



WINTER ISSUE
2019

NGA NATURAL *mag*

Drug-Free Athletes of America

NGA PRO/AM UNIVERSE

FIBBN ATHLETES
MAKE THEIR MARK

STAYING
POSITIVE
THROUGH THE STRUGGLE

TRAINING
DATA MATTERS
FOR GROWTH - PART 2

+ WALKING
THE
FAT
AWAY

2019
NGA SCHEDULE
GET PUMPED!



WHEN
LIFE
SHOWS UP
KEEP PUSHING

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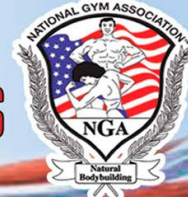
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Welcome

Letter from the Editor

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

A goal you may want to consider is to get involved with our magazine. What could be better than a new year filled with new adventures? If you are interested in contributing an article that would appeal to our growing readership, please contact the NGA Office. We have set the tone for 2019 with an interesting mix of articles and stories. If you or someone you know has an inspiring fitness journey, please send them our way. We would love to share their story in our magazine.

The NGA has a great schedule of events set for 2019. We have expanded as an organization into Louisiana and more states to be announced in the next few months. Be sure to check out our schedule. We are also looking for new promoters to join the NGA Family. If you or someone you know is interested in becoming an NGA Promoter, please be sure to contact Andrew Bostinto at 954-344-8410. Come be a part of the oldest natural and most reputable bodybuilding organization which was established in 1979.

As always, I welcome your comments, questions, and feedback and can be reached at nga@nationalgym.com or give us a call. Your voice counts!!!



Francine Bostinto
NGA Vice President

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PHOTO BY: Roger Lister
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How Powerful Is Visualization Towards The Outcome Of Your Success?

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Think about all the success you are having in your life right now. It feels great doesn't it? But, what if you could maximize your success and have more than you imagined by actually visualizing the outcome, would you believe it?

It all starts with a goal and the belief that anything is possible. Each one of us is destined for great things. However, the results, whether minimal or maximal, is all up to you. For example, if you are preparing for a competition, you want to do everything you possibly can to ensure that you are victorious. Therefore, you may develop a schedule to help you prepare which may consist of following a precise meal plan, scheduling workouts tailored to your specific needs, getting plenty of rest, and stretching your body. Did you notice anything missing? You guessed it! One of the most important tools needed to create success was not utilized and that tool is visualization.

So, what exactly is visualization? Visualization is the act of creating compelling and vivid pictures in your mind. Visualization is also beneficial in three powerful ways which are, 1) It will activate the creative powers of your subconscious mind, 2) It will focus your brain by programming the reticular activating system to notice available resources that may not have been noticed before, and 3) Through the Law of Attraction, visualization will magnetize and attract the people, resources, and opportunities you need to accomplish your goal.

So, what do you have to lose?

Researchers have discovered that when you perform any task in real life, your brain uses the same identical process it would use if you were only vividly visualizing that activity. Therefore, your brain sees no difference between reality and what you are imagining in your mind. What this means is that all you have to do is close your eyes and imagine that your goals are already completed.

Gabrielle Grimm (pictured), sprinter and cross-country runner, found this to be true. In her senior year

of high school, Gabrielle was preparing for her cross-country season, but before her very first meet, she discovered that she had a minor foot injury that caused her a lot of pain and discomfort and like most injuries, the R.I.C.E method (Rest, Ice, Compress, and Elevate) was applied. Previously, Gabrielle completed her race in 23 minutes but wanted to hit her (PR) personal record goal of 21 minutes which was difficult because she was in the recovery phase and was extremely concerned about her ability to compete in her upcoming 5k race.

Beaten down with the frustration of her injury, Gabrielle and I had an in-depth conversation about the importance of having a strong mindset and using the power of visualization. At our very next training session (24hrs before her 5k race), Gabrielle did something very special, she said, "I thought about our conversation and decided to paint my fingernails to read the numbers 21" (a 2 on the left thumb and a 1 on the right thumb which when placed together read the number 21). I asked Gabrielle, "Why did you do that?" She said, "I never paint my fingernails, but I wanted to find a way that I could see my goal of 21 minutes all the time." The very next day, Gabrielle ran her 5k and earned the time of 21:49. When I asked Gabrielle how she felt after the race, she said, "Wow, I only used the 24 hours I had before the race to visualize the outcome, district [races] are 2 weeks away - I wonder what will happen if I begin visualizing now?"

Amazing isn't it? You can also maximize the outcome of your success if you begin visualizing now. Here are a few ways you can implement this powerful tool into your life:

1. Create a vision board.
2. Create a goals book.
3. Use printed pictures.
4. Set aside 10 – 15 minutes everyday to visualize each of your goals as already complete.

The more passion, excitement, and energy you apply to your goals, the more powerful the outcome. Visualization will only add more value to your success and all you have to do is believe it's possible. So, what are you waiting for? Begin maximizing your life through the power of visualization today! ■





Best Poser
Alex Puhalla



2018 NGA Mr. World's Gym Philly Natural
Eduardo Teixeira and his proud wife

The audience was on their feet! At least thirty-five people rushed the stage when the top three winners jumped off stage to do a pose down at the end of the show. Only the judges table separated the frenzied crowd from these three chiseled bodybuilders. As the judges marked their final ballot to give to emcee, Earl "The Pearl" Snyder, the roar of the crowd was deafening. It had all come down to the best of the best. There was the BB Open Lightweight winner Joseph Drum, who had also won the NGA Natural Philly Lightweight Open class squeezing out his favorite poses for the excited crowd. Next to him was Walter Copeland, II for a 3rd time as the Heavyweight winner gunning for the title. Walter, who owns WC Fitness in Philly and is on the radio weekly on HEAT 100 with a



NGA 8th Annual Mr. and Ms. World's Gym Philly Natural Championships

Philadelphia, PA
July 14, 2018

NGA Promoter: Warren I. Egebo
www.naturalphillybodybuilding.com
klon@epix.net



BB Open
L-R: Joseph Drum (LW winner),
Eduardo Teixeira (MW and Overall winner),
Walter Copeland, II (HW winner)

fitness program entitled, *YOUR HEALTH IS YOUR WEALTH*, wanted the title badly. Then there was the young upstart Ed Teixeira, the Middleweight winner, who earlier in the evening had won the Novice Class and hails from one of the finest Bodybuilding Gyms in all of Philly, Greg Long's Gym in Trevoise. They were ready to battle it out!

Would the judges give it to one of the two very experienced bodybuilders, or would they give it to the upstart? When the roar had died down, it was Eduardo Teixeira, trained by Greg Long, who came out on top and won not only the show, but also earned an NGA PRO card. His beautiful wife came on stage and raised her husband's hand in victory.

Shani Harvey was the winner of the Figure "A" division and Aliyah Emas was the winner in the Figure "B" division, but it was Shani Harvey who won the Figure Open Overall class and the Figure Masters division. In Bikini Debut, it was Kendra Kay who won the top stop



Son and Father
Richard Moglia, Jr. and Richard Moglia, Sr.

and would also win the Bikini Open class over Lindsey Parrill. Sarah Castrogiovanni took 1st place in both Women's Physique Open and the Women's Physique Masters division.

The Bodybuilding Master's 40+ winner was Walter Copeland, II with Richard Moglia, Sr. taking the runner up spot, and Charles Dashiell coming in at 3rd place. Roger Houde won the Grandmaster's 50+ division and the runner up was Richard Moglia, Sr. and Richard Moglia, Jr. was the winner of the Junior division. It was great to see a father and son team compete for the second year in a row in the NGA World's Gym Philly Natural.

In Classic Physique Open, seasoned competitor Gary Haines won over Alex Puhalla. Gary also won the Classic Physique Masters division over Richard Moglia, Sr. Ralph "Skip" Richards won the Physique Debut and Physique Open Lightweight. Courtney Malcolm won the Heavyweight and Overall division. The Lightweight Novice winner was Richard Moglia, Jr. and the Novice Middleweight and Overall Novice winner was Eduardo Teixeira. Joseph Drum was the



Courtney Malcolm
Physique Open Overall

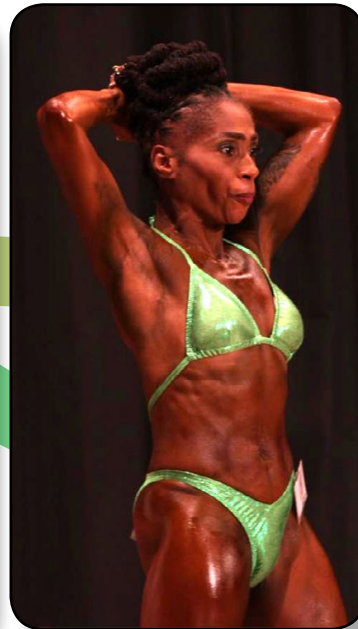
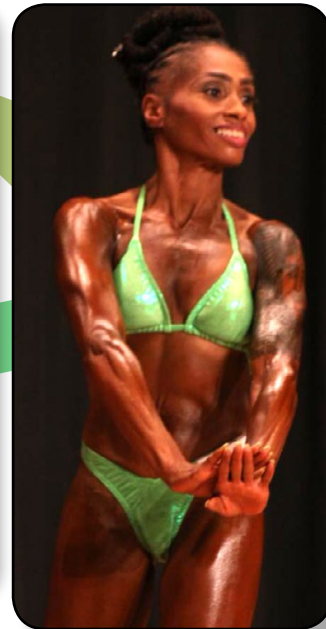
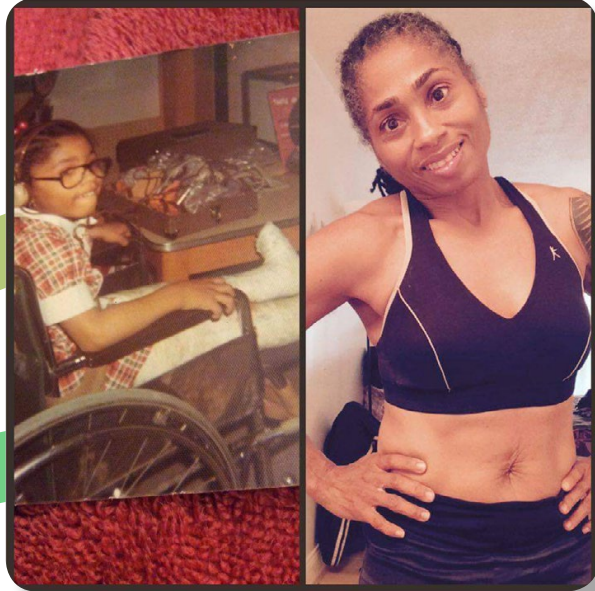
Lightweight Open winner and Eduardo Teixeira was the Middleweight Open winner, with 2nd place in the Middleweight class going to Maximilion Angle, and 3rd place going to Roger Houde. Walter Copeland, II won the Heavyweight Open class, with the runner up being Alex Puhalla, and in 3rd place was Charles Dashiell. Ed Teixeira won the Open class and earned an NGA PRO Card.

Best Abs went to Maximilion Angle who was much improved from last year's show. The Best Poser with a very creative "Gaston" routine from Beauty and the Beast was Alex Puhalla. Greg Long's Gym won most representative gym at this spectacular show. The Official Photographer was Jim Wilmer of www.jimwilmerphotos.com and the MC and Head Judge was Earl "The Pearl" Snyder. The show's sponsors Bobby Boyle's 24-Hour World's Gym Complex where the contest was held, Champ's Nutrition on Grant Avenue, and Beach Bum Tanz of Warminster.

The NGA 9th Annual Mr. and Ms. World's Gym Philly Natural Championships will be held on July 13, 2019 and we look forward to another spectacular event! ■

Life Without Limits

Shervonne Smith, NGA Physique Competitor



BY TERRI WHITSEL

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Washington, DC native Shervonne Smith is anything but your average bodybuilding competitor. She is an NGA Physique athlete living and competing with cerebral palsy.

Cerebral palsy is a disorder of movement, muscle tone, and posture that is caused by damage that occurs to the immature, developing brain, most often before birth. Signs and symptoms appear during infancy or preschool years. The congenital disorder can be treated, but not cured. Normally, one in the bodybuilding world would wonder how an individual would train for a competition with this type of disorder. All it takes is determination and perseverance and this gal has it.

Shervonne Smith is a 49-year-old mother of 2 (ages 17 and 24). She has a Bachelor's degree in Business Management and a Master's degree in Human Resources Management. When she was born 2 months premature, she wasn't breathing. According to Shervonne, when a situation such as this occurs, the doctors will slap the baby gently in order to get oxygen to the brain, but her birth was

an exception. Eventually, Shervonne did begin to breathe on her own, but the lapse between the time when she was born and the moment she took her first breath caused her to have brain damage and led to the life changing diagnosis of cerebral palsy. The doctors told Shervonne's mother that she would be a vegetable. When she reached school age, she was sent to a special school for disabled children from 2 to 10 years old and remained in therapy for 13 years to receive treatment for her condition.

About 10 years ago when Shervonne was just shy of 40 and during a seasonal winter storm, something overcame her and she declared to her family that she was going to go to the gym and begin a life dedicated to fitness. As soon as she stepped foot in the gym, she headed straight to a treadmill and kept going back to it day after day until on one particular occasion when she decided that she was going to give weightlifting a try. When she began, everyone in the gym, including some of the big bodybuilding guys, became quite helpful, especially in assisting her in using the correct form. As is the case with many bodybuilders, once you hit the weights, you never go back

and Shervonne was no exception. She fell in love with it and her strength increased progressively over time. Shervonne attributes the passion that she currently has with weightlifting as being equal to the same passion she had the many years prior when she was going to treatment for cerebral palsy. The consistency, discipline, and perseverance which she possessed from her childhood therapy came back to her again, but this time it was in the gym lifting weights. And from there, she made the decision to compete with the NGA in Women's Physique.

Shervonne attributes the success of her first show in 2018 to Tanya Wells-Lewis. Tanya encouraged her to compete and advised her to focus solely on the 5 judges when she walked onto the stage for the first time. Tanya told Shervonne that the judges were the only thing that mattered and she took the advice and did exactly that. Now, she has the "bug" and admits to becoming a little obsessed with competing.

Shervonne's training is different because she has cerebral palsy and must modify lower body movements, and this presents a challenge and

a hurdle to overcome. One such example is that although she can do squats, she is not able to do lunges and generally has to train lighter for legs. She also notes that the left side of her body is tighter than her right. Additionally, one of her feet does not flatten when it touches the floor, so every exercise is carefully modified. Shervonne is able to perform the leg press movement, but with assistance because her left leg is always bent, but she pushes through and does whatever it takes. According to Shervonne, her trainer (who is also disabled) tells her that "all movement is good movement" and she carries this message with her into the gym every session. Shervonne loves seeing constant improvement with her training and this inspires her to continue competing as she gets better with every show.

Shervonne's family also supports her fitness journey and share the pride they have of her accomplishments. When her son saw her for the first time on stage in that tiny little suit, he almost dropped his drink! In addition to competitive bodybuilding, Shervonne adds hiking and competitive rowing to her fitness arsenal and continues living her life without limits. ■

NGA Texas Punisher Bodybuilding Classic & Fit Expo



**Mt. Pleasant, TX
August 18, 2018**

NGA Promoters: David Hood & Brad Duncan

rawiron@outlook.com
hoodbarbell@gmail.com



L-R:

Brad Duncan,
Victoria Phillips
(wins 2 NGA PRO
Cards: Bikini and
Figure Open)
Cindy Fernandez,
David Hood



Physique Open LW

**L-R: Lonnie Dean, Leonel Martinez, Brad Duncan,
Teejay Shanks (NGA PRO Card & Overall),
Rainier Gonzalez, Rene Tavares**



BB Masters 40+

**L-R: Brody Shanklin, Brad Duncan, Rainier Gonzalez,
Cindy Fernandez, JC Harvey, David Hood**

The 2018 NGA Texas Punisher was held in Mount Pleasant, Texas at the beautiful Civic Center for the 3rd year since its 2016 debut. This phenomenal location is known for hosting events such as 5K marathons, powerlifting, Zumba, and martial arts, so the natural crowning of the day would be none other than an NGA natural bodybuilding show. Athletes from across the country came to compete and display their best physiques. This event set a national record for the NGA, bolstering a whopping number of 16 total Classic Physique competitors which is very impressive for a newly added class. Three NGA PRO Cards were given that night with three different Overall class winners.

In Men's Bodybuilding Open and Classic Physique, Mr. Rainier Gonzalez cleaned up well winning both Open categories. In Bikini and Figure Open, Ms. Victoria Phillips took the 1st place crown in both Open categories. In the Men's Physique Open, Mr. Teejay Shanks took the top spot in a very stacked class.

