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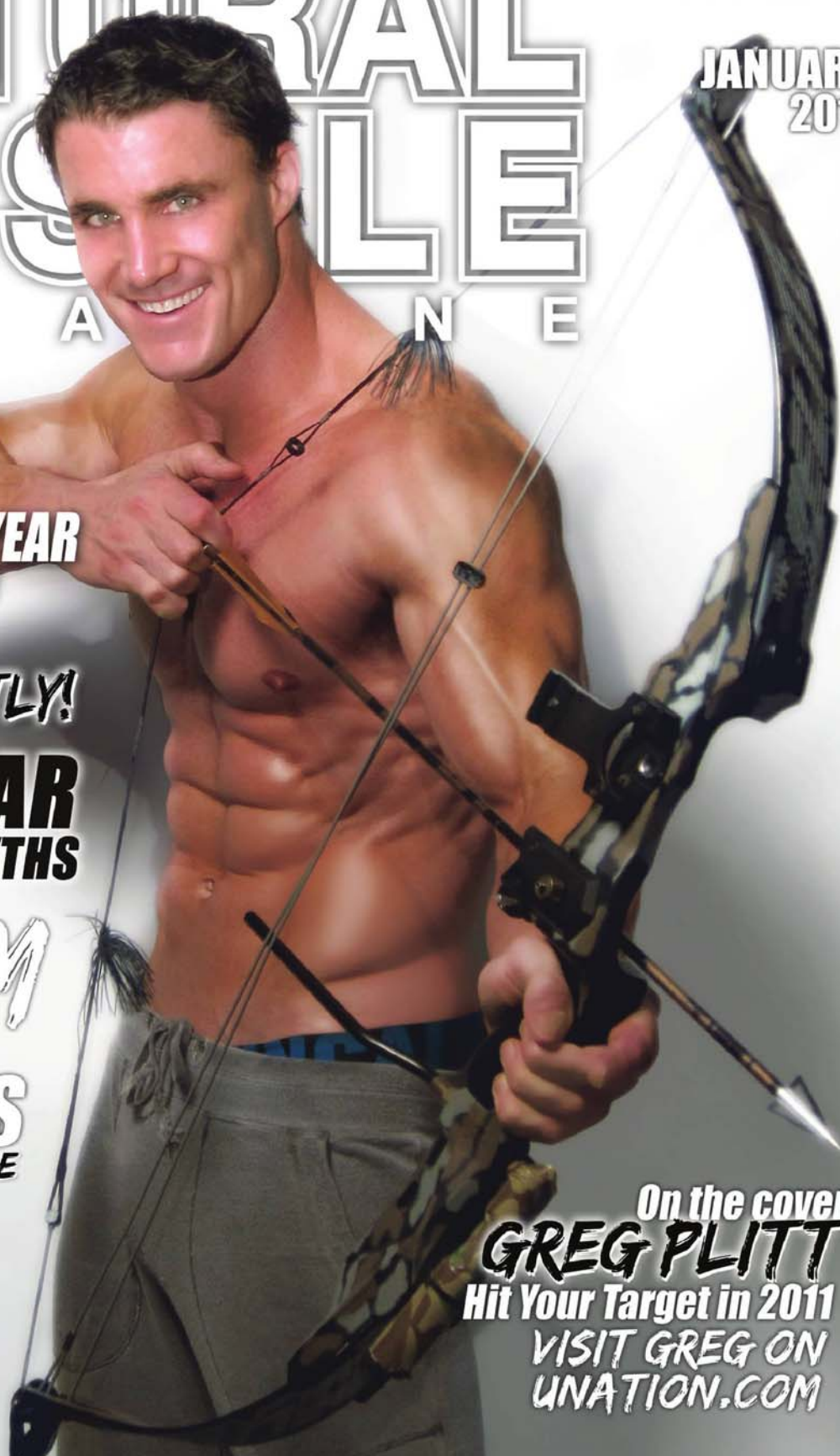
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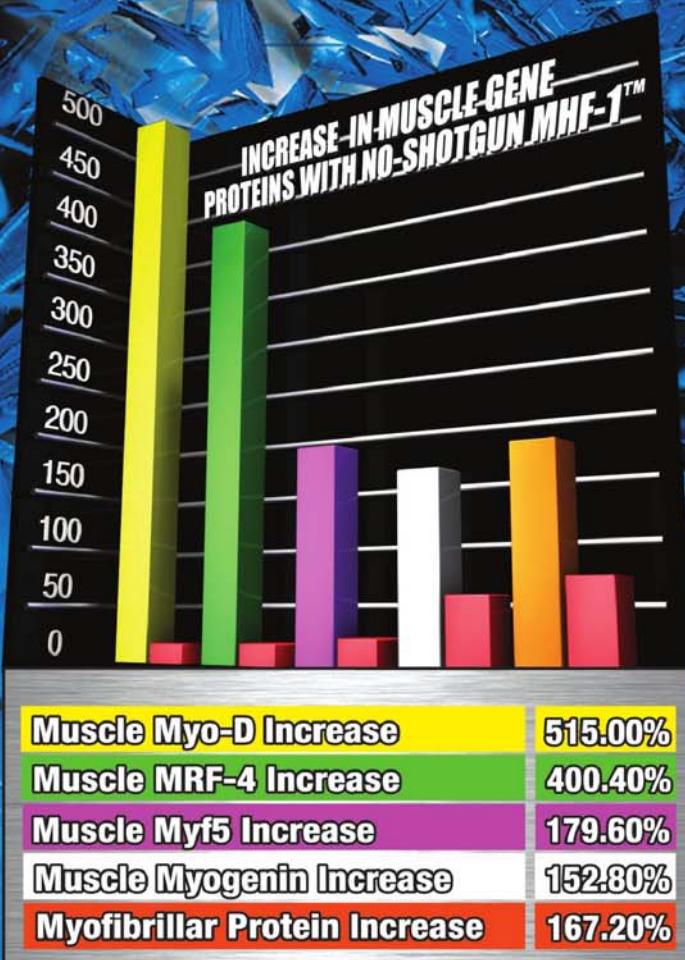
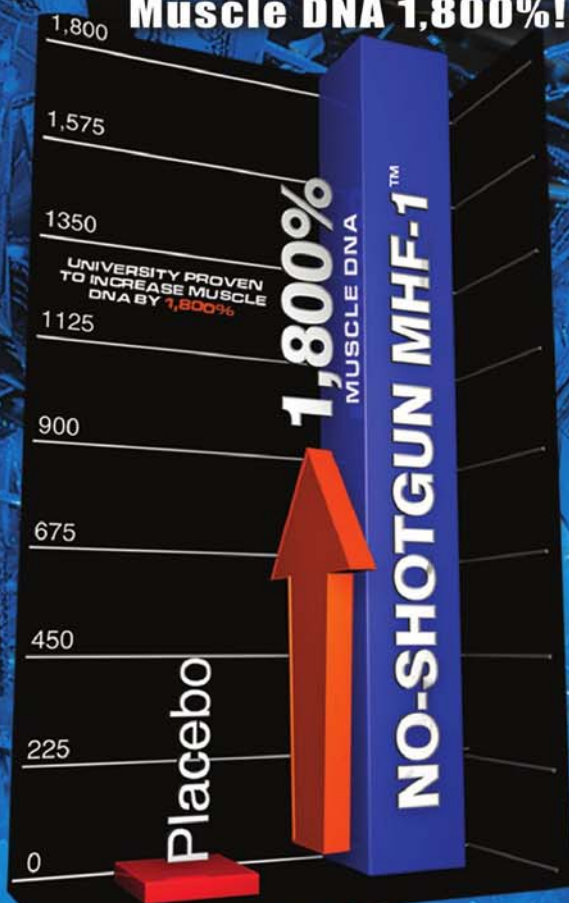
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Shelmadine B et al. Effects of 28 days of resistance exercise and consuming a commercially available pre-workout supplement, NO-Shotgun™, on body composition, muscle strength and mass, markers of satellite cell activation, and clinical safety markers in males. Journal of the International Society of Sports Nutrition 2009, 6:16 (5 August 2009)

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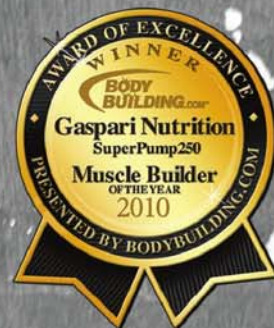


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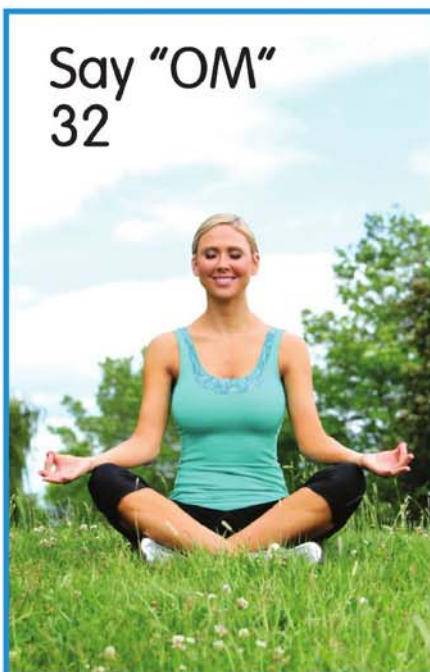
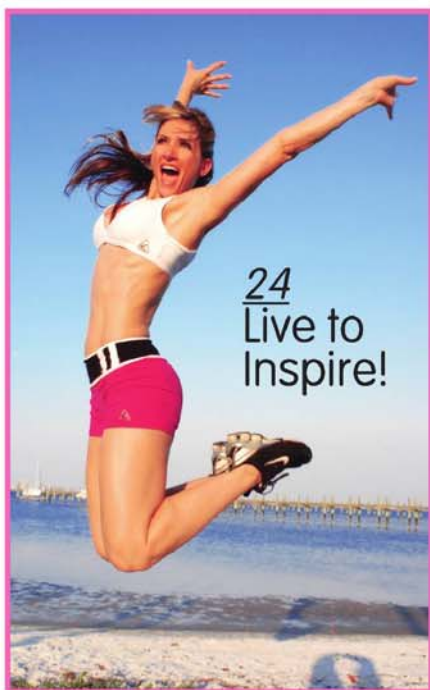
I CAN MAKE IT. I CAN  
DO THIS. I CAN PUSH HARDER.  
I CAN PULL STRONGER. I CAN ENDURE.  
I HAVE THE DESIRE TO TRAIN. I CAN  
MAKE IT. I CAN CONQUER.  
TO THIS. I WILL COMMIT TO THIS.  
I WILL FOCUS MYSELF. I CAN  
LAST LONGER. I CAN WIN.

...LIVE FOR THE KIND OF RESULTS  
POOLS OF SWEAT BUILD...



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**JANUARY  
2011**



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**On the Cover**

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*David Hughes*

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Vitamin B12 (as Cyanocobalamin)	30 mcg 500%
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## my two cents

Debbie Baigrie

**“Whatever the mind can conceive and believe, it can achieve.”**

**B**ack in the 19th century two brothers had an idea which eventually became their passionate and consuming dream. Their relentless pursuit of that dream was rewarded with an accomplishment that changed world travel.

On Friday December 17, 1903 at 10:35 AM, the Wright brothers (Wilbur and Orville) achieved their dream. They flew “the world’s first power-driven, heavier-than-air machine in which man made free, controlled, and sustained flight.” This memorable feat took place at Kitty Hawk, North Carolina on a cold windy morning.

The dream started with an idea that was planted in their minds by a toy given to them by their father. In the words of the boys, “Late in the autumn of 1878, our father came into the house one evening with some object partly concealed in his hands, and before we could see what it was, he tossed it into the air. Instead of falling to the floor, as we expected, it flew across the room till it struck the ceiling, where it fluttered awhile, and finally sank to the floor.” This simple toy made of bamboo, cork and stretched rubber bands, fascinated the Wright brothers and sparked their lifelong interest in human flight.

The Wright brothers were great thinkers. They enjoyed learning new things. Initially, they recycled broken parts, built a printing press and opened their own printing office. Their interest moved to bicycles and in 1893, they opened the Wright Cycle Company where they sold and repaired bicycles.

But Wilbur (the older brother) had his mind set on something more exciting. He decided to seriously pursue flying.

The brothers spent many hours researching, testing their machines and

the minds of two young men who did not finish high school. Believe it or not, they did not have a University degree in Aeronautical Engineering, Mathematics, Physics or any other subject. They were

not scientists in the true sense of the word. In fact, many of their peers who did not witness their accomplishment, had trouble believing that two bicycle mechanics from Dayton, Ohio did what they claimed.

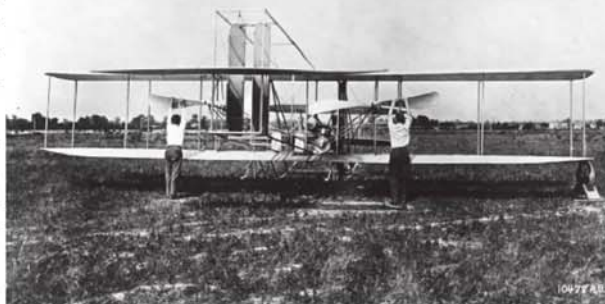
What idea or ideas are YOU working on? Have you said you can’t do this or that because you are not an expert? Have you limited yourself by saying you are

making improvements after unsuccessful attempts at human flight. What started out as a hobby soon became a passion. With determination and patience they realized their dream in 1903.

The next time you hear or see an airplane or travel on one, remember where it all started. A simply idea conceived in

not smart enough? Or have you joined the majority in saying that everything has already been invented, formulated, or discovered?

First, give birth to that dream with an idea. A simply idea that ANYONE of us can conceive! Happy New Year! Let’s make 2011 count.





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Eric Broser

# Q and A

## with coach broser

**Q. I am extremely ectomorphic. My goal is to gain as much bulk as possible, but I don't want to get too fat. I weigh about 155 and wish to get to about 185 in the next year. Should I be doing cardio along with my weight training?**

**A.** I was in a very similar situation as you when I first started, although I was even skinnier if you could believe that! I weighed a paltry 125 lbs when I first wrapped my hands around a barbell! So, in other words, I feel your pain, and can fully appreciate your question. As for my response ... I would have to say no, you should not do any cardio at this time. As an ectomorph struggling to add muscle and bodyweight the last thing you want to do is burn more calories and further increase your already racing metabolism through cardio. You want every calorie you ingest to be invested toward muscle repair and growth, even if you store a little added body fat along the way. The best way to avoid adding too much extra adipose tissue while gaining size is to make sure that you are eating a relatively clean high calorie diet. Try to get the majority of your calories from foods like steak, eggs, milk, chicken, fatty fish, protein powders, rice, pasta, potatoes, whole grain breads, fruits and vegetables. While the occasional pizza, ice cream and pancakes will not hurt you, make foods like this the exception and not the rule. Another point about cardio and the ectomorph that I want to make is that in my experience, those with this body type tend to have more limited recovery ability than most - not as much in regards to individual muscles as to systemic recovery. This means that as an ectomorph, overtraining is more of a concern than with other body types. Thus, the addition of cardio on top of weight training is not a good idea for us naturally skinny types (at least in the early bulking stages), as too much exercise will make too far an inroad into our recovery ability, eventually bringing gains in new muscle to a screeching halt!

So, my advice to you is to train hard and heavy no more than 4 days per week, eat at least 6 clean, high calorie meals per day, and to sleep 7-9 hours every night. That is your simple, yet most reliable equation for muscle growth.

**Q. When it comes to deadlifts and back development I am confused as to which form is better...partials deads in the rack, or full deads off the floor?**

**A.** Ask 50 different bodybuilders this question and you will likely get two different answers (I bet you thought I'd say 50 different answers, right?). Fifty percent will claim that full deads are the only way to go and the other fifty will swear by pulling in the rack. Very often, the bodybuilders that proclaim full deads to be king were either former powerlifters, train with a powerlifter, or lift in a gym comprised mostly of powerlifters! Two of the biggest backs ever in the pro ranks belong to Ronnie Coleman and Jonnie Jackson. Each of them deadlift at almost every workout, and it is always off the floor. However, both of these champions started out as powerlifters before becoming bodybuilders - and in fact, Jonnie will occasionally still compete in lifting meets when the mood strikes him. My point is that although many believe that anything short of full range of motion on deads is a waste of time, it is probably because they were taught to pull from the floor since the beginning and not because they are experts in kinesiology.

So, to answer your question, my opinion (based both on experience and education) is that when speaking specifically about what is most efficient for building the back musculature I would opt for the partial deadlift. The reason I say this is because in order to perform a proper deadlift from the floor you must drive the first half of the movement by primarily utilizing thigh, glute and hip power rather than the muscles of the back. When pulling in a rack you can eliminate a great deal of lower body recruitment and rely more so on the strength and combined contraction of the erectors, lats, and traps to lift the weight. So in a sense, partial deads actually can be said to "isolate" the back musculature better than full deads, which spread the mechanics of the lift over just about the entire body.

Your next question might be what is the optimal range of motion for the partial deadlift? Well, there is no "optimal" range of motion, but I have found three particular ranges to be quite effective when used in the following manner:

### WEEK 1

-Set pins to start the lift from just above the knees. Perform 3 sets to failure at around 8, 6 and 4 reps.

### WEEK 2

-Set pins to start the lift from just below the knees. Attempt the same weight as the week before for sets of 8, 6 and 4 to failure.

### WEEK 3

-Set pins to start the lift from mid-shin height. Again, attempt to use the same weight as the previous weeks for sets of 8, 6 and 4 to failure.

Take the 4<sup>th</sup> week off of deadlifts then start the cycle again but this time using a weight between 5-10 lbs heavier than in the previous cycle.

This is an excellent method for gradually increasing your deadlift poundage, which will also lead to a bigger, thicker more heavily muscled back. Just remember, no bouncing the weight off the pins to gain momentum! You will only be cheating yourself! Lift explosively to the standing position, and then slowly lower the bar back to the pins. Let the weight settle before each repetition. Now, it's GROW time!

