



SPRING/SUMMER
2022

NGA NATURAL *mag*

Drug-Free Athletes of America

SLEEP

MOST ANABOLIC
SUPPLEMENT PART 1

CHANGE YOUR MINDSET

CHANGE YOUR LIFE

NGA DRUG TESTING STANDARDS

A BRIEF LOOK

+ SIGNIFICANT MISTAKES IN MUSCLE GROWTH PART 2

2022
NGA SCHEDULE
GET PUMPED!



NGA HALL OF FAME
THE "PEARL"

NGA - THE OLDEST NATURAL AND MOST REPUTABLE BODYBUILDING ORGANIZATION ESTABLISHED IN 1979

Contact: Melissa Miller (606) 424-7157 or KyNaturalbb@gmail.com

Easy to schedule

Appointments run on time

Winning Color



Tanning

for competition has never been easier

LOOK YOUR BEST with our Winning Color.....

Tanning Solution specifically for the bright stage lights.

Transformations
Spray Tanning



SHOW FEATURED IN THE NGA NATURALmag

SATURDAY, NOVEMBER 5, 2022

Sunrise Civic Center

10610 W Oakland Park Blvd, Sunrise, FL 33351

\$21,000 CASH

PREJUDGING 10:30 AM \$25.00 | FINALS 5:00 PM \$35.00, Combo \$55.00 | DOORS OPEN 4:30 PM

HOSTING & PROMOTING "ALL NATURAL" BODYBUILDING CONTESTS WORLDWIDE



954.344.8410 • WWW.NATIONALGYM.COM • 7 YEARS DRUG FREE POLYGRAPH • PRO WINNER URINE TESTING

Perpetua Piechaczek

Devon Akins

Tivisay Briceno

Keith McIntosh

Chance Schwartz

Daron Monroe

NGA NATURALmag
The National Gym Association, Inc.
PO Box 970579
Coconut Creek, FL 33097-0579
954-344-8410
www.nationalgym.com
nga@nationalgym.com

PUBLISHER & EDITOR-IN-CHIEF

Francine Bostinto

EDITORIAL DIRECTOR

Andrew Bostinto

ART DIRECTOR/WEB DESIGNER

Lana B. Callahan, BFA

NUTRITION EDITOR

Josh Miller, BS, NSCA, CPT

PROOFREADERS

Lameesa Muhammad, PhD

CONTRIBUTING PHOTOGRAPHERS

Jim Burgett (Musclehead Graphics)
Clinton Goss (Resurrected Media)
Jacoby Moore (Physique Photography)
Tony Nguyen
Lacey Oakey
(Creating a Figure Photography)
Steven Olivieri

CONTRIBUTING WRITERS

Chad Adamovich, CSCS
Matt Ammann
Francine Bostinto
Rev. Warren I. Egebo
David Hood
Camille Johnson
Dr. Christoph Klueppel
Dr. Nicholas M. Licameli, PT, DPT
Chris Livolsi
David Lovelace
Josh Miller, BS, NSCA, CPT
Alexander A. Puhalla, PhD
Bing Saez
Tracy Simonds
Shiloe Steinmetz, R.Ph
Terri Whitsel

Welcome

Letter from the Editor

Wow!!!! We have another issue containing so much exciting news and valuable information, so where do I begin? Our 2022 Spring/Summer issue of NGA NATURALmag is filled with great content intended to enhance and educate natural athletes. We welcome a few new contributing writers and thank our regulars. Issue by issue, we are always looking for ways to improve your reading experience. There are lots of “ad only” magazines in the industry as well as in other generic magazines. In the NGA, we pride ourselves with being the oldest natural organization, 100% natural, and being able to offer this FREE magazine. Our articles and friendly “advice” penned by our experts are guaranteed to improve your daily outlook on fitness.

This issue of NGA NATURALmag is filled with not only informative information, but this magazine also highlights NGA shows held in 2021 and 2022. Included in this issue, is our premier show, the 2021 NGA PRO/AM Universe along with an article about our 2021 NGA Hall of Fame inductee. We are truly excited about this years’ PRO/AM Universe competition as we will bring it to a new and improved venue along with other enriched ideas. We hope to see you there on November 5, 2022 as we announce our new 2022 NGA Hall of Fame Inductee.

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



Francine Bostinto
NGA NATURALmag
Publisher & Editor In Chief
NGA President

NGA NATURALmag, www.nganaturalmag.com, is published 2 times a year by Precious Words, DBA, Parkland, FL 33067. Reproduction of editorial or pictorial content in any manner is prohibited. Copyright©2022 NGA NATURALmag. All rights reserved.

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

TABLE OF CONTENTS

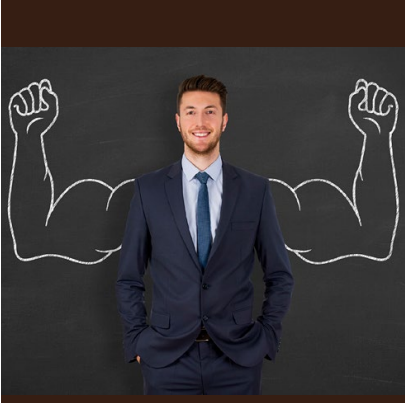


NGA NATURALmag

A LOOK AT NGA DRUG TESTING STANDARDS pg. 8



SIGNIFICANT MISTAKES IN MUSCLE GROWTH pg. 24



CHANGE YOUR MIND, CHANGE YOUR LIFE pg. 46



ON THE COVER: Tivisay Briceno
NGA PRO Figure - Open & Masters
NGA PRO Bikini Model - Open
PHOTO BY: Creating a Figure Photography
COVER DESIGN BY: LBS Design Studio

FEATURES

COVER STORIES

NGA Drug Testing Standards

By Shiloe Steinmetz
A Brief Look [08](#)

Significant Mistakes In Muscle Growth

By Chad Adamovich, CSCS
Part 2 [24](#)

NGA Hall of Fame

By Terri Whitsel
The “Pearl” [36](#)

Sleep

By Dr. Christoph Klueppel
Most Anabolic Supplement - Part 1 [40](#)

Change Your Mindset

By David Lovelace
Change Your Life! [45](#)

NUTRITION

A Simple & Basic Nutrition

By Josh Miller, BS, NSCA, CPT
Rules 1-11 [06](#)

TRAINING

Blood Flow

By Dr. Nicholas M Licameli, PT, DPT

Restriction Training [14](#)

Mindfulness Through Muscular Movement

By Alexander A. Puhalla, PhD
One Repetition at a Time [20](#)

Significant Mistakes In Muscle Growth

By Chad Adamovich, CSCS
Part 2 [24](#)

Change Your Mindset

By David Lovelace
Change Your Life! [45](#)

Motivator’s Corner

By Johnny “The Motivator” Carrero
The Knee Joint in a Nutshell [52](#)

Are You a Dark Trainer?

By Bing Saez
Do Your Research [54](#)

Get Fit Without Overspending?

By Camille Johnson
The Gym is Still Your Best Bet [58](#)

FEATURED ATHLETES

A Whole Food Plant Based Diet

By Chris Livolsi [16](#)

The Difference

David Hood [22](#)

NGA Hall of Fame

By Terri Whitsel
The “Pearl” [36](#)

2021 NGA SHOWS

2021 NGA Tahoe International PRO/AM

By Bing Saez
South Lake Tahoe, CA [10](#)

2021 NGA Thunder Classic PRO/AM

By Tracy Simonds
Deland, FL [19](#)

2021 NGA 1st Annual West Coast Classic PRO/AM

By Matt Ammann
Tampa, FL [23](#)

2021 NGA PRO/AM Universe Championships

By Francine Bostinto
Boca Raton, FL [26](#)

2021 NGA American Natural Championships

By Francine Bostinto
Boca Raton, FL [35](#)

2021 NGA 1st Annual East Coast Classic PRO/AM

By Matt Ammann
Ormond Beach, FL [45](#)

2022 NGA SHOWS

2022 NGA 21st Annual PRO/AM

Mr. & Mrs. Natural Philadelphia
By Rev. Warren I. Egebo
Trevose, PA [48](#)

2022 NGA 1st Annual Extreme PRO/AM

By Matt Ammann
Tampa, FL [53](#)

2022 NGA PRO/AM Kentucky Natural Classic

By Josh & Melissa Miller
Lexington, KY [56](#)

2022 11th Annual Gator Classic PRO/AM

By Matt Ammann
Orlando, FL [60](#)

EACH ISSUE

CONTEST RESULTS

NGA Contest Results

July 2021 - April 2022 [64](#)

Letter From The Editor

By Francine Bostinto [4](#)

NGA Schedules

[15](#)

NGA Trainer Certification

[72](#)



A SIMPLE & BASIC NUTRITION



BY JOSH MILLER, BS, NSCA, CPT
NGA CHAIRMAN, KY & TN
NGA PRO BODYBUILDER & PRO PHYSIQUE
OWNER OF TRANSFORMATION PERSONAL TRAINING
WWW.KENTUCKYNATURALBODYBUILDING.COM
JOSH@TRANSFORMATIONPERSONALTRAINING.COM

Good nutrition, like good training, is simple - learn the basics and practice them consistently. We have on our hands a zillion ways to diet, feed ourselves, and live our lives for fitness. Let's clear the air and put some things in order. A little knowledge and a lot more discipline is the secret. Apply yourself diligently - look ahead, don't look back and don't look for shortcuts. There simply aren't any.

Nutrition, health, and fitness has become big business; therefore everyone is going to try to sell you the newest diet and workout plan. There are now gyms

on every corner and an endless number of diet and bodybuilding programs designed to pack on muscle and burn off fat. Competition is fierce, the promises are bizarre and we're all confused, suspicious, and eventually numb. Let's make it simple. Here are the basic rules to be successful.

RULE 1

Eliminate saturated fats, excessive salt, and simple sugars. This will remove 99% of the fast foods, munchies, and soft drinks from your diet. Who needs them anyway? In a few short weeks, you won't want them, wonder why you ate them in the first place, and feel sick if you start eating that kind of food and drink again.

RULE 2

Eat a basic breakfast of complete carbohydrates and protein to set up your metabolism for the day and to provide fuel and muscle building ingredients. Basically, protein builds muscle and carbohydrates supply fuel for energy. Breakfast can be a meal that is easy to prepare which may consist of anything from a quality protein shake to a bowl of oatmeal, scoop of cottage cheese, fruit, and coffee.

Remember, if you don't feed yourself a small whole-some meal in the morning, your body will draw on your muscle tissue as a source of energy, putting you in a slump, and in muscle deficit.

RULE 3

Feed yourself every 3 to 4 hours throughout the day - each meal consisting again of protein and carbohydrates. Any combination of the following meal combinations is perfect: tuna/rice, lean meat/baked potato, cottage cheese and fruit, chicken/pasta, etc.

RULE 4

In simple English, in order to gain weight, eat more and eat more often. Be ready for solid bulk weight—lean muscle comes slowly but surely. In order to lose weight, eat less, still as often, but consume the majority of your calories early in the day.

RULE 5

I have always instinctively leaned toward a higher intake of protein over carbohydrates to build a lean body. Though contrary to popular opinion, many doctors and top bodybuilders I've conferred with, also agree with this strategy. Emphasize protein.

RULE 6

Between meal snacking is okay if the snack is truly nutritious—this means, no junk! Don't let junk be a substitute for a meal or become a habit. Good snacks are fruits or vegetables, protein/energy bars, nonfat yogurt, cottage cheese, etc.

RULE 7

Simple carbohydrates provide us with a quick pick-up, but let us down just as quickly. Excessive sugar plays havoc with our insulin metabolism and leads to fatigue and fat storage and this is not good.

RULE 8

Fuel up before your workout. Eat a small, easily digested meal 30-60 minutes before you train. With complex carbohydrates in your system, you'll train harder, longer, and with more enthusiasm. You won't experience low blood sugar jitters or dizziness—you will experience a great muscle pump and will probably get that last rep in. After a long day's work, protein shakes and BCAA's (Branched-Chain Amino Acids) are the best.

RULE 9

Similarly, you need protein dense meals with plenty of carbs within 60-90 minutes of completion of your workout. This is necessary to provide the muscle building materials to repair depleted tissue and begin the process of building new muscle.

RULE 10

The most important nutrient in your body is plain water. The quality of your tissues, their performance and their resistance to injury is dependent on the quality and quantity of the water you drink. Flood yourself throughout the day, especially during the workout.

RULE 11

Sleep, rest and relaxation are of prime importance. It's during periods of sound sleep that our bodies recuperate and build muscle tissue.

Hopefully, these simple and basic nutrition rules will help you build the body that you are working towards! ■

A Brief Look At The NGA Drug Testing Standards



BY SHILOE STEINMETZ R.PH.
NGA MEDICAL ADVISOR
NGA PRO BODYBUILDER
SHILOESTEINMETZ@YAHOO.COM

With so many organizations to compete in today, what is it that sets the NGA apart from the rest? What is it that makes the NGA the best natural physique competition organization in the world?

The simple answer is that the NGA has years of tried-and-true drug testing and bylaws which makes it uniform and consistent in its operation year after year. This also makes the playing field level as well as makes shows predictable for athletes that are looking for top notch events to compete in across the country. For those of you who are new to the NGA and all that goes on behind the scenes, I would like to provide more information on the drug testing standards and address the most common types of questions we receive at the NGA.

Sadly, the sport of physique competition has sunken to new lows over the past 20 years. Performance enhancing drugs (PEDS) have become second nature for athletes and just part of the process to excel and compete. In the past, this problem was primarily an issue for men's bodybuilding and to a slight extent, it has been an issue in women's bodybuilding as well. Today, it has spread into the Classic Physique, Physique, Figure, Fitness, and Bikini divisions. To gain short-lived

fame or win a title, athletes may be willing to do anything to achieve success. Being an athlete for over 25 years, I have seen the sport change dramatically for both the good and bad. I have seen fellow bodybuilders and friends drop like flies from heart attacks, stroke, overdoses, and other health related problems due in large part to PEDS. In the end, was it worth it? I have also seen the aftermath of what happens to those who survive, but have long lasting health concerns after they leave the sport due to PEDS. I won't even go into the politics that run rampant through most physique competition organizations. So, what is the answer? Where do athletes go? The simple answer is drug tested and drug free organizations. But you may wonder about the political aspects of the organization and if that complicates matters. Yes, the politics play a factor even in some of the drug tested/natural organizations. Is there an organization that has been around for years, has a comprehensive set of bylaws, solid drug testing policies and procedures, free of politics, and focuses on the athletes? Yes, there is and it is the NGA.

Francine and Andrew Bostinto have spent years and dedicated themselves to establishing the best natural organization out there. They also have surrounded themselves with a talented team with years of experience in the industry that have helped them forge the NGA into what it is today. Many who are new to the NGA may not be familiar with the history of the organization, so I encourage you to visit www.nationalgym.com and see the wealth of information that is available. Also, if you are reading this article now, you may already be familiar with the online magazine and the information it provides in keeping one up to date on all that is happening in the NGA. But, I would also encourage you to look at the extensive bylaws section which lays out all the rules, drug testing procedures, judges' requirements, promoters' information, posing, and other important pieces of information. It is these bylaws that really set the NGA apart from other organizations. It keeps shows uniform, drug testing fair and complete, and removes the political aspects from the competitions.

I also encourage you to become familiar with the

NGA's Faculty and Staff so that you may learn about the many great people that engage in making the NGA the best organization around. The NGA also is comprised of an advisory board and promotor's committee. As you can see, there are many unique aspects to the NGA that sets it above many other bodybuilding organizations. As the NGA's medical advisor, it is my job to assist in the drug testing protocols and answer athlete questions when they have concerns on the drug testing process or supplements that could negatively impact a drug test.

Next, I will provide a brief overview of the philosophy of the NGA's drug standards and focus on one particular area that tends to be an issue that arises more frequently.

The goal of the NGA is to create a drug free environment that levels the playing field for all athletes. A comprehensive list of the banned substances is found on the website in the [NGA BYLAWS](#) section, but athletes are encouraged to reach out when in doubt. You can always email the NGA or reach me for questions at shiloesteinmetz@yahoo.com. It is the responsibility of the athlete to know the supplements that they are taking as well as those supplements that their trainer may give them.

Because it is the athlete's responsibility, there is no excuse to fail a test due to a lack of knowledge. One common excuse given when a drug test is failed that we often hear is, "I am just taking what my trainer gave me." Again, it is the athlete's responsibility to educate themselves on what they are taking and if in doubt, call or email us. That's what we are here for. The methods used by the NGA in drug testing include, but is not limited to, polygraph, urinalysis, and physique screening. The NGA's purpose is to provide drug free competitions for drug free athletes to compete in by eliminating all others who may be trying to bypass the system by using PEDS.

The NGA does allow for certain medical exemptions (i.e.: testosterone replacement), these are all reviewed by the advisory panel and then a final decision is rendered based on medical documentation and is still subject to final drug testing standards. Because the newer medical exception policy was developed, the advisory panel is there to determine if there is

a legitimate medical need. We acknowledge that there are less than reputable prescribers out there that will claim medical need and write prescriptions for a banned substance, but rest assured, we will do the research and weed them out as well. Just because one presents with a prescription, for example like for testosterone, by no means gives them a pass to compete. The panel then steps in to request additional information and documentation from the prescriber and may interview the athlete as well. The athletes will also be subject to a polygraph tailored to assess any intended deceit to use PEDS to compete with a physician's medical exception. Finally, any blood work requested prior to the event should be within normal range and a urinalysis might also be performed the day of the event.

Below is a summary of normal levels of testosterone in females and males by age:

Females

- 0-5 years old: between 20-80 ng/dl
- 6-9 years old: below 7-20 ng/dl
- 10-11 years old: below 7-44 ng/dl
- 12-16 years old: below 7-75 ng/dl
- 17-18 years old: between 20-75 ng/dl
- 19 years old and older: between 8-60 ng/dl

Males

- 0-5 years old: between 75-400 ng/dl
- 6-9 years old: below 7-20 ng/dl
- 10-11 years old: below 7-130 ng/dl
- 12-13 years old: below 7-800 ng/dl
- 14 years old: below 7-1,200 ng/dl
- 15-16 years old: between 100-1,200 ng/dl
- 17-18 years old: between 300-1,200 ng/dl
- 19 years old and older: between 240-950 ng/dl

I hope this information was helpful and will give a brief insight into the drug testing standards of the NGA. If there is a future topic or concern you would like to know more about in the future, please reach out and we will do our best to address the topic. Do not forget, when in doubt to reach out and feel free to ask questions. We are here to serve the athletes and protect the integrity of drug-free competition. I wish everyone a great, healthy, and successful season. Thanks to all the athletes who help make the NGA the best organization to compete in! ■



2021 The NGA Tahoe International PRO/AM

South Lake Tahoe, CA
July 24, 2021



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



PRO levels. The NGA PRO athletes took the microphone after their stage routine to speak candidly about how important it is to stay natural – with the exception of a couple of the NGA PRO athletes who contracted COVID-19 before the show and couldn't make it to the stage in person. They were still able to submit a video recording of themselves speaking on behalf of natural bodybuilding and the importance of not taking drugs or banned substances.

To recap last year's show, Dr. Josh Stoneking opened the show as he graced the big screen rather than in person due to COVID-19 and was not able to travel. He represents the NGA PRO Physique division and had a strong message about staying natural. Each NGA PRO was able to speak before the amateurs came on stage to compete. In the NGA Men's Physique Open division, we had Joey Fanjul from Fallen, Reno, who was a novice and first-time competitor that took the 1st place win and earned an NGA PRO Card.