Highlighted with loads of glitz and glam, the NGA Punisher has become a premiere event for the NGA in the south. The date for the 2019 Texas Punisher is August 17. Sign up and see why we do everything bigger in Texas! ■



BY DAVID HOOD
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STAYING POSITIVE THROUGH THE STRUGGLE

In any new endeavor, the starting perception is generally that the sky is the limit and great accomplishments lie ahead. In the world of bodybuilding, it is no different. Interest to compete typically begins when a fellow gym member makes a comment like "you have great potential, have you ever thought of competing?" When this happens, your head explodes with pride and visions of you holding an Overall NGA trophy invades your thoughts. However, somewhere between this statement and the stage, your motivation, pride, and visions of winning fade as reality sets in that it's not as easy as it seems.

There are several things to keep in mind before you get to the stage that may help things stay in perspective which are the following:

- Always remember that the decision to compete should be based on showcasing your body transformation to others rather than to gain notoriety and glory.
- If you are a novice competitor, hours of cardio and an unmovable scale are in your future, so embrace it.

- Steer clear of magazines and social media for comparison pictures because this will help you keep discouraging thoughts at bay.
- Do your research. Learn as much as you can about meal prep, posing, and any other important aspect that will help you to be properly prepared.
- Invest in a coach if you have the money. This will help you understand the importance of body symmetry, conditioning, and how you will be judged which is based on the opinions of others who are veterans to the sport.
- Never forget that the journey is what counts. The amount of commitment you apply is key, so learning from your accomplishments and mistakes is a process that will last a lifetime.
- Use the critique of the judges to make improvements for the future.

The struggle is what will define you and you will struggle with everything from the diet to pushing through hours of cardio, and much more, but it's worth it! In the end, there is no better way to find out who you are personally and drive yourself when others are not looking, so be positive, dig deep, and don't quit! Lean on your family and friends to support you and the commitment that you made and soon you will look back and say, "I made it through and smashed the struggle!" ■



NGA HUB CITY CLASSIC

Spartanburg, SC
August 25, 2018

NGA Promoter: Ronnie Kirby

www.bodysculptorsllc.com

ronniekirby@bodysculptorsllc.com



Bikini Open Tall

L-R: Monica Clinkscales, Amy Bourguignon,
Monique Lamb (NGA PRO Card & Overall),
Felicia Tapp, Sarah Elliott-Burton



Classic Physique Open

L-R: Alex Walker, Ronnie Kirby, Kris Thorpe



Figure Open Short

Christine Rudder
NGA PRO Card & Overall

My name is Ronnie Kirby and I am the owner of Bodysculptors, LLC and the promoter of the new, annual NGA HUB CITY CLASSIC. As a promoter, my goal is to have a show that caters to the athlete in every way, from the weigh-ins at the beginning of a show all the way down to the final award presentation. As a former competitor, I know firsthand the hard work and sacrifice these athletes put in every day to make their bodies the best they can be and because of this, the athlete will be the first priority at the NGA HUB CITY CLASSIC.

The spectacular night began with a packed house and a riveting introduction of all competitors stepping on stage to the sound of AC/DC THUNDERSTRUCK and this really got the crowd on its feet. The Debut classes kicked the night off. In the Bikini Debut class, Amy Bourguignon took 1st place with Juliet Maroni taking the 2nd spot. In Physique Debut, Julius McKenzie took the win while Christine Rudder took the top spot in Figure Debut with Arlesia Jones come in 2nd place.

Next, in the Novice classes, the Bikini Novice winner was Amy Bourguignon, the Figure Novice winner was Christine, and in Bodybuilding Novice the winner was Alex Walker. In Bikini Teen, the winner was Juliet Maroni and in Figure Teen, the winner was Diana Lashchuck.

The Masters classes proved that age is just a number as all competitors came in excellent condition. In Bikini Masters, Monique Lamb took 1st place while Figure Masters was won by Christine Rudder. In Bodybuilding Masters, Trevor Johnson took the win

and what a win it was because he recently had a hip replacement only six months prior.

After a short intermission, it was time for the Open classes which started out with Classic Physique. These competitors were all well-conditioned which made the competition stiff in this class. In 1st place, it was Kristopher Thorpe, the 2nd place winner was Alex Walker, and the 3rd place winner was Benjamin Blake. The Men's Physique Overall winner was Kristopher Thorpe and Men's Bodybuilding Overall was won by Pierce Bruner.

The Bikini Open classes were next with the short class winner as Jennifer Bettencourt and tall class winner was Monique Lamb who edged out Jennifer in the Overall.

The Figure Open classes were also impressive because all of the ladies were in phenomenal shape. Christine Rudder came out as the short class winner while Melissa Williams won the tall class. After going at

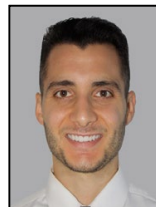
it pose for pose, Christine walked away with the Overall title.

Finally, the show was complete with the Mr. and Ms. Bodysculptor competitions. The winners for both were Alex Walker and Christine Rudder. Each winner took home the Bodysculptor customized trophy, gift cards, shirts, and a protein prize pack. At the end of this spectacular night, seven NGA PRO Cards were awarded.

Thank you is extended to all the sponsors for their support and to all the judges who have one of the most difficult jobs. Also, thank you to all the behind-the-scenes support personnel that made this a smooth and enjoyable show-we love you.

And last, but not least, a special gratitude is given to all the athletes whose participation and support made this show possible!

We're looking forward to a bigger and better show this year on July 27, 2019. SEE YOU THERE!!!! ■



BY DR. NICHOLAS M. LICAMELI, PT, DPT
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What is Tightness? What Can We Do About It?

The uncomfortable feeling of tightness isn't always due to a shortened muscle. More commonly, tightness is a result of high muscle tone, or hypertonicity. Hypertonicity is a muscle's resistance to passive stretch and is controlled unconsciously by the brain. Two things come to mind when talking about tightness: stretching and foam rolling. So, what are they and do they work?

Some buzz terms you may have heard when it comes to stretching and foam rolling are muscle lengthening, breaking down scar tissue, freeing up adhesions, remodeling of collagen, etc. However, research does not support these claims. In reality, we as humans cannot produce the amount of force necessary to remodel our tissues. Our tissues are much more resilient than that and it takes thousands of pounds of force to accomplish this.

Improvements in range of motion are seen in the moment, so it is unlikely that we are physically lengthening and adding cells and tissue to a muscle. What we're most likely doing is improving our tolerance to the stretch by decreasing overall muscle

tone, decreasing our body's protective mechanism that kicks in when a muscle is stretched, and tapping into the parasympathetic nervous system (rest/digest). When our muscles are stretched to end range, our bodies perceive it as a threat and unconsciously tighten up to protect the area. By foam rolling, stretching, and breathing, we are decreasing that protective "tightness."

Stretching

In general, there are two types of stretching: static and dynamic. Static stretching is the classic gym class stretch with a 30-60 second hold, rest, and repeat. Dynamic stretching is more of an active warm-up, including things like bodyweight squats, lunges, jump rope, high knees, or any stretch that is not held for more than a few seconds and is done in a continuous sequence.

A light dynamic warm-up should be performed prior to static stretching. This can be any dynamic stretching routine, going for a walk, negotiating a few flights of stairs, or anything that gets the heart rate up. If you can break a sweat, that's even better! As far as optimal dosage, research suggests performing 5-10 minutes of stretching per muscle group, per week; however, this is a loose guideline and requires further investigation.

Foam Rolling

The mechanism by which foam rolling works seems to be neurophysiological rather than physical. This means that foam rolling induces a global decrease in muscle tone.

Start off with a slow roll covering the entire muscle group scanning the area for tender spots. Think of scanning the area as a blind person would scan a new environment. Once you find a tender spot, pause and hold on to that spot until a release is felt, and the tenderness lessens. Add some deep breathing while holding on to the

tender spot to further assist in the release. Follow this up with another slow, steady roll over the entire muscle just like you started. It is true that foam rolling should be a bit painful, but too much pain will cause an increase in muscle tone, which, as previously mentioned, is exactly the opposite of what we want to do. More pain is not better. Better quality is better.

Remember, the benefits seem to be very short lived, so if you spend 10, 20, or 30 minutes foam rolling different muscle groups, by the time you're done, you've likely lost the benefits of the first 5-10 min. Although the research has not shown an optimal dosage for foam rolling, it has been shown that short bouts of 10-60 seconds are effective. That being said, do not focus on time. Focus on "feel." Feel that muscle release!

So, if the decrease in tone is short-lived, how do we achieve long-term improvements in tissue and movement quality? That is where loaded movements come in. During the window following foam rolling, it is important to load the movement that you are trying to improve. Therefore, I recommend performing soft tissue work between your warm up sets. It will allow you to test/retest as well as gradually load the movement, given you are gradually increasing load with each warm up set. Take a squat for example. You feel tightness and restriction in your hips halfway into the descent of your squat. You test and retest your squat and notice you can squat deeper and with less tightness. As you load the squat and work up to your working/heavier sets, this newly achieved movement pattern will be trained. Training this movement with loads will, over time, lead to long term improvements in tissue and movement quality. Foam rolling can also be a great way to kick-start the recovery process by tapping into the parasympathetic nervous system, but that's for a different article! ■

About the Author: Nicholas M. Licameli - Doctor of Physical Therapy, NGA PRO Natural Bodybuilder: Every single thing he does, Nick believes in giving himself to others in an attempt to make the world a happier, healthier, and a more loving place. He wants to give people the power to change their lives. Nick graduated summa cum laude from Ramapo College of New Jersey with his bachelor's degree in biology, furthered his education by completing his doctoral degree in physical therapy from Rutgers School of Biomedical and Health Sciences (previously the University of Medicine and Dentistry of New Jersey) at the age of 24, and has earned professional status in natural bodybuilding. Love. Passion. Respect. Humility. Never an expert. Always a student. Love your journey.

Youtube: https://www.youtube.com/channel/UCAWFesBmaJ_WFAh2aqsOg8g

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NGA PRO/AM East Coast Natural Championships

State College, PA

September 8, 2018

“The Penn State Show”

Promoters: [Earl Snyder](#) & [Terri Whitsel](#)

www.ngaeastcoastnatural.com



Classic Physique Open
Alexander Puhalla
1st Place & NGA PRO Card



Physique Open MW
Andrew Starr
NGA PRO Card & Overall



PRO Bikini Open & Masters
Myla Bseirani, 2nd Place
Shkeera Campbell 1st Place



Figure Open & Masters
Tina Miller

We had another great showing this year in Happy Valley/Penn State, State College Pennsylvania. There were athletes from all over the US that traveled to central PA for our exciting show that always delivers!

We were honored to have AST as our main sponsor and with that, Joe Ortiz earned the Dedication Award given to the person who has a tremendous influence with the show. Joe demonstrated this by devoting his time and dedication to ensure its success.

In this competition, there were a significant amount of debut and novice competitors that took to the stage whose physiques were very impressive. Additionally, there were also two male bodybuilders battling it out in the Teen/Collegiate division, but it was Kyle Oresick who beat out Trace Bierlair for the victory. What a great future these two beasts have ahead of them!

In the Master classes, Melanie Crawl took home

1st place in Bikini; Larry Stevenson secured the Men's Physique class; Tina Miller killed the Figure class, Carlos Martin took the top spot in Men's Classic and Bodybuilding 50+; and Brooke Mayes won the 1st place position in Women's Physique Masters.

The PROs were at the top of their game as expected. Shkeera Campbell took home the top prize in Bikini Open and Masters. In Men's Bodybuilding Masters, the top spot went to Patrick Freeman, Kyle Frantz snagged the big money in Classic Physique, and Michael Pucci ran away with the victory in Men's Bodybuilding Open.

The Amateur Open classes were stacked with tough competition. Leanne Merryman battled for and won the Bikini Overall. Men's Physique Heavyweight winner was Larry Stevenson and the Middleweight was Andrew Starr who also won the Overall and earned his NGA PRO card. Figure Open was dominated by Tina Miller. One of the feature classes of the day was Classic Physique and this class was loaded, but when the smoke cleared, it was Alexander Puhalla who took the 1st place win and also earned and NGA PRO Card. Alexander also was awarded the special and spectacular 3'

customized Barbell. Lee Meyers took the 2nd place position and also snagged his NGA PRO Card in Classic Physique. It is also important to note that this will be the last year in which two NGA PRO Cards will be awarded in Classic Physique as there is now a huge pool of NGA Classic Physique PROs to make the competition fierce. Leading the Women's Physique class was Deb Henry. In Men's Bodybuilding, the Lightweight winner was Kyle Frantz; the Middleweight 1st place position went to Stephon Sander, the Light Heavyweight winner was Kyle Oresick and the Heavyweight gold went to Lee Meyers. The NGA PRO Card & Overall winner was awarded to Kyle Oresick.

The Transformation class, which was started by the NGA East Coast Natural, was inspiring once again. The transformation journey stories were read aloud to the audience and each athlete came on stage individually showing their larger than life "before" picture on the big screen in comparison to their current body as presented on stage in this competition. The Transformation class was incredible with Deb Henry taking the 1st place position for the most inspiring transformation. Warren Danner and Stephon Sander shared their incredible stories

with the audience as well.

A special thank you to all of the NGA Athletes for choosing to compete at the NGA Penn State show which is organized in such a way to ensure that the experience is both positive and memorable. Also, thank you to all of the staff, judges, DJ, and the Mt. Nittany Middle School staff whose help is invaluable. A huge thank you also goes out to AST Sports Science and Envision Metalworks, Inc. Envision Metalworks specially crafted the custom, one-of-a-kind Overall barbell award. Thank you to Sir Charles Venturella for doing an amazing job on all of the awards and swords, Tim Pitts of PJ Harrigans for the after party, and Tolly Sunderland from the Super 8 Hotel for providing exceptional customer service and for the incredible upgrades!

We are looking forward to our shows in 2019 starting with the April 27th "Woodlands Show", the NGA North American Championships & Ed Cole Pro Classic in Wilkes-Barre, PA which will follow a "straight through" format, and the September 21st "Penn State Show", NGA East Coast Natural PRO/AM Championships. For more information go to: www.ngaeastcoastnatural.com ■



April 20, 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

KyNaturalBB@gmail.com

Location: Rupp Arena

(Heritage Ball Room)

430 W Vine Street

Lexington, Ky 40507



NGA 2nd Annual Thunder Classic

Deland, FL

September 15, 2018

NGA Promoter: Tracy Simonds

www.ngathunderclassic.com

tracysimonds7@gmail.com



Judges

L-R: Sally Reyes (Test Judge), Kevin Cui, Heavenly Figuredo (Test Judge), Christine Keefer, LaDarius Sanders (Test Judge), Dave Bogan (Head Judge), Tracy Simonds (Promoter), Joy Smith, Kiersten Ciffelli (Test Judge), Maggie Carbone, Rick Pierre, Mike Kocsis



Backstage Fun

L-R: Kimberly Hatfield, Christine Fabroa, Molly Richardson



Bikini Open Short

L-R: Eva Cooper (4th), Holli Duncan (2nd), Lauren Hunter (1st), Kaylie Van Aalst (3rd), Lara Buck (5th)

The NGA 2nd Annual Thunder Classic is in the books! This fierce competition was held at Deland High School on Saturday, September 15th and it proved to be an epic event! There were 19 divisions and these ladies really showed up to battle it out for the top spots. This smoothly ran event was an all-around great time for the competitors, staff, and audience. Allison Walker Torres, who was gracious enough to join us for the evening portion of the show, did an amazing job emceeing with Derek Simonds. The following are a few quotes from our social media pages about what people are saying:

"Great show! When God is first all things are possible."
- Christine Keefer (Judge and Guest Poser)

"A special thank you from me for all the awesome judges! The feedback and individual care you expressed was helpful!" - Lara Buck (competitor)

"Great athletes, great people, great energy. Honored to be part of this special day. Pure class and quality."
- Joy Smith (Judge)

"One of the most organized shows that I have had the honor to be a part of!" - Sally Reyes (Test Judge)

"I enjoyed everything about your show."
- Jessica Cruz (competitor)

"Everyone involved did a great job. Very organized!"
- Kevin Dubree (competitor)

"I had a blast and 100% will be at the next show. You did an amazing job putting it together, answering questions, and making the entire experience enjoyable."
- Alexandra Roebuck (competitor)

Thank you to all who came out to support this dynamic event as it couldn't be done without you and we look forward to your participation at the next show which will be held on the 2019 Labor Day Weekend! ■



Training Data Matters for Growth Part 2



BY CHAD ADAMOVICH, CSCS
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In the Fall Issue (Part 1 of this segment), I gave the science behind why bodybuilders need to plan their training as seriously as their nutrition. Most track nutrition with precision and have a plan with the data, but this is not typically seen on the training side. With most bodybuilders, there is very little actual planning in place besides the days on which specific body parts are trained. If you have not read [Part 1](#) of this segment, please do so, because there are some items which are important to understand before diving into the application. In this issue, how to apply the new knowledge presented in Part 1 will be discussed as well as how to generate a starting point in programing in order to see progress.