Eric Broser has been involved in the health and fitness industry as a trainer, strength/contest prep coach, model, writer, consultant to nutritional supplement companies, and gym owner for over 20 years. He is an NGA and IFPA Drug Free Pro Bodybuilder and a two-time Natural Mr. Eastern USA winner.

Eric has penned over 50 articles on training, supplements, and nutrition, which have appeared in such magazines as Iron Man, Muscular Development, Muscle Mag International, Human Muscle and Performance, UCW and Muscular Health and Performance Illustrated. Currently he is a monthly columnist and contributing author for Iron Man, UCW and Planet Muscle magazines, and has authored two books on the subject of rapid and effective physique transformation. Eric is the pioneer of the popular POWER, REP RANGE, SHOCK and FIBER DAMAGE/FIBER SATURATION training methods, which are being utilized with tremendous success by thousands of bodybuilders and athletes across the globe.

Eric has also been featured on the cover of Iron Man magazine and has appeared in worldwide advertisements for major supplement companies including VPX Sports, Beast Labs, Epic Nutrition and All American EFX. As well, Eric has become one of the most sought after personal trainers and contest preparation coaches in the field by athletes, bodybuilders and members of the entertainment industry. Recently in May 2010 Eric Broser has been named the "Best Trainer/Author Combination" by Planet Muscle Magazine.

Eric is available for online training/coaching for bodybuilders, fitness and figure athletes for both off-season and contest preparation. Check out his website at [www.prrstraining.com](http://www.prrstraining.com) or email him at [info@prstraining.com](mailto:info@prstraining.com). The PRRS Mass Training DVD is available at [www.prrsdvd.com](http://www.prrsdvd.com). The PRRS Mass Training E-book is available at [www.x-traordinaryworkouts.com](http://www.x-traordinaryworkouts.com)



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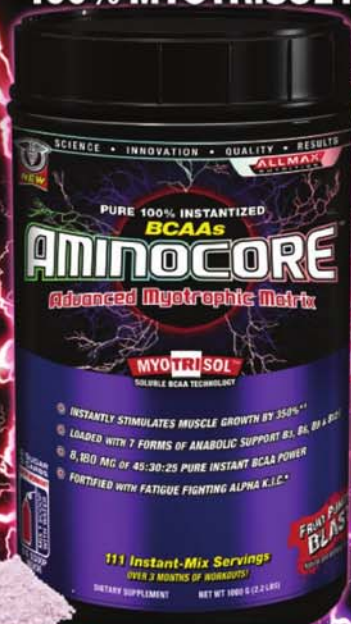
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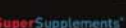
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**by Skip La Cour**

Six-Time National Bodybuilding  
Champion and Success Coach

# BODYBUILDING TIPS

## get into THE ZONE!

Skip La Cour's 11 Best Tips To Improve Your Intensity And Efficiency In The Gym

**A**s a natural bodybuilder, you know you must recruit all of your physical capabilities to build a great physique. What is also very important is utilizing your most powerful tool -- your mind. How well you use it will determine if you will acquire the body you strive for -- or if you will become just another "bellyaching" drug-free lifter wrongfully believing it can't be done without steroids or other illegal drugs. Here are 14 tips to help you develop and sharpen the mental power it takes to be a drug-free success story.

### 1. STOP WASTING TIME AND ENERGY THINKING ABOUT WHAT YOU COULD DO IF YOU TOOK DRUGS.

There are no reasons for natural bodybuilders to spend any time learning of the "amazing" things that steroids and other drugs can do for their physiques. Doing so will surely lead to eventual failure. This sport is tough enough to excel at without being constantly reminded of how much easier it would be by incorporating shortcuts. Instead, spend your time learning what it takes to build your body without drugs. You can't even name five different types of steroids, let alone describe what they are used for? Good! Keep it that way! Don't frustrate yourself.

### 2. DON'T CONCEDE YOU ARE INFERIOR TO ANYONE.

Never assume that you must be smaller or weaker than people using drugs. Don't concede you are inferior to anyone! Just because someone uses drugs does not guarantee that he or she will have a better physique or outperform you in the gym because you are natural. Don't sell yourself short. Your genetic potential and mental strength may determine that you can eventually have bigger arms or squat more weight. It will never happen however, if you do not believe it is possible. Others may rely too much on the drugs -- and not enough on the knowledge of training, nutrition, and supplementation. Although they may look good, they could still be greatly underachieving their real potential. If you let these slackers set limits on your development, you could be an underachiever also -- maybe even worse because you are drug-free. You won't have the drugs to compensate for your inadequacy.

Challenge yourself to look better than the people on drugs and train more efficiently in the gym. Your own genetic potential may determine it is quite possible -- so go for it!

### 3. WRITE DOWN YOUR GOALS.

You can't hit a bull's-eye without a target. So, you want to have a better physique? What do you specifically want to improve and exactly how much? In how much time do you want to accomplish it? List your goals! Write them down in specific detail. Instead of saying, "I want bigger arms," say "My arms are 14 inches right now but I want them to be 16 inches by the end of the year. I can accomplish this by working harder on both my biceps and triceps and use mostly heavy dumbbells and barbells. I'm going to use the Ron Coleman routine I read in All Natural Muscular Development and will read everything I can get my hands on about the subject."

Once you have committed to such a detailed vision, you should automatically see the intensity and desire during arm workouts dramatically improve. You have targeted certain performance goals that will take all your effort if you plan on succeeding. Every workout will become much more efficient. Your brain will work like a magnet attracting information to facilitate your effort. Read what you have listed as goals frequently to continually "fuel your fire."

If you are sincerely dedicated to reaching your goal, every day will be an opportunity to get closer to it. Every workout, every set, and even every rep, will be more meaningful. Everything outside the gym will also be seen as opportunities, such as each meal, each supplement, or every hour of sleep.

Listing your goals in specific detail will help you become more efficient at doing the things everyday that help dreams become reality.

### 4. NEVER STOP LEARNING.

The point at which you think you "know it all" is usually the time when all progress stops. Never stop learning and experimenting with new ways to do things. Bodybuilding is a sport that is constantly evolving. Over the years, many new and more efficient ways to train, eat, and supplement what you eat have been developed. Anyone who doesn't at least entertain new concepts is foolish. Why are the bodybuilders of today light-years ahead of those of just a couple of decades ago? Is it entirely because of the drugs? No way! It is mainly because of increased state-of-the-art information. You may not be able to benefit from the drugs, but you can benefit from that information. Don't be left behind -- never stop learning.

### 5. HAVE YOUR WORKOUT ENTIRELY PLANNED BEFORE YOU GET TO THE GYM.

Don't wait until you get to the gym to plan your workout. Try planning it the night before or at least on your way to the gym. Mentally put yourself through every exercise and every set. You will be amazed how prepared you will be to have a great workout. Don't let someone else do your planning for you -- be proactive! No other person has as much desire to improve your physique as you do -- so no one else should be planning your workouts. Take 100 percent responsibility for your progress.

Be structured with your workouts -- not instinctive. Instincts can sometimes misguide you. What if your instincts sometimes tell you to be lazy and cut your workouts short? Would you cut them short? Having a structured plan will help you steer clear the "path of least resistance" which will undoubtedly tempt you from time to time.

### 6. SHUT UP AND TRAIN!

If you are engaged in casual conversation in the gym, then you cannot possibly be fully focused on your training. To maximize your workouts, minimize your talking! Try not to talk between your sets. In that downtime, you can do things such as really try to feel if you actually hit the intended muscle in the right spot or study your training partner's habits to learn from either their positive or negative example. If you can't resist, then do your talking between exercises -- not sets.

### 7. BEFORE EVERY SET, GET IN THE HABIT OF ASKING YOURSELF, 'WHAT EXACTLY AM I TRYING TO ACCOMPLISH?'

If you ask yourself that question before you perform every set, you will constantly remind yourself of the need for proper form, strength, and intensity to be successful. Consistently performing each repetition of every exercise in such a manner over an extended time will surely lead to unbelievable gains. Get in the habit of asking yourself this question before every workout, every exercise, and every set. Also consider trying this with many things in your life outside the gym. Ask yourself





what you hope to accomplish before every important conversation, special assignments at work, etc.

Each major goal is accomplished usually after many smaller goals are reached. Think through those smaller goals and become 100 percent efficient at them.

## 8. SWITCH TO A ONE-BODY-PART ONCE-A-WEEK TRAINING SCHEDULE.

Physically, my training exploded to new heights after switching to training one body part a day and that body part only once a week. I became significantly stronger and recovered much more efficiently -- which led to a lot of new muscle. But what was even more amazing is how this training regimen affected me mentally. My intensity went through the roof because I no longer had to pace myself through long workout sessions. I had more confidence to go heavier and heavier. Concentrating on a single muscle group that day, I became more focused. And I developed a do or die attitude towards every training session because this was my only chance all week long to stimulate that particular muscle group to grow. It had to get done efficiently if I was going to improve in the way I so badly wanted.

There are many people training in the gyms today who still believe that "more must be better." They refuse to believe training one body part only once a week will lead to significant muscle growth. If not for its physical benefits, try it for the mental benefits for a couple of weeks. I discovered that my intensity that I thought was so great before was pale in comparison. Once you have felt this level of intensity, use it as a standard to apply if you should switch back to your old routine. You will learn that it will be very difficult to match that standard of intensity.

## 9. STRIVE TO LIFT MORE WEIGHT.

Lifting big weights equals big muscle. Don't let anyone try to tell you differently! It is very important for the natural bodybuilder to lift heavy weights on a consistent basis if he or she hopes to build quality muscle. Sometimes the weight you are able to lift is "all in your head." This could be a good thing or a bad thing -- depending on how well you use your mental power.

We have all seen the gifted people in the gym who can lift a tremendous amount of weight as compared to their body weight. How is it that some people can be so powerful? Before you start assuming that they must be on drugs, consider the fact that they may have devel-

oped a level of confidence or possess a burning desire that is worthy of your admiration. Use these people as inspiration and use the example they have set to propel you to new heights.

It is indeed possible for you to make tremendous gains in strength -- especially if you break them down into "bite-size" pieces. Start by challenging yourself to lift just five pounds more. Once you have built the confidence needed, try making it ten pounds and so on. Get some help if needed -- but try to lift heavier. A reliable

training partner who is ready to grab the weight in case you fail provides a simple way to be more comfortable as you challenge yourself to lift more weight.

## 10. CHOOSE A MENTOR.

Finding inspiration in a person can help you get -- and stay -- in the right frame of mind. There are so many different opinions on the best ways to do everything in the areas of training, nutrition, and supplementation, Whose advice should you follow? Choose someone whom you respect, admire, or identify with in a special way. Learn his or her opinion on everything. You will be surprised when you see how their success inspires you to do the same.

## 11. ENTER A CONTEST.

Competition can sometimes bring out the best in what people can accomplish. In life, it is when you put your butt on the line and leave your safety zone that you achieve outstanding results.

I believe that a big reason for my development over the last several years is due to all

the contests that I have entered. When there is always a contest around the corner, there is never time to ease off intense training. Pretty soon, that "contest intensity" becomes the regular standard -- not the exception. Training and eating right takes on a whole new meaning when you have to get up on stage in nothing but a tiny posing suit. Knowing that you have a show to prepare for always seems to bring out more intensity and will ensure that you are doing everything possible to build your physique.

Successful bodybuilding is only attained by those who are mentally strong. Being drug-free means you have to be even stronger mentally. Use these tips to help you develop your mind and expect a better-developed physique -- it is sure to follow!

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# many **TALK** BUT WHO **WALKS**

By: Anthony Alayon

Do you feel like achieving your weight loss or fitness goals are impossible? If so I would like you to read this article below as I am 100% confident that it will change the outlook of your current situation!

**H**e is at the 30, 20, 10, touchdown Appalachian State! The mountaineers have done the impossible and have defeated the #5 team in college football. These were the words and thoughts of many on September 1, 2007 as they witnessed what was and still is considered to be the biggest upset in the history of college football.

Anybody who is an advocate of sports or has the slightest bit of common sense would have never predicted that a division 2A school would have been able to pull this unprecedented victory off EXCEPT for the team and coaching staff of Appalachian State.

So, how does this relate to fitness and achieving your results? The fact is that if you were to go up to any player or coach on Appalachian State before the game, they would have told you with total confidence they would win the game. Even the bookies in Las Vegas and sports betting fans did not give them a chance but they proved it to the world by not only talking the talk, but walking the walk!

Likewise, there are many people who will doubt your abilities to achieve any of your goals such as losing x amount of pounds or building x pounds of lean muscle. But, when you realize that you can control your own destiny by following a few basic principles, you are destined to do what many consider to be the impossible and get the results you desire.

The problem many people have is they talk a mean game but at the end of the day, they really do not believe that it is possible or doubt themselves which leads to their destruction. The best way to avoid this is to change a few things.

With that being said, here are 5 things you can do to walk the walk!

## **1. Think of Your End Goal and Hold On to That Thought**

What I mean by this is to think of what it is you are trying to do such as losing ten pounds. Once you have established that thought, DO NOT erase it or let anyone tell you that it is impossible to achieve that thought. Think of your thought as concrete once it has hardened. You can walk all over it but it will not break. This is the way you need to be when holding on to the thought of achieving your end goal.

## **2. Immerse Yourself in the Culture**

Simply surround yourself around things that will get you closer to your goal such as reading a new fitness or weight loss article. Even go as far as hanging posters on your wall of the model body you want. Whether it is a strong muscular physique or a toned beach body, make sure to do this important step.

What you are doing with this is immersing yourself around the culture of your end goal. It will serve as a constant reminder of what it is that you are trying to do and eliminate any thoughts that may sway you into thinking it is not possible.

## **3. Forget About Failures of The Past**

Regardless of how you may currently feel, think of today as a new beginning. Forget about your past failures and realize that they can serve as a lesson for achieving your end goal. These lessons can be looked at as things NOT to do when you travel along your new path of success.

Going back to holding on to that thought of what you want, thinking positive goes hand in hand with this as the energy you will release a sense of self-empowerment. And anyone who has achieved their set goals knows that feeling like you are in power of the outcome is important!

## **4. Energy + Motions : Emotions**

Always remember that your emotions play a key role in determining whether or not you will achieve your set goals. When you allow your energy to move in the wrong direction or allow the thoughts and actions of others to determine your very own thoughts, it is then that you self-destruct and become your own worst enemy.

With positive thinking and surrounding yourself around the right people, you will allow your energy to move in the right direction and you will be one step closer to your end goal.



What I like to do when I feel that I am not in power or control of my very own emotions is to think of a simple analogy. That analogy is that you can take a room filled with complete darkness and with the strike of a match the room is instantly filled with light, truth and wisdom. But you cannot do the opposite! You cannot take a room full of light, truth and wisdom and make it pitch black.

## **5. Write Down The Things That Make You Happy**

To help prevent negative thoughts from entering in your mind, it is a great idea to write down the things that bring joy and happiness to your life. For instance, for some it may be writing about your pet dog and for others it may be a son, daughter, boyfriend, girlfriend, occupation or the fact that you lost 3 pounds that brings this state of mind into your life.

Regardless of what the things that bring happiness to your life may be, write them all down on a daily basis if needed until you have mastered your emotions.

**Conclusion:** Once you have reached the point of mastering your emotions with a combination of all the things mentioned in this article, you will be untouchable! There will not be a single person that will cause you to think that you are not in control of your own destiny!

*Anthony Alayon is a C.F.T. (Certified Fitness Trainer), has a bachelor's degree in accounting and is the creator of The Fat Extinction Program. He has dedicated over 10 years of his life to health and nutrition and specializes in helping others lose weight.*

*To learn more about Anthony Alayon, visit his web site at [www.fatextinction.com](http://www.fatextinction.com).*



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# traps, back, and rear delt training



## FOR WOMEN

### If you still require some convincing, here are a few benefits to developing a Strong Upper Body:

- Creating the appearance of a smaller mid-section.
- Broader shoulders and well-toned lats can help create the illusion of an hourglass frame.
- Less lower back strain and pain is achieved as you begin to build your upper body.
- Neck and shoulder stiffness associated with poor posture (caused through muscle imbalance) can be alleviated through developing stronger rhomboids and lats.
- A strong upper body promotes good posture, creating the image of confidence. It is no secret that women that walk straighter appear healthier and more confident.

Another way to ensure you stay feminine and lean is to follow a diet that will allow you to continue to train with a calorie-burning intensity. ALLMAX Isofemme Protein Smoothie has all the protein your muscles require for recovery after a workout. Isofemme is a non-estrogenic protein supplement designed specifically for women. It includes ingredients such as cinnamon bark that helps stabilize insulin levels after a workout. Moreover, the herb Fenugreek Seed aids in digestion and regulates blood glucose levels. Both these ingredients can help fend off cravings. This not only makes it easy to stay within your caloric intake range, but becomes a quick and delicious way to increase your protein intake throughout the day.

As a personal trainer, I am constantly met with the stereotypical concerns of women regarding muscularity and the overplayed fear of looking manly.

Many women fear that weight training alone (regardless of program type and/or design) will inevitably turn them into the next She Hulk. This popular misconception is far too common. As such, women will often develop or tweak a program to avoid developing their man muscles. As a result, many women avoid training important muscle groups such as their traps and lateral and rear delts out of fear of looking manly.

The truth is that properly developed traps and deltoids can help offset a strong and/or tight chest muscles that lead to poor posture and a horrible aesthetic. This in layman's terms is often referred to as poor muscular symmetry and leads to upper and lower back pain, as well as neck and shoulder strain. This is not to say women must appear manly in order to stay injury-free. They do, however, have to understand that muscle is important in maintaining not only a strong body but a lean one as well. Upper body training simply requires a feminine touch to ensure a sexy yet strong upper body.

Assuming you work in an upper body/lower body split, your upper body can be trained in a circuit.

