabra Wilson	3. Lindsey Pollard
		3. Tierney Cushman	4. Kimberly Simpson
		4. Katie Kiss	Figure - Open
		5. Kim Lothe	1. Victoria Phillips
		6. Emily Peterson	NGA PRO Card
		Bikini - Novice Short	2. Michelle Marcel
		Figure - Novice	3. Makyra Motley
		1. Britta Bumberger	4. Vanessa Otera
		2. MichelleWeishoff	5. Nichole Frits
		3. Erin Young	Figure - Masters 35+
		Classic Physique - Novice	1. Michelle Marcel
		1. Roger Turner	Men's Physique - Open LW
		2. Josh Hair	1. Teejay Shanks
		3. Alexander Lija	NGA PRO Card & Overall
			2. Leonel Lozano
			3. Rainier Gonzalez
			4. Lonnie Dean
			5. Rene Tavares
			6. Juan Silva
			7. Manuel Silva
			8. JC Harvey
			9. George Johnson, Jr.
			Men's Physique - Open MW
			1. Toddick Perry
			NGA PRO Card
			2. Skip Parker
			3. Jose Zepeda
			4. Cristobal Moreno
			5. Bryan Giguere
			Men's Physique - Open HW
			1. JC Butler
			NGA PRO Card
			2. Austin Pham
			3. Bill Masden
			4. Joel Duraso
			5. Gene Gibson
			Men's Physique - Masters 40+
			1. Rainier Gonzalez
			NGA PRO Card & Overall
			2. Skip Parker
			3. Bryan Giguere
			Men's Physique - Masters 50+
			1. Billy Masden
			2. George Johnson, Jr.
			3. JC Harvey
			Classic Physique - Open "A"
			1. Rainier Gonzalez