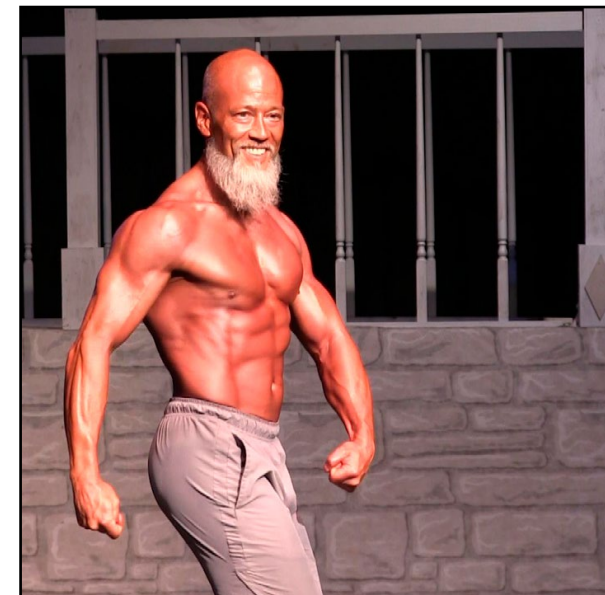
Alona Zaharkina, representing PRO Bikini and seasoned PRO Bikini winner on the NGA Tahoe stage two years in a row, was up next speaking on a big screen (due to having COVID-19 and could not be there in person). She started the division of Bikini Open after presenting her NGA PRO speech on natural bodybuilding. Maggie Mchugh, a Tahoe local and mother of four children who is true to being natural, took the 1st place win in the Bikini Open division.

Denzel Carter came onstage with another amazing spell-bound routine in Classic Physique and brought the ladies out to compete in the Women's Physique division. It was none other than Angel Rader who stepped out of Bikini and competed in Physique for the first time and took the 1st place win.

TJ Kangas, PRO winner of Classic Physique 2021 and representing PRO Classic Physique who couldn't stop dancing on stage, ended up honoring his kids and thanking them for who he is now. They were in the audience and had never seen him in this light before. It was Joey Fanjul who took the 1st place win in Classic Physique.



Joey Fanjul
Physique - Open 1st Place & NGA PRO Card
BB - Open 1st Place
Classic Physique - Open 1st Place



TJ Kangas
PRO Classic Physique - Open 1st Place

The National Gym Association (NGA) Tahoe International Professional/Amateur Invitational show never disappoints. From the breathtaking views to the wonderful community of South Lake Tahoe, this show is always a blast for competitors, family, and friends. Though this was the smallest show to date with only 15 athletes on stage, it was powerful and mighty with some amazing routines and awesome physiques!

This show has a strong message for everyone; which is to continue your commitment to the sport of natural bodybuilding. This show provides NGA PRO athletes an opportunity to be a spokesperson for the division they represent as a PRO as well as placing strong emphasis on their obligation to encourage and inspire others to be the best they can be naturally.

NGA Tahoe International PRO/AM Invitational in

2021 was opened with Guest Poser and NGA PRO Classic Physique and PRO Bodybuilder, Denzel Carter. Who graced us with a Black Panther themed routine. With a tribal painted face, homemade necklace, and jewelry that adorned his physique, ultimately turned him into a bodybuilding version of the Black Panther. He set the energy of the stage to one belonging to a victorious tribal hero. This jaw-dropping presentation was followed by an amazing rendition of the national anthem sung by head judge, and two-time NGA PRO Universe winner, Robert Green.

As the promoter of the show, it is extremely important to explain at the beginning of the event that natural bodybuilding is a lifestyle that has no need of banned enhancers or supplements. In 2021, it was necessary for me to showcase seven NGA PRO athletes as spokespersons to enhance the integrity of true natural bodybuilding. It is my personal belief that once you become an NGA PRO, you have an obligation to encourage and support others who would like to join the sport of natural bodybuilding at the amateur and

2021 The NGA Tahoe International PRO/AM



South Lake Tahoe, CA
July 24, 2021

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



David and Angel Rader

Lauren Wek from Boise, Idaho recently earned her NGA PRO Card. Tahoe was her PRO debut and was able to fulfill her obligation right away in being a spokesperson for the division as she represented NGA PRO Figure. It was Elaina Carrera who took the 1st place win in the Figure Open division. Elaina Carrera from Flemingsburg, Kentucky came in strong and took 1st place with very impressive wins in both the Figure Open and Master divisions.

Myles Miller, NGA PRO winner of Bodybuilder Open 2021, represented NGA PRO Bodybuilder and was a crowd pleaser and a true natural competitor. It was Joey Fanjul who took the 1st place win in Bodybuilding Open.

There were many amazing highlights in this fantastic show, including our national anthem performance, guest poser Denzel Carter, our mixed pairs routines, and of course, our beloved mini shredders.

The end of the show consisted of Johnny Motivator's Team in Training routine that was also showcased at this outstanding show and is keeping this new division alive and rockin! Awards were given out by Royalty Princesses from the Miss America Pageant of Nevada for this division. The show ended with a traditional group pose down, a great way to take a bow, flex and show muscles, and close the show. The after party was off the hook which ended with eating pizza, drinking, and dancing the night away. It was a great time for all!

I am looking forward to July 23, 2022, the NGA Tahoe International Professional/Amateur Invitational. My team and I are excited to showcase more amazing hard work and dedication this year, as well as help to create an event for meaningful time with family and friends. ■

Photo Credits: Tony Nguyen



Denzel Carter
NGA PRO BB & Classic Physique - Open
Guest Poser



AMMANNOMICS.COM
PRO/AMATEUR
presents



NGA WEST COAST CLASSIC

PRO/AMATEUR

BODY BUILDING • FIGURE • FITNESS • CLASSIC PHYSIQUE • PHYSIQUE • BIKINI

SEPTEMBER 17, 2022

Tampa, Florida

OPEN

MEN'S PRO BODYBUILDING
MEN'S PRO CLASSIC PHYSIQUE
MEN'S PRO PHYSIQUE
WOMEN'S PRO PHYSIQUE
WOMEN'S PRO FIGURE
WOMEN'S PRO BIKINI
WOMEN'S PRO BIKINI MODEL

TIME AND TICKETS:

Prejudging: **9am**

Finals: **4pm**

Ticket info and purchase on-line
Check in at Host Hotel September 16, 2022
1:00 PM-7:00 PM

HOST HOTEL:
Double Tree by Hilton
Tampa Airport
4500 W. Cypress Street
Tampa, FL 33607
813.879.4800
Code: nga

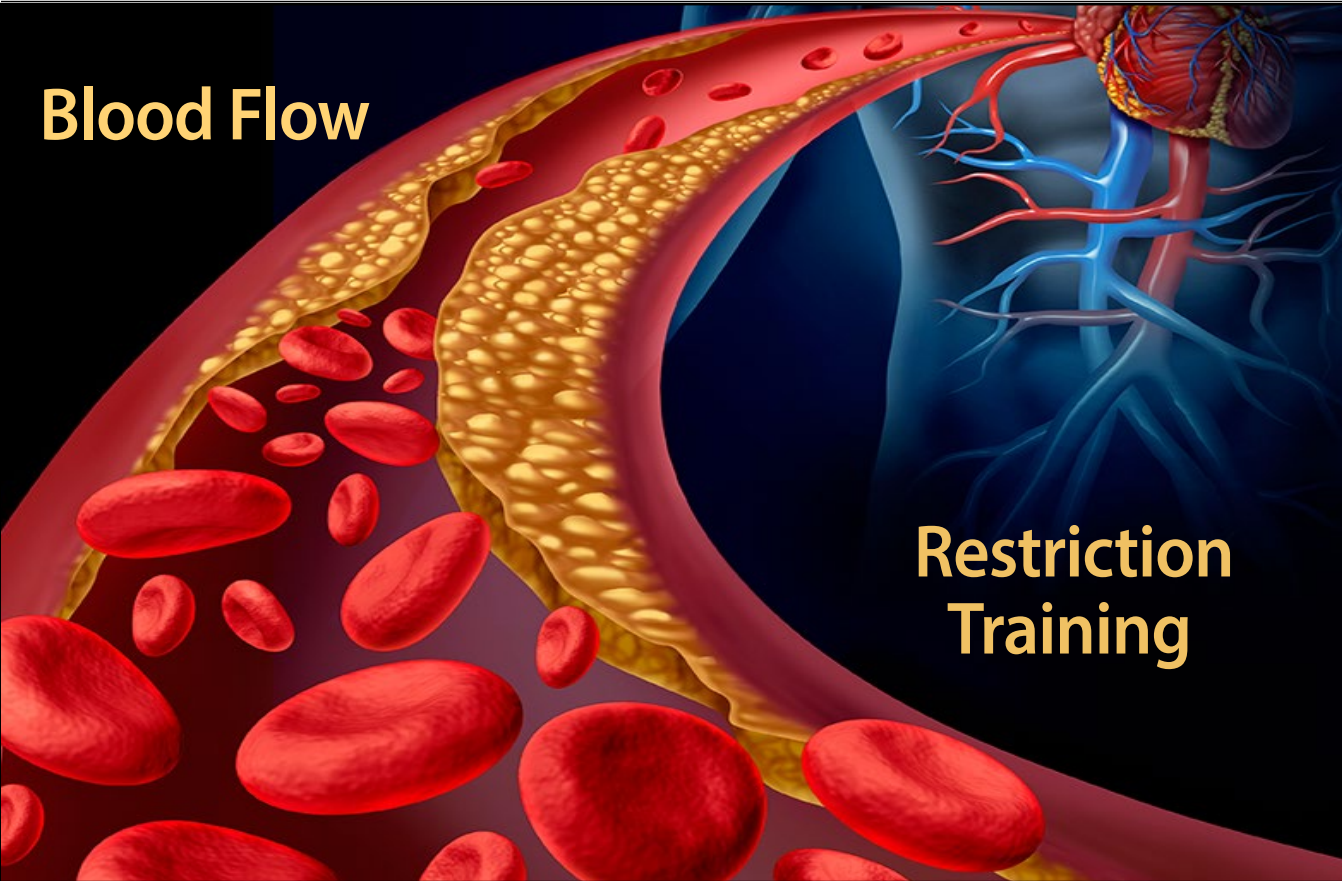
PROMOTER:
Matt Ammann
407.340.7929
@MattAmmann1

VENUE:
Jefferson High School
4401 W. Cypress St.
Tampa, FL 33607

AMERICAN MIKE ALLEN
FIRE SYSTEMS 352-286-9566

GAMBLING PROBLEM?
888-ADMIT-IT





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

There is no denying the fact that we have access to more information now than at any other time in history. In bodybuilding and fitness, this constant tidal wave of information can make it difficult to discern quality evidence-based information from misleading and inaccurate information. This is especially true for blood flow restriction training (BFR).

means more people are jumping on the train. As an author of BFR research, a clinical instructor, and an international speaker on the subject, I can say with certainty that although there is a lot of good quality information out there, there definitely is a TON of misinformation. When it comes to BFR, misinformation can lead to wasted time and ineffectiveness at best, or serious injury at worst. What follows is an evidence-based “What You Need to Know about BFR” resource that you can use to discern the quality from the...well, not so quality. Let’s get into it!

BFR has gained popularity in recent years, which

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/UCAWFe5BmaJ_WFAh2aqsOg8g Instagram: <https://www.instagram.com/nicklicameli/>
Facebook: <https://www.facebook.com/nicholas.michael.58>

- BFR Training involves applying a tourniquet to a limb and inflating it to partially restrict arterial inflow to the muscle and completely restrict venous outflow. Pressure is determined by calculating a percentage of full limb occlusion pressure (LOP). The tourniquet is applied proximally on the upper or lower extremities, regardless of the target muscle.
- BFR can be performed passively, with aerobic exercise, or with resistance exercise. When BFR is performed with low intensity aerobic exercise, we see greater improvements in VO2 max compared to low intensity aerobic exercise and when BFR is performed with traditional low intensity resistance exercise, we see greater muscle hypertrophy and strength compared to traditional low intensity exercise. This makes BFR a viable rehabilitation tool for those who are load intolerant.
- Strength improvements tend to favor high intensity training; therefore if strength is the goal, BFR should be used as a bridge to heavy training.
- When BFR exercise is prescribed and used correctly, it is safe and presents no greater risk than as traditional exercise. However, there are inherent precautions and contraindications associated with BFR, which

- is why being trained in BFR before implementing it is highly recommended.
- BFR can be used with those recovering from injury or surgery, but also with healthy individuals. When used to train around pain and/or recover from injury or surgery, BFR should be used as a bridge to traditional high intensity training. When used in healthy individuals, BFR is not necessarily essential and should be used as a tool/intensity technique to supplement traditional training.
 - Do not view clients and athletes through “BFR lenses” and think, “How can I use BFR with this person?” Rather, focus on the individual’s goals first and then ask yourself, “Can BFR help this person achieve their goals?” BFR should be viewed as a one of several tools that can help our patients and athletes reach their goals.
 - Always use the principles of evidence based practice when deciding whether or not to use BFR, or any treatment for that matter: (1) Summation of the best current scientific evidence, (2) Anecdotal/clinical expertise, and (3) The individual client’s/athlete’s values, beliefs, and goals. ■



NGA

Compete with the NGA where
your membership goes far . . .

NGA AMATEUR SCHEDULE NGA PRO SCHEDULE

Be the best you can be on stage
and attend an NGA Posing Seminar.

Contact The NGA Show Promoter!

NGA – The oldest natural and most reputable bodybuilding organization established in 1979.

NGA AMATEUR SCHEDULE

NGA PRO SCHEDULE

8 Months On A Whole Food Plant Based Diet



... And This Is The Result!



BY CHRIS LIVOLSI
CHRISLIVOLSI@VERIZON.NET
NGA PRO BODYBUILDING OPEN & MASTER
NGA PRO PHYSIQUE OPEN & MASTER
2019 NGA ED COLE PRO CLASSIC CHAMPION
LA FITNESS PERSONAL TRAINER
NYC FIRE CAPTAIN
ACE CERTIFIED FITNESS & HEALTH COACH AND PERSONAL TRAINER

Why did I adopt a whole food plant based diet? In July 2021, I was preparing to participate in a charity boxing event and was required to pass a physical examination including a blood test. Based on the results of this blood test, my physician advised me not to participate in the event due to poor kidney function. My poor kidney function was deemed to be caused by too much animal protein being processed through the kidneys. Along with this diagnosis and after years of eating meat-based

products, honestly, I was just burnt out. At times, I felt as if I was force feeding myself animal products just to reach what I believed to be the right amount of protein required to build lean muscle. So, I left my doctor's office and was challenged with developing a plan to switch from a meat-based diet to a plant-based diet.

The Goal

My goal was to improve my overall health and leanness by switching from a meat-based diet to a whole food plant-based diet without any changes to body

aesthetics. The following is what I did to accomplish this goal:

- Reduced protein consumption from 190 grams per day to less than 100 grams per day.
- Increased consumption of quality carbohydrates such as fruit, vegetables, legumes, whole grains, and increased carbohydrates from 240 grams to approximately 575 grams per day.
- Increased fiber consumption from 25-30 grams a day to 90-100 grams per day.
- Discontinued use of non-regulated supplements such as creatine, pre-workout powders, and protein powders because it caused irregularities in my bloodwork. All protein consumed came from whole foods.
- Limited my supplements to a multivitamin and B12.
- Kept a daily food diary for accountability and referenced without adhering to set split of macronutrients of protein, carbohydrates, and fats.
- Kept weight training split of push-pull legs, 2 times a week varying rep ranges to improve strength and hypertrophy.
- Limited cardio to a minimum of 1 hour of walking most days of the week to reduce stress and burn calories as a way to serve as active recovery from weight training.
- Incorporated metabolic training (i.e. kettlebell swings and barbell complexes) within workouts to increase heart rate.

The Results

After switching from a meat-based diet to a plant-based diet, I achieved the following results:

- Achieved a slightly leaner physique with moderate weight loss of about five pounds.
- Eliminated the prescription Symbicort which I used to treat chronic asthma after physician

consultation and this eliminated signs or symptoms of asthma and resulted in a normal breathing test.

- Sleep quality improved dramatically and I was able to discontinue use of the CPAP machine which was prescribed after being diagnosed with sleep apnea.
- Hair grew back thicker and faster requiring more frequent cuts, but not hair that I had previously lost.
- Food cravings dissipated and I began craving healthier foods like fruits and vegetables rather than sweets, meats, and dairy. Ironically, the sight of meat and dairy products began to make me feel nauseous.
- Despite being exposed to high populations of people with COVID-19, I never contracted the virus nor did I ever experience any symptoms.

With every diet there are lapses. The difference now is when I feel I have overindulged on food, it is not drastic. Eating a plant-based diet, even in excess, resulted in a much lower daily caloric consumption than would be even if you were binging on junk food. Plant-based foods fill you up, so when eating in excess, the event is minor in comparison to any other diet. There is a lot less guilt associated with overindulgence on whole based plant foods making it easier to get back on track towards a healthier diet.

The Takeaway

Fad diets may work in the short term but are rarely sustainable in the long term. Whatever diet you chose to follow, it must be tailored to the individual and needs to be adhered to for a period of time in order to make it a permanent life change. Additionally, you should always choose your health over aesthetics. As a male in my 50's on a meat-based diet, I can say I never looked better, and never considered what it was doing to my health. However, when I was on a whole food diet, I learned that I can accomplish both better overall health and aesthetics.

Also, carbs are not the enemy! Highly refined

processed carbs not only lack nutrients, but they are harmful to your health. Whole food plant-based carbs not only provide an abundance of nutrients, but there are also studies that show they reduce the risk of disease such as heart disease, cancer, and diabetes. They are also high in fiber which is digested slowly, keep you full longer, control blood sugar and insulin, and aid in digestion.

The Myth: You can't build muscle and get strong on a plant-based diet!

We all grew up with the saying "wow, he is as strong as an ox" or "she is as healthy as a horse". Those animals eat plants as well as elephants, gorillas, bison, rhinos, and cows. Do these animals look as though they suffer from a protein deficiency?

Don't be afraid to challenge information that you have been given as the absolute truth without testing it to see if it really is. There is much misinformation being spread throughout the media and even

reputable publications are influenced by industries and special interest groups. I collect all the available information and make my own decisions about what enters my body even if it goes against what the media and research says. Always discuss any concerns with your own personal physician and schedule a yearly physical accompanied by a blood test to detect any deficiencies.

Also, be concerned more about the quality of food that you eat rather than the quantity. And, keep in mind that highly processed foods are a danger to your health despite the type of diet that you are on.

Final Thought

If you eat well - you will sleep well - if you sleep well - you will train well - if you train well - you will look and feel well. ■

Men's & Women's
Workout Apparel

NGA NATTY

Hooded Muscle Tanks * Tanks * T-Shirts * Sports Bras
AND MORE...

Official Line for the National Gym Association, Inc.

www.ngaeastcoastnatural.com

2021 The NGA Thunder Classic PRO/AM



**Deland, FL
July 31, 2021**

Promoter: Tracy Simonds
www.ngathunderclassic.com
tracysimonds7@gmail.com

Last year's event was packed with amazing athletes, great sportsmanship, and a positive uplifting spirit. Everyone came out to Deland High on July 31st to compete for the Thor Hammer. All of the awards were a hit!! The guys really loved the warrior helmets and the women loved the sashes and tiaras. OMG! The fight with all the division winners for the Hammer was insane!

The judging was solid and led by Florida Chairman, Rick Pierre. Ian Frierson was our MC and was on point! DJ UNEK picked just the right jams for this lively event! This was most definitely a fun show!

The 40 athletes that came out to the show were an amazing bunch and here are a few quotes directly from them.