This circuit is cable-based. To keep your rest time to a minimum, make sure you have all the required cable attachments (ropes, bars and handles) for the circuit within arms' reach.

Perform all exercises back-to-back, resting only to switch cable attachments. Repeat each circuit 3 times and limit your rest time in between circuits to 1 to 2 minutes.



High Cable Crossovers	12-15 reps
Push-Ups	to failure
Standing Straight Arm Pulldowns	12-15 reps
Leaning Cable Lateral Raise	12-15 reps
Cable Upright Row	15-20 reps
Bent-Over Barbell Row	15-20 reps
EZ Bar Bicep Curl	2-15 reps
Cable Triceps Kickbacks	12-15 reps

Being a strong and feminine woman has just been made a bit simpler. Step up the intensity with a circuit, increase your protein with Isofemme, and stand taller and prouder with a strong back and shoulder set.

Valeria Fazio holds a B.A. Honors degree in history from Carleton University and a diploma in professional writing from Algonquin College. She has been competing in amateur fitness and figure competitions for three years, and has recently qualified for the 2011 Ontario Provincial Figure Championships. As a certified personal trainer and nutritional coach, Valeria helps others in her free time to achieve their fitness goals.



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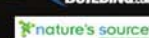


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It only took me 43 years, a loving family and amazing friends to finally figure out why I stay so busy!

By: Gina Ostarly  
photo by Walt Ostarly

**D**oing what I love is what keeps me going. I don't have time, but, I make time to do what I love the most. Get in a workout most every day? Yep. Train and help others reach their goals? Yep. Stay informed on the latest nutrition trends so I'm always ready to help? Yep. Work as a make-up artist so others really sparkle? Yep.

Somehow I always find time to get it done. Not because I have to, but, because I want to. It's who I am and it's also part of my past. My mother always wanted more time to do more and live her life to the fullest. Part of me is fulfilling her dream.

So, where does that leave you? If you don't have a ripped body and bulging biceps, does that mean it's not "who you are" and you can never have that? If you're more interested in cheesecake than bicep curls, does it mean you're just destined for a future of flabbiness?

Nope. Sometimes life just gets us off our true path and it takes a real effort, and help from our friends, to get back where we belong. 2010 was that way for me. I didn't do a single show, and getting on stage is something I had consistently done for a decade before. But I've already scheduled a show for 2011 and it feels good to have that in my future. I've missed the preparation and excitement of getting ready. I've missed people in the audience calling out my name to encourage me. I've missed the tiny bit of nervousness in my belly just before I hit the stage. The more I think about it, the more excited I get about competing again. I had almost forgotten how exciting it can be!

### What have you almost forgotten?

Did you have a rockin' body back in college? The kind of body that inspired you to buy tight jeans and tiny tops? The kind of body that kept guys hovering around you? That was inspiring and helped you see yourself in a very positive way, didn't it?

You're probably not inspired by compliments anymore. They're nice but fleeting. Constant compliments tend to bounce off us like raindrops off a newly-waxed car. So you'll have to look deeper.

Do you love your husband or wife? How about your kids or grand kids? If you're not willing to get healthy for yourself, will you do it for them? If you're a grandparent like I am, you'll probably do anything to get that "perfect" birthday present or special something for your grandchild. You'll drive wherever and spend whatever to make them happy. Where does such motivation come from? Your deep love for them and the equally deep desire to make them happy.

So it is with your health. People never get out of their healthy lifestyle all at once. They try hard at times but then tend to slack off, gradually. Sure they care, but, only on occasion. Want to see someone really care about their health? Just let a diagnosis of cancer come into their lives. In just a few weeks they'll be experts on the subject. That's because there is no "next time" or "later" waiting for them to get healthy. They have to do it, right now, and they literally care about their health with all their hearts.

Our lives more often go like this: "Oh, I'll splurge and eat this big meal tonight. No problem. I'll get right back in the gym next week and start working it off. I can eat better from here on and it won't matter a bit."

And that would be nice, if it were true. Too often, that big meal is followed by a busy day at work, and, that leads to a good excuse not to hit the gym. Then the next day is busier, then something happens with a family member that requires attention. All those things, pieced together, creates a week of overeating without much activity.

And even THAT would be okay, if it didn't continue. The next week might be better, let's say with one good workout but still not the cleanest eating in the world. So, it's another week of gaining weight. And another week of losing muscle tone and fitness. And another week of getting farther away from how GREAT you felt when you were eating right and exercising.

And, when you feel bad, who wants to go to the gym? It's far easier to relax on the couch. We're good at telling ourselves we need the rest now -- that the gym will always be waiting. We can always get back to it next week.

By then, we might have gained 10 pounds. And in our mind we say: "That's fine, I can lose 10 pounds easily. I've done it before and I can do it again. I'll just get started in the day few days or so, and everything

will be great again."

Except that, a few days later, we've gained 12 pounds. Then 14. Then before we know it, we step on the scales one day and we've gained 20 pounds from where we used to be. Getting lazy simply promotes more laziness.

### And how did we do it? One decision at a time.

Take it to heart that every decision you make helps direct your future. If you take a wrong step.. make the NEXT one the right step. The farther you walk away from the person you want to be, the harder it is to find that person again.

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# 14 popular SUPPLEMENT MYTHS

Separating truth from myth can often be difficult in the muscle building and fitness realm. Everyone has an opinion, and often these opinions are based on rumors, misinformation, or a 10 second blurb overhead on the nightly news or radio. Many supplement myths remain prevalent, despite the fact that these myths have been extensively studied and proven to be wrong.

This article will take a look at 14 popular supplement myths. You will first be presented with the myth, and then the truth that will dispel this myth. If you know of an existing supplement myth that is not on this list, I encourage you to do your own research and look at both sides of the debate. Supplements are often painted as unnecessary or dangerous. Nothing could be further from the truth.

By: Steve Shaw

## **Myth #1: Whey Protein Makes You Fat**

**Truth** – Whey protein doesn't make you fat. Only eating an excessive amount of daily calories can make you gain fat. Eating a proper amount of daily protein will ensure maximum muscle gains. On the other hand, if you undereat protein, you make it harder for your body to add muscle.

## **Myth #2: Supplements Are A Waste Of Money**

**Truth** – There are an amazing number of effective nutritional and muscle building supplements on the market that help to maximize performance and overall health. Don't let the exaggerated claims of a handful of snake-oil salesmen keep you away from products that amplify your efforts.

## **Myth #3: I Eat A Good Diet, I Don't Need Supplements**

**Truth** – A well-balanced diet is a good start, but it does not mean that you are meeting all of your body's nutritional needs. Nutrient needs can change and fluctuate because of age, health, stress and intense training. Consider supplements an insurance policy, one that fills in the gaps.

## **Myth #4: All Supplements Are The Same Quality**

**Truth** – Not all supplements are created equal. Different companies have different standards. Some companies rely on a lower quality and purity of raw materials so they can provide a lower price. Don't purchase supplements based on price. You may be throwing your money away. Instead, seek out the opinions of others and research the best-selling products.

## **Myth #5: Creatine Is A Steroid**

**Truth**: Creatine is nothing like a steroid. Creatine is a natural substance found in the human body that helps to supply energy to (primarily) muscle cells. Performance enhancing anabolic steroids are drugs that mimic the benefits of the male sex hormone testosterone and are most commonly taken in excessive, dangerous dosages. While creatine is safe and natural, steroid use comes with many potentially dangerous side effects.

## **Myth #6: Supplements Improve Your Strength And Muscle Mass Even If You Don't Train**

**Truth** – While supplements can improve your overall health, battle stress, improve sleep and bolster your immune system, they are not magic pills and powders that can turn you into a bulging bodybuilder. Supplements help to amplify your training, but they will not make you bigger or stronger if you are not working hard in the gym.

## **Myth #7: Supplements Cause Many Side Effects**

**Truth** – The majority of ingredients contained in supplements are found naturally in the human body, or in the food we eat. Proper supplementation yields very minimal side effects.

## **Myth #8: Creatine Causes Kidney Damage**

**Truth** – Because of its popularity as a performance boosting supplement, creatine use has been extensively studied. Creatine has been shown to be safe and non-toxic for use by individuals with a healthy kidney (renal) function.

## **Myth #9: Creatine Use Causes Muscle Cramps**

**Truth** – As with the previous myth, this myth has also been studied and proven to be incorrect. In fact, one study revealed that athletes who supplement with creatine actually experienced fewer muscle cramps, strains, injuries, dehydration and muscle tightness. (Mayhew, Mayhew, and Ware)

## **Myth #10: Everyone Will Experience The Same Benefits From A Supplement**

**Truth** – This is completely false. Each individual is unique, and no two athletes train the same or eat the same. Often times you will find that creatine or pre-workout, nitric oxide supplements work better for some than others. In fact, it is often the case that one person will experience minimal benefits from one brand, but receive great benefits from another. Don't assume that because a supplement didn't work well for your friend, that it won't work for you.

## **Myth #11: High Protein Diets Are Unhealthy**

**Truth** – There is no research to back up the claim that a high protein diet impacts healthy individuals with proper kidney functioning in any negative way.

## **Myth #12: Athletes Do Not Need Extra Protein**

**Truth** – Research reveals that hard working athletes do require extra protein. Exercise tears down muscle tissue, and additional protein helps assist the body in repairing and rebuilding this damaged tissue. In addition, studies point to the reality that athletes who undereat protein – or eat what is considered to be a "normal" amount of protein – actually lose muscle tissue.

## **Myth #13: Fat Burners Are A Waste Of Money**

**Truth** Most popular fat burning supplements contain a battery of ingredients that are effective at stimulating your metabolism and encouraging and assisting the body with burning fat. While fat burners are certainly not miracle products that will help you shed fat even if you are eating poorly, combined with weight training, cardio and a proper diet they assist in bolstering your energy and metabolism during long periods of weight loss.

## **Myth #14: Our Body Produces Enough Omega-3 Fatty Acids On Its Own**

**Truth** – The body doesn't produce omega-3 fatty acids on its own. Omega-3's are considered essential, meaning the body is incapable of producing them, and they must be obtained through the food we eat. Supplements such as fish oil supply the body with needed omega-3 fatty acids, and are very beneficial to hard-training athletes and individuals who are on a limited calorie diet.



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## MAKE 2011 THE YEAR YOU GET THE BODY OF YOUR DREAM ...Permanently!

The beginning of the year is a wonderful thing! It feels like a fresh start and you're super motivated to accomplish all of your goals! Out of all the new resolutions millions of people set each and every year, getting in shape, is at the top of those lists. Unfortunately, those enthusiastic feelings, motivation, and drive, tend to fade fast (especially when it comes to diet and exercise) when the reality that change doesn't happen overnight sets in.

There are a few things you must adhere to in order for you to seriously reach your goals, but also to maintain them permanently, which happen to be the hardest challenge. The three key components are: Perception, change of lifestyle, and plan for success.

Perception is the first thing you want to revise because it either sets you up for failure or success! Perception is a mindset of your feelings and thoughts on a task you are attempting to do. Do you think of exercise as an obligation, hard task, boring, or time consuming? Well, with such feelings, it's no wonder why you fall off your program and diet. It's time you take a serious look at these excuses you've been telling yourself every year. It just might be a time for a change of perception, don't you agree?

Try to switch those thoughts and feelings and see exercise as a way to boost your energy, relieve stress from work and hectic days full of responsibilities, the only time you can be excused from being selfish and do something for yourself, a way to improve your overall quality of life immediately!

See what difference a change of perception can make? Understand that you will never accomplish the body of your dreams unless your lifestyle encourages and supports your goals with healthy eating and exercise. Willpower, motivation, and the newest "diet phenomenon" are not enough for you to reach your goals, never mind keeping the results permanently.

Now, let's cover the lifestyle changes that need to take effect in order for you to succeed permanently. First and foremost, you need to figure out an exercise and nutritional plan that you can sustain not just for a few weeks, but for the rest of your life.

To do so you must analyze your bad habits and replace them with good or better ones. Learn the obstacles that cause you to stumble so that you can find ways to prevent them and set an alternate solution to when it happens. Stop dieting and following the "hottest fad diet". You need to create a meal plan that suits your taste and convenience. Focus on healthy eating using foods you love to eat. Be creative and open to trying new foods and prepare them in various ways. Prioritize and set a schedule to workout that you can stick to. Find ways to make exercise part of your day and enjoyable. Set up an environment that supports your new lifestyle. Keep unhealthy food out of your convenient reach, join a group fitness program that motivates and encourages you, and motivate your friends to get healthy as well. By figuring out what your bad habits are and setting up a life that avoids them from getting in the way of your goals will set you up for everlasting success!

You've heard this saying time and time again: "Those who fail to plan, plan to fail." Well, this is a fact when it comes to accomplishing anything in life. Your plan should include your specific goal in detail (i.e. a reasonable weight loss and target day, reasons on why you want this, deep emotions you will feel once you've reached your goals, what steps you will take to maintain your results, etc.), specific meal strategy, and workout program. The following workout plan will give you a good base to start from. It incorporates effective exercises that target the entire body in various types of training intensities and modalities, easy to incorporate to your schedule, and prevents boredom so you stay motivated.

This exercise program requires only 4 days a week with an optional additional day for faster results. You will be lifting weights in various effective intensities and modalities to target each muscle fiber, works the entire body with compound exercises, maximizes results in the shortest amount of time, and prevents plateaus! Cardio will be done in the same day of your resistance training session. You will first complete the weightlifting routines before going into your cardio sessions.

### UPPER BODY TRAINING

Exercise	Sets x Reps	Rest
Lat Pulldowns	3 x 12 reps	1min
Seated Cable Rows	3 x 12 reps	1min
Chest Press	3 x 12 reps	1min
Military Press	3 x 12 reps	1min
DB Laterals	3 x 12 reps	1min
DB Bicep Curls	3 x 12 reps	1min
Rope Tri Pushdown	3 x 12 reps	1min
Rev. Crunches on bench	3 x 15-20 reps	1min
Back Hyperextensions	3 x 15-20 reps	1min

These exercises are to be completed in a single set manner, meaning, you complete a set for the specified number of reps and rest for the specified time. Repeat for the two remaining sets before moving to the next exercise.

### LOWER BODY TRAINING

Exercise	Sets x Reps	Rest
Squats	3 x 12 reps	1min
Lunges	3 x 12 reps	1min
BB Romanian Deadlifts	3 x 12 reps	1min
Leg Extensions	3 x 12 reps	1min
Laying Leg Curls	3 x 12 reps	1min
Standing Calf Raises	3 x 12 reps	1min
Rope Crunches	3 x 15-20 reps	1min
Planks	20 secs- 1min	1min

These exercises are to be completed in a single set manner, meaning, you complete a set for the specified number of reps and rest for the specified time. Repeat for the two remaining sets before moving to the next exercise.

### TOTAL BODY TRAINING

Exercise	Sets x Reps	Rest
1a) BB Bent Over Row	3 x 12 reps	No Rest
1b) DB Incline Chest Press	3 x 12 reps	1-2 min
2a) Leg Press	3 x 12 reps	No rest
2b) Seated Leg Curls	3 x 12 reps	1min
3a) DB Overhead Press	3 x 12 reps	No rest
3b) Seated Calf Raises	3 x 12 reps	1min
4a) Skullcrushers	3 x 12 reps	No rest
4b) Preacher Curls	3 x 12 reps	1min
SB Crunches	3 x 15-20 reps	No rest
SB Hyperextensions	3 x 15-20 reps	1min

These exercises are to be completed as a superset manner, meaning, you complete

a set of exercise A for the specified number of reps and move right into exercise B without rest for specified number of reps before resting. Once both A & B exercises are completed, rest for the specified time. Repeat for the two remaining sets before moving to the next superset.

### BOOT CAMP WORKOUT

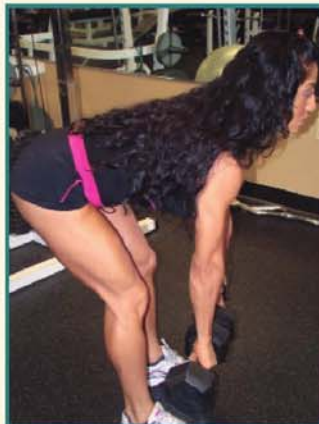
Exercise	Sets x Reps	Rest
Squat & Press	3 x 8-12 reps	No
Push Ups	3 x 8-12 reps	No
Plank Single Arm Rows	3 x 8-12 reps	No
DB Romanian Deadlifts	3 x 8-12 reps	No
Walking Lunges	3 x 8-12 reps	No
Burpees	3 x 8-12 reps	No
Bicycles	3 x 8-12 reps	2-3mins

These exercises are to be completed in a Circuit style manner, meaning, you complete a set for the specified number of reps of each exercise, moving from one to another without rest (no more than 20seconds in between). Once you have completed all of the exercises, you rest 2-3 minutes. Complete 1-3 sets depending on your fitness level.





Crunches



DB Romanian Deadlifts



Walking Lunges



Hyperextensions

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Upper Body	Lower Body	Rest Day	Total Body	(Optional)	Boot Camp	Rest Day
30 min Cardio	30 min Cardio		30 min Cardio	30 min Cardio	workout	

Plank Single Arm Rows



Lat Pulldowns

By Carol Medina  
Dialed In Fitness Owner,  
Fitness Expert, IFBB Amateur  
Peruvian Figure Athlete  
[www.dialedinfitnessonline.com](http://www.dialedinfitnessonline.com)



Remember, reaching your best shape ever requires a lifestyle change and life commitment. You must change the way you think about exercise and nutrition, how you prioritize your goals, getting prepared by proper planning, and doing whatever it takes to ensure you stick to your plan and stay consistent. Success requires planning, discipline, and finding ways to motivate yourself on a day to day basis. Motivation is like a roller coaster with highs and lows, so it's important to recommit to them every single day. Make the necessary tweaks so that your plan fits whatever lifestyle changes occur in the process and always evaluate your attitude to ensure it positively conforms to your goals. Don't feel discouraged if there are times when you're lacking motivation, even the most committed athlete sometimes feels the same way. You must work at this every day. At your worst day, just do as Nike says and "Just Do It!" Believe me, once you get done, you will feel uplifted, accomplished, and motivated to continue. Now, get to it... Make your body of your dreams a reality this 2011 and the years to come!