NGA PRO Card	4. Nichole Frits	3. Melissa Williams	5. Marissa Richard
2. Teejay Shanks	Men's Physique - Novice	4. Julie Childers	Men's Physique - Debut
NGA PRO Card	1. Leonel Lozano	5. Nancy Crocker	1. Julius McKenzie
3. Keith Perry	2. Rainier Gonzalez	Men's Physique - Open LW	Men's Physique - Novice
4. Leonel Lozano	3. JC Butler	1. Kristopher Thorpe	1. Santorio Rathford
5. Rene Tavares	4. Jose Zepeda	NGA PRO Card & Overall	2. Zach Ward
6. JC Harvey	5. George Johnson, Jr.	2. Zach Ward	3. Leon Gamble
Classic Physique - Open "B"	6. Cristobal Moreno	Men's Physique - Open HW	4. Julius McKenzie
1. Brody Shanklin	7. Gene Gibson	1. Santorio Ratchford	Men's BB - Novice
NGA PRO Card	Classic Physique - Novice	2. Benjamin Blake	1. Alex Walker
2. Toddrick Perry	1. Rainier Gonzalez	3. Leon Gamble	2. Lequawn James
NGA PRO Card	2. Leonel Loano	4. Julius McKenzie	3. Jai Nichols
3. Austin Pham	3. Brody Shanklin	Classic Physique - Open	4. Julius McKenzie
4. Tillman Duthu	4. JC Harvey	1. Kristopher Thorpe	Bikini - Teen
5. George Johnson, Jr.	5. Valance Jones	NGA PRO Card & Overall	1. Julie Maroni
Classic Physique - Open "C"	Men's BB - Novice	2. Alex Walker	Figure - Teen
1. Daniel Crooks	1. Rainier Gonzalez	NGA PRO Card & Overall	1. Diana Lashcuk
NGA PRO Card	2. Brody Shanklin	3. Benjamin Blake	Ms. Bodysculptor
2. Barrett White	3. JC Harvey	4. Lequawn James	1. Chrissy Ruder
NGA PRO Card		5. Trevor Johnston	2. Arlesia Jones
3. Andrew Turner	NGA South Carolina	Men's BB - Open LW	3. Melissa Williams
4. Valance Jones	Hub City Classic	1. Alex Walker	4. Jennifer Bettencourt
5. Joel Duraso	Spartanburg, SC	Men's BB - Open MW	5. Julie Childers
Classic Physique - Masters 40+	August 25, 2018	1. Pierce Bruner	6. Shauna Robinson
1. Ranier Gonzalez	NGA Promoter: Ronnie Kirby	NGA PRO Card & Overall	Mr. Bodysculptor
2. Valance Jones	Bikini - Open Short	Men's BB - Open LHW	1. Alex Walker
Classic Physique - Masters 50+	1. Jennifer Bettencourt	1. Lequawn James	2. Benjamin Blake
1. JC Harvey	2. Ashley White	2. Trevor Johnston	3. Lequawn James
2. George Johnson, Jr.	3. Juliet Maroni	3. Julius McKenzie	4. Jai Nichols
Men's BB - Open LW	4. Pamela Elder	Men's BB - Open HW	5. Trevor Johnston
1. Ranier Gonzalez	Bikini - Open Tall	1. Jai Nichols	
NGA PRO Card & Overall	1. Monique Lamb	Bikini - Debut	NGA PRO/AM River City Classic
2. Keith Perry	NGA PRO Card & Overall	1. Amy Bourguignon	Louisville, KY
3. JC Harvey	2. Amy Bourguignon	2. Juliet Maroni	August 25, 2018
Men's BB - Open LHW	3. Felicia Tapp	3. Ashley White	NGA Promoter: Kevin Whaley
1. Austin Pham	4. Monica Clinkscales	4. Felicia Tapp	PRO Figure - Open
2. Tillman Duthu	5. Sarah Elliott-Burton	5. Monica Clinkscales	1. Michelle Sagely
Men's BB - Open HW	Bikini - Masters 35+	6. Sarah Elliott-Burton	PRO Men's BB - Open
1. Daniel Crooks	1. Monique Lamb	7. Pamela Elder	1. Marion Hall
2. Barrett White	2. Amy Bourguignon	Bikini - Novice	2. Ron Page
3. Mark Childers	3. Ashley White	1. Amy Bourguignon	PRO Men's BB - Masters 40+
Men's BB - Masters 40+	4. Pamela Elder	2. Ashley White	1. Marion Hall
1. Rainier Gonzalez	Figure - Open Short	3. Juliet Maroni	2. Matthew Serd
NGA PRO Card	1. Chrissy Rudder	4. Felicia Tapp	3. Johnny Spears
2. Daniel Crooks	NGA PRO Card & Overall	5. Monica Clinkscales	4. Ron Page
3. Brody Shanklin	2. Arlesia Jones	6. Pamela Elder	Bikini - Open
4. Barrett White	3. Julie Childers	Figure - Debut	1. Emily Thomas
5. JC Harvey	4. Nancy Crocker	1. Chrissy Rudder	2. Jennifer Raisley
Bikini - Novice	5. Shauna Robinson	2. Arlesia Jones	Bikini - Masters 35+
1. Eric Duthu	Figure - Open Tall	3. Diana Leshchuk	1. Jennifer Raisley
2. Lindsey Pollard	1. Melissa Williams	4. Marissa Richard	2. Martha Williams
3. Kimberly Simpson	2. Diana Lashchuk	Figure - Novice	3. Emily Thomas
Figure - Novice	3. Marissa Richard	1. Chrissy Rudder	4. Karie Clark
1. Victoria Phillips	Figure - Masters 35+	2. Arlesia Jones	Women's BB - Masters 35+
2. Michelle Marcel	1. Chrissy Rudder	3. Julie Childers	1. Michelle Sagely
3. Vanessa Otera	2. Arlesia Jones	4. Nancy Crocker	Men's Physique - Open LW