What any bodybuilder wants to do is to be able to maximize hypertrophic response with proper application of volume and exertion. This is done by use of training periodization. Periodization is the “big picture” concept of training that encompasses the different types of the training processes into specific phases. Within these phases of training, you will need to manipulate your load, reps, and/or sets, which equates to your total volume. These are needed to stimulate the adaptation desired within that particular phase, primarily focusing on hypertrophy and strength for bodybuilders.

Within the periodization, there must be progressive overload. When you don't properly periodize

training with progressive overload, it is very common to hit plateaus. Progressive overload is intelligently increasing stress on the body overtime. If stress is not increased to the body, the body will have no reason to change. Progressive overload is how we tell the body to improve in a safe and effective manner. As stated in my previous article, you can't just throw in an overload of extra volume and expect to maintain a high volume for extended periods of time because doing so will lead to diminishing returns, decreased performance, and increase the likelihood of injury.

Below, I will describe the different ways to start looking at your training more seriously through

programming as similarly done with your nutrition plan. As stressed in my last article, take the volume you recorded from and apply it to the different options of periodization below. Programming is a mix of science and art. It is important to manipulate and adjust for each individual because not everyone is created equal, as we all respond to different amounts of stimulus in order to see significant progress.

LINEAR PERIODIZATION

This model has been around the longest. It is the simplest way of programming to achieve progressive overload. This model is very effective, but only for a short period of time. You can see fast results, but will quickly see diminishing returns with this method before adjustments need to be made. The other disadvantage to this method is that you typically have to focus on one energy system. To do this, you can keep movements the same and increase load over time. You may also manipulate sets or reps in the same linear fashion.

Basic Example:

Weeks 1-2: 3 x 12
Weeks 3-4: 4 x 12
Weeks 5-6: 5 x 12

NONLINEAR PERIODIZATION

This is probably one of my favorite methods to use for advanced athletes. Technically, what I typically do is nonlinear undulation, which is even more complex. This is due to the fact that even though it is the most complex and specific to each individual athlete, continuous significant improvements may be achieved over time. With nonlinear periodization, one energy system is focused on per day. This is where progressive overload can be capitalized on, especially since strength and hypertrophy have such a close relationship for an athlete's development in bodybuilding. This also gives the ability to have a great deal of variety as well as the ability to periodize according to the season of the athlete. There are multiple ways to design a program with this periodization.

Basic Example:

Week 1: Hypertrophy 3 x 20 Strength 4 x 5
Week 2: Hypertrophy 3 x 15 Strength 5 x 3
Week 3: Hypertrophy 4 x 12 Strength 1 X 5, 1 x 3, AMRAP
Week 4: Deload

UNDULATING PERIODIZATION

Undulating periodization is more complex than linear and can minimize plateaus. This type of periodization program is more balanced and you can train multiple energy systems at one time. Undulating program can be done daily or weekly. Fluctuations in volume and intensity will occur in a wave-like manner. A daily program is achieved by having these fluctuations take place within the given week. Weekly undulation is when the changes in intensity and volume are week to week.

Daily Example:

Day 1: Squat: 3 x 10
Day 4: Squat: 4 x 5

Weekly Example:

Week 1: 70% Load
Week 2: 87.5% Load
Week 3: 80% Load

Now that you have a better understanding of how to apply progressive overload and different training models with periodization, it is important to take the training side just as serious as the nutrition. All of these methods can be very effective when done correctly. Although nonlinear undulating periodization is my personal favorite, it doesn't mean you should instantly apply that method. My recommendation is to begin programming that way when you have a solid education within the field of strength and conditioning, in addition to a lot of experience. I also recommend starting with linear progression as a way to learn the concept and begin to experience it. From there, branch out to more complex methods in order to see significant improvements over time. ■

About the Author: Chad Adamovich is Co-Owner of P4P Muscle and Owner of IronScience. 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 Training & 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 Instagram@ironscience_pro



**Folsom, CA
September 22, 2018**

NGA Natural Olympian PRO/AM



PRO Bikini Open
Hannah Covington
2x NGA PRO
Ms. Olympian



BB Open

L-R: Robert McCauley, Shaun Hayes, Sancho Poon (NGA PRO Card), Ian Angelo, Richard Haynes, Chris Sanford



Bikini Open
Gillian Young
NGA PRO Card

NGA Promoter: Johnny "The Motivator" Carrero

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Physique Open

L-R: Robert McCauley, Dennis Peanganiban, Jeffery Morgan, Shaun Hayes, Hugo Estrada



PRO BB Open
Lorenzo Elder
2x PRO NGA Mr. Olympian

The NGA Natural Olympian began with the amateur competitors who showcased an outstanding display of the hard work they put in. In the Bikini Masters 40+ division, Samantha Gerber entered the stage with high energy, but could not defeat the grace and fluency of Angel Rader. In the Figure Masters 40-49 division, Katherine Lowry, with an inspiring story, took 2nd place to Yemia Hashimoto. The women in the Figure Masters 50+ division proved that you can look great at any age if you take care of yourself. Frauka Kozar landed in the 2nd place position while Lourdes Giovannini captured the top spot with her well improved physique from her last competition.

In the Bodybuilding Masters division, Chris Sanford came in at 2nd place right behind the

outstanding Rick Haynes, who took the top spot for Masters.

In the Bikini Open division, these ladies knew how to bring it! In 5th place was first-timer Naima Ahmad who showed great potential. Coming in at 3rd and 4th place respectively was Kelly Glynn and Samantha Gerber. Angel Rader took the 2nd place finish, but it was the beauty and poise of the NGA PRO Card winner, Gillian Young, with her symmetry and V-taper that gave her the 1st place win.

In Men's Physique Open, when those competitors walked on the stage, the judges knew they had their work cut out for them. In 5th place was the muscular Robert McCauley. The final 4 was so close that it had to be broken down. In 4th place was a very symmetrical Hugo Estrada. This kid has so much potential! The 3rd place win went to Dennis Panganiban who had a full package and was a force to be reckoned with. In 2nd place was the much-improved Shaun Hayes who keeps getting better with each competition, but it was vegan

competitor, Jeff Morgan, who took the spot and earned an NGA PRO Card. Jeff was most definitely ready for this competition with his great conditioning and symmetry.

In the Figure Open division, 6th place was Katherine Lowry, 5th Jalia McKnight, 4th Frauka Kozar, 3rd Lourdes Giovannini, 2nd Kelly Glynn, and the NGA PRO Card went to Yemia Hashimoto.

In the Men's BB Open division, the competition was stacked and tough. Chris Sanford took the 6th place win with Robert McCauley following in the 5th place spot. Landing in 4th was a well improved Richard Haynes with only one point separating between the 2nd and 3rd place spots. Ian Angelo brought a ripped package taking the 3rd place win, but Shaun Hayes brought a little bit more muscle and snatched the 2nd place spot. However, it was Sancho Poon who showed up with the full package of shreds, muscle, and stage presence to receive a well-earned NGA PRO Card and 1st place win!

In the 2nd NGA PRO Olympian, the Ms. PRO Figure Olympian was Sarah Kelly. In the PRO Physique division it was Silas Hopkins taking 2nd place to a leaner, Wayne Squires who took the 1st place spot. This was the NGA's first PRO Classic Physique division and it did not disappoint. Shaun Hayes, with his fun style of posing, took 2nd place, but Lorenzo Elder stole the show with his amazing conditioning and physique.

The NGA PRO Bikini division was a very competitive one with Fatima Machado taking 4th place and Courtney Valenzuela landing in at 3rd place. The 2nd place win went to Alona Zaharkina and the Ms. NGA Bikini Olympian went to the beauty and poise of Hannah Covington. In the Mr. NGA Natural Olympian there were three very tight competitors and the shredded David Reta took the 3rd place position. The 2nd place spot went to Eric McKnight, but no one could take down the shape and conditioning of Lorenzo Elder who became the 2x NGA Mr. Natural Olympian! Congratulations to all our athletes and we look forward to seeing you on stage in 2019! ■

MOTIVATOR'S CORNER



BY JOHNNY "THE MOTIVATOR" CARRERO
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Are They Supplements or Drugs?

Since 1980, I have been weightlifting and I started competitively Powerlifting and Bodybuilding in 1985. During this time period, taking supplements was the thing to do and I spent a lot of money on purchasing them. Today, I wish that I could get my money back!

As a promoter of the "Natural Movement" since 1993, there is a major disadvantage for many of us in this large industry due to our lowered or lack of use for supplements than others who may not follow a natural regimen in bodybuilding. The supplement industry has skyrocketed to a \$35 billion industry, making it difficult for the FDA to keep up. Most supplements on the market today are NOT FDA approved.

The following are a few so-called supplements that you were able to purchase over-the-counter:

- Clenbuterol, a compound belonging to a class of drugs (beta2-agonists).
- Androstein, has an alternative play on spelling of a steroid hormone known as Androstenedione.
- Metha-Quad Extreme, was found to be two anabolic steroids after testing.

There are over 800 so-called dietary supplements/drugs found during FDA testing. Many supplements have been pulled off the shelves, including one meth-like compound found in a pre-workout supplement called "Craze". Some of these types of supplements can still be purchased online although they are not able to be purchased over-the-counter. This is a big problem for show promoters of natural bodybuilding and the health and fitness industry and it must stop!

The NGA Cali is on a mission to educate school athletic departments, coaches, athletes, and their parents on the use of supplements. This mission is called "No Supplements Needed" and all natural athletes are being challenged to support this movement. So, how do you offer your support? Eliminate the use of all supplements and train your body through the use of food, water, and hard work which is how I train myself and my athletes!

By educating the youth and their parents on how to get results without the supplements, a new trend can be started! It's not going to be easy, but nothing good comes easy and all hands on deck are needed to support this movement! If you are a natural athlete and want to join this effort, start by

contacting the schools in your area and offering to educate their students on the problems found with using supplements/drugs and their possible side effects. Offer to host a seminar and invite athletes, coaches, and parents to join in an effort to help to keep their young people supplement and/or drug free!

One of the most common supplements (drugs) that is going viral is known as SARMs (selective androgen receptor modulator). There are many on the market today found under the following names:

- MK-2866 or GTx-024 (Ostarine)
- Gw-501516 (Cardarine)
- LGD -4033 (Ligandrol)
- LGD-3303
- GSX-007 or S-4 (Andrine)

All of these are testosterone enhancers and have the same side effects of anabolic steroids! Additionally, these are found in dietary supplements and are unapproved by the FDA for "human consumption".

This fact alone should prevent a person from taking them. They are banned by WADA (World Anti-Doping Agency) and the NCAA (National Collegiate Athletic Association) and chemists today are creating these supplements removing one or two molecules, so they don't look like a drug until tested!

So, help by joining the movement "No Supplement Needed" by educating our young people so that they still can be their best the natural way! ■

The Ultimate Fitness Athlete



Competitions for the Natural Athlete

Solo Competitions: Bench Press, Pull Up, Push Up, Squat

Fantastic Fitness Five: Bench Press, Squat, Pull Up, Deadlift, Push Up

Fitathlon: 19 Challenges; 3 min performance time, 3 min recovery.

Strengthathlon: 15 Challenges; 3 min performance time, 3 min recovery.

All NGA members receive 25% off all entry fees - Use Promo Code NGA1



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As a fitness enthusiast, I pride myself on keeping a consistent exercise schedule and letting nothing get in the way of working out. I enjoy the benefits that are a result of working out as well as the friendly and family-like environment of Lean Styles Proactive Weight Loss and Fitness Center in Cincinnati, Ohio where I have made my gym home. As a gym family, our members have established a relationship beyond working out that makes it that much more enjoyable. However, there are times when trials, whether they be personal, familial, or career/job related that make it difficult to keep the schedule that has been set to support the goal in taking care of our bodies in the best possible way. As a result, the workout schedule that we set for ourselves may no longer accommodate the change in life that has occurred and we may find ourselves trying to figure out what to do next.

I recall on several occasions how sickness, family issues, and other major obstacles have found their way into my life and could have completely halted my ability to actually go into the gym to workout. On one particular occasion, I had car trouble and with my daughter away to college and taking the

2nd car with her, I was left immobile for about one day (a scheduled workout day) until other transportation arrangements were made. I knew that I didn't want to miss working out and although I could have done some form of a workout routine at home, I actually loved the comradery at my gym so much and had to get there. For me, being in the environment has a way of making what appears to be a bad situation better and no matter what my state of mind was when I would enter the gym, I always felt better when I left. So, I called my gym mate and he picked me up on his way home from work on his route to the gym and brought me back home when we were done.

It's easy to allow situations and circumstances to come into your life and be the reason why you can't work out. And, generally when that happens, the workout schedule that you originally established for yourself is gradually abandoned and months down the road, you look in the mirror and begin to wonder what happened. The human body is not meant to be sedentary and requires movement in order to function at the optimal capacity. So when life shows up, make the adjustment and not the excuse to keep pushing! ■

About the Author: 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.

Try Yoga... Reap the Rewards!



BY WENDY WEBBERLY
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11 Types of Yoga: Part 2 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 different forms with different teachers before settling on your favorite. Even if you're a seasoned yogi with a dedicated practice, flexibility and variation with any of the following styles could enhance your overall yoga experience and challenge you to break out of your comfort zone.

In this issue, four different types of yoga practices are highlighted:

Ashtanga Yoga

In Sanskrit, Ashtanga is translated as "Eight Limb path." Ashtanga yoga involves a very physically demanding sequence of postures, so this style of yoga is definitely not for the beginner. It takes an experienced yogi to really love this form. Ashtanga starts with five sun salutation A's and five sun salutation B's and then moves into a series of standing and floor postures. In Mysore, India, people gather to practice this form of yoga together at their own pace—if you see Mysore-led Ashtanga, it's expected for the yogi to know the series. Vinyasa yoga stems from Ashtanga as the flowing style linking breath to movement.

About the Author: 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.

Vinyasa Yoga

Vinyasa means "to place in a special way" and in this case, it means a special placement of the yoga postures. Vinyasa is the most athletic yoga style and was adapted from Ashtanga yoga in the 1980s. In Vinyasa classes, the movement is coordinated with your breath and movement to flow from one pose to another. Many types of yoga can also be considered Vinyasa flows such as Ashtanga, power yoga, and prana. Vinyasa styles can vary depending on the teacher and there can be many different types of poses in different sequences. As a yoga instructor, I teach an alignment-based style of Vinyasa and choreograph new flows every time. In this style, I hold some of the poses a bit longer after warming up.

Bikram Yoga

If you are looking to sweat in yoga, this is the style for you. Bikram yoga is named after Bikram Choudhury and features a sequence of set poses in a sauna-like room—typically set to 105 degrees and 40 percent humidity. The sequence includes a series of 26 basic postures, with each one performed twice.

Yin Yoga

Yin yoga is a slow-paced style of yoga with seated postures that are held for longer periods of time. Yin is a great class for beginners, as postures can be held from 45 seconds to two minutes. Yin can also be a meditative yoga practice that helps you find inner peace. The classes are relaxed, as you're allowing gravity to do most of the work.

In case you missed it, here is [Part 1](#). Learn more about other types of yoga and the many benefits that come with practice in the next issue of NGA NATURALmag. ■

Reference: [MIND BODY GREEN article](#)





The NGA PRO/AM Bluegrass Bodybuilding Championships

Lexington, KY
September 29, 2018

Promoters: Josh & Melissa Miller

www.kentuckynaturalbodybuilding.com

josh@transformationpersonaltraining.com



PRO BB Open

L-R: Ron Page, Bob Goff, Habideen Olaniran, Jay Johnson, Ray Clark, Mike Finkenbinder



PRO Figure Open

L-R: Phyllis Hutchinson, Deb Withers, Wendy Doran, Ingrid Isaacs



PRO Physique Open

L-R: Joshua Hair, Tyrone Burroughs, Jontai McQueen, Cedric Miller



BB Open MW
Robert Young
NGA PRO Card & Overall



Figure Open
Bre Vergonet
1st Place

This show brought in a very impressive class of NGA PRO Bodybuilders. In this class, there were six PRO BB Open, and they were all prepared! The class was represented by Ron Page, Bob Goff, Mike Finkenbinder, Ray Clark, Habideen Olaniran, and Jay Johnson, with Jay taking the 1st place position.