"Thank you for putting on a great show each and every time!" - Brandon Arcar

"Thank you SO MUCH Tracy! It was an honor and a privilege to be part of such a quality show! I had such a blast!" - Chloe Perez

"Thank you Tracy for putting together such a great show. I love the amazing group of competitors you bring and I will participate again in the future!" - Keri Nass

"Thank you so much! It was amazing. It was such an awesome experience. You'll see more of me." - Michael Daleo

"Thank you Tracy! I had a great time yesterday

and had so much fun. It was an amazing show and you're an amazing promoter. Thank you so much for everything you did for me and all of us athletes!" - Nathan Mosbeck

"Thank you so much....great show, great people, great vibes. Definitely signing up for the next one." - Phylipe Rodrigues

Thank you to all that came out to support the NGA Thunder Classic. We look forward to seeing you all June 25, 2022! ■

NGA THUNDER CLASSIC
JULY 31st, 2021 DELAND FLORIDA

**PRO/AM
PRO QUALIFIER
NGA UNIVERSE QUALIFIER**

CONTACT INFO
PROMOTER: TRACY SIMONDS
386-956-1208 TRACYSIMONDS7@GMAIL.COM
FACEBOOK: NGA BODYBUILDING PROMOTER
INSTAGRAM: TSI_PRO

TICKETS
PRE-SALE (SEE WEBSITE)
ADULTS \$40, KIDS \$20
AT THE DOOR (CASH ONLY)
ADULTS \$50, KIDS \$25

SHOW TIME
PREJUDGING STARTS AT 10AM
SHORT BREAK AND RIGHT INTO
PRESENTATIONS AND AWARDS
NO LONG BREAK

VENUE
DELAND HIGH SCHOOL
800 N HILL AVE.
DELAND, FLORIDA 32724

WWW.NGATHUNDERCLASSIC.COM

Mindfulness through Muscular Movement: One Repetition at a Time



BY: ALEXANDER A. PUHALLA, PH.D.
ALEXPUHALLA@GMAIL.COM

In pop culture, the word mindfulness is often paired with “relaxation” or certain types of norms that we may not identify with. However, mindfulness can be a powerful tool for physical and personal growth for athletes at all stages and may even allow for greater mind-body connection and results. So, what is mindfulness really and why should you attempt to use it within your own exercise routine? Mindfulness is simply the active engagement of being present and in the moment (see Kabat-Zinn, 2015). While there are many additional elements of mindfulness to increase its effectiveness, it really comes down to staying present and letting go of anything that may be pulling you away.

Many athletes have already experienced mindfulness when exercising. Often referred to as “flow,” when an athlete is not having any active thoughts pulling them to the future or past, that is mindfulness. You may have also experienced “flow” while playing an

instrument or engaging in a hobby. The only difference between those moments and the practice of mindfulness is to purposefully engage in the moment and let go of distractions and/or thoughts around you.

By purposely engaging in the practice of mindfulness while exercising, one may gain greater mind-body connection which could be helpful in reducing injury, improving results, and improving your relationship with exercise. In my own experience, I found myself being the opposite of mindful during many of my sets by using music, unnecessary body movement, and even negative thoughts to distract myself from the physical discomfort of the moment. However, after 15 years of weightlifting, I can tell you that can be draining and potentially contributed to many of my injuries. Over the past 2 years, I have started to use mindfulness during some of my sets and have found it to be helpful on both a physical and emotional level. That does not mean that I don’t enjoy using music or counting my repetitions during many of my sets, but instead it means that I am purposefully mindful during specific sets.

Applying Mindfulness to Muscular Movement

Let us examine how one can mindfully bench. After you warm up, choose a weight that you can comfortably complete 10+ repetitions with. For this set, slow down the movement by going half your regular speed, or slower if you so choose, but continue to use the form that you are most comfortable and familiar with. It may also be helpful to control your breathing by slowly breathing in while lowering the weight and breathing out while you push the weight¹. Now, apply the principles below to help you engage mindfully with the movement:

1. Notice where your mind goes and allow yourself to focus in on the physical sensation of lifting the weight. This could mean either focusing on the physical tension in your chest (i.e., the stretch and contraction of your muscle) or the action of moving the weight up and down. During this step, it may feel odd to keep focusing in on the movement, however, over time the mind-body connection will strengthen and this will get easier. Notice what you want to focus on, but also do not ignore what is distracting you.

2. Accept that distractions will and are going to happen. It is natural to want to avoid physical discomfort that accompanies weightlifting, so the mind is going to want to distract you by triggering thoughts or pulling you to other sensations. That is okay! If you are noticing these distractions and accepting them as automatic, then you have already changed your relationship with them. To note, if you are new to this, then choosing to count may help you remain focused on the body or muscle movement. However, make sure you are focusing on the count or muscle movement and not the amount of repetitions you want.

3. De-Identify with the desire to avoid the physical sensations and the thoughts you are having. This means recognizing that these are not your thoughts or urges. They are automatic responses to your behavior and the physical discomfort that accompanies the movement of the weight. This could be done by simply saying internally or out loud, “I see you! I am going to return to focusing on how this rep physically feels.”

4. Let go of the thoughts and desire to avoid the physical sensation in your muscles and return to focusing on the movement of the bar or the physical sensation it leads to. Letting go of the automatic thoughts and distractions will allow you to gain more awareness of how the movement effects your muscle. In this, you will slowly strengthen the mind-body connection and potentially improve the outcomes of your exercise.

Through NAIL (i.e., Notice, Accept, de-Identify, and Let go) you can begin to practice mindfulness through any muscular movement. You do not need to do this every set, in fact, that is not the goal. The goal is to begin increasing mind-body connection, acceptance of the physical discomfort that weightlifting may cause, and awareness of what pulls you out of the moment. Beyond the physical benefits this may be associated with, it may also lead to emotional benefits, as there is substantial evidence for the positive relationship between mindfulness and reduced negative emotions (e.g., depression, anxiety, & etc.; Carpenter et al., 2019). So, go out there and NAIL your next exercise routine and begin your journey with mindfulness through muscular movement! ■

References:

Carpenter, J. K., Conroy, K., Gomez, A. F., Curren, L. C., & Hofmann, S. G. (2019). The relationship between trait mindfulness and affective symptoms: A meta-analysis of the Five Facet Mindfulness Questionnaire (FFMQ). *Clinical psychology review*, 74, 101785.

Kabat-Zinn, J. (2015). Mindfulness. *Mindfulness*, 6(6), 1481-1483.

Author’s Note:

Dr. Alexander Puhalla is the NGA Mr. & Ms. Philly 2019 PRO Classic Physique winner and the 2022 runner up (2nd place). He has been competing in natural bodybuilding for the past decade and has been weightlifting for over 15 years. He is excited to combine his knowledge of mindfulness, compassion, and psychology with bodybuilding and exercise.

¹ These recommendations are based on personal experience. Individuals with physical health or chronic injury should consult a professional before modifying their approved exercise routines.



BY DAVID HOOD
HOOD BARBELL LLC
HOODBARBELL@GMAIL.COM
NGA CO-PROMOTER OF NGA TX PUNISHER
NGA PRO CLASSIC PHYSIQUE - OPEN

The Difference

As a bodybuilder enthusiast, I would like to explain my opinion on the “difference” in what I see between what I call myself and a true bodybuilder. In 2008, I was in my late 20’s and extremely overweight. I was eating junk everything. I could tell you 100 excuses explaining why I chose to live this way, but the fact remains, I was killing myself. A friend asked me to go to the local gym to work out and after that, the rest was history.

Now, let’s fast forward 10 years and it was at this point that I began to maintain a healthy lifestyle and decided to compete in bodybuilding shows as a way to keep me motivated. You may ask what I mean by “compete” and how do I apply it to my lifestyle.

Bodybuilding is a sport that takes discipline and time. A bodybuilder is judged by a panel that rates your body on a multitude of aspects some of which are symmetry and conditioning. I have chosen to use this sport to help train my physical stature and mental focus. Now, I am human and slip up, so don’t think I’m perfect. I fail on my diet and sometimes cheat and skip days at the gym. Also, I don’t make competing my priority and this is where I would like to explain the difference in what I am as a bodybuilder enthusiast and a true bodybuilder. A bodybuilder places nutrition and time training at the gym above everything and sees this as a job more than a hobby. It is viewed as more of a lifestyle rather than as a social event.

If you ever meet a true bodybuilder, you will probably see them as shut off and maybe even a little grumpy or intimidating. However, you may find that most of the time, they are the nicest of people. If you meet them in their element (the gym), it’s best to approach with caution because they tend to be in the zone and focused on what they see as the priority and that is building the body.

I am not willing to put in that sort of commitment because there are other things that I may engage in as a more valuable use of my time. Does that make me better or less? Absolutely not! I love to watch these athletes accomplish what most never will. They have an iron fortitude that pushes them to activate on lower calories and body fat percentage that most would just not be able to handle.

This is just a brief description and my opinion of those of us who are bodybuilder enthusiasts and those who are true to life bodybuilders. Whichever one you are is perfectly okay as long as you are happy and refuse to allow sluggish or lazy tendencies to cramp your lifestyle. Most importantly, no matter what, continue to strive to be 100% in whatever you are trying to accomplish. ■

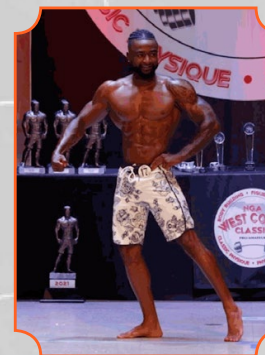


2021 The 1st Annual NGA West Coast Classic PRO/AM



Tampa, FL
September 18, 2021

Promoter: Matt Ammann
www.ngagatorproductions.com
@ngagatorproductions
@mattammann1



Arius Norris
PRO Physique - Open



L-R: Michele Ward, Al Acevedo, Matt Ammann, Todd Elliot, Kevin Dorsett, Earl Snyder



Ariel Cleary
PRO Bikini Model - Open

Thank you to all those that helped make the 1st Annual NGA West Coast Classic PRO/AM an amazing show!

This show was held at the beautiful Scottish Rite Masonic Center. “I decided to do this show in Tampa because there aren’t any other NGA shows on the west coast and I wanted to give athletes the opportunity to compete in their own backyard,” said Matt. At this show and for the first time, NGA Gator Productions

offered PRO Bikini Model, which was a huge success and a lot of fun!

I am happy to announce the 2022 NGA Amateur Extreme PRO/AM and the 2022 NGA Gator Classic PRO/AM have already taken place and you can find their articles on pages 53 and 60. We look forward to more exciting NGA Gator Production shows and hope to see you all there. ■

Photo Credits: Jacoby Moore (Physique Photography)

Significant Mistakes in Muscle Growth

Part 2



BY CHAD ADAMOVICH, CSCS
WWW.P4PMUSCLE.COM
MOFIGHTER19@HOTMAIL.COM

The physique sport is about building your best package for the stage and beat your previous best. In order to do that, you need to make sure you are growing and have solid conditioning. Oddly enough, athletes make some significant mistakes in the growth phase, just like they can in prep. In the last issue, I discussed a couple of mistakes athletes make when it comes to maximizing growth. If you have not read part 1, reference back to [page 8](#) of the Spring/Summer 2021 Issue of the NGA Naturalmag.

Let's get started! Here I cover two more common mistakes to take note of that will help you maximize your efforts.

PROGRESSIVE OVERLOAD

In the last issue, I discussed the importance of having a solid training plan rather than one that is random especially as you become more advanced. There is also another area where significant mistakes are made and this is in switching up programming too frequently by starting an entirely new program too often without more time and consistency with the current one. The problem with this is that you are not actually giving the programming enough time to actually work for you.

By the time the first cycle is completed, you are just starting to dial in and get a sign of response to the current intensity and/or volume. If a training cycle is built properly, you shouldn't need significant changes frequently. If you think "muscle confusion" is a thing for growth, you are only confusing yourself. If you are a rookie, you can get away with doing random things and see results. If you are advanced and constantly/randomly changing your programming, you are most likely spinning your wheels and really have no idea of volume or a plan in place. Yes, it is important to hit your muscles at different angles, but what we know based on the research is that intelligent volume progression (progressive overload) is what is needed. This means that you should be doing similar movements more consistently with intelligent progression within the current cycle. From there, you should see progression in volume the next time you go through the cycle whether you are adjusting reps, set volume, loading, frequency of muscle groups, etc.

So when should you change? The real answer is, it depends. I know we all want black and white answers, but that's not how human physiology works because each person is different. Every athlete responds differently to different volume prescriptions and what allows one person to grow the most, may be very different for someone else. That's why some of those free gimmicky programs offered online are okay, but not ideal because each body has different demands. Depending on how your cycle is built, plateaus of progression may be a sign that it is time to make adjustments. This doesn't mean after one mesocycle if you didn't see significant progression it's time to change. The more advanced you get, the more natural it becomes to have growth mixed with plateaus. If the plateaus last more than a couple of mesocycles, then it may be time to consider some changes. Before you make any drastic changes, you will first want to investigate other variables that would affect your results like consistency, recovery, nutrition, sleep, etc.

RECOVERY

To some it might sound like common sense, but it's not as easy as it sounds. Ironically, recovery is a hard concept for a lot of athletes to grasp. Athletes want to constantly go and push hard, but without proper recovery, you risk going backwards with your results. Think of it this way, if a NASCAR driver never took the pitstop, he would eventually break down and lose the race. Athletes are the same way; we need to give our bodies time to recover so we can continue progress.

Training frequency, de-stress, deloads, mobility work and so much more go into recovery. One major factor that is a part of this process is sleep. This sounds easy, right? Most of us love sleep and that's when we are able to get it. Life certainly has its moments of stress and when this happens, it is usually getting much needed sleep that takes the hit. Lack of sleep will guarantee poor performance in your training especially when you continue to not take your sleep seriously. Poor sleep practices can lead to negative outcomes in the respiratory system, cardiovascular and central nervous system, immune system, endocrine and more. Lack of sleep can drastically affect fat loss and muscle gain as well. Sleep affects everyone differently; however, the research recommends that 7-8 hours of sleep is best for most people with 8 hours being the gold standard. We typically see very significant changes occurring with 6 hours of sleep or less. One bad sleep isn't going to destroy you, but if you continue this process and it becomes a habit, it will.

A lot of variables can affect your growth process, but based on the bodybuilding community, these are typically the things we see lost in translation. Add these two factors above to your radar when it comes to maximizing your efforts. Combining the information I proved in this issue and the previous, you should be well on your way to gaining better and more long-term results. ■

About the Author: Chad Adamovich is Owner of IRONSCIENCE and Co-Owner of P4P Muscle. He is also the Director of Training and Development for specific clubs across the US. 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 and more. To get additional free professional training advice, follow on Instagram @ironscience_pro Contact Email: mofighter19@hotmail.com



NGA PRO/AM Universe NGA American Natural Championships

November 13, 2021 • Boca Raton, FL

www.nationalgym.com

nga@nationalgym.com

Promoters:

Andrew Bostinto, NGA Founder & CEO, Francine Bostinto, NGA President

By: Francine Bostinto

Photo Credits: Creating a Figure Potography

BY FRANCINE BOSTINTO

nga@nationalgym.com

The 2021 NGA PRO/AM Universe and the NGA American Natural Championships was a great success despite the hard hitting effects of COVID-19 not only on the bodybuilding industry, but also throughout the entire world. It was great to see everyone at the 2021 championships especially due to the cancellation of the 2020 show due to the pandemic!

Once again, there was history in the making for the 2021 NGA Universe. Andrew Bostinto, and I introduced the newest inductee into the NGA Hall of Fame. This year's recipient went to a very much deserved Earl "The Pearl" Snyder. Be sure to read all about Earl and why he was chosen as the 2021 inductee into the NGA Hall of Fame on page 36.



Francine Bostinto, Earl Snyder, Andrew Bostinto
Hall of Fame Award

Earl "The Pearl" Snyder
NGA Promoter Relations
2x Mr. Universe - Spain & France
2x Pro World
2x Pro Master World
NPC National Champ - 1st
3x Team Universe Winner
NPC USA Champ - 1st
Competed all over the World - over
15 different countries



NGA PRO Universe

November 13, 2021
Boca Raton, FL



NGA PRO Universe

Promoters:
Andrew & Francine Bostinto
www.nationalgym.com
nga@nationalgym.com



Chance Schwartz
PRO Bikini Model - Open
1st Place



Devon Atkins
PRO Classic Physique - Open
1st Place



Keith McIntosh
PRO Physique - Open
1st Place



Mark Tilden
PRO Classic Physique - Masters
1st Place



Perpetua Piechaczek
PRO Physique & BB - Open
1st Place



Tivisay Briceno
PRO Figure - Open & Masters
1st Place

The PRO Bikini Model Open division made its debut at the NGA PRO Universe, and it included two NGA top PROS; Chance Schwartz and Tivisay Briceno to battle for the title. But it was Chance Schwartz who would walk away with the 1st place win. Chance pranced across the stage with elegance, confidence, and showmanship that displayed the epitome of what a Bikini Model should possess.

The PRO Figure Open class consisted of seven beautiful and well-conditioned women. The top three battled it out, with Toby Howard taking a respectfully earned 3rd place and Kari Wynn taking a close second. But it was a well-deserved Tivisay Briceno who would claim the 1st place win in both the Figure Open and Master divisions. Tivisay was also selected to be on the cover of this issue of the NGA NATURALmag.

The PRO Women's Physique and Bodybuilding divisions had one dynamite competitor - Perpetua Piechaczek of California. Perpetua displayed both great muscle size and separation along with a routine

that exemplified her outgoing personality and she bedazzled the audience and put her name all over this division!

In the PRO Men's Physique Open division, six incredibly competitive men battled it out. Joseph Poteat from North Carolina came in 3rd with his impressive physique, while the well-conditioned Josh Miller from Kentucky would place 2nd in this contest. But it was Keith McIntosh of Florida who would have the full package and take home "The Gold."

The PRO Classic Physique Open division consisted of

two very prepared men. Local Floridian Devon Atkins brought his top physique to edge out Stuart Weasner of Indiana, but it was Mark Tilden of Idaho who came conditioned to win the PRO Classic Physique Masters division.

Mark Tilden would continue his victory and take the 2nd place spot in the PRO Men's Bodybuilding Masters division edging out Paul Hadler who came in 3rd place. But it was Daron Monroe who would take home the title with his well-conditioned and symmetrical physique. ■



NGA PRO Universe

November 13, 2021
Boca Raton, FL



PRO Bikini Model - Open
L-R: Tivisay Briceno & Chance Schwartz



PRO Classic Physique - Open
L-R: Stuart Weasner & Devon Atkins



PRO Figure - Masters
L-R: Robyn Torggrimson, Arlesia Jones, Toby Howard, Tivisay Briceno



PRO Bodybuilding - Masters
L-R: Paul Hader, Francine Bostinto, Daron Monroe, Mark Tilden



PRO Physique - Open
L-R: Jontai McQueen, Adam Jolly, Josh Miller, Keith McIntosh, Joseph Poteat, Steve Crespo



PRO Figure - Open
L-R: Toby Howard, Raquele Stanton, Elizabeth Paul, Kari Wynn, Arlesia Jones, Briceno, Roby Torggrimson



NGA Amateur Universe

November 13, 2021
Boca Raton, FL



Paul Woods
BB - Open MW & Masters
40-49 & 50-59 - 1st Place
2 NGA PRO Cards



Al Vaughan
BB - Open LHW - 1st Place
Masters 60-69 - 1st Place
Masters 70-79 - 2nd Place



Dayshawn Taylor
BB - HW Open
1st Place



Steve Crespo
BB - Open LW - 1st Place
Classic Physique - Open LW
1st Place



NGA Amateur Universe

Promoters:
Andrew & Francine Bostinto
www.nationalgym.com
nga@nationalgym.com



Emmanuel Fuenmayor
Classic Physique - Open MW
1st Place & Overall
NGA PRO Card



Dayshawn Taylor
Classic Physique - Open HW
1st Place



Gerardo Arnias
Physique - Open MW
1st Place & Overall
NGA PRO Card



Judd Koenig
Physique - Open HW
1st Place

Congratulations to the open class winners who qualified for their NGA PRO status in this grand competition! We are proud of the quality of our natural athletes!

The Bikini Open division had three gorgeous Floridian women, but it was Jennifer Koenig who walked away with both the Bikini Open and Master titles.