1. Jimmy Chhun	4. Megan Zauck	NGA PRO Card & Overall	1. Tina Miller
2. Austin Morgan	Bikini - Masters 35+	2. Caleb Baker	Women's Physique - Open
Men's Physique - Open MW	1. Tory McVey	3. Mike Getui	1. Brooke Mayes
1. Cedric Miller	NGA PRO Card	Men's BB - Open HW	2. Debra Henry
NGA PRO Card & Overall	2. Jennifer Raisley	1. Onam Williams	Women's Phys - Masters 35+
2. Eli Soeder	3. Mari Nakahara	2. Will Carr	1. Brooke Mayes
Men's Physique - Open HW	4. Darlene Tommelleo	Bikini - Novice	2. Debra Henry
1. John Boyette	5. Megan Lauck	1. Morgan McVey	Women's BB - Open
2. Elamin Assaid	6. Danielle Disbennett	2. Tori McVey	1. Debra Henry
3. Johnny Spears	Figure - Open "A"	3. Danielle Disbennett	Men's Physique - Open MW
Men's Physique - Masters 40+	1. Nicole Cannell	4. Mari Nakahara	1. Andrew Starr
1. Johnny Spears	NGA PRO Card & Overall	Men's Physique - Novice	NGA PRO Card & Overall
Classic Physique - Open	2. Beth Webster	1. Collin Miller	Men's Physique - Open HW
1. Christopher Graves	3. Bernadette Wurm	2. Chris Miller	1. Larry Stevenson
2. Austin Morgan	Figure - Open "B"	3. Kent Wilson	2. Aaron Weiner
3. Johnny Spears	1. Meghan Draper	Classic Physique - Novice	3. Dave Litzinger
Classic Phys - Masters 40+	Figure - Open "C"	1. Collin Miller	4. Karel Dejong
1. Christopher Graves	1. Leyla Zickau	Men's BB - Novice	Men's Physique - Masters 40+
Men's BB - Open LW	Figure - Masters 35+	1. Onam Williams	1. Larry Stevenson
1. Austin Morgan	1. Leyla Zickau	2. Will Carr	2. Dave Litzinger
Men's BB - Open MW	2. Beth Webster	3. Mike Getui	3. Karel Dejong
1. Dennis Campbell	3. Bernadette Wurm	4. Caleb Baker	Classic Physique - Open
NGA PRO Card & Overall	Women's Physique - Open		1. Alexander Puhalla
2. Entoni Kupe	1. Deb Withers	2018 PRO/AM East Coast	NGA PRO Card
Men's BB - Open LHW	2. Diana Starkey	Natural Championships	NGA PRO Card
1. Johnny Spears	3. Angela Draper	State College, PA	
2. Michael Gonzalez	Women's Phys - Masters 35+	September 8, 2018	
Men's BB - Open HW	1. Diana Starkey	NGA Promoters:	
1. David Jones	2. Angela Draper	Earl Snyder & Terri Whitsel	
Men's BB - Masters 50+	Men's Physique - Open LW	PRO Bikini - Open	
1. Timothy Whitis	1. Chris Miller	1. Shkeera Campbell	
Bikini - Novice	2. Kent Wilson	2. Myla Bseirani	
1. Emily Thomas	Men's Physique - Open MW	PRO Bikini - Masters 35+	
2. Karie Clark	1. Nick Topel	1. Shkeera Campbell	
Men's Physique - Juniors	NGA PRO Card & Overall	2. Myla Bseirani	
1. Cedric Miller	Men's Physique - Open HW	PRO Classic Physique - Open	
2. Elamin Assaid	1. Collin Miller	1. Kyle Frantz	
Men's BB - Juniors	2. Virgil Popa	PRO Men's BB - Open	
1. Entoni Kupe	Men's Physique - Masters 40+	1. Michael Pucci	
	1. Virgil Popa	2. Patrick Freeman	
NGA Flag City Classic & Expo	2. Chris Miller	3. Gary Haines	
Findlay, OH	3. Kent Wilson	4. Mike Ennis	
September 1, 2018	Classic Physique - Open LW	PRO Men's BB - Masters 35+	
NGA Promoters:	1. Kevin Guizz	1. Patrick Freeman	
Shiloe Steinmetz & Amanda Bayliff	Classic Physique - Open MW	2. Gary Haines	
Bikini - Open "A"	1. Isaiah Williams	3. Mike Ennis	
1. Mari Nakahara	NGA PRO Card & Overall	Bikini - Open Short	
2. Darlene Tommelleo	Classic Physique - Open HW	1. Melanie Crowl	
Bikini - Open "B"	1. Onam Williams	Bikini - Open Tall	
1. Morgan McVey	2. Mike Getui	1. Leanne Merryman	
NGA PRO Card & Overall	3. Collin Miller	Overall	
2. Danielle Disbennett	Men's BB - Open LW	Bikini - Masters 35+	
Bikini - Open "C"	1. Kevin Guinn	1. Melanie Crowl	
1. Sarah Wheeler	Men's BB - Open MW	Figure - Open Short	
2. Jennifer Raisley	1. Isaiah Williams	1. Tina Miller	
3. Tori McVey		Figure - Masters 35+	