The NGA PRO Figure Open class was also well represented! The class included Ingrid Isaacs, Phyllis Hutchinson, Wendy Doran, and Deb Withers with Deb taking the top spot.

In the very well stacked NGA PRO Men's Physique Open class, Jontai McQueen, Joshua Hair, Tyrone Burroughs, and Cedric Miller battled it out with Cedric proving himself to be the victor.

The NGA PRO Bikini Open class did not have as many competitors as the other classes, but Ashley Srb showed herself to be an amazing competitor. Although she was the sole competitor in her class, she showed the audience, with her outstanding body, that she was on top of her game!

In the NGA PRO Men's Bodybuilding Masters category, there were a number of great competitors. Ron Page, Johnny Spears, Matthew Serd, Bob Goff, and Ray Clark represented this class well, but it was Ray Clark taking 1st place.

The NGA PRO Figure Masters class had 3 competitors, Phyllis Hutchinson, Ingrid Isaacs, and Wendy Doran, who represented this class well, but it was Wendy Doran winning the top spot.

The NGA PRO Men's Physique Masters was the next class up. In this class, Bob Goff, Joshua Hair, and Christopher Graves showed all of their hard work, but it was Christopher Graves who took 1st place.

Next, were the amateur classes. In this show, there were two Junior classes which were the Men's Physique Junior and Bikini Junior. In the Physique Junior class, Jeremiah Taylor placed 1st place and Morgan McVey won the Bikini Junior class.

In the Bodybuilding Open Lightweight class, Christopher Graves placed 1st while in the Middleweight class, Robert Young took the top spot. In the Light Heavyweight class, Stuart Weasner took 1st

which set the stage for a pose down for the Overall title. The battle was extremely close! However, only one competitor could be crowned. The Overall title and NGA PRO Card went to Robert Young!

The Figure Open class was up next! In this class, Chasity Young placed 3rd, Misha Alford placed 2nd, and Bre Vergonet took the 1st place position.

In the Men's Physique Open class, Austin Morgan took 1st place in the Lightweight class. In the Middleweight class, Dan McCarthy placed 1st. In the Heavyweight class, Matthew Shaffer took the top spot, but the Overall title would go to Dan McCarthy which earned him an NGA PRO Card.

The Women's Physique category was next with Chasity Young taking 3rd place, Misha Alford at 2nd place, and 1st place going to Deb Withers.

The Classic Physique Open class was the largest class in the show. Stacked tight with 8 competitors, these men definitely put forth their best package. Stuart Weasner took the top spot and earned an NGA PRO Classic Physique Card. In the Classic Physique Masters class, 1st place went to Matthew Serd.

In the Bikini Open Class "A", the 1st place position went to Morgan McVey. In the Bikini Open Class "B", Jennifer Raisley took the win. Morgan McVey and Jennifer Raisley would compete for the Bikini Overall title and in a close decision, Morgan McVey would be crowned the Bikini Overall champion and also earn an NGA PRO Card.

Dennis Campbell edged out Robert Thomas for the Men's Bodybuilding Master title. In the Bodybuilding Novice class, Jontai McQueen placed 1st while Dorothy Bowles won the Bikini Novice class in her very first show. In the Bikini Masters class, Jennifer Raisley took the 1st place position. Johnny Spears won the Men's Physique Masters class. In the Men's Physique Novice class, Matthew Shaffer took the top spot.

As always, I had an awesome time promoting this show. It is such an honor to be a show promoter in the NGA and to be able to provide a platform for natural competitors to compete. I look forward to this year's show! ■

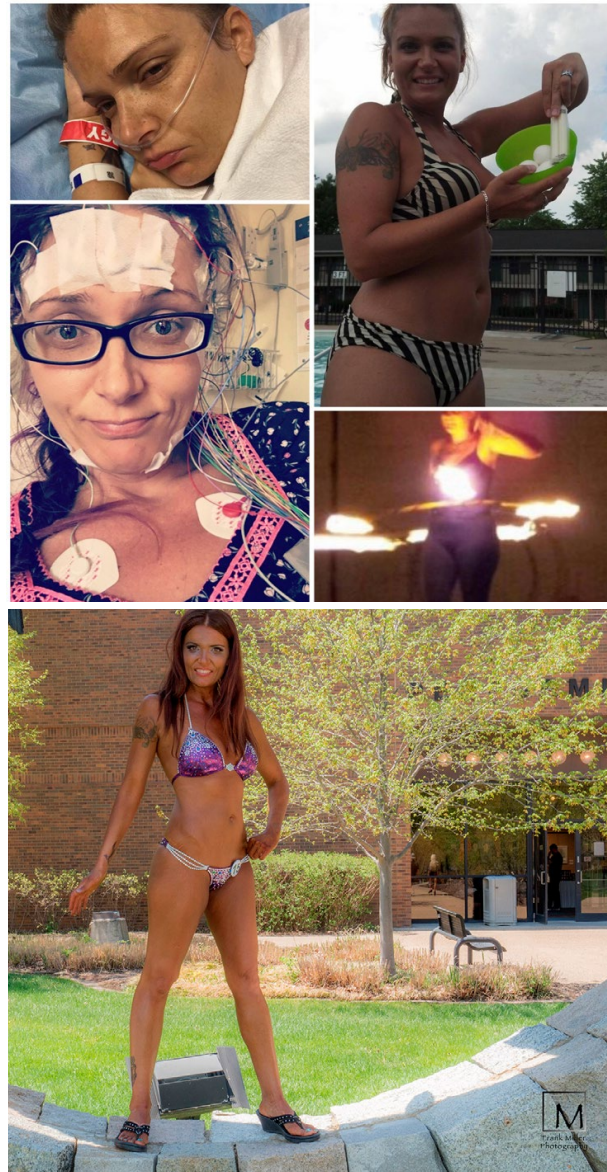
"I Am The Purple Warrior!"

BY TAMRA ANTENUCCI

My name is Tamra Antenucci and I am 37 years old. I suffer from uncontrolled epilepsy, a rare autoimmune disease, migraines, depression, severe anxiety, and I also have damage to the left side nerves in my body which makes talking, writing, and many other tasks difficult at times. I've had several surgeries, procedures, injections, been serviced by various programs that focus on mental functioning, and have also been placed on several different types of medications. I have seizures (not as many as I would without meds), but enough to affect my life in a bad way. I am generally hurting and feeling weak most days and I'm always exhausted and have to put forward a lot of effort to make it through each day. The worst part of my physical illness is that I have had to give up on my dreams.

The one thing I have that has kept me feeling as strong as I can is the NGA. The NGA has given me reason for staying my healthiest even when I'm not feeling it. I couldn't imagine how much worse I would feel if I didn't eat clean all the time and work out when I am able to. I may not be able to do as much as I want and that has been hard to come to terms with, but I have NOT given up on life! On most days, I am in bed until 11 in the morning and am lethargic, but I try my hardest to do what I can. I won't lie, there are lots of tears, anxiety, pain, and seizures which get to me most days and that, I find, overwhelming.

I am glad to have been involved with a great group of people in the NGA that motivate me. These people don't care that sometimes I have to wear sunglasses to a workout, or that I can't do as much, or that I cry sometimes...all they care about is that I try and do my best. I have a great group of doctors that know how important it is to me to be healthy and fit. Dr. Boyer and my therapist, Ryan Stivers, have taught me to know my limits and by doing this, it inspires me to help



others who share my condition by giving them the insight that I have and why even a little bit of physical activity and healthy eating is beneficial. I wish I could do more and dream all the time about the days I could feel great and become an NGA PRO, but the reality is that we have to accept what we are given and remember that not giving up makes us a winner! I'm Tamra, the purple warrior, and I will never give up! A special thanks to John Abraham and Jonathon Aggen for being great friends, NGA promoters, and for keeping people like me motivated and wanting to live by never giving up! ■

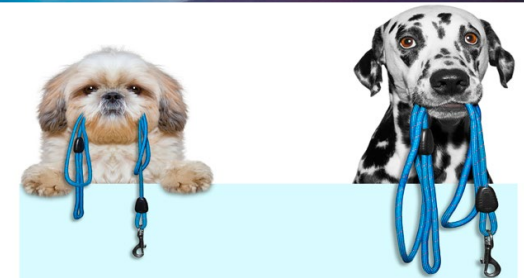
THE NATURAL WAY



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



WALKING THE FAT AWAY



A simple way to burn fat is going for the traditional "walk in the park" and you can burn approximately 100 calories while doing it.

There are 3500 calories in one pound of fat. If you were to walk three miles a day, burning 100 calories per mile (or 300 per day) over the course of a year, you would burn 109,500 calories (365 X 300). That's equal to burning 31 pounds of fat (109,500 calories divided by 3500) off your body! Another way to think about this is if you were to eat the same amount of food during the course of a year and not walk, you'd have the potential of adding 31 pounds of FAT to your body. Now, what do you think? Are you ready to take a hike?

The energy for aerobic exercise comes mainly from FAT. Aerobic exercise (prolonged continuous exercise) stimulates the production of enzymes that convert fat to energy. The more fat-burning enzymes you have, the better you're able to burn stored fat. Aerobic exercise increases your ability to mobilize or metabolize fatty acids. Fatty acids, from fat deposits or a recent meal, are carried by the blood to muscle cells. Fat-burning enzymes

enable your body to use fatty acids as fuel.

People who are out of shape and have few fat burning enzymes, burn mostly carbohydrates (rather than fat) for fuel. Fit people, on the other hand, burn fat readily and this is also true during exercise and rest. The fat-burning benefits of aerobic exercise happen around the clock, so if you're aerobically fit, you burn more body fat even when you're SLEEPING!

Over the years, I have developed a treadmill program designed to help others attain aerobic fitness and have extensively tested it on both males and females. Additionally, I personally have seen the benefits of this program and have gone from 25% to 2.9% body fat (or essentially no body fat). Several of my clients have also attained repeated similar results by using the program.

Remember, walking is aerobic because it keeps the heart rate well below 80% of the maximum, which is the generally accepted level considered to be aerobic exercise and can be a pure fat-burning activity. So, my friends, go take a hike! ■

About the Author: 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



Peoria, IL

October 20, 2018

NGA Natural Peoria Championships

Promoter: Jonathon W. Aggen

www.nganpc.comjon@midwestinsurance.co**Bikini Open 'A'**

L-R: Deanna Clark, Julie Jacobs, Marye Snyder, Colleen Scofield, Kim Smith, Jasa Tegland

**Bikini Open 'C'**

L-R: Michelle Jones, Carol Milkin, Stephanie Hughes, Samantha Powers, Megan Guidos

**Bikini Open 'B'**

L-R: Izzy Jones, Emina Pajazetovic, Dawn Plotts, Larissa Klemm, Lee Vang

**Figure Open Short**

L-R: Violet Holmes, Suzy Russo, Marye Snyder, Robyn Scott, Jamie Hastings

**PRO BB Open**

L-R: Dr. Kent Julius, Daniel Kennedy, Jay Johnson, Dan Serota, Miguel DeDios

The NGA Natural Peoria Championships had a fresh new venue for 2018. Illinois Central College Performing Arts Theatre was where all of the action took place. This year's NGA PRO classes included PRO Mens BB Open and Masters in addition to PRO Figure and PRO Bikini. All of the standard amateur classes also presented at this spectacular event including Transformation, Bikini Model, and the signature class for this particular show, the HALLOWEEN division.

The PRO Men's Bodybuilding Open class had some returning familiar faces from 2017. Dan Serota and Jay Johnson both returned this year with Jay Johnson successfully defending his title as the NGA PRO Men's Champion. There were no initial plans to offer a PRO Men's Masters class, but due to a special request by Brent Julius and Dr. Kent Julius

(brothers), the class was opened up so that they could face-off in a duel the likes of which have not been seen in this, nor possibly any other show to date.

Darrell Jack took 1st place in Men's Bodybuilding Open, while Ryan Truong beat out 5 formidable opponents to take the top spot in Men's Physique Open. Dom Jordan made his amateur debut in the Men's Physique Teen class with muscularity and posing that would put most men 5-10 years his senior to shame.

In the Classic Physique Open class, Brent Julius came in at the 2nd spot to Ryan Truong with both men earning their NGA PRO Card. Also important to mention, is that this will be the last year that an NGA PRO Card will be awarded for 2nd place finishes. Matt LaGrotta won not only the Men's Physique Open Lightweight, but he also won the Overall and claimed an NGA PRO Card as well.

Marye Murphy-Snyder won her NGA PRO Card by beating out 4 other women in the Bikini Open "A" while Larissa Klemm won hers in the Bikini Open "B". Stephanie Hughes took the top spot and an NGA PRO Card by winning Bikini Open "C" and swept the Bikini Open by taking the Overall! Bikini Masters 35+ was stacked with 9 ladies, but it was Marye Murphy-Snyder who once again stole the division along with the Master's 50+ class by beating out Carol Milkins! Marye's success didn't stop there as she crossed over and won the Figure Open Short with an NGA PRO qualifying win and the Figure Master's 35+ class by overtaking Stephanie Griffin!

Special thanks is extended to Ryan Harness and Shane Hudson, co-owners of Blue Shield Nutrition, who was the flagship sponsor for the show. Also, Blue Shield donated thousands of dollars in their STAMINA Intra-Workout and REM Sleep Aid (full-size containers, not sample) products. All 1st place and 2nd place contestants received one

of each of these products. Blue Shield, founded by law enforcement officers in Las Vegas that has since moved to San Antonio, is a company that gives back to fellow officers and supports all first-responders.

This year's venue, lighting, and sound were dazzling, a much needed upgrade from 2017. A special thanks is given to UniqueVision Productions Studio (Willie Little III – Owner) for filming Hollywood-grade trailer videos and burning Blu-Ray High Definition discs of the entire show. Last, but certainly not least, special thanks to our returning special VIP guest, Mario Canon! The date for the 2019 NGANPC is set for October 19th with the hopes of returning to ICC (a proven venue) and having even better lighting than 2018! Thank you to everyone who was in any way connected and contributed to the success of the show. We look forward to an even better show this year! ■

MY JOURNEY TO THE NGA STAGE

BY DR. SHELLY SEIDENBERG

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Exercise has always been a part of my life. As a kid, I played every sport imaginable. I would go running and lift weights almost every day. Regardless of all the physical activity, I started gaining weight in high school and by the time I graduated undergrad, I was 40 pounds overweight. No matter what I did, I couldn't seem to get my weight under control. I ended up depressed, hopeless, and ridiculously unhappy with my body. However, my choice of profession and my positive and outgoing personality had everyone thinking that I was completely happy with the body I was living in.

I received my undergraduate degree in Public Health and Exercise Science from George Washington University in Washington, DC. After graduating, I became a certified personal trainer through the American College of Sports Medicine (ACSM). I had a gift for helping other people lose weight and reach their fitness goals, but for some reason I continued struggling with my own body.

I loved working as a personal trainer, but I decided to go to chiropractic school so I could help people with their health in ways I wasn't able to as a trainer. I thought maybe I'd be able to help myself achieve better health too. So, I moved to Florida to attend Palmer College of Chiropractic. I started my chiropractic education with a very medical mindset,

which I adopted from George Washington University. Little did I know that my medical mindset would be radically transformed. After being mentored and trained by some of the best chiropractors and natural healthcare practitioners on the planet, I soon came to realize that the human body has a miraculous ability to heal and transform into a stronger, healthier, more vibrant being without the use of drugs or surgeries. I also realized that the "one-size-fits-all" approach of our current healthcare system is not working and is producing an unhealthy, overweight, and hopeless population.

After graduating with a doctorate in chiropractic in 2013, I opened a natural healthcare clinic in Port Orange, Florida. Natural Health Practices soon exploded into a successful holistic haven for people seeking a more natural approach to healing. While seeing patients and managing my business, I went on for post-graduate training in nutrition. I soon became one of only 1,000 health practitioners to graduate the very extensive Advanced Clinical Training program in Nutrition Response Testing® conducted in Clearwater, Florida. Through this advanced training, I studied cutting-edge breakthroughs in all aspects of clinical nutrition.