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Living Your Lifestyle with Laura Mak



# FITNESS Perfection

By Laura Mak Quist, MS  
IFBB Fitness Pro  
LauraMak.com

Welcome to 2011!! Yes, it is already here and I presume you are in full swing, ready to make this year the best one yet. Hopefully you took some time at the end of last year to evaluate the outcome of your 2010? What goals did you accomplish? Which goals didn't seem so important? I would like to think you praised yourself for the accomplishments, and moved forward on to new and relevant goals for 2011.

The great thing about having your own goals is you don't have to measure up to anyone else. It is just based on YOU. By creating challenging and achievable goals that have measureable outcomes, you will not only know exactly when you have achieved your goal, but also you will enjoy the satisfaction of completing a task relevant to you. Sure you may have more than one goal, and some goals may take longer than others. But know there is no

one perfect way to achieve your fitness goals. In fact, many times I have seen clients get so caught up about being perfect, that when "life" happens (and it always will), they just completely blow all the work they did in the previous weeks that built up to the slightly imperfect moment. For example, a client missed one workout one day and then not only did she take the rest of the week off, but she also stopped eating healthily. Missing one workout isn't the end of the world, and it doesn't negate everything you have accomplished. Fitness shouldn't feel like the "all or nothing" principle. Fitness is an ongoing lifestyle.

Nevertheless, I have been around several industries that are based on perfection. Many of you know I was an elite level gymnast for numerous years, and then earned a scholarship for gymnastics Michigan State University. Shortly thereafter, my athletic career followed in what became a nine-year professional competitive-fitness career. I enjoyed competing as an IFBB Fitness Pro which

included traveling and competing all over the world.

In fact, everything (athletically), I have competed in strived for the end goal of perfection. In gymnastics it was the perfect "10" and in fitness it was the perfect routine matched with the perfect body. The problem was, "perfection" was determined by someone else. It was structured for officials to judge me and compare me with others. They used their expertise to see if I was perfect in my physique, performance, and showmanship. Although I completely loved what I was doing when I was competing, I am now happy striving for my own perfection, which is solely concluded by = me.

Have you ever gotten caught up in your "perfect" fitness routine, then somehow fell short? What if your goal was to do 45 minutes of cardio but you only did 30 minutes? It was less time, but you worked at a higher intensity because you knew you were restricted on time.

**I have seen clients get so caught up about being perfect, that when "life" happens (and it always will), they just completely blow all the work they did in the previous weeks that built up to the slightly imperfect moment.**

Is this an imperfect routine or does your definition of perfect become slightly changed? Have you allowed someone else's idea of perfection affect you? These are all points to consider now that we are entering a new year.

Review your fitness training, and see if you are unnecessarily hard (or easy) on yourself. Do you allow for adaptations of "life"? Do you continue moving forward? What is your perfect routine and how can it stay perfect with changes?

My fitness campaign 2011 is about finding passion in your fitness while keeping balance in your lifestyle. Keep the competition within yourself. Allow yourself to adapt to unexpected life situations. Continue to include fitness as a regular part of your daily routine. Most of all, remember that you are already perfect in all that you do.

For more information you can visit Laura's website at [www.LauraMak.com](http://www.LauraMak.com)



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# say OM



by IFBB Bikini Pro Marzia Prince  
Photos by Paul Buceta

## What are the Benefits of Meditation?

Since the 1960's, thousands of studies have found that regular meditation produces many positive benefits to the mind and body. It all starts in the brain. Whoever said that the mind is a powerful thing was not joking. There are literally hundreds of reasons why to meditate, but here are just a few to peak your interest.

- Studies done by Yale, Harvard, and Massachusetts General Hospital show that meditation increases the gray matter in the brain. It slows down the deterioration process of the aging brain. It builds new neural connections. How's that for anti-aging!
- Meditation is what gives you control of your brain waves. Doctors are now using meditation for pain and relief instead of using drugs.
- Many doctors and scientist believe that your brain is the only thing that keeps you

happy. By meditating, it will give you a positive outlook on your life no matter what your situation in life is.

- Many people use it to enhance their religious practice or get in deeper touch with their spiritual side. It brings a deeper connection by finding their inner peace. It also brings enlightenment.
- Studies say it improves your memory and raises your IQ. Sign me up! We improve ourselves physically, why not mentally!
- Struggling with who you are or what to do in life?

It is that time of year again. Time to make our New Year's resolutions for 2011. For many people, getting on some sort of health and nutrition plan will be one of their New Year's resolutions. Don't get me wrong, that is a great resolution and all, but how about adding something new to this New Year's list of resolutions? How about meditation? I know that adding one more thing to your list seems like a daunting task. After all, how many more things can you add to your list of things to do on a daily basis? With the hectic pace and demands of modern life, many people feel stressed and over-worked. Most of us feel like there is not enough time of the day to accomplish everything. The stress of everyday life can affect our health long term, but with regular meditation, you can overcome stress and find inner balance. All you need is 5 minutes a day!

Meditation can help you discover your purpose. The list goes on and on. But, you get the picture.

## Who Needs to Meditate?

You are probably picturing a bearded guy crossing his legs on a mountain top. Or that you have to be a female in a classroom wearing spandex. Right? Well, I am here to tell you that you are wrong. In my opinion, I think everyone could benefit from it. Man, woman, and child. You can do it in a quiet room of your house or even in your office at work. You can meditate anywhere you would like provided that there is peace and quiet.

Ask yourself these questions. Are your thoughts always racing? Do you find it difficult to control your mind? Are you feeling stressed out from your never ending list of things to do? Are you in a stressful situation and need to get away? Do you have a negative outlook on life? If you answered yes to any of these questions then give meditation a try. It may be the answer to what your mind and body needs.

## How to Meditate

The first step to meditating is to find a quiet place free from distractions. This will help put your mind to ease so you can begin to meditate. Next, sit in a comfortable position. It doesn't have to be the traditional cross legged position. Find a seated position that works for you. It can even be in a chair. Just make sure your back is straight. You want to prevent from getting sleepy or falling asleep. You still want to be "aware" of what you are doing at the present time. Then close your eyes and start to breath. Focus on your breath. Just breathe

## What is Meditation?

The word meditate stems from the Latin root Meditatum which means "to think". Meditation is the mental discipline in which a person attempts to go beyond thinking to a deeper state of relaxation or awareness. The practice of meditation has existed since ancient times from Eastern religious practices. The primary purpose has been religious, but now in today's western culture we have noticed the wonderful health benefits it brings. It is a great way of reducing stress on both mind and body.



## Marzia's Top 10 Reasons to Meditate



- 1-Clear your head and escape from the physical world
- 2-Release physical, mental, and emotional stress
- 3-Get in touch with your spiritual side
- 4-A power nap for your brain
- 5-Unleash your creative potential
- 6-Reduces blood pressure and supports immune system
- 7-To develop a mind-body connection
- 8-Awareness of oneself experiencing peace and calmness
- 9-Improves mood
- 10-Increases focus and concentration

naturally through your nostrils. Make sure your mouth is closed, but your jaw is relaxed. Keep breathing in and out of your nostrils focusing on your breath while you start to relax. In the beginning of this process, your brain will be racing of thoughts and be very busy. It may feel like your mind may be getting busier but in reality, you will be aware of how busy your mind is. Every time a thought pops up in your head, don't run with the thought and think about it more, put the focus back on your breath. Keep doing this till your brain settles down. You will start to relax more with every breath. Do this till your thoughts subside. You will then start to experience inner peace. Start with as little as 5 minutes and work your way up from there. 15-20 minutes is ideal. You also want to pick the same time of the day to meditate. Set a pattern for your brain.

So, give it a try this year. You need to experience it yourself to feel the positive benefits it has to offer. I promise you will feel better. You will be hooked just practicing meditation a couple times a week. If you are not successful the first few times, don't give up. Keep trying. The mind takes time to tame. The best part about it is free, requires no equipment, it is easy to learn, and there are no side effects. Give yourself the gift of inner peace. Start meditating to train your brain. It needs a regular workout to stay in shape too. Say Om!

## NM WELCOMES AARON REED AS HE SHARES HIS "MUSCLE MEALS"

### Competition History:

2010 Jr. USA 9th place (Nationals)  
2010 Mr. Florida Super Heavy Wt Champion (State)  
2010 Greater Gainesville Heavy Wt and Over All Champion (Regionals)  
2006 Rocky Mountain Super Heavy Wt Runner up (State)  
2005 Steele City Heavy Wt Champion (Regionals)  
2002 Rocky Mountain Super Heavy Wt Champion (State)  
2001 Colorado State 3rd Place Heavy Wt Novice Class (State)  
2001 Mr. Teen Colorado (State)

### Professional Career:

WWE Professional Wrestler 2009

### Acting:

Wild life Wars (Discovery Channel Exclusive)  
Head and Shoulders Commercial (National SAG Credit)



check out page 48

## Female Fat Loss Catalyst

BEAUTYFUEL's elite team of researchers has broken through the genetic barriers women face when trying to lose weight fast. After years nearly a decade of research, the team has formulated the precise combination of 14 cutting-edge fat loss ingredients that produce astounding results! It's being used by some of the greatest female competitors in the fitness industry. Test subjects have included athletes in the IFBB and NPC as just some of the first women to make the switch to BEAUTY FUEL. Stunning results have been reported by these competitors and other "real women" looking to rapidly shed body fat and experience:

- Targeted deep cuts in the abs, thighs and even the glutes! This formula burns fat off your entire body.
- Tremendous surges in energy, sustained power and endurance.
- New gains in working harder and longer.
- Accelerated fat loss.

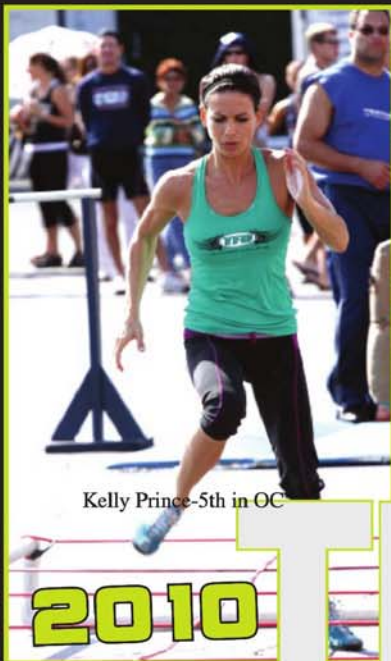
Whether the desire is to lose weight fast or to win your next contest, BEAUTY FUEL is exploding on the fitness scene. Visit BeutyFit.com to experience the fat-loss power everybody's talking about!



### Al & Bernadette Rosen

On 10/10/10 many Tri-Fitness athletes, close friends and family gathered in Tampa, Florida to celebrate the marriage of Tri-Fitness founder and president, AL Rosen and Bernadette Schimnowski. Rosen has been involved in fitness for over 35 years having owned the Boddy Shoppe Gym, coached in the School District of Hillsborough County, wrestled professionally and creating the Tri-Fitness Challenge in 1997. Schimnowski, an elementary school teacher for the past 17 years in Winnipeg, Manitoba, Canada, has been a Tri-Fitness athlete since 2004 as well as competing in Fitness in Canada. The past three years she has helped establish and promote the Children's Fitness Challenge. See the National Challenge coverage on the next page!

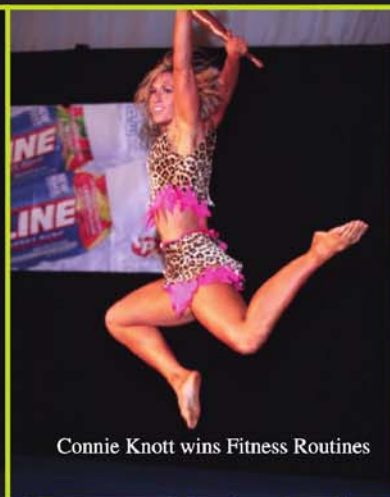




Kelly Prince-5th in OC



Lauren Majewski-1st in G&P



Connie Knott wins Fitness Routines



Connie Knott-1st on Obstacle Course.

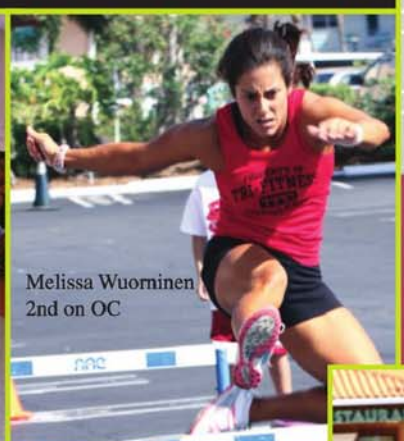
2010

# TRIFITNESS

## national challenge



Carianne Boos-2nd in Shuttle



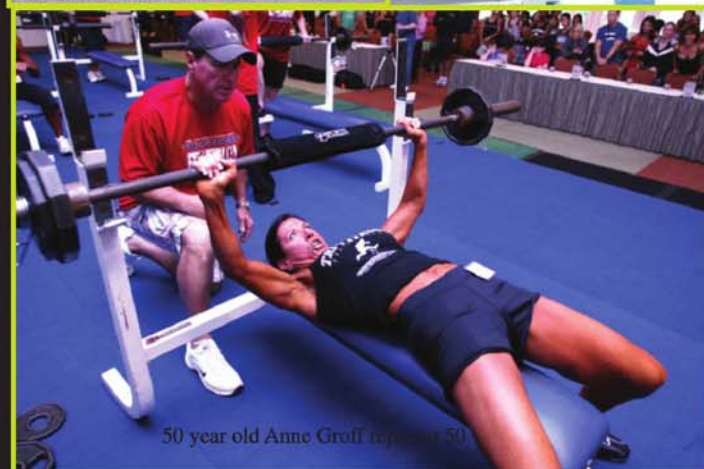
Melissa Wuorninen  
2nd on OC



Bernadette Schimnowski-Rosen  
4th in OC



Brandy Goddard-1st in Box Jumps



50 year old Anne Groff repeats 30



Willie Thomas-1st in OC



John Slachetka wins Fitness Skills

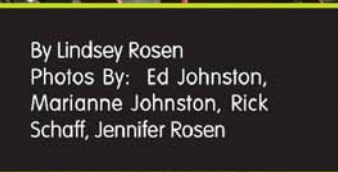




Nicole Spitzack-3rd in G&P



Nichole Franklin-5th in OC



By Lindsey Rosen  
Photos By: Ed Johnston,  
Marianne Johnston, Rick  
Schaff, Jennifer Rosen



Mary Parrett  
in Routines

#### Tri-Fitness Overall

1. Connie Knott
2. Melissa Wuorinen
3. Brandy Goddard
4. Celeste Turner
5. Anne Groff

#### Dual Optional (G&P, OC, Skills)

1. Connie Knott
2. Melissa Wuorinen
3. Nicole Spitzack
4. Anne Groff
5. Brandy Goddard

#### Dual Fitness (OC & Skills)

1. Connie Knott
2. Melissa Wuorinen
3. Kelly Prince
4. Sarah Franco
5. Bernadette Schimnowski-Rosen

#### Grace & Physique

1. Lauren Majewski
2. Heather Ruelan
3. Nicole Spitzack
4. Connie Knott
5. Anne Groff

#### Obstacle Course

1. Connie Knott – 46.75
2. Melissa Wuorinen- 51.25
3. Nichole Franklin – 52.19
4. Bernadette Schimnowski-Rosen – 52.34
5. Kelly Prince – 52.75

#### Fitness Skills

1. Connie Knott
2. Brandy Goddard
3. Melissa Wuorinen
4. Jennifer Varano
5. Shar Courtney

#### Fitness Routines

1. Connie Knott
2. Brandy Wuorinen
3. Melissa Wuorinen
4. Mary Parrett
5. Jennifer Varano

#### Men's Overall

1. Willie Thomas
2. John Slachetka
3. Wes Walker
4. Tedd Williams
5. Sydney Joseph

#### Men's Obstacle Course

1. Willie Thomas – 40.19
2. Wes Walker – 46.34
3. Jeff Sullivan – 46.65
4. John Slachetka – 47.53
5. Tedd Williams – 50.65

#### Men's Skills

1. John Slachetka
2. Willie Thomas
3. Sydney Joseph
4. Tedd Williams
5. Bryan Stahl
- 6.

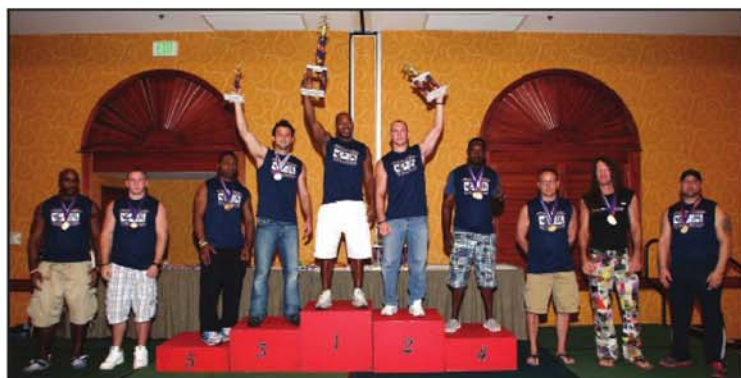
#### Tri-Fitness Model

1. Stephanie Mookas
2. Lauren Majewski
3. Catherine Johnston

## 2010 Tri- Fitness Nationals Results



Heather Ruelan-2nd in G&P



"Just want to let u know how great a job you do with the Tri-Fitness event. I had such an amazing weekend. I'm still on cloud nine! I worked so hard and have overcome so much. I beat all of my own personal times by so much and did a hundred times better than I ever imagined. All of the competitors are so great; I met new peeps and made friends. So nice to see girls that I saw only one time in 09 and they actually remember me and come up to you and wish you luck and tell you how great you look! I love cheering everyone on. This is definitely my new found passion! Can't wait to do it again next year!! Thanks for all you do!!!" Holly Haney, Massachusetts

This was just one of dozens of letters received by Tri-Fitness President Al Rosen. Rosen was ecstatic about the National Challenge and stated: "There is nothing better than seeing one hundred and two athletes from 26 states, provinces, and countries challenge themselves and leave with smiles on their faces. The TradeWinds Resort in St. Pete Beach was an awesome venue. The Obstacle Course times were fast and the women looked fabulous in Routines, Tri-Fit Model and Grace & Physique. New friendships were formed and old ones renewed. That is what makes Tri-Fitness so special! I want to thank Met-Rx, VPX, Dymatized and Jarrow Formulas!"