The Bikini Model Open division was full of feathers and sex appeal with two beautiful women. It was a tough decision, but it was Maria Torterolo who would take the top spot over Kari Wynn.

Figure Open and Master divisions had two highly

competitive women, but it was Suzanne Llano who would take the win over Valerie Wegford in this contest.

In the Women's Physique Open division, Elizabeth Paul earned the 1st place trophy while Valerie Wegford took the 2nd place spot.

First place winners in the Men's Physique Open divisions were Gerardo Amias in the middleweight and Judd Koenig in the heavyweight. The overall winner and new NGA PRO Card was awarded to Gerardo. Judd also went on to win the very competitive masters division!

The Classic Physique Open division was nicely stacked with Steve Crespo taking 1st in the lightweight

division. In the heavyweight division, it was Dayshawn Taylor who took the 1st place spot. But it was none other than Emmanuel Fuenmayor who would win the middleweight class along with the overall and earn his NGA PRO Card! Emmanuel is definitely someone to watch for as he fits the description of what a Classic Physique should look like plus he has the handsome features to go along with it!

The Classic Physique Master division had five great athletes, but it was Josh Miller's conditioning that would earn him the title and a well-deserved NGA PRO Card.

The Men's Bodybuilding Open division was very competitive. Steven Crespo took the top spot in the

lightweight division, Al Vaughan earned 1st place in light heavyweight, and Dayshawn Taylor was the winner in heavyweight. But it was the middleweight winner, Paul Woods, who would win the overall and his NGA PRO Card.

The Men's Bodybuilding Master division ranged from ages 40-80!!! Paul Woods once again walked away with 1st place for the 40+, 50+ and the overall. Look out for Paul who walked away with another NGA PRO Card win. Al Vaughan came in conditioned as always and took 1st in 60-69, but he was beat out by Ronald Mango in the 70-79 division who came prepared. However, it was Richard Rabin who stole the show coming in very muscular at the ripe age of 80 years old! ■



NGA Amateur Universe

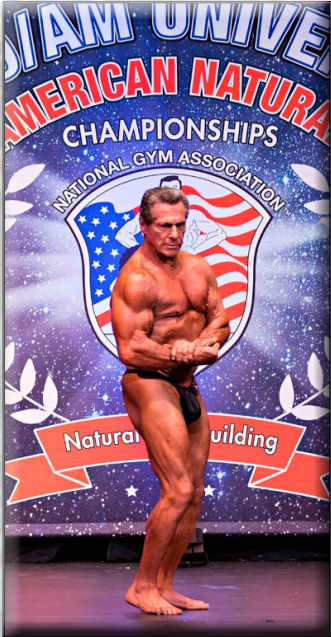
November 13, 2021
Boca Raton, FL



Josh Miller
Classic Physique - Masters
1st Place & NGA PRO Card



Ronald Mango
BB - Masters 70-79
1st Place



Richard Rabin
BB - Masters 80+
1st Place



Elizabeth Paul
Physique - Open
1st Place



Jennifer Koenig
Bikini - Open & Masters
1st Place



Maria Torterolo
Bikini Model - Open
1st Place



Suzanne Llano
Figure - Open & Masters
1st Place



NGA American Natural Championships

Promoters:

Andrew & Francine Bostinto
www.nationalgym.com
nga@nationalgym.com



Gerardo Arnias
Physique - Novice
1st Place



Kamyé Hugley
Bikini - Debut
1st Place



Elijah Davis
Kids Fitness
1st Place

The American Natural Championships consists of the non-open classes. Four very competitive men showed up for the Physique Novice division. But Gerardo Arnias, who happened to win his NGA PRO Card this day in the open division, would take the novice title also!

Competitor Kamyé Hugley introduced herself in the Bikini Debut division and is sure to be a fierce competitor in the near future.

Last but not least, we had our returning athlete Elijah Davis in the Kids Fitness division. Elijah made his entrance on a skateboard, entertained us with a few tricks, jumped some rope, did some push-ups, and struck some poses all with an amazing smile! He sure had a good time on stage and we had a great time watching him.

Thank you to all the athletes that competed last year. We hope to see you at the 2022 NGA PRO/AM Universe on November 5, 2022 at a new venue in Sunrise, Florida! ■

Photo Credits: Creating a Figure Photography

The 2021 NGA Hall Of Fame Inductee: Earl “The Pearl” Snyder

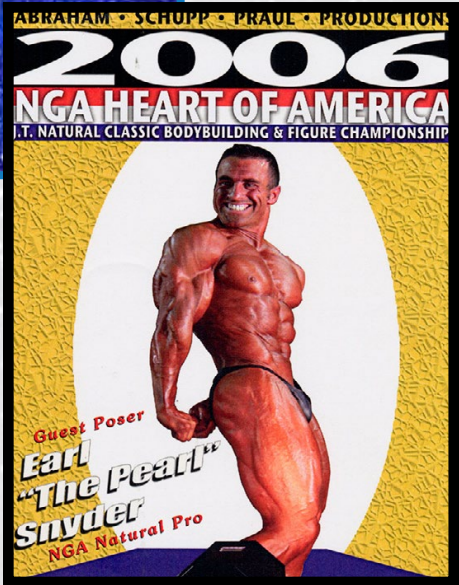


2021 - Earl Snyder

BY TERRI WHITSEL
TERRI.WHITSEL@GMAIL.COM

The [NGA Hall of Fame](#) was created in 2014 with the purpose of honoring those who have championed the sport of natural bodybuilding and have made exceptional contributions that have furthered the growth, reputation, and character of not only the NGA, but the sport of natural bodybuilding that we hold in such high esteem. \

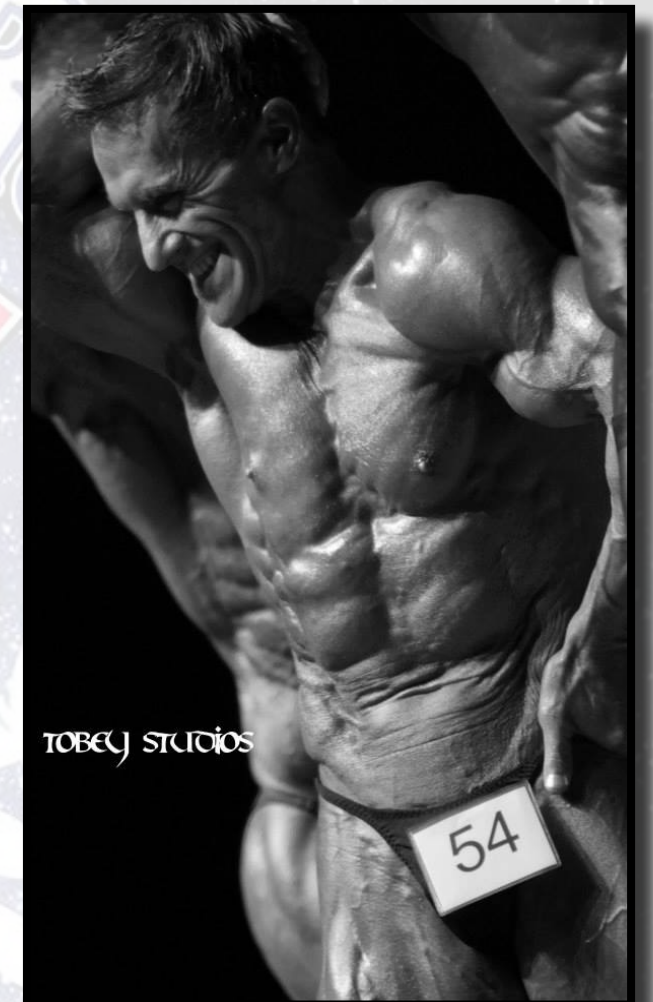
The 2021 [NGA Hall of Fame](#) inductee was Earl “The Pearl” Snyder. Earl epitomizes the sport of natural bodybuilding completely and as the NGA is celebrating its 42nd year, a part of this continued legacy is due to him. Earl started his career with a highly successful wrestling background. He was inducted into the Wrestling Hall of Fame shortly after graduating from Drake University with a full wrestling scholarship.



The 2021 NGA Hall Of Fame Inductee: Earl "The Pearl" Snyder



Earl "The Pearl" Snyder
 NGA Promoter Relations
 2x Mr. Universe - Spain & France
 2x Pro World
 2x Pro Master World
 NPC National Champ – 1st
 3x Team Universe Winner
 NPC USA Champ – 1st
 Competed all over the World – over
 15 different countries



Earl has been competing internationally for the USA since 1990 when he started a lengthy career of well-deserved recognition in the world of bodybuilding. As a natural competitor, he was awarded the National Award for Best Sportsmanship. From there he went on to clinch countless renowned titles from all over the world such as the NGA CAN/AM Olympus Masters, the World Bodybuilding Championships (3 times), the Mr. Universe (2 times), the European Championships and a 4-time Team Universe Winner. He has competed in over 17 countries including England, Virgin Islands, China, Canada, Australia, Poland, Czech Republic, Guam, Japan, Puerto Rico, Guatemala, Italy, France, Russia,

Germany, Austria, Spain, and of course the USA! Most importantly, Earl has competed all over the world as a natural athlete. Capitalizing on his success as a natural bodybuilder, he has had many corporate sponsors, shot several commercials, and even has his own posing DVD video.

Despite his many accolades and accomplishments, Earl remains a very humble person. He was born and raised in a very small town in Pennsylvania where he emerged as the "hometown hero." He has donated his time throughout the years towards motivational speaking and helping many children groups in his community. As

a single parent who has raised his daughter alone, he managed to maintain a full-time career with the Department of Corrections; all this while simultaneously being a personal trainer and competing across the world! To say this guy really knows how to juggle a family, a career, and going most of the months of every year on a bodybuilding diet is really saying something special!

Earl has worn many hats in the NGA. He has competed in many NGA shows including being on this very stage, the NGA PRO Universe. He has promoted many successful and large shows in Pennsylvania. Earl is the NGA National Director of

Promoter Relations. He traveled throughout the United States to ensure that all NGA shows are adhering to the NGA Bylaws. He created a means of scoring our judge's scores. Judges at every show are evaluated to ensure that their judging is up to par. He has been an NGA judge, an NGA Head Judge, a scorer, and an MC.

After a well-deserved retirement, he resides in his dream home in Margaritaville (Daytona Beach, FL) with the love of his life, Terri Bollinger-Whitsel. He continues to train clients in Margaritaville as an NGA Certified Personal Trainer. We welcome Earl "The Pearl" Snyder into the [NGA Hall of Fame!](#) ■

Sleep

Your Most Anabolic Supplement (Part 1)

BY DR. CHRISTOPH KLUPEL

Most athletes, who engage in regular weight training at higher levels work hard in the gym, focus on the best possible training programs and strategies, pay attention to proper nutrition, and are always on the look-out for supplements that may be useful to enhance their training endeavors, their muscle strength and muscle growth. Unfortunately, many of these weight-training enthusiasts fail to realize how vitally important sleep is for protein synthesis, muscle repair and growth, and even for body-fat-loss. Sleep is one of the most underrated aspects of any training regimen; virtually all critical restorative functions in the body occur mostly or only during sleep. Not getting enough sleep, and especially not enough quality sleep, impacts muscle gains, physical health and the immune system more than many can imagine.

Sleep is a complex process. Through the course of the night, we tend to go through 5 cycles of sleep on average, each of which normally takes 90 minutes to complete. Each sleep cycle consists of four distinct phases, with the first three phases being non-REM (non-rapid eye movement) stages, followed by REM (rapid-eye movement) stage.

Every single sleep cycle fluctuates between the three non-REM stages and the REM stage every 90 minutes, although these stages do not always proceed in a linear manner as the amount of time that is spent in each individual sleep stage varies throughout the night.

Per eight hours of sleep and across all sleep cycles, an adult on average collectively spends approximately 2% - 5 % of sleep time in the non-REM-1 stage, 45% - 60% of total sleep time in the non-REM-2 stage, 13% - 25%, or 1-2 hours, in the non-REM-3 deep sleep stage, and 20% - 25% in the REM stage.

The non-REM-1 stage lasts only about 1-7 minutes and defines the transition phase of falling asleep.

The non-REM-2 stage denotes a phase of relatively light sleep, accompanied by a drop in brain activity, a decline of body-temperature, relaxation of muscles and a slowed, more regular breathing and heart rate.

The non-REM-3 stage is deep sleep, also referred to as short wave sleep (SWS) or delta sleep, due to the delta brain waves observed during this phase. In this phase, breathing, heartbeat, body temperature, and brain waves reach their lowest levels. During non-REM-3 deep sleep, most of the physical restoration, repair and growth occurs. This is the healing stage. In this stage, the blood supply to the muscles increases and delivers extra amounts of oxygen and nutrients to the cells, which facilitates repairing organs, bones, and muscle tissue, clearing waste-products, and restoring cellular energy; blood glucose gets stored in the muscle as muscle glycogen. Muscles profoundly relax, which helps with relieving tension and certain chronic pain symptoms. Anabolic hormones are released, especially HGH and IGF-1 (Insulin-like growth factor 1), along with testosterone, all well known for their supreme importance in the muscle building process.

The fourth sleep stage, REM sleep, is characterized by increased respiration and significant brain activity with rapid eye movements and vivid dreams. This stage is critical for mental restoration, memory consolidation and brain clean-up. REM sleep helps to refresh the brain, to better remember and retain vital information, to balance emotions, and to assist with mental alertness. High mental alertness brings about high levels of motivation, which is vital for any bodybuilder's optimum performance during training. Apart from restoring brain function, REM sleep is also thought to be the time when free testosterone levels reach their peak, and then stay consistent until awakening.

As already suggested above, the time periods spent in the various sleep stages change as the night proceeds. While non-REM-2 sleep may only last anywhere from 10 to 25 minutes during the first sleep cycle, non-REM 2 sleep - relatively light sleep with

fewer recuperative qualities -, grows longer in later sleep cycles as the night advances. On the other hand, the most restorative non-REM-3 deep sleep stages are longer in earlier sleep cycles and become shorter in later sleep cycles, collectively amounting to a total of 1-2 hours per night. The first stage of REM sleep does not occur before you have slept for almost 90 minutes and may just last only ten minutes or so, but each further REM stage becomes longer and can eventually last up to an hour as sleep progresses. In short, as the night advances, the non-REM sleep episodes within the 90 minute sleep cycles get shorter, and the REM sleep episodes get longer.

As non-REM-3 deep sleep phases and the REM stages are the most restorative sleep episodes, and as their duration changes with each new sleep cycle during the course of the night, your best bet to get an adequate amount of sleep in both these most crucial phases is to allow yourself enough time to sleep.

For optimum muscle growth, it is vitally important to get 7-9 hours of sleep per night; in fact, getting less than adequate sleep, muscle mass even decreases. The less sleep we get, the less anabolic hormones are released. If you just sleep half of the recommended time, considerably less anabolic hormones are produced, and it should not come as a surprise that this will negatively affect your muscles' recuperation, the replenishment of muscle glycogen, your physical, mental and emotional health and well-being.

Most of the HGH that the body secretes is released during non-REM-3 deep sleep, with the biggest spike occurring during the very first non-REM-3 stage about 70 to 120 minutes after having fallen asleep. HGH release also occurs 4-5 more times during later deep sleep stages. If you go to bed long past midnight, growth hormone and IGF-1 release will still peak in the initial non-REM-3 stages, but as these occur during the second half of the night they won't reach the levels they normally would have, if you had gone to bed earlier and had gotten a full night's sleep.

Obviously, it is not only critical to get the optimum amount of sleep, but it also matters when you sleep; it is further imperative to ensure sleep of the best quality. A major step towards achieving this is going

to bed well before midnight, as the majority of the most physically restorative non-Rem-3 sleep occurs in the first third of the night. Going to bed early will help you to best benefit from the non-REM-3 deep sleep stages with their highest HGH and IGF-1 spikes throughout the first half of the night, while gathering the testosterone-related, and mentally and psychologically restorative benefits of REM-sleep during the second half of the night.

It also matters that we go to bed and also get up at approximately the same time every day, establishing a consistent sleep routine instead of sleeping at irregular hours. This sets the body's internal clock to expect sleep at a certain time night after night and thereby reinforces the body's natural Circadian Rhythm. The Circadian Rhythm is tied to the body's natural 24-hour cycle, which corresponds to the daily change of light and dark and influences our sleep-wake timing; it is intimately connected to the release of the "sleep hormone" Melatonin by the pineal gland and the stress-hormone Cortisol, produced by the adrenal glands near the kidneys. The release of these two hormones is inversely correlated: when Cortisol is rising, Melatonin declines, and as Melatonin levels increase, Cortisol levels fall.

Melatonin is typically released after nightfall between 8 and 9 p.m. and makes us sleepy, but it is suppressed during the day; it synchronizes our sleep wake cycle with night and day and reaches its lowest levels with daybreak. Cortisol is released upon awakening in the morning to get us ready for the day and reaches its peak between 7 a.m. and 8 a.m.; it fluctuates during the day to help us to deal with the various stresses of our daily lives, but normally declines towards the evening and should be low at bedtime, reaching its lowest levels between 3:00 a.m. and 4:00 am in the morning, before gradually rising again. If you are up at night and at least partly sleep during the day, this pattern may be reversed and sleep quality is negatively affected.

Staying up long hours at night with artificial lights on, watching TV or looking at a computer or phone screen, will disrupt Melatonin release; exposure to such light sources instead promotes excess Cortisol release at the wrong time. Physical, emotional, psychological

stress, and stress caused by caffeine or alcohol abuse will additionally contribute to Cortisol levels staying high at night, when they should be low, which often results in an imbalance of Melatonin and Cortisol in favor of catabolic Cortisol. This leads to a bad night's sleep, which in turn promotes increased levels of Cortisol in the bloodstream later in the day when they should taper off to prepare the body for rest. Such a vicious circle may cause prolonged sleep deprivation, which may even lead to chronically elevated Cortisol levels that do not only negatively affect the immune system, general health and muscle building, but can also result in unwanted fat accumulation, particularly in the waist and belly areas. Cortisol causes a breakdown of muscle protein, which leads to the release of amino acids into the bloodstream for conversion into glucose to fuel the brain. Taking appropriate measures to eliminate any unnecessary and unhealthy stresses from one's life can help to lower excessively high Cortisol levels, prevent this breakdown of muscle tissue and help the body to remain in a more anabolic state. One of the most important measures to reduce levels of chronically elevated Cortisol is to improve sleep duration and quality.

Getting adequate sleep will enable the body to reestablish and maintain the optimum natural balance between Melatonin and Cortisol vital for most recuperative sleep-cycles to occur. ■

To be continued in the next issue of NGA Naturalmag!



BY DR. CHRISTOPH KLUPEL
NGA EDUCATION DIRECTOR FOR SE ASIA
ULTIMATE FITNESS ACADEMY (THAILAND)
HOLISTIC NATURAL HEALTH
& NUTRITION CONSULTANT
WWW.ULTIMATEFITNESSTHAILAND.COM
ULTIMATEFITNESSASIA@GMAIL.COM





Jonathon W. Aggen
Certified Financial Fiduciary®
Financial Advisor & Insurance Broker
7000 W. Palmetto Park Rd. Suite 210
Boca Raton, FL. 33433
Direct: 309-251-4600
Jon@Boca-Financial.Com
www.Boca-Financial.Com



NGA

Compete with the NGA where
your membership goes far ...

NGA AMATEUR SCHEDULE NGA PRO SCHEDULE

Be the best you can be on stage
and attend an NGA Posing Seminar.

Contact The NGA Show Promoter!

NGA – The oldest natural and most reputable bodybuilding organization established in 1979.