Turns out, many of my patients had actually eaten themselves into their current state of ill-health and disease by the time they ended up in my office for care. Thankfully, I am now properly equipped to help almost anyone who walks through my door. I'm able to help my patients heal



NGA PRO Universe Championships
NGA PRO Bikini Open - 2nd Place

through the use of chiropractic adjustments, specific dietary recommendations, whole food nutritional supplementation, homeopathic remedies, low-level laser therapy, and detoxification. What could be more rewarding to a healthcare provider than to provide people with answers to their ailments, the necessary tools to take control of their own health, and liberty from the pharmaceutical and surgical dependent mindset so prevalent in today's society?

I have helped hundreds, if not thousands, of people heal naturally and obtain bodies they were happy living in. But as of 2017, I was still not happy with the body I had. Even with all the knowledge in the world to help myself, I wasn't able to achieve my own health goals. I had lost

some weight since undergrad and was the healthiest I've ever been, but there was still something missing. In November of 2017, I decided to make the most drastic decision I've ever made with my own health and fitness. I didn't go back to school for another degree this time. Instead, I made the decision to hire a coach and start training for a natural bodybuilding competition. I realized that I couldn't reach my goals on my own and I wasn't going to reach them by tacking on more initials after my name. I needed to ask for help and I needed the same type of accountability that I offered my patients.

Turns out, this was the best decision I could have made. After 9 months of dedicated training and closely monitored food logging, I competed



NGA PRO Universe Championships
NGA PRO Bikini Open - 2nd Place

in my first bikini competition. On July 28, 2018, I stepped on stage for the first time and ended up winning my NGA PRO Card in Bikini Open! I competed in my second competition on October 27, 2018 and won my NGA PRO Card in Bikini Model Open. My 3rd competition was the NGA Universe on November 10, 2018 - exactly 1 year after making the decision to hire a coach and start training. I ended up placing 2nd in the PRO Bikini Open division at the NGA PRO Universe.

I can honestly say that for the first time in my life, I am happy with the body I'm living in. I thank God that we have the ability to transform our bodies into what we want and that we don't have to remain stuck and unhappy with our current situation. It's not easy and it requires a lot of discipline and accountability to transform your body, but it is

possible! I hope my transformation is a living testimony to what the human body is capable of.

I believe that I had to battle for years with my weight and overall health, so that I could fully help others who have been stuck in a similar way. My biggest piece of advice is to find help. I would not have been able to make this transformation without others holding me accountable for the changes I had to make.

The knowledge I had was not enough for me to succeed on my own. So, if you have health problems that won't go away, or you've been struggling to have a body you're happy with, or you're feeling hopeless with your current situation, please reach out to me and let me help you on your journey to improved health. ■



BY PETER N. NIELSEN
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FITNESS DURING THE CHANGING SEASONS

The changing seasons can wreak havoc on your workout routine. The milder weather draws us outside for walks, biking, or running, but that can be interrupted by a rainy day.

The heat can seem insurmountable, making it harder to get started, or surprisingly chilly -- so try having some alternative options in mind. Keep these basic ideas in mind when designing your fitness routine.

OWN YOUR GOALS: Allow your goals to change as you progress. Break them down into smaller goalposts. Use the SMART method: Make them Specific (what and how), Measurable, Achievable, Realistic, and Timely (set an achievable date!).

CONSIDER THE WEATHER: Wear UV-protective sunglasses and a hat when it's sunny. Dress in light colors to reflect the sun's rays. Take a water bottle. If heat or stormy weather cancels your outdoor workout, try interval walking at the mall. On hot days, head to your local community pool and swim some laps! Remember, this time of year the weather changes daily, sometimes hourly! So be prepared!

TRY THE BUDDY SYSTEM: It can be difficult to start a new routine by yourself, so consider enlisting a friend to help you get into your workout routine.

MAKE NEW ROUTINES: No routine can block commitment and progress, but don't be afraid to change occasionally if the one you have no longer works for you. Sometimes you may want to spice it up with new workouts or trade in one walk a week for an aerobics class at your local community center.

BE KIND TO YOURSELF: If you miss a couple of days of exercise, just start up again as soon as possible.

TRACK YOUR PROGRESS: Journal your workouts. Make yourself accountable to yourself and your fitness schedule. Keeping track of the calories you burn, gives you that sense immediate accomplishment that can spur you on.

A new rule here at Peter's Principles and one to pay serious attention to is: If you're using a headset and are walking or running...keep the volume down! Be sure you can hear the traffic and remain aware of your surroundings. Remember the saying, "Fitness is not a destination, it is a way of life!" ■



NGA PRO/AM Central Florida Fall Classic

Orlando, FL
October 27, 2018



L-R: 1. Figure Overall winner and new NGA PRO Kelsey Bruchel, 2. BB Open Overall & Masters winner and new NGA PRO Kale Langston, 3. Classic Physique Open winner Devon Palombo, 4. Physique Open and Novice winner Mitchell Smith 5. PRO Physique winner Joshua Runnings, 6. Women's Physique Open winner Jennifer Tabaszewski, 7. PRO Bikini winner Brittany Arce, 8. Bikini Masters 40+ winner Jenya Kapul, 9. Bikini Model Open winner Tracy Simmonds

The 2018 NGA PRO/AM Central Florida Fall Classic was another great show that will go down in history. This awesome event was promoted

by NGA Florida Chairman Rick Pierre, sponsored by Unmatched Nutrition, co-sponsored by Muscle Vodka and Center Stage Posing Suits. A special thank you is extended to all of the athletes who poured their blood, sweat, and tears into everything they did to prepare for this spectacular show. In this competition, the winner in the PRO Bikini Open & Master divisions went to Sara Logie. In the PRO Physique Open division, the winner was Joshua Runnings.

In the amateur categories, Mr. Brian Silk took the top position in the Bodybuilding Masters 50+. The Bodybuilding Masters 40+, Overall, Novice winner, and new NGA PRO Master went to Cale Langston.

Cale was also the Bodybuilding Open winner and Overall winner and new NGA PRO Bodybuilding Open champion. The Bodybuilding Masters 30+ winner was Keith Cathey.

The Men's Physique Novice and Open winner was Mitchell Smith and the Women's Physique Open winner was Jennifer Tabaszewski. In Figure Masters 40+ and Figure Open Tall, Beverly Stark took the top spot. The Figure Masters 30+ and Novice winner was Lana McCaullogh and the Figure Open Short and Overall winner and new NGA PRO Figure went to Kelsey Bruchel.

The Bikini Novice, Bikini Open Short, and Overall winner went to Jacqueline Lopez Cruz who also earned an NGA PRO Card. In Bikini Masters 40+, the winner was Jenya Kapul. The Bikini Masters 30+ winner was Virginia Hatch and the Bikini Open Tall winner was Lauren Hunter. Tracy Simmonds won the Bikini Model class and the Classic Physique Masters winner was Keith Cathy while Devon Palombo took the 1st place position in Classic Physique Open.

Promoter: Rick Pierre, NGA Florida Chairman

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PRO Bikini Open & Masters
L-R: Sara Logie, Kristi Phillips

In the Transformation category, which is a very special division that highlights the significant strides that people make to obtain their fitness goals, this year, all of the participants lost a total of over 600 pounds which is incredible! CONGRATULATIONS to all of the participants in this category and thank you for competing at The NGA PRO/AM Central Florida Fall Classic where you're not just a number. We look forward to seeing you October 26, 2019 to defend your titles.

A huge thank you to all of the judges including head judge Christine Keefer, George Louis Jean, Ladarius Saunders, Heavenly Figueroa, and Keven Cui. Thank you to the show's expeditors: Anissa Rogers and Antwan; trophy presenters: Ariel King and Haydeliz Vasquez; and a special thanks to the



Bikini Open
L-R: Jacqueline Lopez Cruz and Virginia Hatch



Bikini Masters 30+
L-R: Haryanti, Sundari, Jenny Castillo, Virginia Hatch, Hana Garcia, Jenya Kapul

MC who filled in at the last minute, Liza Woods.

Last, but not least, look out for the NGA Southeast Natural Championship on June 8th at Lake Brantley High School in Altamonte Springs FL. Come on in and show your fun side to your family, friends, and the audience and LET'S PUT ON A SHOW!!!!

You can sign up now at: www.southeastnatural.com or email: rick@onthemovefitnessfl.com. Keep up with all updates for the 2019 Southeast Natural on Facebook or Instagram @otmfittness. 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." ■



BY DR. CHRISTOPH KLUPEL
NGA EDUCATION DIRECTOR FOR SE ASIA
ULTIMATE FITNESS ACADEMY (THAILAND)
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Are Multi-Vitamin/Mineral Supplements Healthy?

There is hardly anything going on in our bodies, which does not require vitamins or minerals; even a minor deficiency of just one or another will cause our cells to start functioning inefficiently, causing a slow-down of the metabolism and weakening of the immune-system.

Consuming the foods available to us today, it wouldn't be an easy task to provide all the right nutrients in the correct proportions to ensure continuous optimal functioning of all these multiple processes, even if we made our best effort to eat a healthy, well-balanced diet.

Therefore, it often proves beneficial to fortify our diet with high-quality vitamins, minerals, and herbal supplements; however, most multi-vitamin/mineral supplements are NOT the optimal way to do so.

The fact is that many multi-vitamin/mineral products are synthetic chemical cocktails which do more harm than any good; the wide majority of commonly sold multi-vitamin/mineral supplements is inadequately composed; and many include low-quality, cheap, hardly absorbable, and most often synthetic, even health-damaging versions of particular nutrients.

Another shortcoming of multi-vitamin/mineral supplements is that they supply all their nutrients to the body at the same time. While this may be perceived as convenient, bunching

up all of these nutrients into one single formula causes some of these substances to compete with each other for absorption, which may diminish the uptake of certain vital nutrients.

Inferior multi-vitamin/mineral supplements to avoid can easily be distinguished by identifying some untoward ingredients on their labels.

One such "low-quality indicator" is the type of magnesium included in multi-vitamin/mineral supplements. Many include magnesium in its poorly absorbed forms as magnesium oxide, carbonate, sulfate or gluconate, which should all be avoided. Only a tiny amount of such substandard types of magnesium is actually absorbed and is not enough to effectively raise the blood levels of this extremely important mineral. Manufacturers, who utilize such unhealthful cheap ingredients, prove that they value their companies' profits higher than their customers' health. A slightly better form of magnesium is magnesium citrate, but truly high-quality chelates of magnesium include magnesium glycinate and malate, which are rarely found in multi-vitamin supplements.

Inferior multi-vitamin supplements also often contain calcium in its cheap and poorly-absorbed calcium-carbonate form. Better quality products commonly include calcium-citrate instead, which is more bioavailable and easier absorbed.

Low-grade multi-vitamins may also feature synthetically-manufactured dl-alpha tocopherol as "vitamin E", which is not only just half as potent as natural d-alpha tocopherol but has the potential to bring about a wide spectrum of health issues. Beware of products with synthetic dl-alpha-tocopherol included as "vitamin E". Natural d-alpha-tocopherol is better, although d-alpha-tocopherol is just one component of the complete natural vitamin E-complex, consisting of 4 tocopherols and 4 tocotrienols. Of the four tocopherols, it actually is the so-called gamma tocopherol, which is the most important and beneficial member of the vitamin E family; it acts to trap and remove free radicals, such as reactive nitrogen, from the body in a way that d-alpha-tocopherol cannot.

Iron should never be included in any

multi-vitamin, as it is a quite risky substance. Ingesting supplemental iron, while not actually being deficient in this mineral, can easily lead to an excess building up in the body, as our body has no specific mechanism to rid itself of excess iron. Any stored excess is detrimental to health, as it generates free radicals by acting as a pro-oxidant, thus accelerating aging and promoting cancer, heart disease, and other health issues. Even when a true iron-deficiency exists, obtaining iron from foods naturally high in iron, such as dark leafy greens, grains, beans, vegetables, fruits, nuts, and seeds, as well as eggs and dairy products, is safer than relying on supplements, because the body is able to regulate its iron intake from foods. Truly iron-deficient people, who decide to ingest supplemental iron, should take iron individually (best as Ferrochel Iron Bisglycinate), as iron is ideally ingested on an empty stomach, not with meals, as multi-vitamins generally are.

Folic Acid is the synthetic version of vitamin B9 and is NOT found in food. As its conversion to active vitamin B9 is slow and ineffective, un-metabolized folic acid may build up in the bloodstream; this may over time cause health problems, such as an increased cancer risk. While the names folic acid and folate are often used interchangeably, they are NOT the same. Try to find a product, which provides folate, the naturally-occurring form of Vitamin B9 (or 5-MethylTetraHydroFolate), or at least folinic acid. As opposed to synthetic folic acid, natural folate is non-toxic, as any excess is easily eliminated.

Vitamin D should be included as vitamin D3 (cholecalciferol), which is the same form of vitamin D that our body produces in response to sun exposure. As opposed to the less bioactive, cheaper plant-based vitamin D2 (ergocalciferol), our bodies' nature-identical vitamin D3 is better absorbed, utilized, and 300% more effective.

As it may prove difficult to find a multi-vitamin supplement with such high-quality ingredients, it may be best to fine-tune your vitamin/mineral intake in accordance with your individual needs, and separately ingest selected high-quality-nutrients at the appropriate times and in the correct amounts and combinations for best absorption and maximum effectiveness. ■



NGA PRO/AM Universe NGA American Natural Championships

November 18, 2018 • Coral Springs, FL

www.nationalgym.com

Promoters:

Andrew Bostinto, President and Founder & Francine Bostinto, Vice President

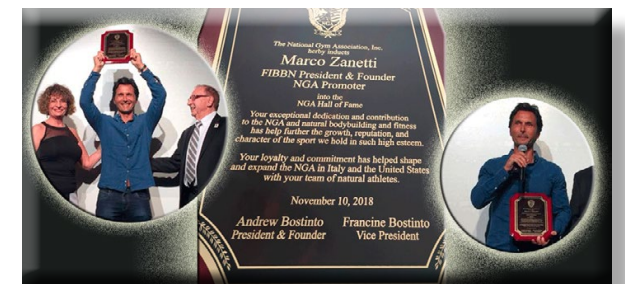
By: Terri Whitsel

Photos By: Roger Lister || Live Streaming By: Francine Bostinto & Lana Callahan

Videos: http://bit.ly/NGA_PRO_Universe

It was the grand finale, the crowning glory, the crème de la crème...the 2018 NGA PRO/AM Universe & American Natural Championships hosted by NGA Founder & President, Andrew Bostinto and Vice President, Francine Bostinto. This is the show that NGA Athletes around the world work towards all year. This year's finale proved to be one of the best yet. Every NGA PRO and Amateur class was stacked with the best of the best.

This year, we were pleased to announce that the 2018 NGA Hall of Fame inductee was Marco Zanetti. Marco has been a part of the NGA since 1992 when he began bringing his team of outstanding athletes to our show which always have given the American athletes a tough competition. At this year's show, he brought with him 10 athletes all the way from Italy! Read all about Marco on [page 56](#).



Hall of Fame Award

L-R: Francine Bostinto, Marco Zanetti, Andrew Bostinto



Hall of Fame Inductee

L-R: Marco Zanetti, Andrew Bostinto



NGA PRO Universe



PRO BB Open
Patrik Minante
1st Place



PRO Bikini Open & Masters
Tracy Simonds
1st Place



PRO BB Open & Masters
Ray Clark
1st Place PRO BB Masters
2nd Place PRO BB Open



PRO Physique Open
Brad Duncan
1st Place



PRO Figure Open & Masters
Samantha Feenburg
1st Place



PRO Classic Physique Open
Brad Duncan
1st Place

The show started with the PRO Bikini Masters class that was won by Tracy Simonds from Deland, FL. Tracy definitely brought her A-game with her shape and stage performance. She also won the PRO Bikini Open class.

The PRO Men's Bodybuilding Masters class was loaded with top notch NGA athletes. It was Ray Clark who dominated the podium.

PRO Figure Masters was won in a unanimous decision by Samantha Feenburg. Samantha, who hails from Jacksonville, Florida, also swept the PRO Figure Open class.

One of the feature NGA PRO classes was the PRO Classic Physique. As expected, this class was stacked with the best of the best. When the smoke cleared, it was Brad Duncan who took home the gold. This class just keeps getting bigger and better every year.

The PRO Men's Physique class was tough as well and it was Brad Duncan from Texas, again, who was crowned the victor.

The PRO Men's Bodybuilding division was the epitome of intense competition. Let's just say we needed a bigger stage to hold all the muscle that showed up on this memorable day. In the end, it was Patrik Minante from Italy who took home the coveted NGA PRO Universe title.