The 2011 Tri-Fitness World Challenge will be held on May 12-15 at The TradeWinds Resort in St. Pete Beach, Florida! [www.trifitnesschallenge.com](http://www.trifitnesschallenge.com)

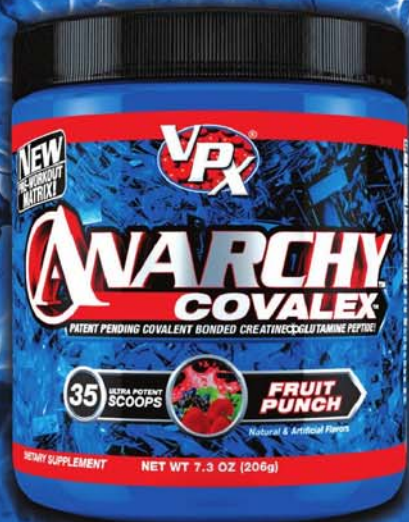


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# CREATINE

enhances **muscle function** after  
exercise-induced muscle damage

Paul C. Henning  
Ph.D., CSCS

We are all familiar with the exercise-induced muscle injury (i.e. soreness) that comes from unfamiliar or strenuous physical activity. This soreness is primarily due to eccentric (lengthening) contractions under high loads 1,2. This eccentric loading disrupts normal skeletal muscle function, subsequently activating pathways that breakdown muscle tissue 3. The trauma caused by eccentric loading negatively influences muscle function by decreasing muscle force and increasing soreness 1,2. Hence, strategies that promote muscle regenerative processes would benefit fitness enthusiasts and athletes that perform strenuous/unaccustomed activity 4.

## SUPPLEMENTATION WITH CREATINE ATTENUATES MUSCLE DAMAGE AND RETURN STRENGTH LEVELS EARLIER THAN A PLACEBO AFTER AN ECCENTRIC EXERCISE BOUT.

One dietary supplement that may be of benefit to exercise-induced muscle damage and promoting recovery is creatine monohydrate (Cr). There are numerous studies that demonstrate the ergogenic potential of creatine, but relatively few examining its effects on muscle damage and recovery after muscle damaging exercise. A group of researchers from Victoria University, Melbourne, Australia 4 supplemented a group of healthy participants with either Cr + carbohydrates (CHO) or a placebo (CHO only) before and in the days following a single bout of eccentric exercise. They examined the extent of, and recovery from muscle damage by evaluating indirect markers of muscle damage (i.e. knee extension/flexion force development and plasma creatine kinase (CK) and lactate dehydrogenase (LDH) levels 5,6. These authors hypothesized that supplementation with Cr would attenuate muscle damage and return strength levels earlier than a placebo after an eccentric exercise bout.

The Cr-CHO group demonstrated significantly greater isometric (21% higher) and isokinetic (10% higher) knee extension strength during the recovery following the eccentric protocol. This establishes that the Cr-supplemented group displayed an enhanced rate of muscle function recovery compared to the placebo group 4. It is very common for athletes to undertake subsequent training sessions within 2 to 3 days following a previous training session. This increase in muscle function (strength output) during recovery would most likely allow higher training loads during these succes-

sive training sessions 4. This is a possible explanation for the greater mass and strength gains seen in resistance trained participants that consume creatine 7. It's also interesting to note that plasma CK levels were significantly lower (~84% average) on days following the eccentric exercise in the Cr group with a similar trend (~12% lower) in LDH activity. This may indicate less damage to the muscle, possibly due to enhanced calcium buffering capacity of the muscle (i.e. rate of removal), thus less calcium accumulation within the muscle cell and less activation of muscle breakdown 4.

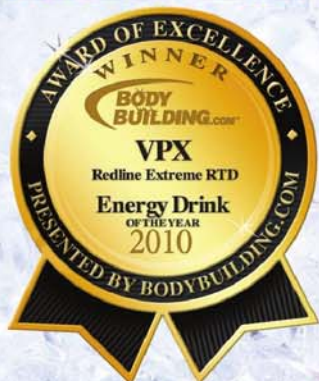
The author's major finding was significantly higher muscle strength in the Cr group during the recovery from a muscle damaging exercise session. The authors noted this may be due in part to faster muscle growth during the recovery period, but the lower plasma CK levels in the days following injury is indicative of less muscle damage 4. This research demonstrates just another one of the many positive benefits of supplementing with creatine.

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7. Cribb PJ, Williams AD, Stathis CG, Carey MF, Hayes A. Effects of whey isolate, creatine, and resistance training on muscle hypertrophy. *Med Sci Sports Exerc* 2007;39:298-307.



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# ask the **SUPPLEMENT GENIUS** SCOTT WELCH

BASc, CAAP

**QUESTION:** What's the craziest example of supplement abuse you've ever seen in bodybuilding?

**ANSWER:** On YouTube, you can see many examples of dudes snorting pre-workout powders such as NO-Xplode! Yes, the actual powder, right up their noses! Of course this is not how the manufacturers intended these powders to be consumed, and it won't increase their effectiveness, but this is indeed the craziest example of supplement abuse I've ever seen. At a seminar series I did in Spain a few years back with pro bodybuilder Greg Kovacs, I witnessed not one, but ten days in a row the life of the 400-pound behemoth as we traveled together! Some of the things pros get up to are indeed quite shocking. But I'll save that tale for another issue!

**QUESTION:** I'm taking amino acid pills after training, but they cost way too much! Are all brands of amino acids of the same quality as I've noticed some cost more?

**ANSWER:** The most disgusting thing I've learned about supplements in a while took place last year at a conference in Las Vegas. The topic of discussion was how amino acids were made. Now I've always believed that manufacturers just took protein powder, hydrolyzed it, and then added extra enzymes to cleave the residue into free-form amino acids. Well, I stopped by the booth of Ajinomoto (who are based in Japan and are one of the largest supplier of amino acids in the world) and learned something shocking! I'm told that many Chinese manufacturing companies make amino acids by taking human hair and bird feathers (yes, bird feathers) and treating them with an acid that breaks them down into amino acids! Talk about YUUUUK! What's worse is that a great number of amino acid supplements are made by this method. Like I've always said, when it comes to supplements, you always get what you pay for.



**QUESTION:** Is it really necessary to load with creatine?

**ANSWER:** Creatine loading is a strategy to increase muscle creatine stores. Obviously, the more creatine you can cram into your muscles, the more growth you'll experience and the stronger you'll become (That's assuming you're putting it to good use and lifting the big boy weights!). The most widely used protocol for loading involves a daily consumption of 20 grams of creatine split into 4 equal servings for the first 5 to 6 days. This is followed by a maintenance dose of 3 to 5 grams daily (depending on your size). Now to answer your question: No, you don't have to load creatine to get great results. However, the gains will come slower. Let me explain. Studies have shown that following the loading schedule mentioned above will supersaturate the muscle cells with creatine within 7 days, but other studies have shown that consumption of 3 grams per day for 28 days produces similar results. So whether you get results sooner than later depends on whether you load or not. The top pros in the industry have endorsement contracts with supplement companies which gives them all the creatine they want for free. These champs have no reason to load and usually only come off the stuff when they're competing. For the rest of us who may be on a tighter budget, we do well on 3 grams per day all year.

*Scott Welch BASc, CAAP*

*Welch has devoted the last 15 years to studying performance enhancement and weight loss through supplement interventions. He received a degree in nutrition from Ryerson University and completed a post-grad certificate in advertising. He's had countless interactions with leading scientists, and hundreds of trainers from around the world.*

*Welch founded Diesel Advertising, an ad agency catering to the dietary supplement industry and also owns [www.SupplementGenius.com](http://www.SupplementGenius.com), which provides consumers with the most up-to-date information on supplements available today. He is also the Publisher of the new Muscle Insider Magazine.*



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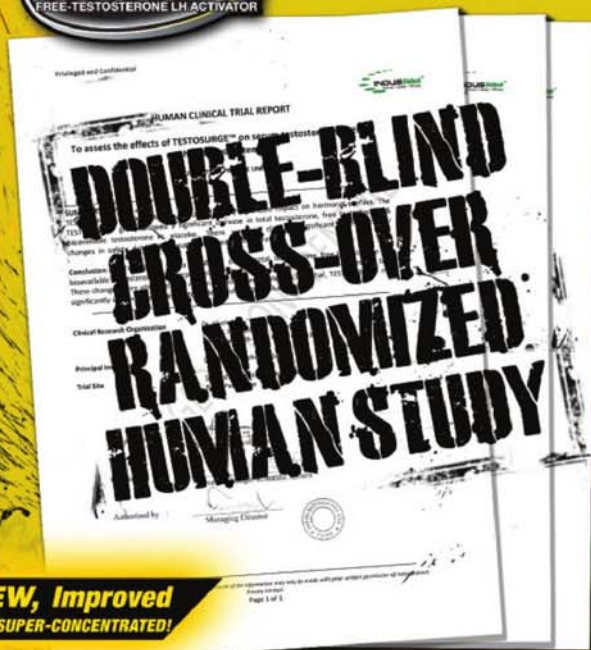


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## Stay Healthy Crustless Sweet Potato Pie for a Fabulous Dessert

I developed this dessert over the Thanksgiving holiday, but make it quite often and call it my anytime dessert that is great to eat for any meal throughout the day. It is that good, and the BEST thing....no sugar, no creams, no lard or butter....just Stay Healthy Goodness full of fiber, proteins, and good fats..... and YES...it is that good. This is one you will make again and again. Enjoy!



### Ingredients

- 3 Large Sweet Potatoes
- 1 1/4 cups plain fat free yogurt
- 2 Tbsp Stevia
- 1/2 teaspoon of cinnamon
- 1/4 teaspoon of nutmeg
- 4 egg whites, 1 whole egg
- 1 cup chopped pecans, toasted
- 1 tablespoon fat free maple syrup to drizzle on top

### Directions

Scrub, pierce, and cook sweet potatoes in the microwave until soft or peel and cube potatoes and place into steamer basket and place steamer basket into a large pot of simmering water that is no closer than 2 inches from the bottom of basket. Allow to steam for 20 minutes or until the potatoes are fork tender. Mash cooked and peeled potatoes with a potato masher in large mixing bowl and set aside. Toast the chopped pecans for about 8 minutes in the pre-heated oven while putting the pie together.

Preheat the oven to 350 degrees F.

Place sweet potatoes in the bowl of a stand mixer and beat with the paddle attachment. Add yogurt, Stevia, cinnamon, nutmeg, and eggs. Beat until well combined. Taste the ingredients to see if the spice and sweetness is to your liking. Adjust any sweetness/spices to your liking by adding a little at a time....a little Stevia and spice goes along way. Oil a large glass pie pan. Pour the sweet potato mixture the pie pan, and place onto a sheet pan. Sprinkle pecans on top and drizzle with maple syrup.

Bake for 50 to 55 minutes or until the sweet potato custard reaches 165 to 180 degrees. Remove from oven and cool. Top with Fat Free Vanilla Frozen Yogurt. Refrigerate uneaten portions and use for snack the next day.

## FOOD



photo by Gene X

Darla Leal, LCPT, LCMT

# Stay Healthy

## Spaghetti Squash Spaghetti

Have you ever tried Spaghetti Squash? Well, this fabulous vegetable makes a wonderful substitute for the typical white noodles that truly should NOT be eaten on a regular basis, and my recommendation is to eliminate as many white, enriched products from your daily food intake all together. YES.....the squash tastes wonderful with the pasta sauce I will be sharing with you, or feel free to create your own tasty sauce to compliment. Lastly, this meal combines your veggies & proteins all in one...I say FABULOUS and let's head to the kitchen ...

### Ingredients & Prep:

- 1 Spaghetti Squash
- Wash the squash, remove the label, cut it down the middle (be cautious...it takes a bit of muscle), remove seeds and pulp, and bake rind side, in a small bit of water, cover with foil in 350 degree oven for 30-40 minutes. I also place mine in a crock pot and cook all day. Remove the squash and start forking out the strands of squash in a large serving bowl ... this part is FUN! The spaghetti squash noodles are now ready for the tasty sauce.

### The Sauce:

- 1 lb lean ground turkey
- 1/2 large onion chopped
- 2 Tbsp minced garlic
- 2 Tbsp Italian Seasoning
- 1 tsp oregano
- 1 tsp dried basil or chop fresh and use in the sauce
- 1 tsp dried red pepper flakes (optional)
- 1 15oz can Italian Seasoned diced tomatoes with juice
- 1 small can tomato sauce
- 1/2 bag fresh baby spinach leaves

### Directions

Heat a large sauté pan or skillet on medium high heat, add a bit of olive oil, add chopped onion & garlic until onion is soft and translucent. Add the lean ground turkey, fork and brown. During the browning process, add the seasoning and spices. Pour in the can of diced Italian style tomatoes with the juice and tomato sauce. Add the baby spinach leaves & continue stirring until they wilt completely, and the sauce is completely blended. Time for a taste test. If you feel the sauce needs a bit more of this or that, add what other spices you like, be creative!



### SPAGHETTI SQUASH NUTRIENT FACTS

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# HITTING YOUR TARGET IN 2011

BY GREG PLITT

**G**rowing up, every door of opportunity is open and we dream big of what we will become when we get older. No one ever says they want to be average, come in second, or settle for normality. Our dreams speak of epic proportion as we see ourselves becoming professional athletes, brain surgeons, generals of the army, world champion boxers, or Wall Street multi-millionaires. We never set out to become a drug addict, convicted felon, bankrupt, or a hindrance to society. We dream of statues being built in our name and a legacy established to motivate and inspire millions long after our time on earth ends. Why is it then that our childhood dreams of world dominance are traded in for a 9 to 5 desk job that gives birth to a mid life crisis at age 45? The 'X' factor that makes a dream into a reality is the level of confidence possessed by the individual where success and confidence are directly correlated and interdependent.

A child's mind is pure and free of any prejudices along with fear of failure that allows one to believe in themselves. Over the years, small victories or failures will start to alter one's perception of who they are and how they hold themselves. For some, the high of victory combines motivation with fire as they push themselves into the iconic hero of society. When failure is met and pain fills the body, the byproduct is a loss of confidence and drive for most as they make every attempt to avoid such a temporary feeling of discomfort. The small attempt to avoid failure at an early age is the first step to an altered life path. The altered path is a beaten path of comfort filled with excuses and buried truths that are rarely visited because the thought of "what could have been" is more painful than the initial failure itself because you no longer have the time to rectify your deepest fears forcing you to forever live with them. Failure is looked at as a negative in society that could not be further from the truth. Failure allows you the gift of knowing where your shortcomings are so you can apply what you have learned to strengthen your weak points creating a stronger you. Without failure, no one would ever know where his or her strengths and weaknesses

lie. Knowing your weaknesses through failure is golden as the champion within us rectifies the problem to revisit the previous failed task at hand discovering victory the second go around. Achieving a goal that you initially failed at but now stand successful builds a sense of pride in oneself as their confidence and excitement grows toward the next challenge.

**E**very hero of society that has captured a piece of our heart with his or her achievements failed thousands of times before finding success. Life is a marathon and not a sprint where the difference between someone being remembered and one forgotten is the ability to simply show up to the event. If you never show up, you do not run the risk of failure and everything is safe, but you also give up any chance of greatness. Champions show up to the event and even if knocked down, they get back up repeatedly, getting stronger and stronger through it until they achieve victory. Everything in life that is respected and sought after takes dedication, work ethic, sacrifice, and commitment. Few have enough confidence in themselves to provide enough fuel to finish the race, but the ones that do cause others to stand and applaud, silently saying to themselves, "that could have been me!"

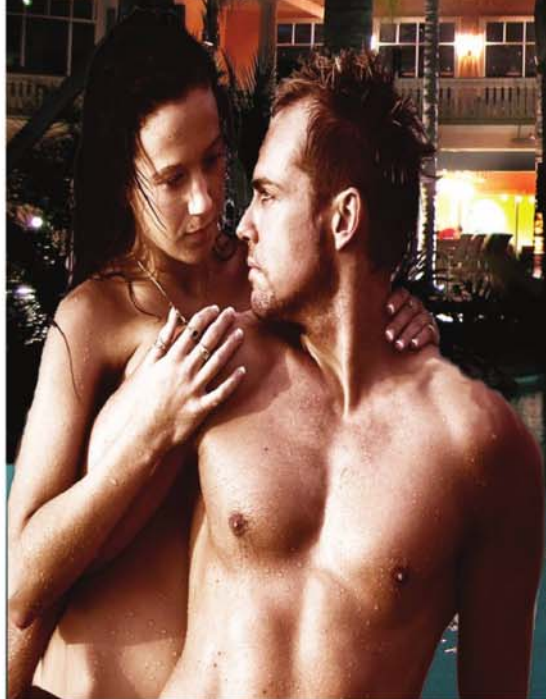
In order to be successful, one has to have the ability to backward plan the achievement. It might seem impossible for one to run a marathon that has never completed a single mile, but it is our perception of the goal that ultimately drives the success. In every goal,



there are multiple smaller goals that once achieved build one's confidence and ability to achieve the larger goal. Setting the bar too high too soon will only set you up for failure. Deciding to run the first mile and achieving that goal will give you the strength to run two miles. The progression and success of multiple miles over time will make you believe in your ability to run the full marathon. The training, dedication, work ethic, and sacrifice over time will ultimately be captured in a picture of you crossing the finish line with a look in your eye of excellence as you frame the picture and place it on the wall to remember for years to come. As adversity sticks again later in life, you will remember how you persevered and finished the marathon, taking that newly developed confidence into the current struggle at hand to find success. As we begin the 2011 year, we look back at last year and hopefully are now stronger mentally and physically. Some of us cannot say that, for they quit the journey along the way. Another year will pass again as we will say hello to 2012, but will we still be saying hello to missed opportunities, fears and failures? Or, will we take that gigantic goal that has been the monkey on our back and break it down into smaller achievable goals this year so we can have that picture framed on our wall?