[NGA AMATEUR SCHEDULE](#)[NGA PRO SCHEDULE](#)



RIVERA FAMILY
CHIROPRACTIC CENTER
presents



NGA EAST COAST CLASSIC

PRO/AMATEUR

BODY BUILDING • FIGURE • FITNESS • CLASSIC PHYSIQUE • PHYSIQUE • BIKINI

NOVEMBER 19, 2022
Ormond Beach, Florida



OPEN
MEN'S PRO BODYBUILDING
MEN'S PRO CLASSIC PHYSIQUE
MEN'S PRO PHYSIQUE
WOMEN'S PRO PHYSIQUE
WOMEN'S PRO FIGURE
WOMEN'S PRO BIKINI
WOMEN'S PRO BIKINI MODEL



TIME AND TICKETS:

Prejudging: **9am**

Finals: **4pm**

Ticket info and purchase on-line
Check in at Host Hotel November 18, 2022
1:00 PM-7:00 PM

HOST HOTEL:
Hampton Inn Daytona/Ormond Beach
155 Interchange Blvd.
Ormond Beach, FL 32714
386-677-9999 / Code: NGA



PROMOTER:
Matt Ammann
407.340.7929
@mattammann1

VENUE:
Ormond Beach
Performing Arts Center
399 U.S.-1
Ormond Beach, FL 32174



www.ngagatorproductions.com • email: theeastcoastclassic@yahoo.com • @ngagatorproductions

Spring-Summer 2022

2021 The 1st Annual NGA East Coast Classic PRO/AM



Ormond Beach, FL
November 20, 2021

Promoter: Matt Ammann
www.ngagatorproductions.com
@ngagatorproductions
@mattammann1



want to thank everyone who helped to make the 1st Annual NGA East Coast Classic PRO/AM a huge success!

This momentous competition, viewed by a packed crowd, was held at the beautiful Ormond Beach Performing Arts Center. Matt said, "I brought the East Coast Classic to Ormond Beach to give the athletes a variety of cities around the state to compete." He did just that!

The 2022 NGA Amateur Extreme PRO/AM and the 2022 NGA Gator Classic PRO/AM have already taken place and you can find their articles on pages 53 and 60.

The much anticipated competitions, the NGA West Coast Classic PRO/AM will be held back in Tampa, Florida on September 17th 2022 and be rounded off to end the year of the Gator Productions season with the NGA East Coast Classic PRO/AM held in Ormond Beach, Florida on November 19th.

We are looking forward to seeing you there! ■

Photo Credits: Jacoby Moore (Physique Photography)



Brandon Rech
BB - Open MW
NGA PRO Card & Overall



Jen Micheli
Bikini - Masters 50+
1st Place



Nancy Mularski
Fitness
1st Place



Judges L-R: Nebetcher Bey, Matt Ammann (Promoter), Kevin Dorsett, Chance Schwartz, Todd Elliot, Michele Ward



BY DAVID LOVELACE

Hello. My name is David Lovelace. I have devoted my life to Health & Wellness for the past 25 years. In my personal experience and from the experience of helping others, I always come back to the challenge we all face in life. No matter where you come from or who you are, we can never escape the fact that the mind is the biggest battle you face day-to-day in this crazy world! Time and time again we are faced with decision making, acting on those decisions, and hopefully executing them with the goal of achieving success. It never goes as smooth as we want it to, but when it does, we all tend to over think it with the feeling of “was that too good to be true?” and this may lead to us second guessing ourselves. I’m here to remind you that you can regulate this second guessing with the right mind set which leads up to today’s title, “CHANGE YOUR MINDSET, CHANGE YOUR LIFE!”

There are steps you can take to overcome this challenge that may help you better maintain and achieve whatever goals you have set in your life. Please, make sure you take the time to understand this and how it works because it can literally change your life!

Step 1

Understanding the growth mindset and that it truly exists. Its counterpart is a fixed mindset (steady state mindset). A steady state mindset is what we were taught in school and established by the grade system which is based on limitations. These limits are boxed in so that you only learn whatever the grade that you are in provides and does not allow you to think outside of the box. The growth mindset allows our minds to think outside the box providing opportunities with limitless potential. This mindset creates the best challenges and the most optimal results for growth! Growth is a sign of expansion and the mind is always ready for it. The more we train our thoughts to realize that, then the more goals we can achieve. One thing I live by is that growth brings knowledge and life and a fixed state of mind leads to limitations that can cause death. If you are not growing, you are dying.

Step 2

Don’t be afraid to fail. We all tend to give up on something in the first sign of trouble. If you consistently train your mind to follow this pattern, then you will never be successful because it is a habit that was developed over time. For example, my friend Thomas would always set a New Year’s resolution by saying “man, this is the year I quit drinking...I SWEAR TO GOD!!!”

But when Thomas sees the first obstacle, he gives up and goes right back to what’s comfortable and easy. He’s done this so many times that the disappointment is not that great because he’s use to it. We all fail at something. We even fail at our most sought out goals. It is important for the mind to understand that it’s okay to have set backs because it’s a part of life. The push has to be made whether it feels good or bad.

Step 3

Rewarding the process is more important than over rewarding the results. Take this as a reminder to never skip any steps or take short cuts. Johnny was really good at taking short cuts because he had a high IQ. He was a really smart guy and handled himself well in just about any situation, but one day he had a presentation that he had to give and was not fully prepared. He desperately tried to only use his wits at hand, but ultimately didn’t succeed. It wasn’t that he wasn’t smart enough to complete the task, he just didn’t have all the information needed to deliver it properly. His own IQ was his shortcut and the end result wasn’t good. This can easily happen when someone gets used to only rewarding the results over rewarding the process by saying to themselves, “WELL I’M SMART! I ALWAYS KNOW WHAT TO DO” when in reality, you may not.

Step 4

Have realistic goals. This can be achieved by setting one goal at a time. I did a bit of research on the topic and found the statistics as it pertains to the rate of success for mental performance on tasks given. The percentages are easy to understand and suggest that when given a task, there is usually an 85% chance of getting it done. When given two tasks at the same time, the percentage rate drops to 40% and if given three tasks at the same time, that number drops to 7%. Setting one goal at a time is the wise thing to do so that your focus is not spread thin. Overcome one goal, master it, and then move on.

Step 5

Take the road less traveled. This is basically saying to just be yourself. Whatever road you take, do it your way and don’t follow the herd because that will take you away from what makes you unique and lead you to a fixed mindset. There is no growth by following someone else’s path because it creates a box that has already been formatted for someone else. There is no imagination in that and this limits your thoughts and your ability to grow. A growing mind is an unstoppable mind!

Step 6

Surround yourself with the right people. Birds of a feather flock together. Don’t stay in the surroundings of those that don’t share the same mindset as you. If you want to be a successful doctor, hang with successful doctors. If you want to be a successful lawyer, hang around successful lawyers. You are a product of your environment which has a lot of influence on your mindset. Also, make sure that the environment nurtures the mindset to expand above and beyond setbacks & limitations. This will lead to the best support system that you can have which will come naturally.

Step 7

Challenge your mind. Anything that requires growth must be challenging and this can be seen when examining an inexperienced freshman football team to the 1992 NBA Dream Team. I like using these examples because the whole world was watching when this team was being developed. All the great players on one team were amazing, but they didn’t work well with each other at first because there was no challenge. They were truly the best of the best in the world, but they had the thinking process which is “we don’t really need to play hard because we are going to beat every team we play.” This type of thinking limited the team’s ability to grow and challenged them in a way which cost them to lose to a younger, more inexperienced team. This mindset was challenged only when they realized that they needed to learn how to play with each other. This led to them eventually winning the gold medal in the 1992 Olympics.

These steps are very effective if performed properly. The mind is a terrible thing to waste, so follow these steps and you will see success. Thank you for taking the time to read this message. ■



DAVID LOVELACE
EATFITDAVID@GMAIL.COM

NGA PRO Bodybuilder
NASM Certified Personal Training
NASM Certified Fitness Nutrition Specialist
Precision Nutrition Certified
TPI Golf Certified
NASM Certified Behavioral Change Specialist
NASM Certified Senior Fitness Specialist Bio Force Certified
AFAA Stretch Certified
Transitional Motivational Speaker
Certified Public Speaker

2022 The 21st NGA PRO/AM Mr. and Mrs. Natural Philadelphia Bodybuilding & Figure Championships



Trevoze, PA
March 26, 2022

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



The 21st Annual NGA Natural Philly was held in a new month and at a new location. All 20 former editions of the oldest natural bodybuilding and figure show in Philly had been held in the Northwest suburbs of Philadelphia - Plymouth Meeting, Horsham, and King of Prussia.

There was a change this year and the 2022 show was held in Trevoze, PA, a far northeastern suburb of Philadelphia. For the first time in the show's history,

the pre-judging and finals were held in a ballroom. The host hotel was the Radisson Hotel Philadelphia Northeast in Trevoze. Twenty-two competitors were in the show and this was the first show held for the 2022 season in the NGA. Traditionally, the contest had always been the first Saturday of May. Last year, it was held in mid-April, but this year, this phenomenal contest was held on March 26th.

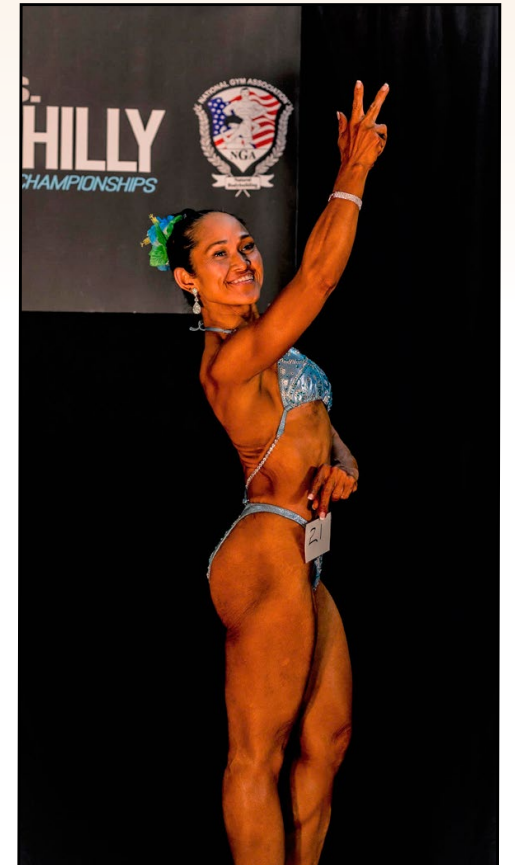
Eric "Fitman" Brown of Philadelphia won an NGA PRO Card in both Men's Classic and Men's Open Bodybuilding. Eric owns his own "Fitman Performance Center" in Philly and this was the third time he was a

contestant in the Natural Philly. Four NGA PRO Men's Bodybuilding competitors vied for a \$500 1st place prize, \$400 2nd place prize, \$300 3rd place prize, and \$200 4th place prize. Winning this NGA PRO division for the 3rd year in a row was former Mr. Natural Philly, Carl Wittig of Philly. Carl also won the Best Abs award selected by the audience. The 2nd through 4th place winners in the class in order were Wayne Palmer, Umar Jones, and Sixto Fermin. This was the largest NGA PRO Masters class in the history of the Natural Philly and all of the competitors vied for the 1st place prize of \$500, the 2nd place prize of \$400, the 3rd place prize of \$300, the 4th place prize of \$200, and the 5th place prize of \$100. The winner of the NGA PRO Bodybuilding Masters was Wayne Palmer all the way from Durham, North Carolina. The 2nd through 5th place winners in order were Umar Jones, Sixto Fermin, Carlos Martin, and Paul Hadler.

This year, the NGA PRO Classic Physique division was won again by Carl Wittig. The 2nd place and Best Poser of the show was Alexander Puhalla of Philly (be sure to read his article on page 20). In 3rd place was Umar Jones of Norristown. Their payout was \$500 for 1st place, \$400 for 2nd place, and \$300 for 3rd place. In the PRO Men's Physique division, 1st place went to Greg O'Brien, 2nd place went to Brandon Botta, and 3rd place went to Raafat Al Hayek. Each received a cash award of \$500 for 1st place, \$400 for 2nd place, and \$300 for 3rd place, respectively.

The winner of the Overall in the Men's Physique class and Men's Physique Heavyweight class was Paul Hadler of DePere, WI. The Men's Physique Lightweight winner was Henry Linares. Henry also won the "Most Inspiring Bodybuilder" award having lost 100 pounds to be in the show!

The Bikini Open winner was Gianna Ragucci and the Bikini "B" winner was Kathleen Powell. Gianna Ragucci was the Bikini Overall winner in her very first show. Kathleen Powell also won the Bikini Masters 40+ trophy. The Figure Open Overall winner and Masters 40+ winner was Maria Ravida.



Pookay D. Ravida
NGA Figure - Open & Masters
1st Place

Far Left - L-R:
Rev. Warren I. Egebo
Promoter

Eric Brown
BB MW - Open
NGA PRO Card & Overall

Canine Okereke
Trophy Presenter

2022 the 21st NGA PRO/AM Mr. and Mrs. Natural Philadelphia
Bodybuilding & Figure Championships



Trevoose, PA
March 26, 2022

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



Alexander Puhalla
NGA PRO Classic Physique - Open
2nd Place & Best Poser

In the Classic Physique Open division, Henry Linares was the lightweight winner. In the middleweight division, the placings were Eric “Fitman” Brown taking the 1st place win, Jamyl Galen coming in the 2nd place spot, and Michael Figueroa coming in at the 3rd place. The Classic Physique Open Heavyweight winner was Paul Hadler. Eric “Fitman” Brown won the Classic Physique Open division and also earned his NGA PRO Card. The Masters 40+ winner was Mark Hawkins. The Grandmasters 50+ winner was Roger Young followed by Mark Hawkins who came in at the 2nd place spot. Roger Young repeated the win in the Grandmasters 60+ division with 2nd place going to John Parvel of Center City, PA. John came out of retirement in natural bodybuilding so he could show his 10 year-old grandson how fit “Pap” really was!

Henry Linares was the Bodybuilding Novice

division winner. In the Bodybuilding Open division, the lightweight winner was Antonio Bongiovanni followed by Henry Linares who took the 2nd place spot. The middleweight winner was Eric “Fitman” Brown, in 2nd place was Jamy Galen, and in 3rd place was Michael Figueroa. In the light heavyweight class was a battle between Roger Young and Brent Christie who is returning from the 2014 Natural Philly show. Roger took the 1st place spot and Brent came in 2nd in the light heavyweight class. The heavyweight open winner was Paul Hadler. When the smoke settled, it was Eric “Fitman” Brown of Philly taking home his 2nd NGA PRO Card.

Thank you to all those that helped make this show possible. ■

Photo Credits: Steven Olivieri

NGA PRO/AM UNIVERSE

CHAMPIONSHIPS

NATIONAL GYM ASSOCIATION

NGA

Natural Bodybuilding

Photos by
Creating a Figure
Photography

1

2

3

4

5

6

SHOW FEATURED IN THE NGA NATURALmag

SATURDAY, NOVEMBER 5, 2022

Sunrise Civic Center

10610 W Oakland Park Blvd, Sunrise, FL 33351

PREJUDGING 10:30 AM \$25.00 | FINALS 5:00 PM \$35.00, Combo \$55.00 | DOORS OPEN 4:30 PM

HOSTING & PROMOTING “ALL NATURAL” BODYBUILDING CONTESTS WORLDWIDE

creating a figure
photography

NGA NATY

AMMANNOMICS
WE GOT GOOD SH*T!

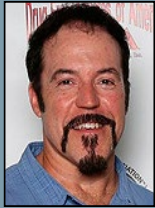
HOT SPOT

NGA NATURAL

954.344.8410 • WWW.NATIONALGYM.COM • 7 YEARS DRUG FREE POLYGRAPH • PRO WINNER URINE TESTING

Perpetua Piechaczek Devon Akins Tivisay Briceno Keith McIntosh Chance Schwartz Aaron Menza

MOTIVATOR'S CORNER



BY JOHNNY "THE MOTIVATOR" CARRERO
NGA CHAIRMAN, CA
PROFESSIONAL FITNESS TRAINER
WWW.NGA-CALI.COM
FITNESSINMINDMOTIVATOR@GMAIL.COM



The Knee Joint in a Nutshell

There are 2 menisci in the knee joint which are the lateral and medial. The meniscus acts as shock absorbers for the knee to prevent bone on bone contact (femur to the tibia).

The menisci disperses the weight distribution during flexion and extension and reduces friction during movement. The meniscus is also referred to as the cartilage of the knee. Wear and tear to the meniscus results from jumping and landing.

There are a few exercises that you may need to avoid in order to prevent injury to the knee joint. These exercises are the following:

- Box Jumps
- Jump Squats
- Distance Running

There are 4 major ligaments in the knee which are the ACL (anterior cruciate ligament), PCL (posterior cruciate ligament), LCL (lateral collateral ligament), and MCL (medial collateral ligament).

The ACL and PCL are crucial for stabilizing the knee joint. They both connect the femur to the tibia. The ACL's function is to stabilize the knee when cutting, turning, and planting. Because of this, it is common to injure your ACL in sports. The PCL is to prevent the femur from sliding off the anterior edge of the tibia and to prevent the tibia from displacing the posterior to the femur. A PCL injury is caused by a forceful

impact to the knee in a flexed position.

The LCL's function is to prevent excessive adduction of the knee. It is also a stabilizer and when fully extended, it will prevent hyperextension. An injury to the LCL results from an impact to the knee while your foot is planted on the ground. The MCL's function is to prevent excessive abduction of the knee. These types of injuries are most commonly found in football players and skiers. In order to strengthen these ligaments, you will need to work on balance, stretching, and strengthening the muscles surrounding the knee joint.

The following are tips needed to prevent wear and tear on your knee joints:

- Learn Proper Form and Technique for exercises.
- Never "LOCK" your knees in any exercise.
- Make sure your seat adjustment is correct for your body.
- Never use MOMENTUM in any of your lifts! Control your movements, let your Muscles do all the work!
- Stop doing UNNECESSARY movements! If the exercise is not necessary for your sport, save the wear and tear for the movements that are necessary!

Keeping these tips in mind will help you to prevent injury to your knee joints and most importantly, it will keep you physically active! ■

2022 The 1st Annual Amateur Extreme



Tampa, FL
April 2, 2022

Promoter: Matt Ammann
www.ngagatorproductions.com
[@ngagatorproductions](https://www.instagram.com/ngagatorproductions)
[@mattammann1](https://www.instagram.com/mattammann1)



L-R: Michael Poucher, Anthony Arena, David Henderson
Classic Physique - Open MW



L-R: Erin Hedges, Nikki Ratley, Todd Elliot, Matt Ammann, Kevin Dorsett, Earl Snyder, Terri Whitsel, Nebetcher Bey



Dana Sharp & Matt Ammann
Evening Gowns 50+ 1st Place

I want to thank everyone who helped to make the 1st Annual NGA Amateur Extreme an amazing show!

This was the last event to be held at the historic Scottish Rite Masonic Center. This was a phenomenal show which was a great way to get everyone warmed up for the Gator Productions staple show which is the NGA Gator Classic! We had a great time showcasing the Evening Gown division with the Overall winner taking home the \$1000 cash prize!

I am very excited to announce Kitty Hernandez as the Amateur Extreme co-promoter! Please help me to welcome her to the NGA family.

After a little break for summer, we will be back in the fall in Tampa for the NGA West Coast Classic held on September 17, 2022. We will finish the year with the NGA East Coast Classic which will be held on November 19, 2022. I look forward to seeing you there! ■

Photo Credits: Jacoby Moore (Physique Photography)

Are You a Dark Trainer?

It is no big secret that there are some trainers in the world that are considered “dark trainers.” Do you know what that is? Well, let me explain.



BY BING SAEZ
NGA PROMOTER
WWW.BINGFIT.COM
SOUTHTAHOENATURAL@GMAIL.COM

If you are considering hiring a trainer to help you achieve your fitness goals, be aware of those type of trainers who want to get you in freaky shape in a short amount of time. These may be trainers who will take short cuts and revert to “supplements” that aid your physique to become harder, leaner and/or fuller and bigger at a cost that you may not be willing or able to pay. Not only are these “supplements” expensive, but may also wreak havoc on your physical and mental health.