Figure - Debut 1. Tina Miller	Transformation Deb Henry Winner Warren Danner Stephon Sander	Bikini - Model 1. Amanda Worrall	1. Kevin Dubree
Figure - Novice 1. Tina Miller		Figure - Open Short 1. Jessica Cruz NGA PRO Card & Overall	Overall
Women's Phys - Novice 1. Brooke Mayes 2. Debra Henry	NGA 2nd Annual NGA Thunder Classic Deland, FL September 15, 2018 NGA Promoter: Tracy Simonds	2. Teresa Bobo 3. Alissa Goldman 4. Whitney Watson	Men's BB - Open LHW 1. Dennis Hobart
Men's Physique - Novice 1. Andrew Starr 2. Larry Stevenson 3. Aaron Weiner 4. Dave Litzinger		Figure - Open Tall 1. Paige Jarsombeck 2. Teri Hansen 3. Meagan Denison 4. Maureen Condon Kelly	Men's BB - Masters 50-60 1. Jon Martin 2. Dennis Hobart
Classic Physique - Debut 1. Dave Litzinger	Bikini - Open Short 1. Lauren Hunter 2. Holli Duncan 3. Katja Van Aalst 4. Eva Cooper 5. Lara Buck	Figure - Masters 1. Teri Hansen 2. Teresa Bobo 3. Alissa Goldman 4. Maureen Condon Kelly	Bikini - Novice 1. Ana Clark 2. Molly Richardson 3. Kimberly Hatfield 4. Katja Van Aalst 5. Eva Cooper 6. Lara Buck 7. Christine Fabroa
Classic Physique - Novice 1. Matthew Mazzara 2. Dave Litzinger 3. Warren Danner 4. Trace Beirlair 5. Stephon Sander	Bikini - Open Tall 1. Ana Clark	Women's Physique - Open 1. Jessica Cruz 2. Teresa Bobo 3. Megan Denison	Bikini - Teen 1. Katja Van Aalst 2. Eve Cooper
Men's BB - Novice 1. Kyle Oresick 2. Trace Beirlair	NGA PRO Card & Overall	Men's Physique - Open MW 1. Kevin Dubree	Figure - Novice 1. Teresa Bobo 2. Alissa Goldman 3. Whitney Watson 4. Maureen Condon Kelly
Men's BB - Teen/Collegiate 1. Kyle Oresick 2. Trace Beirlair	Bikini - Masters 1. Holli Duncan 2. Lara Buck 3. Christine Fabroa	Men's Physique - Open LW 1. Jon Martin	Men's Physique - Novice 1. John Paul Dean
		Men's BB - Open MW	



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May 2019

Lexington, Kentucky

Super Pro-Qualifying Event

Pre-Judging: 11am

Evening Show: 4pm

Show will be featured in:

NGA
NATURAL MAG
(Online Magazine)

Bodybuilding

Figure

Physique

Bikini

Women's Physique

Classic

NGA Pro/Am

Kentucky Natural Classic

Contact: Josh Miller

(606) 424-7157

josh@TransformationPersonalTraining.com

Location: Rupp Arena

(Heritage Ball Room)

430 W Vine Street

Lexington, Ky 40507





BECOME A PROFESSIONAL TRAINER Get Certified

*Personal Trainers • Gym Instructors • Aerobic Instructors
Athletes • Fitness Club Owners • Managers*



"In my 20 years certified with the NGA, it has been one of the best decisions I have ever made. It has enabled me to stay in very good shape and focus on the very best methods available in the exercise field, as well as helping others seeking the same. Exercise is hands down, the single most important element that everyone should incorporate into their lives, and it would be a difficult attempt to find better individuals than those who run the NGA, to guide and teach this critical and proven life enhancer." - Fran Tufano



"I am an NGA Master Pro Bodybuilder and NGA certified personal trainer. If you want to get in the best shape of your life than a trainer that is certified by the National Gym Association, Inc. is the way to go with the combination of years of knowledge, and hands on experience your goals will be achieved." - Michael Russell



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

Convenient Study-at-Home • Reasonably Priced • Easily Assimilated



The National Gym Association, Inc. (NGA) a non-profit corporation was established in 1979 for the purpose of maintaining the highest standards of safety, education, and training. Our [NGA Personal Trainers Certification](#) course provides the tools and skills needed to become the highest caliber professional trainer. The manual is available in book or USB Flash Drive format and consists of 600 pages, 390 illustrations, and informative charts. Chapters cover: (1) Nutrition: A Physiologic Approach, (2) Dietary Planning and Energy Production, (3) Anatomy, Biomechanics, and Kinesiology, (4) Exercise Physiology, (5) Factors in Physical Performance, (6) Professional Trainer: Ethics and Conduct. Click here to [GET NGA CERTIFIED](#).