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# A mental walkabout through the mind of **GREG PLITT**

## **CHECK YOUR PRIDE AT THE DOOR**

Pride is your biggest enemy in the gym. If you don't check your pride at the door to the gym, you can forget about any growth that day or any day you bring it into your workout. Pride causes your worst nightmares to come true in the gym because it allows you to be influenced by others. Pride will cause you to lift to impress as you attempt to throw around more weight than you can handle causing you to lose correct form and more often than not, causing injury. Pride has you lifting heavy weight to prove something and often results in injury taking you out of the gym for the next month or so while your body heals ... not smart. The fastest way to growth and strength increase comes only through perfect form which usually entails lighter weight. Growth isn't born from the weight lifted, it is born from the muscle burn created.

## **GO TO THE LEVEL OF RESPECT**

We all go into the gym with our own current limitations and established parameters of strength and conditioning based on how good of shape we are in at the moment. In order to improve our conditioning and strength, we must push ourselves past failure. When we sit down to do a set of bench press, for example, and we stop at 8 reps when we might have been able to get 10 or even 12, we are not doing justice to ourselves. The speed at which we transform our bodies is controlled by our mindset in the gym. Working out might be the only fair non-subjective theater left in life, for the gains we make or do not make are directly correlated to our work ethic. No one can give us a body or take it away, it is our own mindset driving our success and the speed at which we achieve it. If we stop at 8 reps, when we might have been able to get 10 or 12, we are failing to seize the moment and ultimately failing to train at the level of respect. Going to the level of respect is just a way of saying you leave it all in the gym with no regret. That way, when you walk out of the gym, you are proud of your work and strides made that day. You leave with self respect and third party respect for anyone who watched you working out. Going to the level of respect every workout will cause your dreams to become a reality. A transformed body is the culmination of blood, sweat, and tears, where body liquid turns to body mass; a transformation that occurs when put into the oven of work ethic, dedication, and sacrifice. Failure is your friend in the gym. Failure is an immediate report card of where you have been and currently are. When you

hit failure during a set, a smile should ensue as you just broke past your current limitations and are on your way to growth. Failure rewards you with growth!

## **PUT VALUE INTO TODAY**

The problem with most people's training routine and why it fails, or why they fail to continue the battle, is that they don't have an end state goal in mind. Just like when each of us gets into our cars, we have a purpose to driving and a final destination. Far too often people do not enter the gym with the same determination to reach a final destination or goal. Without a final destination, how can one ever know how to travel towards the future when it is an unknown? Training blindly leads to procrastination and a lack of motivation as most will push today's training routine to tomorrow because there is no value in today. The term value is one of time, meaning if you have a final destination of a contest in 90 days, then today is one of the 90 days and each day is critical to the success of the journey and the final reward. If you don't have a future goal, then today doesn't have any time value and the workout can easily be substituted for a party, a movie, going out for dinner, or whatever and done tomorrow. Not the case when the event you are training for is 90 days around the corner. To be successful in the gym, you must have a road map and timeline of the direction to your training.

## **THE IDEAL BODY EQUATION**

Aerobic conditioning + Anaerobic strength + Nutrition + Rest = One's ideal body

The above equation contains four aspects that all hold equal weight in the outcome of achieving your ideal physique. Due to pride and people rather pursuing what is comfortable to them and easy rather than difficult and challenging, most people will enter the gym to do the same thing over and over again, a process that they are comfortable with and usually portrays their strengths, not their weaknesses. So, even through one's strengths improve, as the saying goes, you are only as strong as your weakest link. If you neglect any one of the four articles of the equation, your ideal physique will never mature. If you do not rest with sleep and feed your muscles with proper nutrition and diet, they will not grow. If you do not put strain on your muscles consistently through lifting sessions, your muscles will not grow. If you do not increase your cardio routine

and make your body more efficient your muscles will also not grow. Of course your body will transform to a degree, but before reaching your true potential, your progress and success will fall short.

## **THE HEART BEAT OF FAT LOSE**

If your goal is to reduce your body fat and lose weight, make sure your efforts are in the right direction so your workouts are most efficient. Your heart rate controls what your body breaks down for energy to sustain the activity you are enduring. If your heart rate goes too high then your body will break down muscle and not fat for energy. At the beginning of any workout, your body will break down the carbohydrates in your system first, but that will only last for the first 15 minutes or so. Your body cannot break fat down fast enough to provide the energy needed when your exercise routine has your heart rate too high, so your body bypasses fat and moves to break down muscle mass for energy. When your heart rate is sustained at a lower rate, your body is able to break down fat fast enough to provide the energy to sustain your exercise activity. Exactly where that heart rate level is for each of us is dependent on one's level of aerobic 'shape', but most agree that 65% of your maximum heart rate BPM is ideal. If you want to lose weight and burn fat, drop your heart rate to a lower level and sustain that activity for 45 minutes to a hour 3 times a week and it will no longer be a matter of "IF" just "WHEN" your hard work is rewarded visual in the mirror.

## **GREG'S LIFTING SPLITS AND TRAINING**

I have a 5 day split routine that works one body part per day and the entire body over the 5 day period. My split is Chest, Back, Shoulder, Arms, Legs with Abdominals done at the end of each workout for 10-15 minutes. So my routine starts on Monday, then I will do chest on Monday, back on Tuesday, shoulders on Wednesday, arms on Thursday and legs on Friday. I then immediately go back to day one, that being chest, and do chest again on Saturday, followed by back on Sunday, shoulders on Monday, and so on. I do Abdominals at the end of each workout for 10-15 minutes straight. Given there are 3 major abdominal regions, I will focus on one region each day. If I am focusing on the lower abdominal region, I will do 10-15 minutes straight of leg raised, flutter kicks, ankles to the bar, rocky leg wipers, etc. I do one set of 30-50 reps per exercise and then bounce to another one immediately and continue to change up an exercise after each set for 10-15 minutes. So, in the



**You are in the drivers seat, no one can give it to you or take it away, it's yours for the taking if you have the payment of dedication, work ethic, and drive.**

event it takes you 2 minutes to do a set of 30-50 reps, then you are looking at 5-7 sets in the 10-15 minutes straight of the same abdominal region area at the end of the workout. Now you will notice that my 5 day split doesn't reflect the days of the week, meaning, after the 5th day, I go straight to the 1st day workout again without a day off. Given that I have 4 days between each muscle group, I do not need a day off, but in all honesty, given the nature of work and hectic lifestyles we all lead, there is always a day per week that prevents me from getting to the gym, so that is my day off. I don't plan a day off due to wanting to avoid missing two days in a row, meaning if today was my 'day off' and I took it off and tomorrow work prevented me from getting to the gym, I would net two days off in a row which would hinder my growth. To prevent that, I let nature run it's course and don't schedule days off, days off take care of themselves, enough said.

### TIME OF DAY I TRAIN:

I get to the gym at 5:30 am and train each day because I know I always have that time free and nothing generally prevents me from sticking to that schedule. At first, my body was tired when I started training that early, but after a few weeks, I yearned for the early workout and after leaving the gym to go to work, I was mentally more alert then any of my co-workers, and I was run-

ning laps around them before anyone knew what hit them. This is what works for me. If I knew that I could workout every night, I would prefer to work out right before bed. That way, I could let my muscle rest and grow after the workout instead of having to go through the day working them for hours and never giving them a full rest period. I lean towards a time period that is consistent, but I do feel the best growth is found when working out before bed and slamming a protein shake to feed and rebuild my muscles throughout the night.

### ALWAYS CHANGE UP YOUR WORKOUT:

I change my workout every time I work out. Don't think this a huge task, it's not. Changing your workout up is simple. You want to keep your body guessing and not allowing it to get into sync with your training routine. If your body begins to figure out your pattern, it defeats our goal of getting stronger. Your body grows when it's forced to adapt to new situations it's not ready for. When it is adapting, it gets stronger to overcome the changes. This ultimately leads to growth, so change your workout up every time. Changing your workout is as simple as switching the routine, or doing dumbbells instead of barbells, or machines instead of free weight. Taking a day and doing only body weight is also a good way to switch thing up. Also good is doing the same routine but going heavy (reps around 6-8) and then doing the next workout with the same routine but going light (reps around 18-20). You don't have to reinvent the wheel, it's easy. To be honest, it makes

training more enjoyable and interesting. It keeps you from getting bored in the gym.

**CARDIO:** I do cardio to burn fat, a low heart rate for 45 minutes to an hour at a time. I always try to do at least 3 cardio sessions a week, but some weeks do 5. Swimming is my cardio of choice as it builds muscle endurance and helps striate muscles unlike running, biking, stair master, etc. I do cardio usually at night time before I go to bed to ensure I burn off any food in my stomach so I can go to bed on an empty stomach. Now if you are trying to grow and put on mass, you can still do cardio at night, but ensure you eat a high protein meal before bed or drink a protein shake. For me, I take all my concerns, stresses, and worries and upload them in my head and at the end of the day when the work's done, I run the streets near my house and work through any issues or worries. I plan the next day's missions, play out what I want to happen, etc. Whenever I have a problem, I find that doing cardio provides quicker solutions then if I sat in a chair brainstorming. I believe a parallel exists between my thought process and activity level. As the saying says, if you need to get something done, ask a busy person to do it. They make the most of every minute.

LEARN MORE AT [WWW.GREGPLITT.COM](http://WWW.GREGPLITT.COM)



### MY AVERAGE WEEK

	MORNING	EVENING
Monday:	Chest, abs	Pool, laps, 45min
Tuesday:	Back, calves	
Wednesday:	Shoulders, abs	5 mile run around house
Thursday:	Arms, abs	Pool, laps, 45 min
Friday:	Legs, abs	
Saturday:	Chest, abs	2.5 hour hike with dogs
Sunday:	Back, calves	Open

The Open spot is room for anything I missed that week or anything that needs extra 'love.' I do abs at the end of each workout except on Back day, I throw an extra routine of calves that day due to abs and back being mirror muscles and don't like to work them on the same day....as one is stretched and tight, hard to work the opposite range. Calves are a muscle group much like abs that can be worked everyday if you so desire. If you calves need some extra love, start throwing them in on days other then your leg workout.



# welcome to MY WORLD

The first time I saw Diana Rose Chaloux on stage was in Mississauga, Canada, 3 years ago. Instantly, I knew I wanted to meet, shoot, and write about this amazingly talented and beautiful lady. This year, I contacted her for a shoot during the 2010 WBFF finals and I am confident you will now understand why I am so impressed this Vermont native. Grab a little quiet time, take a few minutes to read and think through her profile and you will meet someone you would like to know personally. Today, I am grateful to be able to call her my friend and bring you her story. Diana is driven for all the right reasons: helping and thanking others. Her personal faith motives her to STAND TALL and BE COUNTED. By the way, if you don't like her images – check your pulse! This lady is absolutely drop-dead, stone-cold gorgeous, intelligent and she “walks and chews gum” in the real world! - That's old school for “I really like her!” You will too!

My name is Coach A and welcome to MY WORLD!



diana rose  
**CHALOUX**

**Born:** St. Johnsbury, Vermont  
**Marital Status:** Engaged to Micah LaCerte  
**Education:** BS Business Administration Lyndon State College; ACE & AFAA Certified Personal Trainer  
**Age:** 33  
**Height:** 5'7"  
**Weight:** 127 - Competitions, 135 - Off Season

To contact Coach A: [ateamx@patriot.net](mailto:ateamx@patriot.net) 703 450-1658  
[www.onemodelplace.com/](http://www.onemodelplace.com/)  
[jwathertonphotography](http://jwathertonphotography.com)  
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**What do you consider your greatest triumph(s)?**

My greatest triumph has been becoming a success within the fitness industry. I can't say it's one thing in particular, it's just been a snowball effect of thinking big, achieving a dream and going on to set higher and higher goals.

**What do you do for a living?**

I am a personal trainer. Micah and I own our own personal training studio, Hitch Fit Gym, in Kansas City, Missouri. We train our local clients at the gym, and we also work with clients online in over 40 countries via the Hitch Fit Online Personal Training program. Since Micah and I teamed up two years ago, we have seen our business grow, thrive and touch so many lives. It's such an incredible job to be able to have a positive powerful impact. We continue to grow and expand and I'm so excited to see where Hitch Fit will be in the next couple of years!

**Last meal?**

Grilled chicken and broccoli...deeeelicious...I'm competing in two weeks, things are pretty plain and simple right now

**Last cheat food?**

McCoy's, it's a little local restaurant in Kansas City, they have a peanut butter ice cream sandwich that is to die for. It's my favorite cheat meal ever.

**One thing you would like to improve about yourself?**

I wish that I had a little bit stronger organizational skills. I'm good to a point, but I really admire people who are super organized.

**Least favorite workout?**

Oddly enough, abs, I only do them about once a week and I really dislike it for some reason.

**Favorite workout?** Leg training days are my favorite - I am barely be able to walk when I'm done.

**Favorite body part?**

Abs and Legs

**On a guy?**

Arms and Abs, although Micah has insane calves that have now converted me into a calf lover too.

**First thing you do tomorrow?**

Devotions, then cardio, then breakfast, then train clients.

**Person who influenced you the most?**

In the fitness industry, Monica Brant was a major source of inspiration from the beginning. I also looked up to and aspired to be like Maggie Diubaldo and my beautiful sweet friend, Ava Cowan.

**How/Why did you get involved in fitness?**

I was always active and an athlete. I grew up in Vermont and played a lot of sports in high school and college. I started strength training at the young age of 14, I didn't have a clue what I was doing at that point in time, but I loved how confident being in the gym made me feel. After graduating from college, I was working an office job and was absolutely miserable. I hated getting up

every day, dreaded spending another long boring day at a desk, and knew that this state of unhappiness was just not going to cut it for me. I started brainstorming to see what I was truly passionate about, and one morning while doing my cardio at the gym, it dawned on me that THIS was the place I loved to be. I started researching that day to find out what I had to do to work in this industry. A year later I was a certified trainer, I still had a



LOT to learn, but I was willing and eager to do so. After building a personal training business in a gym where no one thought there was a market for it, I knew this was the occupation for me. I worked as the fitness director on a cruise ship for a year, combining my passion for fitness and training and opening my eyes even more to how big and broad the world can be.

**Favorite book, movie, cheat food?**

**Favorite book** is the Bible, and then I am a huge Tony Robbins fan.

**Movie** is a tough one because there are so many that I love. The Notebook is a favorite, as is Gone With the Wind, and Up is one of my newest favorite movies.

**Cheat food** is Peanut Butter Pie from McCoy's here in Kansas City.

**Who influenced you?**

Early on, I was influenced by Michael Jordan athletically. I was a HUGE Bulls fan, and that is what drove me to play basketball and become more of an athlete. That love of athletics is what led me to the gym, and what ultimately led me to the fitness industry.

Academically I was influenced most by my kindergarten teacher. I was extremely blessed to receive an amazing education starting at an early age. She was always very tough on me, but very loving, she didn't cut me any slack as she expected me to excel, and I'm so grateful as the lessons she taught me at such a young age carried over for the rest of my life.

**Who do you admire the most?**

I admire people who have faced extreme odds or situations in their lives, yet believed in themselves and became amazing success stories.

**What traits do you value the most?**

Positivity, Loyalty, Honesty, Determination

**What would you like to say to the reader of NMM?**

Thanks for taking the time to read a bit about me, it means a lot to me. I hope that you all dream big and go after your goals without taking "no" for an answer. Please feel free to write. I love hearing your feedback!

**Coach A?**

Great articles Coach, you have a way of digging in deep and helping us truly get to know the athletes you interview.

**Who would you like to thank?**

My sister, Linda, gave me wind beneath my wings early on in my career. She took me in, believed in me and gave me so much love and support. I would never have succeeded without her.

**Tell me something that I don't know about you?**

I won a car on The Price is Right in 1998 when I was on Spring Break with some college friends, kissed Bob Barker and everything. It was one of my first "a-ha" moments, when I realized a small town girl from Vermont could dream big and do anything that she wanted!

**Sum up your philosophy of fitness in one sentence?**

Fitness is a lifestyle.

**What do you consider your greatest lesson learned?**

The greatest lesson I am learning is that no dream is too big and never be afraid of failure. With faith, confidence in yourself, hard work and dedication, I believe that anything is possible. Life's "failures" are opportunities to learn, grow and become stronger.

**What else do you want the readers to know about you?**

Aiding others in achieving their own personal transformation is what I do best, if I had to choose between being a great model or a great trainer who helped others change their lives, I'd choose being the trainer every time. I offer online personal training and weight loss programs that are available worldwide at [www.hitchfit.com](http://www.hitchfit.com). You can also check out my personal website for more information on me at [www.dianachaloux.com](http://www.dianachaloux.com).



## Muscle Meals with Aaron Reed



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## A Great Way to Start the Day!