NGA PRO Universe



PRO BB Open

L-R: Ray Clark, Marlo Diana, Marion Hall, Ashton Lewis, Patrik Minante, Daron Monroe, Antonio Rizzi, Stefano Ruffin, Dustin Scott, Daniel Serota, Michele Grupillo



PRO Figure Open

L-R: Amy Lademann, Carri Catalano-Helton, Nicole Goodno, Samantha Feenburg, Brooke Mayes, Christine Rudder



PRO Physique Open

L-R: Brad Duncan, Catt Campbell, Nolan Henderson, Daniel Huitt, Jontai McQueen, Wayne Squires, Wayne Squires, Joshua Running, Angel Villegas, Larry Stevenson



PRO Bikini Open

L-R: Kristi Phillips, Chance Schwartz, Shelly Seidenberg, Tracy Simonds, Whitney Spence, Dana Tindal, Antionette Bagley, Hannah Covington, Paulina Rahhal, Alisha West, Jacqueline Lopez Cruz



NGA PRO Universe



PRO Classic Physique Open

L-R: Ashton Lewis, Shaun Hayes, Brad Duncan, Toddrick Perry, David Hood, Nolan Henderson, Ralph Dunniehhigh



PRO Figure Masters

L-R: Carri Catalano-Helton, Amy Lademann, Samantha Feenburg, Brooke Mayes, Nicole Goodno, Christine Rudder, Stephanie Mulvaney



PRO BB Masters

L-R: Ray Clark, Marlo Diana, Maron Hall, Gary Henton, Mike Hisle, Daron Monroe, David Weinstock, Michele Grupillo



PRO Bikini Masters

L-R: Kristi Phillips, Chance Schwartz, Tracy Simonds, Whitney Spence, Dana Tindal



NGA Amateur Universe



Bikini Open
Brianna Swift
1st Place Bikini Open & NGA PRO Card



Physique Open
Simonpietro Arena
1st Place HW, Overall & NGA PRO Card



Figure Open
Amanda Jacobson
1st Place & NGA PRO Card

The Amateur Masters classes started off with Jeanette Gandolfo winning the Bikini Masters & Overall.

In the Men’s Physique Masters 40-49, Jason Campbell emerged as the victor. Karel DeJong conquered the 50-59 division. The Figure Masters winner was won unanimously by Daryl Sissman. In Men’s Masters Bodybuilding there was

an incredible lineup for the Overall with the 50+ winner being Carlos Martin, the 60+ winner who was Al Vaughn, and John Wensich who was the 70+ class winner, but it Carlos Martin who was crowned the top spot and also earned his NGA Masters PRO Card. In Women’s Physique Masters, Samantha Feenburg, showed herself to be victorious.

The Amateur Open classes were so outstanding that they could have been mistaken for NGA



Classic Physique Open
L-R: Marlo Diana (1st American NGA PRO Card), Lucas Porto, Battistuz Denis (2nd Place NGA PRO Card), Andrea Ferrante (1st Place NGA PRO Card), David Palombo, Austin Pham



Classic Physique Open & BB Open LHW
Andrea Ferrante
Classic Physique Open - 1st Place & NGA PRO Card
BB Open LHW - 2nd Place

PRO classes. The Bikini class was tough, but it was Brianna Swift who took home the Overall prize and her NGA PRO card. The Men’s Physique Middle class was dominated by Dennis Neuber who won the Overall and also earned his NGA PRO card. The Heavy class was dominated by Simonpietro Arena who took his NGA PRO Card home to Italy. Amanda Jackson slayed the Figure Open class and also won an NGA PRO card. Classic Physique was one heck of a class in which Andrea Ferrante was on target

to win the class and his NGA PRO card. Women’s Physique was dominated by Samantha Feenburg who was in tip-top shape and Kristi Phillips who also earned 1st place in the Bikini Model class and left an unforgettable mark with her incredible stage presence and costume.

The Bodybuilding Lightweight winner was Alejandra Matus who also earned and NGA PRO card. Matthew Ottero also gained an NGA PRO card by



NGA Amateur Universe



BB Open LW, Collegiate
Alejandro Matus
1st Place & NGA PRO Card



BB Open LHW
Matthew Otero
1st Place, Overall & NGA PRO Card

taking the gold in the light heavyweight class. The Heavyweight class placed Anthony Carter at the top spot and as the prestigious overall winner who graciously accepted his NGA PRO bodybuilding status.

It was fitting that the Italian team showed up with impressive numbers and exceptional



NGA American Natural Championships



Bikini Debut
L-R: Jeanette Gandolfo, Alyssia Feronti, Brianna Swift, Ksenia Lorigan, Melissa Weinberg



Figure Novice
Daryl Sissman
1st Place

The American Natural Championships consisted of our non-open classes. The Bikini Debut was stacked with five gorgeous and conditioned women, but it was Brianna Swift that took 1st place.

In the Figure Novice Daryl Sissman won the title. Daryl has improved immensely from last year and with continued improvement is sure to be a threat in 2019. Alejandro Matus

displayed great symmetry and conditioning in the Collegiate division.

Andrew and Francine look forward to seeing everyone at this years' NGA PRO/AM Universe and the NGA American Natural Championships where someone will be inducted into the 2019 NGA Hall of Fame and athletes will be battling to defend their titles and others to take over the crown. ■



L-R: Simonpietro Arena, Michele Grupillo, Stefania Scorretti, Patrik Minante, Marco Zanetti, Stefano Ruffin, Battistuz Denis, Andrea Ferrante

FIBBN Athletes Make Their Mark - Marco's Italian Team

BY FRANCINE BOSTINTO



MARCO ZANETTI
2018 NGA HALL OF FAME INDUCTEE
NGA CHIEF EXECUTIVE OF DEVELOPMENT
NGA PROMOTER
FIBBN PRESIDENT & FOUNDER
WWW.FITNESS-ITALIA-BODYBUILDING-NATURAL.IT

Though this year marks the 39th year since the founding of the NGA, this is the 5th Annual NGA Hall of Fame tribute. Inductees must possess attributes that help shape the sport of natural bodybuilding and make exceptional contributions to further the growth, reputation, and character of the NGA and the sport we hold in such high esteem.

This year, we were pleased to announce that the 2018 NGA Hall of Fame inductee was Marco Zanetti. Marco has been a part of the NGA since 1992 when he began bringing his team of outstanding athletes to our show which always have given the American athletes a tough competition. At this year's show,

he brought with him 10 athletes all the way from Italy!!!

Marco has been a promoter of natural bodybuilding in Italy since 1986. He contributed to the foundation of the first natural bodybuilding organization in the 80s and became the Italian champion in 1998 and President of the FIBBN in 2005.

The FIBBN has been working with the NGA continuously since 2012. Being a member of both federations has helped Marco prepare 20 different world champions, 30 European champions, and approximately 50 Italian champions.

Marco has successfully worked as a sports trainer



Hall of Fame Award
L-R: Francine Bostinto, Marco Zanetti, Andrew Bostinto



Hall of Fame Inductee
L-R: Marco Zanetti, Andrew Bostinto

and nutritionist for athletes for 25 years and is a pioneer of cyclical nutrition and natural preparation in bodybuilding. He holds three collegiate degrees: one in Pharmacy, one in Biology, and a master's degree in Human Nutrition. Upon finishing his education in the United States, Marco founded one of the first schools for personal trainers in Italy. He has instructed in-depth courses on the science of gastronomy at the University of Hong Kong as well as nutrition for human and health promotion. Marco promotes his articles in various news venues and collaborates his commitment and stance against doping in sports.

Today, Marco continues to provide advice for companies involved in the integration of natural sports for athletes who want to undertake a fitness



Marco Zanetti

preparation in a natural way by taking full advantage of the potential of their body. He does this by combining exclusive supplementation, training, and accompanying them in the path of sports rehabilitation supported by updates in the food and sports field.

Marco actively promotes training for personal trainers and instructors for natural sports with articles and appearances on Italian national TV. Marco's long-term continued commitment to health, fitness, and a natural way of developing the body to the best of its potential is why it is an honor to induct him into the 2018 NGA Hall of Fame. Congratulations Marco and thank you for all that you do for the NGA! ■



MASS BUILDING MEALS



BY JOSH MILLER, BS, NSCA, CPT
NGA CHAIRMAN, KY & TN
NGA PRO BODYBUILDER & PRO PHYSIQUE
OWNER OF TRANSFORMATION PERSONAL TRAINING
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As a Personal Trainer and prep coach I am constantly guiding my clients on proper food choices. I instruct my clients in making food selections that provide a proper balance of proteins, carbohydrates, and fats. I always customize the meals for each of my clients. But to give readers an idea of what proper meals should look like for the athlete wanting to gain mass I have provided the following examples. The following meals are perfect and flawless. They are as clean as can be and they are designed to help build muscle, burn fat and promote overall health.

Not sure what to eat for breakfast? Lunch? Dinner?

The following meals are as bodybuilder friendly as they come. You may have to adjust the portion sizes to fit your body type.

BREAKFAST

- 4-6 egg whites with 2 whole eggs
- 1 serving cream of wheat cereal
- 1 banana

Eggs are the perfect bodybuilding food. Eggs are a easy to digest protein which kick-start muscle growth. Cream of wheat offers energy-rich complex carbohydrates, and banana's offer both

fructose and potassium, which support glycogen formation in the liver and muscles to minimize breakdown in the body.

- * VARIATION:
Substitute 16oz of low-fat milk for water in prepping the cream of wheat. This adds another 16 grams of protein, 24 grams of carbohydrates and 4 grams of fat which may be beneficial for the hardgainer.

- * CUTTING:
Tip: Go with all egg whites to keep fat and calories as low as possible and substitute a cup of strawberries for the banana to shed another 50 calories.

LUNCH

- 6-9 oz. extra lean ground beef
- ½ cup brown rice
- 1 cup broccoli

Beef is a great source of protein for the muscle, it also provides creatine and all the necessary aminos. Beef provides B vitamins, and is dense in iron to assist in energy production. The brown rice provides carbohydrates, which are essential for energy and broccoli yields compounds that help control fat.

- * FOR THE HARDGAINERS:
Choose lean (not extra lean ground beef, around 10-15% as opposed to under 10%). The extra fat and calories will spare the burning of glycogen and protein for greater growth.

DINNER

- 7-9 oz. chicken breast
- 1 yam
- 1 cup green beans

The combination of carbohydrates and lean protein in this meal increase the levels of insulin in the blood, creating a hormonal environment that is ideal for muscle growth. Yams digest slowly, helping to sustain that environment. Chicken breast which is a low-fat protein help to keep the body fat in check as well as providing protein.

PRE-WORKOUT SNACK

- 1 cup fat-free cottage cheese
- 4 slices of rye toast with 1 Tablespoon jam

The protein from cottage cheese hits the blood by workout time, sparing muscle breakdown. Jam offers sugar, which kicks up insulin to minimize breakdown as well. Rye bread is a slow-burning carb, which prevents blood-sugar from dropping.

- * CUTTING TIP:
Stick to two slices of toast to control carbohydrates.

POST-TRAINING SNACK

- 2 scoops of whey protein
- 1 cup rice with 4 tablespoons of raisins

This is great for recovery and growth. Fast-digesting protein and carbs jump start the rebuilding process. Whey is a great source of amino acids, and the rice and raisin mixture offer sugars that kick up insulin for muscle repair.

- * HARDGAINER TIP:
Increase the rice serving to 1 ½ cups for more simple carbs
- * CUTTING TIP:
Eat ½ cup rice and 1 tablespoon of raisins.

ANYTIME SNACK

- 2 slices of whole-grain bread
- 1 slice fat-free cheese
- 3-4 slices of turkey breast
- mustard

- * HARDGAINER TIP:
Add a glass of low-fat milk and a piece of fruit.
- * CUTTING TIP:
Use carb-reduced bread to keep carbohydrates and calories under control.

The balanced combination of protein, carbohydrates, and fat in this sandwich are ideal for mass-building. Keep in mind, there are many variations to this eating plan. This plan is designed to add muscle mass in a clean and healthy manner. There are no quick fixes, its going to take time, dedication, and commitment. Provided you are on a proper strength training program, this meal plan will. provide you with measurable results over time. ■