So, you may be asking the question, what constitutes a dark trainer? There are several different types of dark trainers out there and this article will explain four different types which are The Ego Trainer, The Naïve Trainer, The Monkey See Monkey Do Trainer, and The Bro Science Trainer.

The Ego Trainer

This type of trainer knows exactly what it takes to get in freaky shape in no time. They are money driven and understand the difference between natural “supplements” vs banned “supplements” (drugs/steroids). The

Ego Trainer is more concerned about their reputation and being perceived as one of the best trainers. They will take any measure to help you achieve your goal even if it means putting your health at risk. If the public eye notices the achievements and change of physique that the Ego Trainer was able to transform in their client, then that’s all it takes for them to be satisfied even if the client’s health and wellness suffers.

The Naïve Trainer

These trainers know that it takes work to achieve a strong aesthetically pleasing physique; however, they will suggest that the client use banned supplements and drugs without taking into consideration the expense and risks that comes with using these supplements. These types of trainers generally do not understand the 7 or 10 years drug free rule, or they don’t take it seriously. Their desire is to only give you information if you ask and will tell you to do your own research about it.

The Monkey See Monkey Do Trainer

These types of trainers have been trained by either an Ego Trainer or a Naïve Trainer. This trainer has the mentality that if “it worked for me, it will work for you, too” and will use this same mentality to train their clients. These types of trainers will follow what other

people have done to become successful in their fitness journey, but do not understand the dangers of how of supplement use and a cookie cutter methods to train their clients can be damaging. These types of trainers are not seasoned trainers and only know and operate based on what worked for them.

The Bro Science Trainer

These types of trainers will confuse you with all science-based research to help you achieve your fitness goal by using unconventional methods that are new to the fitness industry. The problem with Bro Science trainers is most of their information comes from a huge following from Instagram, Tik Tok, Facebook, and/or Google. These types of trainers are mis-informed and naïve. Because the word “natural” is used to explain a drug, they will take it and believe the marketing without questioning and doing further research to see if it is actually effective.

So, if you are planning on hiring a trainer to get you in the best shape of your life, stop and think about how you want to achieve your goals and don’t be afraid to ask questions. Also, not all trainers have the ability or

knowledge to help you with your goals and not all trainers are the same. For example, a Pilates or Yoga driven trainer may not be able to get you on a bodybuilding stage, a bodybuilding trainer may not know how to train you for a powerlifting competition, and a powerlifting trainer may not be able to help you finish a marathon.

It is my suggestion to all trainers and athletes to do a thorough investigation before making fitness decisions. Don’t trust just anyone because of how well known and popular they are and don’t trust them because of how great their physiques are, what their age is, or how long they’ve been in the industry.

It is a valuable investment you are making when hiring a trainer. Knowing you are working with the right trainer for you will give you the peace of mind and motivation you will need for your fitness journey.

Do your research! ■

Men's & Women's Workout Apparel

NGA NATTY

Hooded Muscle Tanks * Tanks * T-Shirts * Sports Bras
AND MORE...

Official Line for the National Gym Association, Inc.

www.ngaeastcoastnatural.com



2022 NGA PRO/AM Kentucky Natural Classic

**Lexington, KY
April 9, 2022**

Promoters: Josh & Melissa Miller

www.kentuckynaturalbodybuilding.com

josh@transformationpersonaltraining.com



Classic Physique - Open Overall Pose Down

L-R:
Aaron Brooks
(NGA PRO Card),
Cannan Crume
(NGA PRO Card & Overall)



Bikini - Novice

L-R:
Amber Crabtree, Ashley Cosme (1st Place),
Treenah Kight, Brooke Broz, Sarah Threatt



L-R:
Melissa Miller,
Dillon Brelsford
(BB Open NGA PRO
Card & Overall),
Josh Miller



Figure - Open

L-R:
Atia Anyadiiegwu,
Alisa Muncy,
Emily Orrender
(NGA PRO Card),
Zachela Wiethorn,
Maria Servizi,
Lynda Schwein



Classic Physique - Open HW

L-R:
Justin Clements, Timmy O'Keefe, Aaron Brooks
(NGA PRO Card), Kyle Smith, Austin Whitley,
Corey Benson



Physique - Novice

L-R:
Brady Johnson, Jaye Olaniran, Braxton Smith, Drew
Dutiel, Brendan Kelly, Jaxon Moran (1st Place), Ryan
Kolb, Michael Clark, Daren Spartman

As a promoter, I was very excited to get the 2022 season started. I knew that I had to press forward to take the show to new heights after getting through COVID over the past two years. Fortunately, we were able to go back to our home venue at Rupp Arena which would allow me to take the show to a new level. I knew that this would be a special show for everyone.

This spectacular event was held on April 9th in Lexington, Kentucky. There were a whopping 11 NGA PRO Card recipients at this event. The following is a list of the winners in each category:

Kelly Adams (Bikini - Open "B" & Overall)
Ashley Cosme (Bikini - Masters)
Emily Orrender (Figure - Open)
Alisa Muncy (Figure - Masters)
Jaxon Moran (Physique - Open MW)

Brendan Kelly (Physique - Open LW)
Keenan Riordan (Physique - Open HW & Overall)
Canaan Crume (Classic Physique - Open MW & Overall)
Aaron Brooks (Classic Physique - Open HW)
Dillon Brelsford (Bodybuilding - Open MW & Overall)
Mark Cecil (Bodybuilding - Masters)

There were a total of 13 different states that were represented in this contest which were Ohio, Kentucky, Indiana, Illinois, Georgia, Alabama, Michigan, Missouri, Tennessee, South Carolina, Virginia, Arizona, and Florida.

It wasn't until I watched the pre-judging that I realized what an epic event this was. The energy in the venue was powerful and fully charged! Every competitor came ready! As I reflected back on how this show began and has evolved since the first one that I promoted in 2013, I recounted the many things that I have learned as a promoter. The experiences I have had,

the people I have met, and the friends I have gained, suddenly made me realize how blessed, honored, and grateful I am to be able to do what I love.

The evening show started at 4pm and as always, we opened with prayer followed by the national anthem which was performed by Marlana Vanhooose. It was such an honor to have Marlana sing as she has sung the national anthem all over the United States and opened for many NBA, NFL, and MLB games. Marlana has a powerful voice and provided a performance unlike I have ever heard.

During the evening show after all the t-walks and routines, guest poser, Jimbo Collins and violinist, Josh Harris gave us a routine that was unmatched! Jimbo Collins is one of the most creative guest posers I have ever seen! He never disappoints.

Next was the "Inspiration Award." This year, it was difficult to narrow down the recipient to just one award, so this year, there were 3 co-recipients. Greasy

Belcher was the 1st co-recipient who began competing at 74 years of age and was a Vietnam Veteran and Purple Heart recipient. The 2nd co-recipient was Daren Spartman, who when interviewed, told us that 3 years ago he was diagnosed with stage 4 cancer. The doctors told him that he only had 13 weeks to live, but he overcame the odds and is now a bodybuilder. The 3rd recipient was Brady Johnson. Brady had 2 strokes and was told by doctors that he would never walk or talk again, but he overcame the odds and now works out every day and has no problem at all talking. He is an inspiration to all.

It was such an honor to promote this show! I am truly blessed to do what I love to do. I am very grateful to the NGA for creating a stage for all natural bodybuilders and it is truly an honor to be a part of the NGA family. ■

Photo Credits: Jim Burgett (Musclehead Graphics)
Clinton Gross (Resurrected Media)7



WANT TO GET FIT WITHOUT OVERSPENDING?

Going to the Gym Is Still Your Best Bet

BY CAMILLE JOHNSON

CAMILLEJOHNSON@BEREAVER.COM

It's undeniable that exercise is [good for us](#), in many different ways. Physically, it helps control weight and boosts strength and energy, making it easier to fend off diseases. Equally impressive are its effects on mental health—elevating mood, reducing stress, and generally just contributing to making you feel good about yourself.

There's also a number of things you can do to clock in your recommended amount of physical activity daily. Making a sustainable routine out of it is another story, and going to the gym is, by and large, the best way to bring your fitness goals to fruition—even when you're on a budget. Here are some of the best reasons why the gym is the best place to be, presented by the [National Gym Association](#).

Benefit From Expert Knowledge

It's not only fitness buffs that you're bound to find in your local gym. In fact, you will likely find [professional fitness trainers](#) available in most gyms, and it's this easy access to expert knowledge that makes gyms so compelling.

While you can make a go of it on your own, the fact is, when you hire a personal trainer, you can get that much-needed guidance to work out more effectively so you truly see the results you want. Moreover, they also ensure that you [work out safely](#), which is especially important if you're just starting out or have a specific injury or condition. On top of all that, Virtuagym notes that a well-chosen trainer can really [boost your motivation](#). Now, know that, more often than not, personal trainers are really not gym-specific. For instance, you can still enjoy a considerable amount of guidance with virtual fitness training. This is a great

option when you're training in and out of your gym and need the support and supervision of a fitness trainer.

Get Access To The Equipment You Need

One thing that makes your gym membership truly worth what you pay for is your access to the equipment. While you can, of course, keep your home stocked with exercise gear, chances are, you don't have the space or budget for the variety of equipment that you're likely to find in your local gym. And while U.S. News explains that there are certain machines that are [more useful](#) to your goals than others, the fact is, having this range of equipment at your disposal can only do great things for you, and it's typically all included in your membership.

This doesn't mean that you should avoid having a dedicated workout space at home. Converting a basement to a home gym can [boost your home's value](#) and give you a cost-saving option if you get burnt out on the local gym. While it may not have as much variety that a membership gym provides, a home gym is a great second option on days with bad weather or when time is too tight to get away.

Meet Like-Minded Individuals

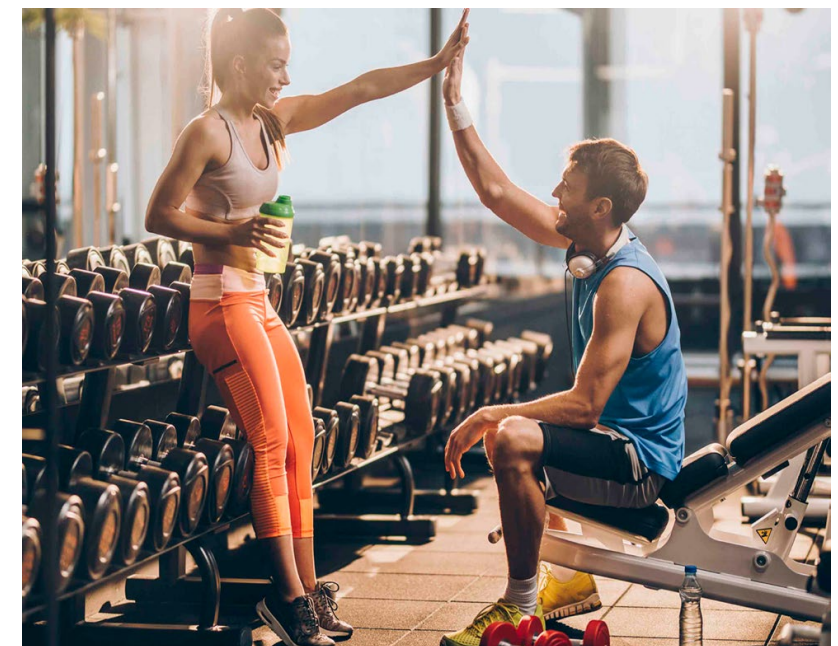
Yes, the point of going to the gym is to work out and get healthy. However, it can also be a great place to meet new people—people who may share the same goals as you, and that is to get fit. This is, in fact, a great way to keep you motivated and accountable for your progress. Not only that, [having a workout buddy](#) (or several) can make going to the gym a more fun and even pleasurable experience, too.

On a related note, the availability of group exercise

classes is a fantastic perk of a gym membership. For some, the sense of community that can be had from the shared experience of an exercise class can be great positive reinforcement, and you might even get meaningful friendships out of it.

Be Constantly Motivated

Finally, springing for a gym membership is quite a commitment in and of itself and will help to motivate you, although NBC News explains there are [several ways](#) to watch your pennies. You can get a trial membership, join at the end of the month, or even join with a family member or friend.



Of course, if you need that additional push to stick to your workout routine, shopping for gym clothes and shoes will often do the trick. Moreover, with appropriate gear, you can exercise more comfortably and safely. There's really no better time

than now to upgrade your trainers to protect your muscles and joints and for added stability as you move, so take the time to look for coupons to get the most bang for your buck.

Indeed, your health and fitness journey should be a personal one, and going to the gym truly supports that in more ways than one. So let this be the encouragement you need to start! ■

About the Author: Camille Johnson created [Bereaver.com](#) after she went through the ups and downs of the bereavement process following the loss of her parents and husband. With the help of her friend who was experiencing a loss of her own, she learned how to grieve the healthy way. This made her realize that there is no one way to grieve, but it is important to do it in a way that supports your physical and mental health.



2022 The 11th Annual NGA Gator Classic PRO/AM

Orlando, FL
April 9, 2022

Promoter: Matt Ammann
www.ngagatorproductions.com
@ngagatorproductions
@mattammann1



L-R: Erin Hedges, Chance Schwartz, Todd Elliott, Matt Ammann, Michele Ward, Kevin Dorsett, Nebetcher Bey



Tabby Callihan
Physique Open - 1st Place



Matt Ammann & Eric Murphy
NGA PRO Physique - Open
1st Place



Dawn Sanchez & Matt Ammann
Transformation
1st Place



Matt Ammann & Rich Rabin
BB - Masters 80+
1st Place



Bikini - Open
L-R: Elizabeth Rufasto, Lauren Ramirez, Chelsea Lynch (1st Place & NGA PRO Card), Nina Sanchez, Shana Stiver

want to thank everyone who helped to make the 11th Annual NGA Gator Classic an amazing show!

After a relaxing summer, we will start the fall with the NGA West Coast Classic in Tampa which will be held on September 17, 2022.

We will finish the year with the NGA East Coast Classic to be held on November 19, 2022. I'm looking forward to seeing everyone there! ■

Photo Credits: Jacoby Moore (Physique Photography)

It was great to see so many athletes from the NGA Amateur Extreme the week before. Held at the beautiful Rosen Centre in Orlando, "the Gator is always a great weekend!" said Matt, "I really enjoy giving back to the athletes with a variety of Gator Productions' shows across the state!"

KentuckyNaturalBodybuilding.com

SEPTEMBER 17/ LEXINGTON, KY



Show will be featured in
NGA Natural Mag

Bodybuilding

Physique

Classic

Figure

Bikini

W. Physique



Location:
Rupp Arena
430 W Vine St
Lexington, KY 40507

***Super Pro-Qualifying Event**

Contact: Josh Miller
(606) 424-7157

KyNaturalBB@gmail.com

Pre-Judging: 11am
Finals: 4pm



NGA PRO/AM UNIVERSE
NGA AMERICAN NATURAL
CHAMPIONSHIPS

NATIONAL GYM ASSOCIATION



Photos By
Creating a Figure
Photography

SHOW FEATURED IN THE NGA NATURALmag

SATURDAY, NOVEMBER 5, 2022

Sunrise Civic Center

10610 W Oakland Park Blvd, Sunrise, FL 33351

\$21,000 CASH

PREJUDGING 10:30 AM \$25.00 | FINALS 5:00 PM \$35.00, Combo \$55.00 | DOORS OPEN 4:30 PM



Proudly Supported by the NGA

HOSTING & PROMOTING "ALL NATURAL" BODYBUILDING CONTESTS WORLDWIDE



954.344.8410 • WWW.NATIONALGYM.COM • 7 YEARS DRUG FREE POLYGRAPH • PRO WINNER URINE TESTING

Perpetua Piechaczek Devon Akins Tivisay Briceno Keith McIntosh Chance Schwartz Daron Monroe

2021 NGA Tahoe International
 PRO/AM

Lake Tahoe, CA
 July 24, 2021

Promoter: Bing Saez

PRO Bikini - Open

1. Alona Zahakini

PRO Figure - Open

1. Lauren Wek

PRO Men's Physique - Open

1. Josh Stoneking

PRO Classic Physique - Open

1. TJ Kangas
 2. Denzel Carter

PRO Men's BB - Open

1. Myles Miller
 2. Denzel Carter

Bikini - Open

1. Maggie Mchugh
 2. Yazmine Meness
 3. Elaina Carrera
 4. Mackenzie Moreno

Figure - Open

1. Elaina Carrera
 2. Angel Rader
 3. Dee Evans

Figure - Masters 35+

1. Elaina Carrera
 2. Angel Rader

Women's Physique - Open

1. Angel Rader
 2. Dee Evans
 3. Evon Bince

Men's Physique - Open

1. Joe Fanjul
 2. Darron McIntosh
 3. TJ Kangas
 4. Eteve Gonzales
 5. David Rader

Classic Physique - Open

1. Joey Fanjul
 2. Darron McIntosh
 3. Eteve Gonzales

Men's BB - Open

1. Joey Fanjul
 2. Darron McIntosh
 3. TJ Kangas
 4. Eteve Gonzales

NGA Thunder Classic PRO/AM

Deland, FL
 July 31, 2021

Promoter: Tracy Simonds

PRO Bikini Model - Open

1. Jessica Foster

PRO Men's Physique - Open

1. Josh Stoneking

PRO Men's BB - Masters 40+

1. Kevin Diana
 2. Paul Redmer

Bikini - Open Short

1. Evelyn VanOrmer

Bikini - Open Tall

1. Barbara Diana
 3. Chloe Perez
 4. Deloras Lenz
 5. Patricia Thurler

Bikini - Open Tall

1. Katie Arnold
 2. Rachel Wyatt
 3. Emily Blake
 4. Jessica Foster
 5. Samantha Johnson

Bikini - Masters 35+

1. Katie Arnold
 2. Emily Blake
 3. Evelyn VanOrmer
 4. Jessica Foster
 5. Samantha Johnson
 6. Barbara Diana
 7. Deloras Lenz

Bikini - Masters 50+

1. Barbara Diana
 2. Patricia Thurler

Bikini Model - Open

1. Chloe Perez
 2. Deloras Lenz

Figure - Open

1. Rachel Wyatt
 2. Gloriann Gaston
 3. Devon Staropoli
 4. Whitney Watson
 5. Sabrina Fan
 6. Heaven Colon

Figure - Masters 35+

1. Whitney Watson

Women's Physique - Open

1. Rachel Wyatt
 2. Gloriann Gaston
 3. Devon Starpoli
 4. Sabrina Fan
 5. Heaven Colon

Men's Physique - Open LW

1. Alex Grit

2. Tony Arnold

3. Philippe Rodriguez
 4. Michael Daleo

Men's Physique - Open MW

1. Roger Sosa
 2. Arthur Grasso
 3. Nathan Mosbeck

Men's Physique - Open HW

1. Elon Heirs
 2. Alex Brewer

Classic Physique - Open LW

1. Alex Grit

Classic Physique - Open MW

1. Josiah Gordan
 2. Brandon Arcano

Classic Physique - Open HW

1. Elon Heirs
 2. Brandon Arcano
 3. James Wilczanski
 4. Kevin Diana
 5. Josh Stoneking
 6. Mark Dellorto
 7. Griffin Vittone