### Ingredients:

6 Eggs  
1 Squash  
1 Zucchini  
1 Yellow Onion  
3 Small Tomatoes  
1 Handful White Mushrooms  
5 Leaves Romaine Lettuce  
2 Green Onions  
½ Limes  
1 tbsp Coconut Oil

### Spices:

1 tsp Salt  
1 tsp Pepper  
2-3 tbsp Garlic Powder  
2-3 tbsp Cumin Powder  
2-3 tbsp Mrs. Dash Lemon Pepper

### Directions:

• First Clean and Cut the squash, Zucchini, and Yellow Onion and place in the covered nonstick pan to cook on a med high heat. Next, add in the mushrooms. Lightly season the food with Salt and Pepper but generously season with garlic and cumin. Finally, Squeeze the ½ lime last. Stir all ingredients and leave covered for approx. 8-10 min. stirring occasionally.

• While that is going in a separate non stick pan melt 1 tbsp coco oil on a med high heat. Add in 6 whole cage free farm fresh eggs and season heavily with Mrs. Dash Lemon Pepper seasoning. After the eggs have cooked on one side for about 5 min flip one half of the eggs onto the other making a half circle.

• Place all the cooked ingredients from the first pan onto a bed of Chopped Romaine Lettuce. Leave enough room for the eggs to fit. After all the ingredients have been cooked and prepared garnish with sliced tomatoes and two green onions and enjoy.

This is great example of Meal #2 on my plan according to my principles in my book, "A SuperNatural Lifestyle." This will allow us to utilize Beta Oxidation as our main metabolic pathway increasing our energy production allowing us to burn fat while we eat.



Aaron Reed Health and Nutrition Specialist

Author of "A SuperNatural Lifestyle"

2010 Florida State Super Heavy Wt Division Champion

Former WWE Professional Wrestler

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# Laura London

Written by Carolina Gonzalez | Photography by Carolina Gonzalez | [Carolina@axisdzn.com](mailto:Carolina@axisdzn.com)

At 5'3" tall and 112 pounds, Laura London steps on stage and in front of the camera as a true figure competitor and winner.

**This 43 years-young woman and mother of three children ages 16, 12, and 10, started dieting, training and competing only a few years ago, and currently she is becoming an inspiration to others.**

With a positive attitude, Laura exudes discipline and confidence. Her body is the perfect answer to mental focus; moreover to a well-executed diet and exercise routine that does not discriminate against age. "Reaching my forties I decided to make a change in my life because I was tired, out of shape, overweight and not feeling good about myself. Fat was starting to accumulate in places I never had it before; my hormones were out of control, I had a very painful disk injury in my lower back, and I was addicted to sugar." By taking out all processed foods and eating only whole foods from "mother nature", Laura transformed her body into a healthy, fit and toned one.

Laura's mission and passion nowadays is to help other women and moms by teaching them how "to grow to the best they can be – at any age."



To learn more about Laura London and the secrets of her transformation, visit: [www.lauralondonfitness.com](http://www.lauralondonfitness.com); and to view pictures of our amazing photo session, visit: [www.axisdzn.smugmug.com](http://www.axisdzn.smugmug.com)

*"Shooting with Carolina was an amazing experience. She is a fantastic photographer with lots of great ideas. She is also sweet and made me feel very comfortable. She helped me choose the perfect outfits for the photos, guided me for the poses, and her creativity is always present. You just never know what is going to happen at one of her shoots! I can't wait to shoot with her again! Thank you so much Carolina". Laura London*





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**ODALIS URENA**



# transformation!

I am Fitness Model, Natural Bodybuilder, Nutrition Consultant, Personal Trainer, Recording Artist, Actor and Writer. From when I was young, I would watch wrestling and dream about having a physique like the ones I saw on TV. In the back of my mind, I knew that one day I would be able to reach that goal. I began lifting weights at the age of 13, with the hope of one day walking around the beach with confidence. I continued to work out, and although I gained mass and looked good with my clothes on, I did not look the part without the clothes on. Every time I would be asked nutrition and training tips, I would feel so disappointed because I knew what I had to do, yet I could never take off my shirt at the beach with any confidence.

The turning point of my life came when I decided to take action and ask IFBB Pro bodybuilder, Colette Nelson, for advice. Colette mentored me and told me I would make a great fitness Model. I decided to take pictures to showcase my hard work, and the rest is history. Colette introduced me to Pro bodybuilder, Dave Palumbo, who has been there for me ever since; he put me on board with his supplement company Species Evolutionary Nutrition. On June 2010 I competed in my first Natural Bodybuilding Show. Thanks to my transformation I have appeared on Fitness Magazines, fitness radio shows and TV programs. I am in the process of writing an e-book that I am certain will inspire many individual to continue to work towards their goals. I have my own website where I offer online coaching along with personalized meal and fitness plans. The website is [www.odalisurena.com](http://www.odalisurena.com)





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# hugo's tips for **KICK STARTing** your **BODYBUILDING GOALS** in 2011

With good planning and discipline, you can continue to move towards achieving your bodybuilding goals. There are a few things that a bodybuilder can do in order to get ahead in terms of muscle mass in 2011:

**1.** The first step is to adhere to an abbreviated, though fully periodized, holidays bodybuilding workout routine so that you still get to gain muscle mass while minimizing the amount of time that you spend at the gym. If your schedule is really hectic, I would advise waking up early and getting training done, if possible, right before you go to work. If this is not possible, then try doing it at lunch-time or right after work so that nothing else interferes with your workout. On days off from work, definitely get the training done as early as possible.

Please refer to my personal abbreviated New Years Bodybuilding Workout which has you working out only 3 days a week for about 75 minutes at a time (see routine at the end of this article below).

**2.** The second step is to plan ahead. Not only look at your January calendar and pencil down which days you will be busy, but also figure out at what times and days you will be training. I also suggest that you even identify which days you will select for your cheat meals and write them down on your calendar as well.

**3.** The third step is to know how to cheat properly. By cheating the right way, and at the right times, you will not only maximize your muscle building potential but also minimize any fat gain.

## **Hugo's Tips on Cheating Properly**

### **Tip #1 Plan Your Cheat Days Wisely.**

My advise is to attempt to space cheat days with at least 5-6 days in between, 6 being the better choice.

### **Tip #2 Eat Your Cheat Meals Wisely.**

When you have a cheat meal, start eating the protein portion first as this will get you to start getting full. Leave the carbs for the end of the meal. Also, try to not stuff yourself. Instead allocate four hours and a half of cheating per cheat day. This will allow for 3 cheat meals (one every 90 minutes). After your cheat period, go back on your regular diet.

### **Tip #3 Have a tough workout before you cheat to minimize fat gain and maximize muscle.**

Reason for this is because after a workout the body is primed to absorb nutrients in the form of proteins and

carbohydrates. Thus, having a cheat meal afterwards will ensure that most nutrients are used for recovery and muscle production.

### **Tip #4 Take 200mcg of Chromium Picolinate and 300 mg of Alpha Lipoic Acid.**

Taking 200 mcg of Chromium Picolinate and 300 mg. of Alpha Lipoic Acid at the beginning of your cheat period helps to increase your cell's ability to accept insulin, and thus, assimilate the extra carbohydrates better. As a matter of fact, increasing insulin sensitivity is one of the reasons why I like to have a big workout prior to the cheat period.

### **Tip #5 Have some EFA's with your cheat meal.**

Research indicates that some Essential Fats like the ones found on flax oil or fish oils have anti-lipolitic properties. In other words, they inhibit some of the enzymes responsible for fat storage. By taking these fats with your first cheat meal of your cheat period, you can minimize some of the damage. I recommend you take 3-6 capsules of Labrada's EFA Lean Gold prior to every cheat meal. 3 for the ladies and 6 for the guys will just do the trick.

### **Tip #6 Take some digestive enzymes with each one of your cheat meals.**

This will ensure maximum nutrient assimilation and will also help you avoid feelings of excessive fullness and indigestion.

### **Tip #7 Three to five hours after the cheat period has ended have a 30-minute walk.**

I'm not talking about anything strenuous; around 2.5 to 3 miles per hour is a good pace. Doing some cardiovascular activity after the cheat period has ended will start burning some of the carbohydrates that may still be lingering around. The more of these you burn, the less likelihood of storing body fat. If you cannot do this walk on the same day of the cheat period then try it on the morning after on an empty stomach.

### **Exercise Self Control and Discipline**

As always, in order for these strategies to work, self-control, discipline and determination need to be exercised. When it comes to bodybuilding, this will always be a recurring theme.

### **What If Motivation is Low?**

If your motivation is lacking, there are a couple of items that I recommend you do:

**1.** Have A Clear And Concise Goal Of What You Want To Accomplish By A Specified Date: Set a deadline and be specific. For instance, my goal is to be in near contest shape by Feb 5th. For me, that means being 185-lbs at 5-6% body fat.

A specific deadline will offer you something to shoot for and achieve by a certain date which will put positive pressure on you and prevent you from skipping your workouts or having unscheduled cheat meals on the diet.

**2.** Get A Training Partner That Is Equally Passionate About Your Bodybuilding and Fitness Goal: A good training partner can fuel your motivation and accelerate gains tremendously. Good partners help you to push harder through your workouts and also inspire you to stick to the diet since you see how they progress. Ideally, get your spouse involved, or your kids if they are old enough. If not, a good friend will work too. I've found that the best gains in my bodybuilding career have been made when I train with someone who is equally dedicated to achieving the same goal.

### **Conclusion**

If you apply yourself and implement the simple techniques described above, you will gain a few pounds of muscle and maybe 2-3 lbs of fat at the most. For the most disciplined of us, who actually increase the amount of working out as opposed to decreasing it, and who minimize cheat meals, then fat gain is not even a possibility.

Now you are armed with all of the information that you will need in order to actually improve your shape in the new year. It is up to you to put this knowledge into action and choose which person you will rather be; the 20 lbs of fat gainer, the 2-3 lbs of fat gainer with equal or more gains in the form of muscle, or the one who even gains as fat comes off? Choose your destiny. The fact that you are reading this article leads me to believe that you will choose wisely. May the new year bring you tons of health and happiness!



## Abbreviated New Years Bodybuilding Workout

I have used the principles of cycling that I always preach about in order to create a routine that will keep the muscle growth/fat loss process going during the next few months with minimum visits to the gym. While it is a low volume/abbreviated routine, it is by no means an easy one.

## LOADING PHASE

### (Week 1)

**Mon (13-15reps) Wed (10-12reps) Fri (8-10reps)**

#### Superset:

- Incline Dumbbell Bench Press 3 sets (No Rest)
- Cl. Grip Chinups (Palms facing you) 3 sets (60 sec)

#### Superset:

- Upright Rows 1 set (No Rest)
- Bent Over Laterals 1 set (60 seconds)

#### Superset:

- Seated Incline Hammer Curls 2 sets (No Rest)
- Triceps Dips 2 sets (60 seconds)

#### Giant set:

- Lunges 3 sets (No Rest)
  - Leg Curls 3 sets (No Rest)
  - Squats 3 sets (No Rest)
  - Calf Raises 3 sets (60 seconds)
- (Use either the machine or Barbell used for Squats)

### (Week 2)

**Mon (13-15reps) Wed (10-12reps) Fri (8-10reps)**

#### Superset:

- Incline Dumbbell Bench Press 4sets (No Rest)
- Cl. Grip Chinups (Palms facing you) 4sets (60 sec)

## GROWTH PHASE

### (Weeks 4-6)

**Mon (10-12reps) Wed(8-10reps) Fri(5-7reps)**

#### Modified Compound Superset:

- Incline Bench Press 3sets (Rest 90 seconds)
- Close Grip Chinups (Palms facing you) 3sets (Rest 90 seconds)
- Upright Rows 1 set (Rest 60 seconds)
- Bent Over Laterals 1 set (Rest 60 seconds)

#### Superset:

- Seated Incline Hammer Curls 2sets (Rest 90 seconds)
- Triceps Dips 2 sets (Rest 90 seconds)

#### Modified Compound Giantset:

- Lunges 3 sets (Rest 60 seconds)
  - Leg Curls 3 sets (Rest 60 seconds)
  - Squats 3 sets (Rest 60 seconds)
  - Calf Raises 3 sets (Rest 60 seconds)
- (Use either the machine or Barbell used for Squats)

### About The Author

Hugo Rivera is an ISSA Certified Fitness Trainer and best-selling fitness author of over 8 books on bodybuilding, weight loss and fitness, including "The Body Sculpting Bible for Men", "The Body Sculpting Bible for Women", "The Hardgainer's Bodybuilding Handbook", and his successful, self published e-book system, "Body Re-Engineering". You can visit Hugo Rivera at [www.HugoRivera.net](http://www.HugoRivera.net), [www.bodybuilding.about.com](http://www.bodybuilding.about.com), and [www.losefatandgainmuscle.com](http://www.losefatandgainmuscle.com).

#### Superset:

- Upright Rows 2 set (No Rest)
- Bent Over Laterals 2 set (60 seconds)

#### Superset:

- Seated Incline Hammer Curls 3sets (No Rest)
- Triceps Dips 3 sets (60 seconds)

#### Giant set:

- Lunges 4 sets (No Rest)
  - Leg Curls 4 sets (No Rest)
  - Squats 4 sets (No Rest)
  - Calf Raises 4 sets (No Rest)
- (Use either the machine or Barbell used for Squats)

### (Week 3)

**Mon (13-15reps) Wed (10-12reps) Fri (8-10reps)**

#### Superset:

- Incline Dumbbell Bench Press 5sets (No Rest)
- Close Grip Chinups (Palms facing you) 5sets (60 seconds)

#### Superset:

- Upright Rows 3 set (No Rest)
- Bent Over Laterals 3 set (60 seconds)

#### Superset:

- Seated Incline Hammer Curls 4sets (No Rest)
- Triceps Dips 4 sets (60 seconds)

#### Giant set:

- Lunges 5 sets (No Rest)
  - Leg Curls 5 sets (No Rest)
  - Squats 5 sets (No Rest)
  - Calf Raises 5 sets (60 seconds)
- (Use either the machine or Barbell used for Squats)

There you have it. After week 6 go into Active Recovery (Two full body workouts a week; a routine similar to the Growth Phase above performed only on Mondays and Thursdays with each set consisting of 10-12 reps; perform the same number of sets as suggested above). Also, do 20 minutes of cardio first thing in the morning on the days off (Tuesdays/Thursdays/Saturdays). Sunday is the total rest day.

The longest routine is the one from week 3. It lasts around 75 minutes. It is exhausting as well. Try it out and provided that you follow a good diet along with it (by just limiting yourself to pre-selected cheat meals in the manner described above) you should avoid the catastrophic effects that the Holidays leave behind in some people. As a matter of fact, you should look better. Let me know how you like it if you try it.





Mari Kasvi



Coach A's Model of the Month

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By: Pz Hopkins

# ELVIS HAS LEFT THE BUILDING ...

"While I was driving a truck, every time a big shiny car drove by it started me sort of day-dreaming. I always felt that someday, somehow, something would happen to change everything for me. I would have dreamed about how it would be."

- Elvis Presley

Another year is drawing to a close, and, in keeping with tradition, it's my last chance to reflect back before setting my sights forward as a brand new one arrives. I'm not going to rehash the painful events that framed 2010 from start to finish and remind everyone what a horrific year it has been for many Americans. (When people are walking out of their homes and the best option available is to live in storage units, I'd say we've got a problem.) Yes, sadly, it has come to that extreme and then some. How did everything go so bad so fast? What in the hell has happened to us? Really folks, in all my years I've never felt this sense of alarm. It's like a stampede of fear galloping across our land like nothing I've witnessed in my lifetime. Okay, so we survived the Great Depression, and we've heard all the stories about the comparisons and how bad it could still get. Perhaps that's true, but do we want to sit and wait to see if things plummet that far? As we're running up on 2011 we have to figure out should the charge of trepidation continue on into this New Year, what are we going to do about it? Just how have we become so afraid and powerless? Just how have we turned into the handouts and the helpless and the hapless and the hopeless? And just what are we prepared to do to stop the mad fear rush, turn this around, say enough is enough, and once and for all reclaim our resolve? Going from one year to the next is like the changing of the guard. Along with a new date you get a chance to look at life and all its possibilities with a new enthusiasm and a new determination. This is symbolically the moment as we cross over from the old to the new when the call to action can be heard loudest. The sound is: head-spinning, earsplitting, life altering. Let's give ourselves a chance and heed the call. There are answers if we're willing to accept and embrace them. There are solutions if we're willing to dig in and face them. The New Year is the time to make tough choices and real changes. Let's get busy and take care of business.

## PZ'S POINTERS FOR FEARLESS LIVING AND GIVING IN THE NEW YEAR

### Staring into the eyes of fear

Fear starts from within. It lives in you and me if we let it. It buddies with weakness and surrender and results in perpetuating more of the same. Fear creates fear. It feeds upon itself and prevents us from realizing our full greatness. We're not born afraid. We don't come into this world scared. Little babies are wide-eyed and curious and adventurous and fearless. They take risks and fall down and go boom, cry, and begin again. Somewhere along the way we're taught to be afraid. What starts out as a kernel of fear builds and grows and gradually takes us over like weeds choking out blooming flowers that soon go limp and die. The laundry list of fears is now even longer than Brett Favre's consecutive starts streak.

Parents teach their kids to be afraid. Governments teach their citizens to be afraid. Religions teach their believers to be afraid. Races teach their members to be afraid. Everyone is shown or taught to be fearful of something or someone. We're in fear of bullies and strangers and of anyone slightly different in skin tone or sex leaning. We're afraid to take risks in business for fear we'll fail in such a failure expected climate. We're afraid to help someone for fear we may need help ourselves someday.

Bad people love knowing they have us scared. They



live for the power they derive from the fear they create. We have adopted this position of fear thus encouraging more bad people to exert their negative ways upon us, making us even more fearful. For as long as bad, evil people exist in the world bad, evil things will happen. That's a fact and one that shouldn't be dismissed or viewed naively. That doesn't mean we have to live our lives consumed or controlled by these evil forces.