NGA 5th Annual S & D Southeastern Natural Fitness Competition Swainsboro, GA September 8, 2018 NGA Promoters: Bernard & Lawanda Cunningham	2. Eric McKnight 3. David Reta Bikini - Open 1. Gillian Young NGA PRO Card 2. Angel Rader 3. Samantha Gerber 4. Kelly Glynn 5. Naima Ahmad Bikini - Masters 40+ 1. Angel Rader 2. Samatha Gerber Figure - Open 1. Yemia Hashimoto NGA PRO Card 2. Kelly Glynn 3. Lourdes Giovannini 4. Frauka Korvar 5. Jalcia McKnight 6. Kathrine Lowry Figure - Masters 40-49 1. Yemia Hashimoto 2. Kathrine Lowry Figure - Masters 50+ 1. Lourdes Giovannini 2. Frauka Korvar Men's Physique - Open 1. Jeffery Morgan NGA PRO Card 2. Shaun Hayes 3. Dennis Peanganiban 4. Hugo Estrada 5. Robert McCauley Men's BB - Open 1. Sancho Poon NGA PRO Card 2. Shaun Hayes 3. Ian Angelo 4. Richard Haynes 5. Robert McCauley 6. Chris Sanford Men's BB - Masters 40+ 1. Richard Haynes 2. Chris Sanford NGA PRO/AM Bluegrass Bodybuilding Championships Lexington, KY September 29, 2018 NGA Promoters: Josh & Melissa Miller	2. Wendy Doran 3. Phyllis Hutchinson 4. Ingrid Isaacs PRO Figure - Masters 35+ 1. Wendy Doran 2. Ingrid Isaacs 3. Phyllis Hutchinson PRO Men's Physique - Open 1. Cedric Miller 2. Tyrone Burroughs 3. Joshua Hair 4. Jontai McQueen PRO Classic Physique - Open 1. Christopher Graves 2. Joshua Hair 3. Bob Goff PRO Men's BB - Open 1. Jay Johnson 2. Habideen Olaniran 3. Ray Clark 4. Mike Finkenbinder 5. Bob Goff 6. Ron Page PRO Men's BB - Masters 40+ 1. Ray Clark 2. Bob Goff 3. Matthew Serd 4. Johnny Spears 5. Ron Page Bikini - Open "A" 1. Morgan McVey NGA PRO Card & Overall 2. Emily Thomas 3. Chris Cavanaugh Bikini - Open "B" 1. Jennifer Raisley 2. Tori McVey 3. Dorothy Bowles Bikini - Masters 35+ 1. Jennifer Raisley 2. Emily Thomas 3. Tori McVey 4. Chris Cavanaugh Figure - Open 1. Bre Vergonet 2. Misha Alford 3. Chasity Young Women's Physique - Open 1. Deb Withers 2. Misha Alford 3. Chasity Young Men's Physique - Open LW 1. Austin Morgan Men's Physique - Open MW 1. Dan McCarthy	NGA PRO Card & Overall 2. Logan Wilson 3. Jeremiah Taylor Men's Physique - Open HW 1. Matthew Shaffer 2. Johnny Spears 3. Dayton Kolinski Men's Phys - Masters 40+ 1. Johnny Spears Classic Physique - Open 1. Stuart Weasner NGA PRO Card 2. Cedric Miller NGA PRO Card 3. Matthew Serd 4. Matthew Shaffer 5. Edgar Lopez 6. Johnny Spears 7. Jontai McQueen 8. Austin Morgan Classic Physique - Masters 40+ 1. Matthew Serd 2. Johnny Spears Men's BB - Open LW 1. Christopher Graves 2. Matthew Serd 3. Robert Thomas 4. Edgar Lopez Men's BB - Open MW 1. Robert Young NGA PRO Card & Overall 2. Dennis Campbell 3. William Cannon Men's BB - Open LHW 1. Stuart Weasner 2. Johnny Spears 3. Jontai McQueen 4. Michael Gonzalez Men's BB - Masters 40+ 1. Dennis Campbell 2. Robert Thomas Bikini - Novice 1. Dorothy Bowles Men's Physique - Novice 1. Matthew Shaffer 2. Dan McCarthy 3. Logan Wilson 4. Jeremiah Taylor 5. Dayton Kolinski Men's BB - Novice 1. Jontai McQueen 2. Michael Gonzalez 3. William Cannon Bikini - Juniors 1. Morgan McVey
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Men's Physique - Juniors 1. Jeremiah Taylor 2. Dayton Kolinski NGA PRO Galaxy & NGA United States Championships Bloomfield, NJ October 7, 2018 NGA Promoter: Paul Hendricks PRO Bikini - Open 1. Myla Bseirani PRO BB - Open 1. Nicholas Licamelli 2. Steve Adzima Bikini - Open Short 1. Marye Murphy-Snyder Overall 2. Valerie Scarola 3. Ara McKay Bikini - Open Tall 1. Victoria Guthrie Bikini - Masters 35+ 1. Victoria Guthrie Figure - Open 1. Marye Murphy-Snyder Figure - Masters 35+ 1. Marye Murphy-Snyder 2. Debbie Castillo Women's Physique - Open 1. Stefanie Pinto 2. Shervonne Smith Classic Physique - Open 1. Edwin Lugo 2. Mohammad Daifalla 3. Gregory Cole Men's BB - Open MW 1. Edwin Lugo 2. Gregory Cole Men's BB - Open LHW 1. Alvis Vaughan 2. Wisam Darwish Men's BB - Masters 46-55 1. Gregory Cole Men's BB - Masters 56-60 1. Edwin Lugo Overall Men's BB - Grand Masters 60+ 1. Alvis Vaughan 2. Gregory Cole Bikini - Novice 1. Valerie Scarola 2. Ara McKay Figure - Novice 1. Debbie Castillo	Men's Physique - Debut 1. Tejas Kulkarni Men's Physique - Novice 1. Tejas Kulkarni Men's BB - Debut 1. Wisam Darwish Men's BB - Novice 1. Wisam Darwish Paralympic Physique 1. Shervonne Smith NGA Red Rose City Classic Natural Championships Lancaster, SC October 13, 2018 NGA Promoter: Kennett Washington Bikini - Open Short 1. Courtney Ferrell Bikini - Open Tall 1. Amy Bourguignon Overall 2. Felicia Tapp 3. Sara Elliot-Burton Bikini - Masters 35+ 1. Amy Bourguignon 2. Sara Elliot-Burton Figure - Open Short 1. Ashley White 2. Lisa Williams Figure - Masters 35-44 1. Ashley White Figure - Masters 45+ 1. Lisa Williams Women's Physique - Open 1. Lisa Williams 2. Ashley White Women's Phys - Masters 35+ 1. Amber Ashley Men's Physique - Open LW 1. Saleh Buthari 2. Todd Spaulding 3. Brendan Little Men's Physique - Open MW 1. Jonathan Logan NGA PRO Card & Overall 2. Santario Ratchford 3. Michael Brinson Men's Physique - Open HW 1. Anthony Carantit 2. Leon Gamble Classic Physique - Open 1. Anthony Canrantit NGA PRO Card 2. Keith Sharpe NGA PRO Card	3. Todd Spaulding 4. Santario Ratchford 5. Tyler Hudson Men's BB - Open MW 1. Keith Sharpe 2. Santario Ratchford Men's BB - Open LHW 1. Leon Gamble Men's BB - Open HW 1. Tony Howard NGA PRO Card & Overall 2. Tyler Hudson Men's BB - Masters 45+ 1. Keith Sharpe Bikini - Debut 1. Courtney Ferrell Bikini - Novice 1. Amy Bourguignon 2. Felicia Tapp 3. Sara Elliot – Burton 4. Courtney Ferrell Figure - Debut 1. Ashley White Figure - Novice 1. Ashley White Women's Physique - Novice 1. Amber Ashley Men's Physique - Debut 1. Saleh Buthari 2. Michael Brinson 3. Todd Spaulding 4. Brendan Little Men's Physique - Novice 1. Anthony Carantit 2. Leon Gamble 3. Saleh Buthari 4. Michael Brinson 5. Brendan Little Men's Physique - Teen 1. Brendan Little NGA Natural Peoria Championship Peoria, IL October 20, 2018 NGA Promoter: Jonathon W. Aggen PRO Bikini - Open 1. Jenny Chadima PRO Figure - Open 1. Erin Barr PRO Men's BB - Open 1. Jay Johnson 2. Miguel De Dios 3. Daniel Kennedy 4. Dan Serota	5. Dr. Kent Julius PRO Men's BB - Masters 1. Brent Julius 2. Dr. Kent Julius Bikini - Open "A" 1. Marye Murphy-Snyder NGA PRO Card & Overall 2. Julie Jacobs 3. Deanna Clark 4. Colleen Scofield 5. Kim Smith 6. Jasa Teglend Bikini - Open "B" 1. Larissa Klemm NGA PRO Card & Overall 2. Emina Pajazetovic 3. Lizzie Jones 4. Lee Vang 5. Dawn Plotts Bikini - Open "C" 1. Stephanie Hughes NGA PRO Card & Overall 2. Carol Mikins 3. Samantha Powers 4. Megan Gaidos 5. Michelle Jones Bikini - Masters 35+ 1. Marye Murphy-Snyder NGA PRO Card 2. Carol Milkins 3. Julie Jacobs 4. Michelle Jones 5. Deanna Clark 6. Colleen Scofield 7. Lizzie Jones 8. Dawn Plotts 9. Sabrina Bell Bikini - Masters 50+ 1. Marye Murphy-Snyder NGA PRO Card 2. Carol Milkins 3. Michelle Jones 4. Lizzie Jones Bikini Model - Open 1. Samantha Powers 2. Lizzie Jones Figure - Open Short 1. Marye Murphy-Snyder NGA PRO Card & Overall 2. Suzy Russco 3. Robyn Scott 4. Violet Holmes 5. Jamie Hastings Figure - Open Tall 1. Stephanie Griffin
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2. Lindsay Guerra	1. Stephanie Hughes
3. Stephanie Mulvaney	2. Larissa Klemm
Figure - Masters 35+	3. Emina Pajazetovic
1. Marye Murphy-Snyder	4. Julie Jacobs
NGA PRO Card & Overall	5. Samantha Powers
2. Stephanie Griffin	6. Deanna Clark
3. Lindsay Guerra	7. Megan Gaidos
4. Suzy Russo	8. Michelle Jones
5. Robyn Scott	9. Kim Smith
6. Violet Holmes	10. Jasa Tegland
Men's Physique - Open LW	11. Lee Vang
1. Matt LaGrotta	Bikini Model - Novice
NGA PRO Card & Overall	1. Samantha Powers
2. Jonathan Iguartua	2. Lizzie Jones
3. Tery Young	3. Sabrina Bell
4. Dom Jordan	Figure - Debut
Men's Physique - Open MW	1. Jamie Hastings
1. Ryan Truong	Figure - Novice
2. Blake Dutz	1. Violet Holmes
3. John Saliba	2. Jamie Hastings
Men's Physique - Open HW	Classic Physique - Debut
1. Joseph Klasen	1. Ryan Truong
2. Scott Tischler	2. Dominique Alexander
Men's Phys - Masters 40+	3. Darick Lander
1. Scott Tischler	Men's Physique - Debut
Classic Physique - Open	1. Ryan Truong
NGA PRO Card	2. Blake Dutz
2. Brent Julius	3. Joe Klasen
NGA PRO Card	4. Trey Young
3. Dominique Alexander	5. Dom Jordan
4. Jai Jordan Hyler	6. Scott Tischler
5. Darick Ladner	Men's Physique - Novice
Men's BB - Open LW	1. Matt LaGrotta
1. Brent Julius	2. Ryan Truong
2. Jonathan Iguartua	3. Blake Dutz
3. Jerry Marshall	4. Trey Young
Men's BB - Open MW	5. Scott Tischler
1. Josh Niemi	Men's BB - Debut
NGA PRO Card & Overall	1. Darrell Jack
Men's BB - Open HW	2. Jerry Marshall
1. Darrell Jack	3. Darick Ladner
Men's BB - Masters 40+	Men's BB - Novice
1. Jerry Marshall	1. Darrell Jack
Bikini - Debut	2. Jerry Marshall
1. Stephanie Hughes	Men's Physique - Teens
2. Larissa Klemm	1. Dom Jordan
3. Emina Pajazentovice	Halloween
4. Michelle Jones	1. Carol Milkins
5. Deanna Clark	Transformation
6. Jasa Tegland	1. Darrell Jack
7. Lee Vang	2. Sabrina Bell
8. Dawn Plotts	NGA New England Natural
9. Sabrina Bell	New Milford, CT
Bikini - Novice	October 27, 2018

NGA Promoter: Bill Mora	1. Curtis Stapleton
Bikini - Open Short	Men's BB - Novice
1. Marye Murphy Snyder	1. Nathan Kelly
NGA PRO Card & Overall	2. Curtis Stapleton
2. Melissa Healy	2018 NGA Monster Mash® Natural
3. Janese Gangell	Middletown, OH
Bikini - Open Tall	October 27, 2018
1. Heidi Keaney	NGA Promoter: Jared Weitzel
2. Erin Casey Boyd	Bikini - Open "A"
Bikini - Masters 35+	1. Darlene Tommelleo
1. Melissa Healy	2. Lexi Engle
2. Marye Murphy Snyder	3. Emily Thomas
3. Janese Gangell	4. Donna French
Figure - Open Short	5. Rachel Dowling
1. Michelle Freeman	6. Dana Raiford
2. Marye Murphy Snyder	7. Darla Clark
Figure - Masters 35+	8. Tiffany Florea
1. Marye Murphy Snyder	9. Barbara Bulman
2. Michelle Freeman	Bikini - Open "B"
Men's Physique - Open LW	1. Annie Hudson
1. Christopher Acuna	NGA PRO Card & Overall
Men's Physique - Open MW	2. Morgan McVey
1. Brian Lucas	3. Ashley Lintz
Men's Physique - Masters 40+	4. Harmony Glisson
1. Brian Lucas	5. Jessica Lewis
2. Joe Papesca	6. Stephanie Pitts
Classic Physique - Open	7. Dorthy Bowles
1. Nate Kelly	8. Tori McVey
Men's BB - Open LW	Bikini - Open "C"
1. Frank Clark	1. Michele Ackerman
NGA PRO Card & Overall	2. Britany Williams
Men's BB - Open MW	Bikini - Open "D"
1. Brian Lucas	1. Kendra Elchert
2. Nathan Kelly	2. Isabelle Ison
Men's BB - Open LHW	3. Christine Stapleton
1. Joe Papesca	Bikini - Master 35+
2. Curtis Stapleton	NGA PRO Card
Men's BB - Masters 40+	1. Nicole Stanley
1. Joe Papesca	2. Darlene Tommelleo
Men's BB - Masters 50+	3. Michele Ackerman
1. Brian Lucas	4. Emily Thomas
2. Joe Papesca	5. Harmony Glisson
Men's BB - Masters 70+	6. Stephanie Pitts
1. Frank Clark	7. Dana Raiford
Bikini - Debut	8. Donna French
1. Heidi Keaney	9. Darla Clark
2. Janese Gangell	10. Tori McVey
3. Erin Casey Boyd	11. Rachel Dowling
Bikini - Novice	12. Cherie Hill
1. Heidi Keaney	13. Margo Coley
2. Janese Gangell	Figure - Open "A"
3. Erin Casey Boyd	1. Ginger Redeker
Men's Physique - Debut	NGA PRO Card & Overall
1. Christopher Acuna	2. Kanisha Roberts
Men's BB - Debut	

3. Maria Servizi	3. Aaron Leidig
4. Silvia Shearer	4. Eric Landrum
5. Natalie Barger	5. Jordan Dotson
6. Jackie Engle	6. Mike Getui
7. Lee Smith	Classic Physique - Masters 40+
8. Amy Cothran	1. Eric Thayer
Figure - Open "B"	Men's BB - Open LW
1. Debra Rueter	1. Wesley Hatfield
Figure - Open "C"	2. Doug Salyers
1. Leyla Zickau	3. Mike Hisle
2. Erika McDonald	4. Tim Fiedeldey
Figure - Master 35-39	5. Matthew Vaught
1. Leyla Zickau	6. Steve Blue
2. Ginger Redeker	7. Tim Hall
3. Lee Smith	Men's BB - Open MW
Figure - Master 40-49	1. Logan Krieg
1. Leyla Zickau	Men's BB - Open LHW
2. Maria Servizi	1. Jason Carr
3. Natalie Barger	NGA PRO Card & Overall
4. DeAnn Brewer	2. Sixto Fermin
5. Tracey Seppi	3. Eric Landrum
6. Amy Cothran	4. Aaron Leidig
Figure - Master 50+	Men's BB - Open HW
1. Jackie Engle	1. Mike Getui
NGA PRO Card & Overall	2. Isi Enaiho
2. Lee Smith	Men's BB - Master 40-49+
3. DeAnn Brewer	1. Tim Fiedeldey
4. Wanda Hunter	NGA PRO Card & Overall
Men's Physique - Open "A"	2. Michael Hisle
1. Austin Grycza	3. Doug Salyers
2. Eric Thayer	4. Tim Hall
3. Colt Johnson	Men's BB - Master 50+
4. Ian Sullinger	1. Sixto Fermin
5. Nicolas Young	2. Mike Hisle
6. Shaun Carr	3. Matthew Vaught
Men's Physique - Open "B"	4. Mike Trennepohl
1. Joshua Gross	5. Timothy Crist
2. Allen Riegler	Bikini - Novice
3. C.J. Battle	1. Annie Hudson
4. Jonah Mintkenbaugh	2. Lexi Engle
Men's Physique - Open "C"	3. Nicole Stanley
1. Jordan Dotson	4. Kendra Elchert
NGA PRO Card & Overall	5. Ashley Lintz
2. Bryson Goodpaster	6. Isabelle Ison
Men's Phys - Masters 40+	7. Rachel Dowling
1. Eric Thayer	8. Jessica Lewis
Classic Physique - Open "A"	9. Dana Raiford
1. Wesley Hatfield	10. Darla Clark
2. Eric Thayer	11. Christine Stapleton
Classic Physique - Open "B"	12. Tiffany Florea
1. Logan Krieg	13. Cherie Hill
Classic Physique - Open "C"	14. Sandra Reynolds
1. Aaren Hilson	15. Margo Coley
NGA PRO Card & Overall	Bikini - Juniors
2. Derek Morris	1. Annie Hudson

2. Morgan McVey	Women's Physique - Open
3. Lexi Engle	1. Brandy Hollis
4. Isabelle Ison	NGA PRO Card
5. Christine Stapleton	2. "Luna" Khamote Phengpha
Figure - Novice	NGA PRO Card
1. Silvia Shearer	3. Kassi Villerot
1. Debra Rueter	4. Jenni Vaughan
2. Maria Servizi	5. Michelle Goetheyn
3. Lee Smith	Women's Phys - Masters 40+
4. Natalie Barger	1. Michelle Goetheyn
5. DeAnn Brewer	2. Terree Marvin
6. Erika McDonald	Women's Phys - Masters 50+
Men's Physique - Novice	1. Terree Marvin
1. Jordan Dotson	Women's BB - Open
2. Joshua Gross	1. Brandy Hollis
3. Colt Johnson	2. Michelle Goetheyn
4. Allen Riegler	Women's BB - Masters 40+
5. Casey Pollins	1. Michelle Goetheyn
7. C.J. Battle	Men's Physique - Open
8. Shaun Carr	1. Jacob Gonzalez
9. Aaron Owens	Classic Physique - Open
Men's BB - Novice	1. David Caovilla
1. Matthew Vaught	2. Torrance Cooper
2. Aaron Leidig	Men's BB - Open
Men's BB - Juniors	1. David Caovilla
1. Logan Krieg	Men's BB - Masters 40+
NGA Oregon Natural PRO/AM	1. Brady Gearing
Bodybuilding Championships	2. Torrance Cooper
Portland, OR	Bikini - Debut
October 27, 2018	1. Rosa Larios
NGA Promoter:	2. Kelsie Thomas
Marlina Tesoro Velasco	Bikini - Novice
PRO Women's BB - Open	1. Lauren Hunt
1. Pat Prepetua Piechaczek	2. Kelsie Thomas
PRO Men's BB - Open	Figure - Debut
1. Brady Gearing	1. Kassi Villerot
2. Torrence Cooper	2. Julia Hicks
Bikini - Open	3. Kristin Keller
1. Lauren Hunt	Figure - Novice
2. Kelsie Thomas	1. "Luna" Khamote Phengpha
Bikini - Masters 40+	2. Julia Hicks
1. Rosa Larios	3. Kristin Keller
Bikini Model - Open	Women's Physique - Novice
1. Jenni Vaughan	1. Brandy Hollis
2. Brandy Hollis	2. Kassi Villerot
Figure - Open	3. Jenni Vaughan
1. "Luna" Khamote Phengpha	4. Michelle Goetheyn
NGA PRO Card	Women's BB - Novice
2. Kassi Villerot	1. Brandy Hollis
3. Jenni Vaughan	2. Michelle Goetheyn
4. Julia Hicks	Men's Physique - Novice
5. Kristin Keller	1. Jacob Gonzalez
Figure - Masters 40+	Men's BB - Novice
1. "Luna" Khamote Phengpha	1. David Caovilla
	Transformation