Classic Phys - Masters 40+

1. Kevin Diana
 2. Griffin Vittone

Classic Phys - Masters 50+

1. Kevin Diana
 2. Griffin Vittone

Men's BB - Open LW

1. Frank Shelton

Men's BB - Open LHW

1. James Wilczanski
 2. Brandon Arcano
 3. Griffin Vittone
 4. Dennis Hobart
 5. Gus Torres

Men's BB - Open HW

1. Mark Dellorto

Men's BB - Masters 40+

1. Griffin Vittone

Men's BB - Masters 50+

1. James Lucas

Men's BB - Masters 60+

1. Dennis Hobart
 2. Gus Torres
 3. Barbara Diana

Bikini - Debut

1. Rachel Wyatt
 2. Emily Blake
 3. Barbara Diana

4. Patricia Hurler

Bikini - Novice

1. Rachel Wyatt
 2. Emily Blake
 3. Samantha Johnson

Beach Body

1. Chloe Perez
 2. Robin Thompson

Figure - Debut

1. Rachel Wyatt
 2. Sabrina Fan

Figure - Novice

1. Rachel Wyatt
 2. Whitney Watson
 3. Sabrina Fan

Women's Physique - Novice

1. Sabrina Fan

Men's Physique - Debut

1. Arthur Grasso
 2. Elon Heirs
 3. Alex Brewer
 4. Michael Daleo

Men's Physique - Novice

1. Tony Arnold
 2. Elon Heirs
 3. Philippe Rodrigues
 4. Michael Daleo

Classic Physique - Debut

1. Elon Heirs

Classic Physique - Novice

1. Elon Heirs
 2. Josh Stoneking
 3. Josiah Gordan

Classic Physique - Teens

1. Josiah Gordan

Men's BB - Novice

1. Frank Shelton

NGA West Coast Classic
 PRO/AM Tampa, FL

September 18, 2021

Promoter: Matt Ammann

PRO Bikini - Open

1. Ariel Cleary
 2. Ashley Riedy

PRO Bikini Model - Open

1. Ariel Cleary

PRO Figure - Open

1. Arlesia Jones
 2. Melissa Seaman

PRO Men's Physique - Open

1. Arius Norris
 2. Marcus Harris
 3. Larry Darnell
 4. Cole Falzone

5. Todd Clark

6. Desario Smith

PRO Men's BB - Open

1. James Wilczanski
 2. Kevin Wakefield

Bikini - Open Short

1. Tristin Alford

Bikini - Open Short

2. Kristen Fabrizio
 3. Heather Brudereck
 4. Sabrina Bartelli
 5. Kristina Warford
 6. Atinu Jamison
 7. Selena Ramos
 8. Cassandra Anderson
 9. Arlene Suliveres

Bikini - Open Medium

1. Tennaetje Morton
 2. Denessa Hicks

3. Sami Minenna

4. Juanita Ortiz

5. Ali Miner

6. Ivy Cordell

7. Kayla Van Ness

8. Kimberly Horsman

Bikini - Open Tall

1. Kellie Lee
 2. Shawnarie Colthurst
 3. Vanessa Muro

Bikini - Masters 35+

1. Kristen Fabrizio
 2. Heather Brudereck
 3. Atinu Jamison
 4. Denessa Hicks
 5. Juanita Ortiz
 6. Samantha Johnson
 7. Courtney Bushman
 8. Kimberly Horsman
 9. Emberh Scherry

Bikini - Masters 40+

1. Somer Scarano
 2. Kate Chaiprasit
 3. Atinu Jamison
 4. Courtney Bushman
 5. Nicole Morgan
 6. Ivy Cordell
 7. Lisa Grassi
 8. Olivia Irwin
 9. Lydia Lopez
 10. Susan Mahon

Bikini - Masters 50+

1. Rebecca Fowler

2. Jennifer Kavensky

3. Susan Mahon

Bikini - Masters 60+

1. Susan Mahon

Bikini Model - Open

1. Kristina Warford
 2. Kimberly Horsman
 3. Susan Mahon

Figure - Open Short

1. Alexis Bohannon
 2. Melissa Lake
 3. Jennifer Archer
 4. Atinu Jamison
 5. Ayodele Gilpin

Figure - Open Tall

1. Jolisa Brinson
 2. Nadine Brooks

3. Linda Santrock

4. Kellie Lee

5. Ivy Cordell

6. Amanda Hicks

Figure - Masters 35+

1. Atinu Jamison
 2. Jennifer Archer

3. Linda Santrock

4. Ayodele Gilpin

5. Amanda Hicks

Figure - Masters 40+

1. Atinu Jamison
 2. Ivy Cordell

Figure - Masters 50+

1. Linda Santrock
 2. Susan Mahon

Figure - Masters 60+

1. Cathy Tarver
 2. Susan Mahon

Women's Physique - Open

1. Jolisa Brinson
 2. Melissa Lake

3. Jennifer Archer

4. Atinu Jamison

5. Ayodele Gilpin

6. Ivy Cordell

Men's Physique - Open LW

1. Anthony Arena
 2. Nick Gerken

3. Carlos Velazquez

4. Preston Milligan

5. Michael Borde

Men's Physique - Open MW

1. Johnathan Hicks

Men's Physique - Open HW

1. Adam Jolly

NGA PRO Card

2. Joshua Steele
 3. Rico Ashley

4. Jeffrey Vargas

5. Christopher Caldwell

Men's Physique - Masters 40+

1. Rico Ashley

Classic Physique - Open LW

1. Anthony Arena
 2. Majid Abdullah
 3. Carlos Velazquez

Classic Physique - Open MW

1. Troy Mello

NGA PRO Card & Overall

2. Jorge DeLaRosa

Classic Phys - Masters 40+

1. Troy Mello

Men's BB - Open LW

1. James Lucas

Men's BB - Open LHW

1. Marlon Smikle

NGA PRO Card & Overall

2. Alvis Vaughan

Men's BB - Open HW

1. John Blaeser
 2. Leo Davis

Men's BB - Masters 40+

1. Alvis Vaughan

2. Leo Davis

3. James Lucas

Men's BB - Masters 50+

1. Carlos Velazquez

NGA PRO Card & Overall

2. Leo Davis
 3. Alvis Vaughan

4. James Lucas

Men's BB - Masters 60+

1. Alvis Vaughan

Men's BB - Masters 70+

1. Alvis Vaughan

Bikini - Novice Short

1. Tristin Alford

Overall

2. Kristen Fabrizio
 3. Somer Scarano
 4. Ati nu Jamison
 5. Heather King
 6. Selena Ramos
 7. Cassandra Anderson
 8. Jennifer Kavensky
 9. Rebecca Fowler
 10. Ananda Cantu

Bikini - Novice Medium

1. Tennaetje Morton
 2. Sami Minenna
 3. Denessa Hicks
 4. Sidney Rodriguez
 5. Samantha Johnson
 6. Ali Miner
 7. Kimberly Horsman
 8. Kayla Van Ness
 9. Emerh Scherry
 10. Lydia Lopez

Bikini - Novice Tall

1. Kellie Lee
 2. Shawnarie Colthurst
 3. Vanessa Muro
 4. Olivia Irwin
 5. Kasey Mounts

Figure - Novice

1. Jolisa Brinson
 2. Nadine Brooks
 3. Linda Santrock
 4. Atinu Jamison
 5. Jennifer Archer
 6. Alexis Bohannon
 7. Ayodele Gilpin
 8. Kellie Lee
 9. Marenia Thompson
 10. Amanda Hicks

Men's Physique - Novice LW

1. Preston Milligan
 2. Michael Borde

Men's Physique - Novice HW

1. Joshua Steele

Overall

2. Anthony Brown
 3. Jeffrey Vargas
 4. Johnathan Hicks
 5. Corey Deveronica
 6. Jean Saint-Sauveur

Classic Physique - Novice

1. Troy Mello
 2. Majid Abdullah

Men's BB - Novice

1. Leo Davis

NGA PRO/AM
 Bluegrass Bodybuilding
 Championships

Lexington, KY

September 18, 2021

2. Donald Johnson

PRO Classic Physique - Open

1. Sean Young

2. Jamaal Williams

3. Davay Alexander

PRO Men's BB - Open

1. Jason Carr

2. Jamaal Williams

3. Jay Johnson

4. Kevin Wakefield

5. Paul Redmer

PRO Men's BB - Masters 40+

1. Kevin Wakefield

2. Paul Redmer

Pro Men's BB - Masters 50+

1. Kevin Wakefield

2. Paul Redmer

Bikini - Open

1. Charity Howard

2. Amanda Golsch

3. Dorthy Bowles

4. Lily Brasch

Bikini - Masters 35+

1. Amanda Golsch

2. Dorthy Bowles

Figure - Open "A"

1. Krista Greathouse

NGA PRO Card

2. Barbara Wenning

3. Stephanie Mullins

4. Valerie Wegford

5. Teresa Latiolais

Figure - Open "B"

1. Andrea Alt

NGA PRO Card & Overall

2. Honey Arnold

3. Megan Hughes

4. Carolyn Paul

5. Tori Harding

Figure - Masters 35+

1. Andrea Alt

NGA PRO Card

2. Krista Greathouse

3. Honey Arnold

4. Barbara Wenning

5. Carolyn Paul

6. Stephanie Mullins

7. Valerie Wegford

8. Teresa Latiolais

Women's Physique - Open

1. Andrea Alt

NGA PRO Card

2. Krista Greathouse

NGA PRO Card

3. Carolyn Paul

4. Valerie Wegford

5. Megan Hughes

6. Stephanie Mullins

7. Teresa Latiolais

Men's Physique - Open LW

1. Cannon Ritzler

NGA PRO Card

2. Melvin Franklin

3. Nick Helmburg

4. Ethan Carder

5. Danny Belcher

Men's Physique - Open MW

1. Steve Umansky

NGA PRO Card & Overall

Men's Physique - Open HW

1. Joshua Hart

Men's Physique - Masters 40+

1. Steve Umansky

2. Nick Helmburg

Classic Physique - Open LW

1. Edgar Lopez

2. Lucas Embleton

3. Melvin Franklin

4. Ethan Carder

Classic Physique - Open HW

1. Jason Carr

NGA PRO Card & Overall

2. Aaron Brooks

3. Joshua Hart

Men's BB - Open LW

1. Paul Toney

NGA PRO Card

2. Edgar Lopez

3. Lucas Embleton

4. Kendall Johnson

5. Nick Helmburg

Men's BB - Open MW

1. Ronnie Shumpert

NGA PRO Card & Overall

2. Danny Belcher

Men's BB - Open LHW

1. Aaron Brooks

Men's BB - Open HW

1. Joshua Hart

Men's BB - Masters 40+

1. Paul Toney

2. Ronnie Shumpert

3. Danny Belcher

Bikini - Novice

1. Charity Howard

2. Dorthy Bowles

Figure - Novice

1. Andrea Halt

2. Krista Greathouse

3. Megan Hughes

4. Valerie Wegford

5. Stephanie Mullins

6. Tori Harding

Men's Physique - Novice

1. Steve Umansky

2. Joshua Hart

3. Nick Helmburg

Men's BB - Novice

1. Paul Toney

2. Lucas Embleton

3. Joshua Hart

4. Nick Helmburg

5. Danny Belcher

Men's BB - Juniors

1. Lucas Embleton

2. Kendall Johnson

NGA Hoosiers Rocktober Classic

Jeffersonville, IN

October 9, 2021

Promoter: Donna French

Figure - Open

1. Andrea Alt

2. Krista Wallace

3. Carolyn Paul

Figure - Masters 35+

1. Andrea Alt

2. Krista Wallace

3. Carolyn Paul

Women's Physique - Open

1. Andrea Alt

2. Krista Wallac3

3. Carolyn Paul

Men's Physique - Open LW

1. Logan Shephard

Men's Physique - Open HW

1. Mark Weber

Classic Physique - Open LW

1. Ethan Cander

Classic Physique - Open HW

1. Aaron Brooks

Men's BB - Open LW

1. Aaron Brooks

Men's BB - Masters 40+

1. Darius Williams

Bikini - Novice

1. Sara Skopinski

Men's Physique - Novice

1. Logan Shepard

2. Mark Weber

3. Ethan Carder

Men's BB - Novice

1. Darius Williams

NGA Monster Mash

Jeffersonville, IN

October 16, 2021

Promoter: Jared & Katie Weitzel

- Bikini - Open

1. Lauren Pruter

2. Sara Skopinski

3. Lori McConochie

Bikini - Masters 35-39

1. Lori McConochie

Bikini - Masters 40+

1. Lori McConochie

Figure - Open "A"

1. Maria Servi3i

2. Misty Tracy

3. Chris Puleo

4. Atia Anyadie3wu

5. Courtney Stiles

6. Bobbie Grigsby

Figure - Open "B"

1. Carmen Glover

NGA PRO Card & Overall

2. Ashley Schenkel

3. Annie Daniel

4. Maggie Ventling

5. Michelle Untied

6. Nicle Swalby

Figure - Masters 35-39

1. Tracy Misty

2. Annie Daniel

3. Chris Puleo

4. Maggie Ventling

5. Bobbie Grigsby

Figure - Masters 40-49

1. Carmen Glover

NGA PRO Card & Overall

2. Maria Servi3i

3. Chris Puleo

4. Maggie Ventling

5. Atia Anyadie3wu

6. Nicole Swalby

7. Bobbie Grigsby

Figure - Masters 50+

1. Maria Servi3i

2. Chris Puleo

3. Maggie Ventling

Women's Physique - Open

1. Maggie Ventling

2. Bobbie Grigsby

Men's Physique - Open "A"

1. Logan Shephard

2. Allen Riegler

3. Scott Mooney

4. Adam Heenan

Men's Physique - Open "B"

1. Bruce Cotton

2. Quincy Tellis

3. Cory Lape

4. Lei Qu

- Men's Physique - Masters 40+

1. Quincy Tellis

Classic Physique - Open

1. Kelvin Davis

NGA PRO Card

2. Cory Rockwell

3. Shawn Lagman

4. Slayde Gardner

5. Lei Qu

6. Aaron Blankenship

Classic Physique - Masters 40+

1. Shawn Lagman

Men's BB - Open

1. Lagman Shawn

2. Robert Thomas

3. Tim Hall

Men's BB - Masters 40-49

1. Shawn Lagman

OVERALL

2. Tim Hall

Men's BB - Masters 50+

1. Robert Thomas

2. James Baffoni

Figure - Novice

1. Ashley Schenkel

2. Misty Tracy

3. Annie Daniel

4. Maggie Ventling

5. Courtney Stiles

6. Nicole Swalby

7. Bobbie Grigsby

Men's Physique - Novice

1. Logan Shephard

2. Bruce Cotton

3. Lei Qu

4. Scott Mooney

5. Adam Heenan

Classic Physique - Novice

1. Kelvin Davis

2. Slayde Gardner

3. Lei Qu

4. Aaron Blankenship

Men's BB - Novice

1. Shawn Lagman

NGA PRO/AM

Central Florida Fall Classic

Orlando, FL

October 30, 2021

Promoter: Rick Pierre

PRO Bikini - Open

1. Kinsey Lallathin

PRO Figure - Open

1. Erica Atherton

PRO Women's Phys - Open

1. Perpetua Piechaczek

PRO Men's BB - Open

1. David Minella

2. James Wilczanski

3. Cale Langston

4. Paul Redmer

PRO Men's BB - Masters 35+

1. David Minella

2. Kevin Diana

3. Cale Langston

4. Paul Redmer

Bikini - Open "A"

1. Alyssa Granberg

NGA PRO Card & Overall

2. Jennifer Beerra

3. Kristina Warford

4. Pricilla Lovel

5. Felicia Langston

6. Anah Rodriguez

Bikini - Open "B"

1. Jacklyn Tippet3

2. Maria Torterolo

3. Kari Wynn

4. Sheneal Jones

Bikini - Masters 35+

1. Maria Torterolo

NGA PRO Card & Overall

2. Kristina Warford

3. Pricilla Lovel

4. Michelle Heine

5. Sheneal Jones

Bikini - Masters 40+

1. Feliecia Langston

2. Sheneal Jones

3. Felicia Langston

Bikini - Masters 50+

1. Pam Chickchester

2. Debra Bozeman

Bikini Model - Open

1. Maria Torterolo

NGA PRO Card

2. Kristina Warford

NGA PRO Card

3. Kari Wynn

4. Josiaina Mendoza

5. Michelle Heine

Figure - Open "A"

1. Alyssa Granberg

2. Priscilla Lovel

3. Casandra Smith

4. Heaven Colon

Figure - Open "B"

1. Kari Wynn

NGA PRO Card & Overall

Figure - Masters 30+

1. Priscilla Lovel

NGA Overall

2. Heaven Colon

Figure - Masters 60+

1. Pam Chichester

Women's Physique - Open

1. Priscilla Lovel

2. Pam Chicheste

3. Sabrina Fan

4. Heaven Colon

Women's BB - Open

1. Sabrina Fan

Men's Physique - Open

1. Frank Buchel

NGA PRO Card

2. Richard Sanchez

3. Brian Palone

4. Nathaniel Wood

5. Geraldo Arinas

6. Isaac Crawford

7. Anthony Vlassis

Men's Physique - Masters 40+

1. Brian Palone

2. Isaac Crawford

3. Joseph Angley

Classic Physique - Open

1. Jorge De La Rosa

NGA PRO Card

2. Shane Anderson

3. Cale Langston

4. Chris Cambridge

5. Nathaniel Wood

6. Arturo Romer

Classic Phys - Masters 40+

1. Jorge De La Rosa

2. Cale Langston

3. Howard Ascoug

Men's BB - Open

1. Kevin Diana

2. Shane Anderson

3. Chris Cambridge

Men's BB - Masters 50+

1. Alvis Vaughan

2. Howard Ascoug

Men's BB - Masters 60+

1. Alvis Vaughan

Men's BB - Masters 70+

1. Alvis Vaughan

Bikini - Debut

1. Michelle Heine

2. Kendra Davis

3. Felicia Langston

4. Debra Bozeman

Bikini - Novice

1. Jacklyn Tippet3

2. Jennifer Bezerra

3. Kendra Davis

4. Pricilla Lovel

5. Felicia Langston

6. Dera Bozeman

7. Anah Rodriguez

Bikini - Teen

1. Jennifer Bezerra

Figure - Novice

1. Karr Wynn

2. Cassandra Smith

3. Sabrina Fan

4. Heaven Colon

Women's Phys - Novice

1. Sabrina Fan

2. Heaven Colon

Women's Beach Body

1. Jennifer Bezerra

2. Michelle Heine

3. Kendra Davis

4. Josiaina Mendoza

Men's Physique - Novice

1. Frank Buchel

2. Richard Sanchez

3. Nathaniel Wood

4. Geraldo Arinas

5. Michael Chu

6. Alex Allison

7. Isaac Crawford

Classic Physique - Novice

1. Cale Langston

2. Nathaniel Wood

Men's BB - Novice

1. Leo Davis

2021 NGA PRO/AM Universe

NGA American Natural

Championships

Boca Raton, FL

November 13, 2021

Promoters:

Francine & Andrew Bostinto

PRO Bikini Model - Open

1. Chance Schwartz

2. Tivisay Briceno

PRO Figure - Open

1. Tivisay Briceno

2. Kari Wynn

3. Toby Howard

4. Robyn Torgrimson

5. Arlesia Jones

6. Raquele Stanton

7. Elizabeth Paul

PRO Figure - Masters 35+

1. Tivisay Briceno

2. Toby Howard	1. Judd Koenig	1. Elijah Davis	2. Thelma Olizia
3. Robyn Torggrimson	2. Brian Palone	2021 NGA East Coast Classic	Figure - Open Tall
4. Arlesia Jones	3. Paul Hadler	PRO/AM	1. Meghan Chandler
PRO Women's Phys - Open	Classic Physique - Open LW	Ormond Beach, FL	2. Maija Jackson
1. Perpetua Piechaczek	1. Steven Crespo	November 20, 2021	Figure - Masters 35+
PRO Women's BB - Open	Classic Physique - Open MW	Promoter: Matt Ammann	1. Thelma Olizia
1. Perpetua Piechaczek	1. Emmanuel Fuenmayor	PRO Bikini - Open	2. Maija Jackson
PRO Men's Physique - Open	NGA PRO Card & Overall	1. Tristin Alford	Women's Fitness - Open
1. Keith McIntosh	2. Josh Miller	PRO Bikini Model - Open	1. Nancy Mularski
2. Josh Miller	3. Eteve Gonzalez	1. Nancy Mularski	2. Melissa Seaman
3. Joseph Poteat	Classic Physique -Open HW	PRO Figure - Open	Men's Physique - Open MW
4. Adam Jolly	1. Dayshawn Taylor	1. Christina Rokicki	1. Brian Palone
5. Jontai McQueen	2. Paul Hadler	2. Melissa Seaman	2. Lamar Dancey
6. Steven Crespo	Classic Phys - Masters 40+	PRO Men's Physique - Open	Men's Physique - Open HW
PRO Classic Physique - Open	1. Josh Miller	1. Tony Richburg	1. Clifton Joseph
1. Devon Atkins	NGA PRO Card	2. Jacoby Moore	NGA PRO Card & Overall
2. Stuart Weasner	2. Eteve Gonzalez	PRO Classic Physique - Open	2. Carlos Pertuz
PRO Classic Phys - Masters 40+	3. William Campbell	1. James Drake	3. Giovanni Lopez
1. Mark Tilden	4. Paul Hadler	2. Alexander Grit	Men's Physique - Masters 40+
PRO Men's BB - Masters 40+	5. Steven Crespo	3. Jacoby Moore	1. James Drake
1. Daron Monroe	Men's BB - Open LW	4. Al Acevedo	2. Brian Palone
2. Mark Tilden	1. Steve Crespo	PRO Men's BB - Open	Classic Physique - Open MW
3. Paul Hadler	Men's BB - Open MW	1. Daron Monroe	1. Jeffery Jenkins
Bikini - Open	1. Paul Woods	2. Tony Howard	2. Edgar Lopez
1. Jennifer Koenig	NGA PRO Card & Overall	3. James Wilczanski	3. Lamar Dancy
2. Kari Wynn	2. Eteve Gonzalez	4. Anthony Stinchcomb	Classic Physique -Open HW
3. Maria Torterolo	Men's BB - Open LHW	1. Kamryn Ballard	1. Shane Anderson
Bikini - Masters 35+	1. Al Vaughan	2. Kamryn Ballard	NGA PRO Card & Overall
1. Jennifer Koenig	2. Paul Hadler	2. Nancy Mularski	2. Nathan Eaton
2. Maria Torterolo	Men's BB - Open HW	3. Jennifer Micheli	Classic Phys - Masters 40+
Bikini Model - Open	1. Dayshawn Taylor	4. Susan King	1. Nathan Eaton
1. Maria Torterolo	Men's BB - Masters 40-49	5. Parker Cook	Men's BB - Open MW
2. Kari Wynn	1. Paul Woods	6. Ivy Cordell	1. Brandon Rech
Figure - Open	NGA PRO Card & Overall	Bikini - Open Tall	NGA PRO Card & Overall
1. Suzanne Llano	2. Eteve Gonzalez	1. Debra Bozeman	2. Jeffery Jenkins
2. Valerie Wegford	3. Steven Crespo	Bikini - Masters 35+	3. Edgar Lopez
Figure - Masters 35+	4. Randall Garner	1. Ivy Cordell	Men's BB - Open LHW
1. Suzanne Llano	Men's BB - Masters 50-59	Bikini - Masters 40+	1. Sangar Majboor
2. Valerie Wegford	1. Paul Woods	1. Nancy Mularski	2. Gus Torres
Women's Physique - Open	2. William Campbell	2. Jannifer Micheli	Men's BB - Open HW
1. Elizabeth Paul	3. Randall Garner	3. Susan King	1. Shane Anderson
2. Valerie Wegford	Men's BB - Masters 60-69	4. Ivy Cordell	2. Leonard Davis
Women's Phys - Masters 35+	1. Alvis Vaughan	Bikini - Masters 50+	3. Nathan Eaton
1. Valerie Wegford	Men's BB - Masters 70-79	1. Jennifer Micheli	Men's BB - Masters 40-49
Men's Physique - Open MW	1. Ronald Mango	2. Susan King	1. Leonard Davis
1. Gerardo Arnias	2. Alvis Vaughan	3. Debra Bozeman	2. Nathan Eaton
NGA PRO Card & Overall	Men's BB - Masters 80+	4. Julie Luptak	3. Joe Jacalone
2. Gabriel DaRocha	1. Richard Rabin	Bikini Model - Open	4. Gus Torres
3. Brian Palone	1. Kamye Hugley	1. Tristin Alfrod	Men's BB - Masters 50-59
4. Vinh Tran	Men's Physique - Novice	2. Jennifer Micheli	1. Leonard Davis
Men's Physique - Open HW	1. Gerardo Arnias	3. Brittany McLaughlin	2. Nathan Eaton
1. Judd Koenig	2. Gabriel DaRocha	Figure - Open Short	3. Alvis Vaughan
2. Paul Hadler	3. Vinh Tran	1. Melissa Lake	4. Joe Jacalone
3. Volkens Milford	4. Volkens Milfort	Overall	5. Gus Torres
Men's Physique - Masters 40+	Kid's Fitness		Men's BB - Masters 60-69
			1. Alvis Vaughan

NGA PRO Card & Overall	1. Kathy Powell	2. Meleik Carry	1. Douglas Koehler
2. Joe Jacalone	Bikini - Masters 40+	3. Anthony Arena	Men's BB - Open MW
3. Gus Torres	1. Kathy Powell	Bikini - Open	1. Alphonso Jones
Men's BB - Masters 70+	Figure - Open	1. Somer Scarano	NGA PRO Card & Overall
1. Alvis Vaughan	1. Maria Ravida	2. Felicia Langston	2. Anthony Richburg
Bikini - Novice Short	Figure - Masters 40+	3. Lorna Suarez	3. Anthony Arena
1. Kamryn Ballard	1. Maria Ravida	4. Valerie Diaz	Men's BB - Open HW
Overall	Men's Physique - Open LW	5. Tori Nesbitt	1. Allen Jones
2. Susan King	1. Henry Linares	6. Samantha Phillips	Men's BB - Masters 40+
3. Parker Cook	Men's Physique - Open HW	Bikini - Masters 40+	1. Allen Jones
Bikini - Novice Tall	1. Paul Hadler	1. Felicia Langston	Men's BB - Masters 50+
1. Debra Bozeman	Overall	2. Lorna Suarez	Overall
2. Julie Luptak	Classic Physique - Open LW	Bikini - Masters 60+	Bikini - Novice
Figure - Novice	1. Henry Lanares	1. Pamela Chichester	1. Felicia Langston
1. Thelma Olizia	Classic Physique - Open MW	Bikini Model - Open	2. Lorna Suarez
2. Meghan Chandler	1. Eric Brown	1. Somer Scarano	3. Valerie Diaz
Men's Physique - Novice	NGA PRO Card & Overall	Figure - Open	4. Tori Nesbitt
1. Clifton Joseph	2. Jamyl Galen	1. Priscilla Lovel	5. Samantha Phillips
2. Lamar Dancey	3. Michael Figueroa	2. Tabitha Callihan	6. Jennifer Kingsley
3. Carlos Pertuz	Classic Physique - Open HW	3. Antoinette Walder	Figure - Novice
Classic Physique - Novice	1. Paul Hadler	Figure - Masters 35+	1. Antoinette Walder
1. Jeffery Jenkins	Men's BB - Open LW	1. Priscilla Lovel	Evening Gown
2. Lamar Dancy	1. Antonio Bongiovanni	Figure - Masters 60+	1. Valerie Diaz
Men's BB - Novice	2. Henry Linares	1. Pamela Chichester	2. Nancheska Albaladejo
1. Jeffery Jenkins	Men's BB - Open MW	1. Alex Schleig	Evening Gown - Masters 50+
	1. Eric Brown	2. Tabitha Callihan	1. Dana Sharp
	NGA PRO Card & Overall	Men's Physique - Open LW	2. Wanda Copenhagen
	2. Jamyl Galen	1. Alex Schleig	Women's Transformation
	3. Michael Figueroa	NGA PRO Card & Overall	1. Tori Nesbitt
	Men's BB - Open LHW	Men's Physique - Open MW	Men's Physique - Novice LW
	1. Roger Young	1. Moses Cheeks	1. Allen Miranda
	2. Brent Christie	NGA PRO Card	2. Jean Pichardo
	Men's BB - Open HW	2. Allen Miranda	Men's Physique - Novice HW
	1. Paul Hadler	3. David Henderson	1. Adrian Miranda
	2. Mark Hawkins	4. Jean Pichardo	2. Rico Ashley
	Men's BB - Masters 40-49	5. Brian Palone	3. Michael Poucher
	1. Mark Hawkins	6. Michael Poucher	Classic Physique - Novice
	Men's BB - Masters 50-59	Men's Physique - Open HW	1. Anthony Arena
	1. Roger Young	1. Tyler Gordon	2. David Henderson
	2. Mark Hawkins	2. Rico Ashley	3. Michael Poucher
	Men's BB - Masters 60-69	Men's Physique - Masters 40+	4. Ismail Hazin
	1. Roger Young	1. Brian Palone	
	2. John Parvel	Classic Physique - Open LW	2022 NGA Gator Classic PRO/AM
	Bikini - Debut	1. Ismail Hazih	Orlando, FL
	1. Gina Ragucci	Classic Physique - Open MW	April 9, 2022
	2. Kathy Powell	1. Anthony Arena	Promoter: Matt Ammann
	Men's Physique - Novice	2. David Henderson	PRO Men's Physique - Open
	1. Henry Linares	3. Michael Poucher	1. Eric Murphy
		Classic Physique - Open HW	2. Tony Richburg
		1. Cale Langston	3. Alex Grit
		NGA PRO Card & Overall	4. Meleik Carry
		Classic Physique - Masters 40+	5. Anthony Arena
		1. Cale Langston	6. Isaiah Bawek
		Men's BB - Open LW	PRO Classic Physique - Open
			1. James Antun

PRO Men's BB - Open

- 1. Daron Monroe
- 2. James Antun
- 3. Marlon Smikle
- 4. TJ Morgan
- 5. Kevin Wakefield
- 6. Carlos Velazquez

Bikini - Open

- 1. Chelsea Lynch
- 2. Sabrina Bartelli
- 3. Lauren Ramirez
- 4. Nina Sanchez
- 5. Elizabeth Rufasto
- 6. Shana Stiver
- 7. Kamrin Baumann

Bikini - Masters 40+

- 1. Amanda Cantu
- 2. Kellea Vardy

Figure - Open

- 1. Joyce Fendley
- 2. Nina Sanchez
- 3. Tabby Callihan
- 4. Antoinette Walder
- 5. Ayesha Edmond

Figure - Masters 50+

- 1. Joyce Fendley

Women's Physique - Open

- 1. Tabby Callihan

Men's Physique - Open LW

- 1. Nathan Mosback
- 2. Richard Sanchez
- 3. Michael Borde
- 4. JT DiLauro

Men's Physique - Open MW

- 1. Allen Miranda
- 2. Brian Palone
- 3. David Henderson
- 4. Robert Serafine
- 5. Michael Poucher
- 6. Phillip Merritt

Men's Physique - Open HW

- 1. Nathan Spare
- 2. Shannon Dixon
- 3. Abraham Lara

Men's Physique - Masters 40+

- 1. Brian Palone
- 2. Shannon Dixon

Classic Physique - Open LW

- 1. Anthony Arena
- 2. Richard Sanchez

Classic Physique - Open MW

- 1. Robert Serafine

NGA PRO Card

- 2. Phillip Merritt
- 3. Jeffrey Jenkins
- 4. Daivd Henderson
- 5. Michael Poucher

Classic Physique - Open HW

- 1. Jose Troche
- 2. Sangar Majboor
- 3. TJ Morgan

Classic Phys - Masters 40+

- 1. Jose Troche
- 2. TJ Morgan
- 3. Griff Vittone
- 4. Carlos Velazques

Men's BB - Open LW

- 1. Anthony Arena
- 2. Kevin Watson

Men's BB - Open MW

- 1. Jeffrey Jenkins

Men's BB - Open LHW

- 1. Sangar Majboor
- 2. James Dure
- 3. Griff Vittone
- 4. Nicholas Ferguson
- 5. Gus Torres

Men's BB - Masters 50-59

- 1. Griff Vittone
- 2. Carlos Velazquez
- 3. Gus Torres

Men's BB - Masters 60-69

- 1. Carlos Velazquez
- 2. Rich Rabin
- 3. Gus Torres

Men's BB - Masters 70-79

- 1. Richard Rabin

Men's BB - Masters 80+

- 1. Richard Rabin
- 2. Lauren Ramirez
- 3. Nina Sanhez

Men's BB - Masters 80+

- 1. Chelsea Lynch
- 2. Lauren Ramirez
- 3. Nina Sanhez
- 4. Elizabeth Rufasto
- 5. Shana Stiver
- 6. Amanda Cantu
- 7. Amber Kingsley
- 8. Kellea Vardy
- 9. Dawn Sanchez

Figure - Novice

- 1. Joyce Fendley
- 2. Nina Sanchez
- 3. Antoinette Walder
- 4. Ayesha Edmond
- 5. Antoinette Walker

Evening Gown

- 1. Jen Micheli
- 2. Shana Sliver
- 3. Tabby Callihan

Women's Transformation

- 1. Dawn Sanchez
- 2. Michael Borde
- 3. JT DiLauro

Men's Physique - Novice LW

- 1. Allen Miranda
- 2. Michael Borde
- 3. JT DiLauro

Men's Physique - Novice HW

- 1. Nathan Spare
- 2. Michael Poucher
- 3. Phillip Merritt
- 4. Shannon Dixon
- 5. Abraham Lara

Classic Physique - Novice

- 1. Jose Troche
- 2. Anthony Arena
- 3. Richard Sanchez
- 4. David Henderson
- 5. Phillip Merritt
- 6. Michael Poucher

Men's BB - Novice

- 1. Anthony Arena
- 2. James Dure
- 3. Kevin Watson

NGA PRO/AM Kentucky Natural

Classic

Lexington, KY
April 9, 2022

Promoter: Josh & Melissa Miller

PRO Bikini - Open

- 1. Mattea Swain
- 2. Rebecca Utley
- 3. Holli Devor

PRO Bikini - Masters 40+

- 1. Holli Devor

PRO Figure - Open

- 1. Andrea Alt
- 2. Carmen Glover

PRO Men's Physique - Open

- 1. Donald Johnson
- 2. Dan McCarthy
- 3. Austin Whitley

PRO Classic Physique - Open

- 1. Jamaal Williams
- 2. Keith Sharpe

PRO Men's BB - Open

- 1. Jamaal Williams
- 2. Sixto Fermin
- 3. Keith Sharpe
- 4. Ron Page

PRO Men's BB - Masters 40+

- 1. Sixto Fermin

- 2. Keith Sharpe
- 3. Ron Page

PRO Men's BB - Masters 60+

- 1. Ron Page

Bikini - Open "A"

- 1. Ashley Cosme
- 2. Treenah Knight
- 3. Brooke Broz
- 4. Sarah Threatt

Bikini - Open "B"

- 1. Kelly Adams
- 2. Lisa Smart
- 3. Amber Crabtree

Bikini - Masters 40+

- 1. Ashley Cosme
- 2. Treenah Knight
- 3. Lisa Smart
- 4. Sarah Threatt
- 5. Amber Crabtree

Bikini - Masters 50+

- 1. Sarah Threatt
- 2. Emily Orrender
- 3. Alisa Muncy
- 4. Atia Anyadiegwu
- 5. Maria Servi
- 6. Lumda Schwein
- 7. Zachela Wiethorn

Figure - Open

- 1. Emily Orrender
- 2. Alisa Muncy
- 3. Atia Anyadiegwu
- 4. Maria Servi
- 5. Lumda Schwein
- 6. Zachela Wiethorn

Figure - Masters 40+

- 1. Alisa Muncy
- 2. Maria Servi
- 3. Atia Anyadiegwu
- 4. Lynda Schwein
- 5. Zachela Wiethorn

Women's Physique - Open

- 1. Andrea Alt
- 2. Ashley Stephenson

Men's Physique - Open LW

- 1. Brendan Kelly
- 2. Michael Clark
- 3. Ryan Kolb
- 4. Jaye Olaniran
- 5. Greasy Belcher
- 6. Daren Spartman

Men's Physique - Open MW

- 1. Jaxon Moran
- 2. Mark Weber
- 3. Robert Johnson

Men's Physique - Open HW

- 1. Keenan Roirdan

- 2. Braxton Smith
- 3. Drew Dutiel
- 4. Dayton Kolinski

Men's Physique - Masters 40+

- 1. Keenan Roirdan
- 2. Greasy Belcher
- 3. Daren Spartman
- 4. Robert B. Johnson

Classic Physique - Open LW

- 1. Mark Cecil

Classic Physique - Open MW

- 1. Canaan Crume
- 2. Dillon Brelsford
- 3. Mark Cecil

Classic Physique - Open HW

- 1. Aaron Brooks
- 2. Kyle Smith
- 3. Austin Whitley
- 4. Timmy O'Keefe
- 5. Corey Benson
- 6. Justin Clements

Men's BB - Open LW

- 1. Brendan Kelly

- 2. Michael Clark
- 3. Roger Godsey
- 4. Greasy Belcher

Men's BB - Open MW

- 1. Dillon Brelsford
- 2. Mark Cecil
- 3. Cade Howie

Men's BB - Open LHW

- 1. Aaron Brooks
- 2. Kyle Smith
- 3. Timmy O'Keefe
- 4. Terry James

Men's BB - Open HW

- 1. Gary Burchfield
- 2. Justin Clements

Men's BB - Masters 40+

- 1. Mark Cecil
- 2. Gary Burchfield
- 3. Terry James
- 4. Roger Godsey
- 5. Greasy Belcher

Men's BB - Masters 50+

- 1. Gary Burchfield

- 2. Terry James
- 3. Roger Godsey
- 4. Greasy Belcher

Men's BB - Masters 60+

- 1. Roger Godsey
- 2. Greasy Belcher

Bikini - Novice

- 1. Ashley Cosme
- 2. Brooke Broz
- 3. Treenah Knight
- 4. Sarah Threatt
- 5. Amber Crabtree

Figure - Novice

- 1. Emily Orrender
- 2. Alisa Muncy
- 3. Lynda Schwein
- 4. Zachela Wiethorn

Figure - Junior

- 1. Emily Orrender
- 2. Jaxon Moran
- 3. Drew Dutiel
- 4. Brendan Kelly
- 5. Braxton Smith
- 6. Michael Clark

Men's Physique - Novice

- 6. Ryan Kolb
- 7. Jaye Olaniran
- 8. Robert Johnson
- 9. Daren Spartmen

Men's Physique - Junior

- 1. Jaxon Moran
- 2. Drew Dutiel
- 3. Timmy O'Keefe
- 4. Mark Weber

Men's BB - Novice

- 1. Dillon Brelsford
- 2. Brendan Kelly
- 3. Timmy O'Keefe
- 4. Michael Clark
- 5. Cade Howie
- 6. Justin Clements

Men's BB - Juniors

- 1. Timmy O'Keefe
- 2. Corey Benson
- 3. Cade Howie



NGA

Compete with the NGA where
your membership goes far ...

NGA AMATEUR SCHEDULE
NGA PRO SCHEDULE

Be the best you can be on stage
and attend an NGA Posing Seminar.

Contact The NGA Show Promoter!

NGA – The oldest natural and most reputable bodybuilding organization established in 1979.

NGA AMATEUR SCHEDULE

NGA PRO SCHEDULE

Become a Professional Trainer



Employment of Personal Fitness Trainers is projected to grow 10 percent from 2016 to 2026, faster than the average for all occupations. The need for Fitness Trainers is increasing. Dream BIG and create your own business venture.

What are you waiting for? Act Now!!

● Military ● Uniformed ● First Responders ● Current NGA Members ●
Inquire About Our Discount

Get NGA Certified



For Further Info & Testimonials Visit
www.personaltrainercertificationcourses.com

954-344-8410

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