### Fear lives in the mind and takes on life when we breathe life into it.

Is there anything we can begin to do differently in the New Year to change? A solution to fear is to take it head on. If you don't think guys like Tom Brady or Eli Manning or Drew Brees haven't dealt with issues of fear ask them. They'll tell you it's a part of the game



you have to tackle and defeat. If these guys didn't have the confidence to stand in the pocket knowing some 300 pound lineman is rushing to take them out on every play they couldn't succeed. They must be fearless in order to get the job done. Stare fear down. Look it straight in eyes and show it who's in charge. Occasionally you may take a sack but you can't stay down or run off the field. Get back up and call another play. Keep calling them until they start to pay off. Hang tough and don't give up. You're the go-to guy. You're the one to make whatever needs to happen materialize. We've got big problems that need big solutions. Fear isn't going to fix those problems. With fear there is no trust. With fear there is no hope. With fear there is no love. Put your faith in trust. Put your faith in hope. Put your faith in love. Decide for the New Year--fear, you're out of here.

### Do right by everybody

When you look around at the unconscious people who are clearly doing the wrong thing it's easy to say what's the point in doing what's right? What's the point in being honest or honorable? These schmucks seem to be getting over and it's just not fair. All I can tell you is if every person faced each opportunity with an attitude of decency and not of deceit or deception it would be a beautiful shift. Taking the high road or the right road isn't always easy. The results don't always show up in record time, but be patient and they will. Just like those who do wrong, the eventual upshot of their actions will have a karmic debt to pay. You may think they're reaping rewards for bad behavior, and maybe for a time they are, but all actions have consequences. That's not a man-made law. That's a law made on a higher level in the universe. Those consequences come at a price. Doing right has consequences too. Simply put, when you do the right thing and when you do right by others you will be the recipient of the karmic surplus your "right" life has accumulated. When you choose to do right by others in all things, all that is right will find its way to you.

### If you have two pennies...and so on

Most of us are fortunate to have many gifts and blessings that others may lack. Anytime you have a bounty in your possession you have the chance to share it with others. Anytime you have more than one of something it gives you the chance to keep one for yourself and share the rest with another. If you have two pennies there's one for you and one for someone else...and so on. Start to see your possessions as a means to reach out to a needy world. Begin to see the importance of life in the now and realize the power you have to change someone else's life in the now. As a society we've developed this "hold on to all my stuff because I may need it in the future" mentality. Our emphasis isn't on the here and now but on some time off in the distance. We could be using our resources in such productive and meaningful ways if we only let go of the fear of losing them. I know of a woman who has many valuable pieces of gold strewn together in a safety deposit box. She has no use for the pieces other than they contribute to her vast holdings and family members know they are part of an eventual inheritance when she dies. Among the pieces is a gold coin bracelet. Its worth is probably more than a few families could exist upon

for an entire year. Suppose this woman did something with just one of her pieces of gold? Suppose she put her gold coin bracelet to some real use and touched the lives of others now rather than keeping it locked up in a box? Can you imagine if everyone did something with whatever gold coin bracelet they possess?

### Be a Positive Force

Too many of us are spewing negative, doom and gloom, judgmental rhetoric day in and day out. It's online. It's on the news. It's on the radio. It's in the schools. It's in our Congress. It's at our jobs. It's between friends and neighbors and partners and strangers. Negative thoughts, words, and acts are what we're thinking and saying and doing. If we have negative expectations we will get exactly that—a negative outcome. If you take nothing else away from this column, please make a pledge to stop the negativity and be a positive force in 2011. Be positive. Be legitimately positive. When you are ready to speak ill of someone stop. When you are ready to think ill about something stop. When you are ready to behave ill-mannerly toward someone stop. When you are around someone being negative stop them. Positive is as positive does. Unless we inject a huge influx of positive energy into this negative mess the negative mess will remain. Give positive a chance to work its magic. Be that positive force that can change the direction of the world.

### We could sure use more Elvis

Elvis Presley is known for more than being the King of Rock and Roll. His generosity is legendary, and although he had shortcomings that contributed to his untimely death, he was a charitable and giving man. He not only gave to close friends, family, and associates, he also gave in a big way to complete strangers. Coming from such poor roots he was said to have appreciated his good fortune and wanted to share his wealth. Many of his gifts were given in anonymity, never seeking publicity or recognition. His affinity for cars, primarily the Cadillac, resulted in Elvis buying and giving away countless models of his favorite, fancy ride. Elvis and Cadillac were quite a match and the two best symbols of success America ever produced. We sure could use more generous souls like Elvis who give just to be giving, because it brings them and others so much happiness, and because they can. How about it? Have you given anybody a Cadillac lately?! No? Well, what are you waiting for?

This year more than ever it's time for each of us to step up and get in the middle of the action. Think about your life and your purpose. Think about how you matter and how important you are to the future right now. Make bold choices. Help wherever and whenever possible. Be generous of spirit, not hoarding or stingy. Encourage others and be a positive example to follow. In the face of all our challenges I have hope. I don't think this country became great by accident. As long as we have the will we will find the way. Elvis has already left the building. Now it's up to us.

Here's to 2011. Wishing everyone the New Year you desire and deserve!

**PZ Hopkins is motivational writer and Personal Power Educator in**

**'All Things Relationships.'**

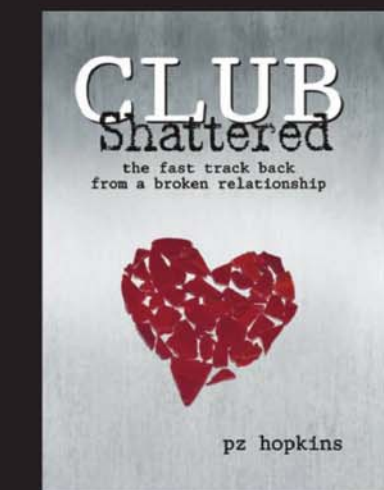
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## Eleven Tips for Cooking Meat and Poultry in Your Slow Cooker

1. Always defrost your meat or poultry before placing it in the slow cooker.
2. Trim all fat from meat and poultry – Excess fats in your dishes will increase the temperature of the liquid in the slow cooker. This ends up decreasing the cooking time and leaving your dishes over cooked. Also the fats leave an unpleasant texture to your finished dish.
3. Brown your meat before slow cooking – This of course, isn't a necessary step but it really helps to add a depth of flavor and removes any excess fat. This is especially true when you're cooking with lamb, pork and sausages. If the meat is lean, well trimmed and not highly marbled, it doesn't need to be browned.
4. Ground beef dishes – If you're using ground beef you'll get the best texture and color if you brown. Although when you use ground beef in meatloaf and similar type dishes you don't need to brown it first.
5. For stews and roasts, pour some liquid over the meat. Just note that you should use the exact amount of liquid than specified in the slow cooker recipes and no more. This is important to remember since slow cooking retains the juices in meats and vegetables as opposed to conventional cooking.
6. Cooking times – It is important to follow the recommended cooking times. Also during the cooking process, keep the cover on your slow cooker. Since your cooking with steam within a tightly-covered container it will destroy any bacteria at a temperature of between 170° and 280°F.
7. Most meats require a total of 8 hours of cooking on the low setting. Cooking at higher settings will generally give you a tougher piece of meat. For all day cooking you might want to use a low setting. Also it's actually better to use tougher, cheaper, cuts of meats for slow cooker recipes. It has less fat, which makes them more suited to crockpot cooking.
8. It's better not to use a slow cooker for large pieces of meat like a roast or whole chicken. This is because the food will cook so slowly it could remain in the bacterial "danger zone" too long.
9. Meats will usually cook faster than most vegetables in a slow cooker.
10. Dark meat takes longer to cook. So if you're using a whole cut up chicken, put the thighs and legs on the bottom.
11. Organic, corn fed, or free range poultry is ideal for slow cooker recipes since they have a slightly coarser texture.

## cold weather

# EASY MEALS

### SLOW COOKER CHICKEN, TOMATO AND WHITE BEAN SOUP

Prep Time: 15 mins Total Time: 1/2 day Servings: 6

#### Ingredients

- 1 medium onions, finely chopped
- 4 celery ribs, finely chopped
- 3 carrots, peeled and finely chopped
- 1 tablespoon minced garlic
- 1/2 teaspoon salt
- 1 teaspoon black pepper
- 2 lbs cooked chicken breasts, cut into bite size pieces (about 4 cups)
- 2 tablespoons butter
- 3 (14 1/2 ounce) cans chicken broth
- 2 chicken bouillon cubes
- 1 (14 1/2 ounce) cans diced tomatoes, drained
- 1 (14 1/2 ounce) cans white beans, drained and rinsed
- 1/4 cup finely chopped fresh parsley
- 1/4 teaspoon Tabasco sauce (optional)

#### Directions

Place vegetables, garlic, salt and pepper in crock pot. Top with the chicken pieces, butter, broth and bouillon. **DO NOT STIR.** Cover and cook on LOW for 7 1/2 hours. Stir in drained tomatoes and beans; continue to cook 1/2 hour more. Before serving, stir in parsley and Tabasco sauce.



### AND FINISH WITH

Prep Time: 10 mins Total Time: 45 mins  
Servings: 4

#### Ingredients

- 4 apples
- 1/4 cup sugar or splenda
- 1/4 teaspoon cinnamon
- 1/8 teaspoon nutmeg

#### Directions

Preheat oven to 400° F.  
Core apples and place in a baking dish  
Blend sugar with spices; spoon an equal amount into each apple.  
Cover bottom of baking dish with 1/4 inch boiling water.  
Bake until soft (30 minutes or more). Several times during baking, spoon pan juices over apples.

## Simple Baked Apples



Use only firm, tart cooking apples



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Our goal at Natural Muscle Magazine is to provide valuable and timely information to health minded individuals, utilizing a culmination of experts in the health and fitness industry. These writers along with a devoted staff strive to provide entertainment, up to the minute industry coverage and a platform for up coming talent.

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Founded in 1996, Natural Muscle Magazine is a first class fitness tabloid published monthly and is

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# THE UNITED STATES OF ATROPHY

Natural bodybuilder Tito Dudley is a cancer survivor, a filmmaker, and a man dedicated to helping America find its way back to a healthy lifestyle. His first film, *The United States Of Atrophy*, is set to be released in the spring of 2011. For more information on Tito Dudley, please visit his website [tfitnyc.com](http://tfitnyc.com), or check out his Youtube channel [tnt0521](http://tnt0521).

## Interview with **TITO DUDLEY**

By Steve Shaw

**Muscle & Strength:** At age 15 you were diagnosed with Hodgkin's lymphoma. Tell us about this period in your life, and how it lead you to bodybuilding and a focus on healthier eating.

**Tito Dudley:** This period was a challenging time in my life. The year was 1996 and I was 15 years old. It was late November and I remember clearly - waking up one morning with a lump on my neck. I panicked, ran quickly to my mother and told her we had to see the doctor. I knew something was wrong immediately. When we met with my doctor she told us that I would need a biopsy to find out what was going on.

We arrived at the hospital weeks later for the results and when my mom and I were walking down the hallway to her office I felt chills because I knew what it might be. The doctor sat us down and looked us both right in the eye and said "You are diagnosed with Hodgkin's Disease which is a type of cancer of your lymph node". Immediately I felt like the world had stop! We began crying wondering if this was it for me. I felt sad and scared and thought about how I might never reach adulthood, live a normal teenager's life or become somebody.

I did know 3 things: my family and friends would be by my side, exercise would be a great motivator for me through this time by giving me the strength to fight and that my faith in God would never waiver and he would guide me through this hard time. When I met Dr. Weiner who treated me at Columbia University he told us everything we needed to know. Things I needed to stay away from, the short term and long term side effects of chemo-therapy and that I would need to give up sports because my body maybe vulnerable to injuries.

My chemo treatment was bi-weekly. They implanted a device into my chest that would be the connection for the tube that would pump the chemo throughout my body. Some days were worse than others but what kept me together was my faith in God. I had to stay active somehow and so I joined a neighborhood gym and began working out to make my body stronger. This was the moment that I decided to change my lifestyle. I began to adapt myself to a bodybuilder's way of life.

I changed the way I exercised and began to educate myself on proper nutrition. During this time my family decided to see a nutritionist. He introduced me to natural



supplementation to help speed up my healing process and recovery to chemotherapy. I truly believed these changes would help me to fight the disease.

Six months after first learning of my diagnosis, in June of '96, I went into the hospital to see Dr. Weiner about the results about my x-rays. He told us that there was no existing Cancer in my body! My whole family was there and when we heard the news we all cried, hugged each other, and thanked God for my healing. I felt like I could live my life again, like I could grow up and have a family of my own. I truly felt blessed! I decided from that moment that eating healthy, exercising and natural supplementation would be a life long commitment. This was the origin of my bodybuilding voyage.

**Muscle & Strength:** Tito, tell us more about your supplementation and diet approach. What are the cornerstones of each?

**Tito Dudley:** I truly believe supplementation and diet work hand and hand. Without the right macronutrients it is very hard to get the best results one needs. We live in a world today where the food quality isn't as great as it used to be due to our massive increase in technology. This is why it is a good idea to incorporate supplements into your diet to help make up the loss or lack of nutrients.

I am a true believer in incorporating organic foods into my diet. The organic term can be used loosely, but to sum it up in a nutshell it is foods that are antibiotic free, hormone free, and grass fed. Grass fed animals are much learner and have not been fed grains which is not their natural food source - so the chances of causing digestive issues are less. As a bodybuilder I want to have quality lean meat. Granted there are so many different companies that are providing "organic" meats. It is always best to research the companies and find out if the meats are truly organic or not.



When it comes to your supplementation you also want to make sure to research your companies as well. Not every supplement lives up to their standards of quality. As a bodybuilder/consumer we have to continue to educate ourselves on the quality of foods and supplements. I have learn over years what supplements work best for me. I used to have issues with certain supplements such as bloating, stomach cramping and even constipation. These were signs that these supplements didn't agree with me and for years I dealt with this thinking it was normal.

I stumbled across Parrillo supplements and realized how great their products work for me. They consist of all natural ingredients and I have had no digestive issues. Over the years many companies have manipulated their supplements so they can produce more in a short time, which made it harder for our bodies to digest because of the ingredients being used. Same thing applies to our food industry. Our food industry has genetically modified so much of our sources of food and found ways to produce a faster supply, which in turn affects our health and well-being.

If you find the right supplements and proper nutrients for your body you can get amazing results! I do take into consideration that not everyone can afford the organic lifestyle, but by making simple changes by eating leaner foods, organic or not, can still make a difference in your physique. Eating organically grass fed is a long-term investment.

**Muscle & Strength: Eating healthy and organic is often seen as expensive. Is this true? And do you have any tips or suggestions about how to make the healthy eating lifestyle as cost effective as possible?**

Tito Dudley: Eating healthy is expensive! I can't afford organic! I hear this all the time. The truth of the matter is our body is an investment. If you invest in quality you will get quality. The amount of money that people spend on their insurance and medication just shows you that we don't see the big picture. Eating healthy or organic may seem to be expensive in the beginning, but in the long run it is actually cheaper.

These foods are higher in the nutrition that our bodies need and recognize so that there aren't any issues with digestion or mineral depletion. Remember when your body gets the proper nutrients it needs per day that is when it will function properly. If the body is functioning well that means fewer doctor visits and medications. Eventually you will find yourself straying away from the medication because your body is receiving the proper nutrition.

Granted, getting proper nutrients is just one part of the solution to a healthier lifestyle. Sleep and exercise

contribute to optimizing the results one is trying to get. So, is eating healthy and organic expensive? Absolutely not! In the long run it is cheaper and promotes longevity. My advice to someone that can't afford organic foods will be: start by purchasing foods that are hormone free, chemical free and stay away from refined and processed foods. Small changes are always good changes



so do what's in your means to make adjustments. Then eventually if you can afford organic switch over. Until then start making small changes to a better lifestyle. You won't regret it!

**Muscle & Strength: You mentioned that you are entering culinary school. Can you tell us a little bit about this?**

Tito Dudley: In my recent discussion I mentioned incorporating massage therapy in my career. I had some time over the summer to really evaluate my ideas and goals. I decided that the direction I want head in is

culinary school. I spoke to a good friend of mine, Todd Elkins, at the JCC in Manhattan who knows me quite well and recommended The Natural Gourmet of Health and Culinary Arts.

At this school I will learn the proper use of kitchen equipment, basic cooking techniques for a wide variety of healthy supportive foods, the ability to identify a broad spectrum of natural ingredients, learning whole grain baking techniques, achieve a general knowledge of the basic principles of culinary science and much more! I am extremely excited to start this next journey of mine. I believe there is a huge need for tasteful healthy cooking in America.

**Muscle & Strength: Tell me about the "The United States of Atrophy"...what is it, and where did the idea come from?**

Tito Dudley: The United States of Atrophy is a correlation of me surviving cancer and becoming the educated bodybuilder I am today. The film gave me the opportunity to explore the world of nutrition and discover the truths and myths of the organic industry. I've learned everything from how our soil is affected to the way the food we eat is produced. We are living in a time where people are suffering more and more from the wrong food choices. Our children's life spans are being shortened because of all the processed food they are eating.

I began to develop a desire to help everyone become better informed consumers, so I decided to create a film that could educate people on proper food choices not realizing I would be discovering new information on the food industry myself. As a cancer survivor, I believe through my example of choosing to live a healthier lifestyle and discovering the corruption behind the food industry, I can help people make wiser decisions on the foods and supplements they acquire.

**Muscle & Strength: When will it be released, and where can this film be purchased?**

Tito Dudley: The film will be released Spring of 2011. My goal is to submit it in a few film festivals and if that goes well that would determine what I would be doing next. The film will then eventually be available for sell on my website [tftnyc.com](http://tftnyc.com) or any sites that I can advertise it on.

*For more interviews of pro natural athletes, fitness models and industry gurus head to [www.MuscleandStrength.com](http://www.MuscleandStrength.com), the world's largest natural bodybuilding website. Would you like to be interviewed? Please contact [steve.shaw@muscleandstrength.com](mailto:steve.shaw@muscleandstrength.com).*





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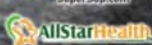
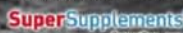
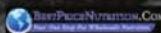
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