- Michelle Goetheyn
- Torrance Cooper
- Kristin Keller
- Kelsie Thomas

NGA PRO/AM
Central Florida Fall Classic
Orlando, FL
October 27, 2018
NGA Promoter: Rick Pierre

PRO Bikini - Open

- Sara Logie
- Kristi Phillips

PRO Bikini - Masters

- Sara Logie
- Kristi Phillips

PRO Men's Physique - Open

- Joshua Runnings

Bikini - Open Short

- Jacqueline Lopez Cruz
- NGA PRO Card & Overall**

- Brittany Arce
- Sarah Vamosi
- Jenny Castillo
- Jenya Kapul
- Ange Martinez

Bikini - Open Tall

- Lauren Hunter
- NGA PRO Card**

- Gabriela Correa
- Virginia Hatch
- Haryanti Sundari
- Lennise Dejong
- Hana Garcia

Bikini - Masters 30+

- Virginia Hatch
- Jenya Kapul
- Jenny Castillo
- Haryanti Sundari
- Hana Garcia

Bikini - Masters 40+

- Jenya Kapul
- Ange Martinez
- Lenise Dejong

Bikini Model - Open

- Tracy Simonds
- NGA PRO Card**
- Shelly Seidenberg
- NGA PRO Card**
- Kristi Phillips
- Lenise Dejong
- Miriam Hellinger
- Hana Garcia

Figure - Open Short

- Kelsey Bruchel

NGA PRO Card & Overall

- Lana McCaulough
- Paula Martinelli

Figure - Open Tall

- Beverly Stark
- Dawnita Fry

Figure - Masters 30+

- Lana McCaulough

Figure - Masters 40+

- Beverly Stark
- Dawnita Fry
- Paula Martinelli

Women's Physique - Open

- Jennifer Tabaszewski

Men's Physique - Open

- Mitchell Smith
- Ricky Glaude

Classic Physique - Open

- Devon Palombo
- Keith Cathey
- Shawn Lapinski

Classic Physique - Masters 40+

- Keith Cathey
- Shawn Lapinski

Men's BB - Open

- Cal Langston
- NGA PRO Card**
- Josh Williams
- Brian Silk
- David Stewart
- Jon Martin
- Duncan Matura
- Keith Cathey
- Shawn Lapinski

Men's BB - Masters 30+

- Keith Cathey

Men's BB - Masters 40+

- Cal Langston
- NGA PRO Card**
- Davis Stewart
- Jon Martin
- Duncan Matura
- Shawn Lapinski

Men's BB - Masters 50+

- Brian Silk Jr.
- Jon Martin

Bikini - Novice

- Jacqueline Lopez Cruz
- Virginia Hatch
- Gabriela Correa
- Brittany Arce
- Ange Martinez
- Jenny Castillo
- Haryanti Sundari

Figure - Novice

- Lana McCullough

Men's Physique - Novice

- Mitchell Smith
- Ricky Glaude

Men's BB - Novice

- Cal Langston
- Keith Cathey

Transformation

- Tracy Devoe
- Jenny Castillo
- Hana Garcia
- Ricky Claude

NGA New Jersey State
& NGA PRO Worlds
Bloomfield, NJ
November 3, 2018

NGA Promoter: Paul Hendricks

PRO Bikini - Open

- Meghan Ede
- Caroline Wilson

PRO Figure - Open

- Raquele Stanton
- Stephanie Rodriguez

PRO Men's BB - Open

- Marlo Diana
- Dawud Rasul
- Antonio Rizzi
- Dave Sheldon

PRO Men's BB - Masters 40+

- Marlo Diana
- Dawud Rasul
- Dave Sheldon

Bikini - Open Short

- Tiffany Ensmann
- Maria Pinizzotto
- Brittany Geraci
- Paula Candina

Bikini - Masters 35+

- Paola Candina

Figure - Open Short

- Lena Ford
- NGA PRO Card**
- Michelle Freeman
- Maria Pinizzotto
- Evie Reyes
- Heather Dolan
- Safiya Broadwater

Figure - Open Tall

- Brooke Mayes
- NGA PRO Card & Overall**
- Brittany Kouroupos
- Philomise Noel
- Yaleny Melgar
- Jessika Ramie

Figure - Masters 35+

- Michelle Freeman
- Philomise Noel
- Jessika Ramie
- Safiya Broadwater

Figure - Masters 45+

- Brooke Mayes
- NGA PRO Card & Overall**
- Evie Reyes

Women's Physique - Open

- Brooke Mayes
- Heather Dolan

Women's Phys - Masters 35+

- Brooke Mayes
- Khalif Sharrief

Men's Physique - Open LW

- Khalif Sharrief
- Zack Bourque

Men's Physique - Open MW

- Michael Aprile
- Anthony Harris
- Brian Lucas

Men's Physique - Open HW

- Larry Stevenson
- NGA PRO Card & Overall**
- Charles Preston Jr.
- Kai Bowen

Men's Physique - Masters 40+

- Larry Stevenson
- Michael Aprile
- Charles Preston
- Brian Lucas

Classic Physique - Open

- Marlo Diana
- Edwin Lugo
- Anthony Harris

Men's BB - Open LW

- Carlos Martin
- Chase Sheldon
- Joseph Drum

Men's BB - Open MW

- Edwin Lugo
- NGA PRO Card & Overall**
- Brian Lucas
- Darnell Hinton

Men's BB - Open LHW

- Alvis Vaughan

Men's BB - Open HW

- Lawrence Rivers
- Edwin Lugo

Men's BB - Masters 50+

- Edwin Lugo
- NGA PRO Card & Overall**
- Carlos Martin
- Brian Lucas
- Alfred Edmond Jr.

Men's BB - Grand Masters 60+

- Alvis Vaughan

Bikini - Debut

- Brittany Geraci

Bikini - Novice

- Tiffany Ensmann
- Maria Pinizzotto
- Brittani Geraci
- Paola Candina

Figure - Debut

- Brooke Mayes
- Brittany Kouroupos
- Philomise Noel
- Heather Dolan
- Safiya Broadwater

Figure - Novice

- Brooke Mayes
- Lena Ford
- Brittany Kouroupos
- Maria Pinizzotto
- Yaleny Melgar
- Jessika Ramie
- Evie Ramie
- Heather Dolan
- Safiya Broadwater

Women's Physique - Debut

- Heather Dolan

Women's Physique - Novice

- Charles Preston Jr.
- Michael Aprile
- Zack Bourque
- Kai Bowen

Men's Physique - Debut

- Khalif Sharrief
- Michael Aprile
- Zack Bourque
- Kai Bowen

Men's Physique - Novice

- Charles Preston Jr.

Men's Physique - Teen

- Zack Bourque

Men's BB - Novice

- Lawrence Rivers
- Chase Sheldon
- Darnell Hinton

Men's BB - World Amateur

Master 50+

- Alfred Edmond Jr.

Men's BB - World Amateur

Grand Master 60+

- Alvis Vaughan

Men's BB - World Amateur

Grand Master 70+

- John Wensich

NGA PRO/AM Universe
NGA American Natural
Championships
Coral Springs, FL
November 10, 2018

NGA Promoters:

Andrew & Francine Bostinto

PRO Bikini - Open

- Tracy Simonds
- Shelly Seidenberg
- Whitney Spence
- Dana Tindal
- Chance Schwartz
- Paulina Rahhal
- Kristi Phillips
- Jacqueline Lopez Cruz
- Alisha West
- Antoinette Bagley
- Hannah Covington

PRO Bikini - Masters 35+

- Tracy Simonds
- Whitney Spence
- Dana Tindal
- Chance Schwartz
- Kristi Phillips

PRO Figure - Open

- Samantha Feenburg
- Brooke Mayes
- Nicole Goodno
- Christine Rudder
- Carri Catalano-Helton
- Amy Lademann

PRO Figure - Masters 35+

- Samantha Feenburg
- Brooke Mayes
- Nicole Goodno
- Christine Rudder
- Carri Catalano-Helton
- Stephanie Mulvaney
- Amy Lademann

PRO Men's Physique - Open

- Brad Duncan
- Larry Stevenson
- Jontai McQueen
- Angel Villegas
- Nolan Henderson
- Catt Campbell
- Toddrick Perry
- Wayne Squires
- Daniel Huitt
- Joshua Running

PRO Classic Physique - Open

- Brad Duncan
- Nolan Henderson
- David Hood
- Toddrick Perry
- Ralph Dunniehigh
- Shaun Hayes
- Ashton Lewis

PRO Men's BB - Open

- Patrik Minante

- Ray Clark

- Daron Monroe
- Michele Grupilo
- Marlo Diana
- Daniel Serota
- Marion Hall
- Dustin Scott
- Stefano Ruffin
- Ashton Lewis
- Antonio Rizzi

PRO Men's BB - Masters 40+

- Ray Clark
- Daron Monroe
- Michele Grupilo
- Marlo Diana
- Marion Hall
- Mike Hisle
- Gary Henton
- David Weinstock

Bikini - Open

- Briana Swift
- NGA PRO Card**
- Alyssia Feronti
- Ksenia Lorigan
- Haryanti Sundari
- Jeanette Gandolfo
- Melissa Weinberg

Bikini - Masters 40+

- Jeanette Gandolfo
- Melissa Weinberg
- Liva Rivera

Bikini Model - Open

- Kristi Phillips
- Liva Rivera

Figure - Open

- Amanda Jacobson
- NGA PRO Card**
- Keiz Exantus
- Stefania Scorreti
- Stephanie Mulvaney
- Daryl Sissman

Figure - Masters 45+

- Daryl Sissman

Women's Phys - Open

- Samantha Feenburg
- Brooke Mayes
- Jennifer Tabaszewksi

Women's Phys - Masters 39+

- Samantha Feenburg
- Brooke Mayes

Men's Physique - Open MW

- Dennis Neuber
- NGA PRO Card & 2nd Overall** (American)
- Mark Byrne

Men's Physique - Open HW

- Simonpietra Arena
- NGA PRO Card**
- & Overall** (Italian)
- Jason Campbell
- Karel DeJong
- Shaun Hayes
- Austin Pham

Men's Phys - Masters 40-49

- Jason Campbell

Men's Phys - Masters 50-59

- Karel DeJong

Classic Physique - Open

- Andrea Ferrante
- NGA PRO Card** (Italian)
- Denis Battistuz
- NGA PRO Card** (Italian)
- Marlo Diana
- NGA PRO Card** (American)

- David Palombo

- Lucas Porto

- Austin Pham

Men's BB - Open LW

- Alejandro Matus
- NGA PRO Card**
- Denis Battistuz
- Michael Hisle
- Lucas Porto
- Carlos Martin

Men's BB - Open LHW

- Matthew Otero
- Andrea Ferrante
- Shaun Hayes
- Austin Pham

Men's BB - Open HW

- Anthony Carter

Men's BB - Masters 50+

- Carlos Martin
- Overall**

- Al Vaughan

- Randall Garner Jr.

Men's BB - Masters 60+

- Al Vaughan

Men's BB - Masters 70+

- John Wensich

Bikini - Debut

- Brianna Swift
- Alyssia Feronti
- Ksenia Lorigan
- Jeanette Gandolfo
- Melissa Weinberg

Figure - Novice

- Daryl Sissman

Men's BB - Collegiate

- Alejandro Matus

NGA Florida Ultimate Physique Championship Lauderhill, FL November 17, 2018 NGA Promoter: Anthony Boulware			
PRO Bikini - Open 1. Charity Love 2. Kristi Phillips 3. Antoinette Bagley	NGA PRO Card 2. Kristi Phillips NGA PRO Card 3. Charity Love 4. Keiz Exantus 5. Antoinette Bagley 6. Nita Cummings	Men's Physique - Open MW 1. Digonto (mia Siddique) NGA PRO Card & Overall 2. Joseph Walters	2. Zack Mason Men's BB - Open MW 1. Kevin Dubree NGA PRO Card & Overall
PRO Bikini - Masters 35+ 1. Kristi Phillips 2. Antoinette Bagley	Figure - Open 1. Keiz Exantus NGA PRO Card 2. Cheryl Hicks 3. Teresa Caraccido 4. Meagan Denison 5. Kristi Phillips	Men's Physique - Open HW 1. Sheldon Blackstock 2. Timothy McDonald 3. Carl Freeman	Men's BB - Open LHW 1. Bryan Etienne
PRO Men's Physique - Open 1. Troy Graham	Figure - Masters 35+ 1. Teresa Caraccido	Men's Physique - Masters 40+ 1. Gerry Mansolill	Men's BB - Open HW 1. Anthony Carter
PRO Men's BB - Open 1. Cliff Wilson	Figure - Masters 50+ 1. Maureen Condon-Kelly	Classic Physique - Open MW 1. Larry Ray NGA PRO Card & Overall 2. Kevin Dubree	Bikini Beach 1. Reyna Cabral 2. Nita Cummings
Bikini - Open 1. Angie Martinez 2. Keiz Exantus 3. Patrisha Ellison 4. Reyna Cabral	Women's Physique - Open 1. Cheryl Hicks 2. Meagan Denison	Classic Physique - Open HW 1. Anthony Carter NGA PRO Card 2. Timothy McDougald 3. Sheldon Blackstock 4. Eddie Rodriguez 5. Chris Hickman	Bikini - Novice 1. Angie Martinez
Bikini - Masters 35+ 1. Angie Martinez	Men's Physique - Open LW 1. Curtis Bigby 2. Mohannad Mashat 3. Gerry Mansolill	Classic Physique - Masters 40+ 1. Larry Ray 2. Eddie Rodriguez	Figure - Novice 1. Teresa Caraccido
Bikini Model - Open 1. Reyna Cabral		Men's BB - Open LW 1. Alejandro Matus	NGA Mt. Rogers & Mid Atlantic PRO Blowout Woodbridge, VA November 17, 2018 NGA Promoters: Pam & Sarah Spindel PRO Bikini - Open 1. Evin Himmighoefer



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2. Tilisha Lockley PRO Bikini - Masters 35+ 1. Evin Himmighoefer 2. Tilisha Lockley 3. Emily Newman 4. Toni Farthing PRO Figure - Open 1. Janelle Hall PRO Figure - Masters 35+ 1. Janelle Hall PRO Men's Physique - Open 1. Jayson Salaum 2. Andre Gaston PRO Men's BB - Open 1. Ray Clark PRO Men's BB - Masters 40+ 1. Ray Clark 2. Anthony Stinchcomb Bikini - Open 1. Corinne Barnett NGA PRO Card 2. Genevieve Carrasco 3. Jessica Natkin 4. Tonia Hill 5. Claire Magenheimer	6. Emily Newman 7. Elizabeth Goldberg 8. LaByron Rose Bikini - Masters 35+ 1. Tonia Hill 2. Claire Magenheimer 3. LaByron Rose Figure - Open 1. Adrienne McElhaney 2. Sharisse Chapman 3. Danielle Waldrop-Green 4. Rachel Markfelder Figure - Masters 35+ 1. Adrienne McElhaney 2. Sharisse Chapman 3. Danielle Waldrop-Green Women's Physique - Open 1. Natasha Beasley 2. Adrienne McElhaney 3. Diane Mitchell Women's BB - Open 1. Diane Mitchell Men's Physique - Open LW 1. Joshua Lewis NGA PRO Card & Overall	2. Kenneth Johnson Men's Physique - Open MW 1. Chad Rook NGA PRO Card 2. Mark Lancaster 3. Ken Lockley 4. James E. Green, III 5. Michael Moody Men's Physique - Open HW 1. Julius Nzeh 2. Ryan Trine Men's BB - Open LW 1. Tony Yeatts NGA PRO Card & Overall Men's BB - Open MW 1. Patrick Bailey 2. William Craig Men's BB - Open LHW 1. Alhaji Jennah 2. Keith Griesse Men's BB - Open HW 1. Andre Gaston Men's BB - Masters 40+ 1. Tony Yeatts NGA PRO Card & Overall	2. Patrick Bailey Men's BB - Masters 50+ 1. Jesse Annis 2. Scott Davis Men's BB - Masters 60+ 1. Jesse Annis 2. William Craig 3. Scott Davis Bikini - Novice 1. Corinne Barnett 2. Tonia Hill 3. Claire Magenheimer 4. Elizabeth Goldberg 5. LaByron Rose Figure - Novice 1. Sharisse Chapman 2. Rachel Markfeld Men's BB - Novice 1. Alhaji Jennah 2. Keith Griesse 3. Kodie Vega 4. Robert Bailey
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