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AUGUST
2011

***Fitness Tips
for the Shift
Worker***

**PHOTO TRIBUTE
TO SKIP FAULKNER**

**LOVE THE SKIN
YOU'RE IN!**

**4 BIG REASONS WHY YOUR
STILL SMALL AND WEAK**

**SAY GOOD MORNING TO
NEW MUSCLE GROWTH**

**PUT THE
BREAKS ON
... AGING.**

**ON THE COVER
KRISTIA KNOWLES
PHOTO BY
SKIP FAULKNER
(1954-2011)**

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ALWAYS!**



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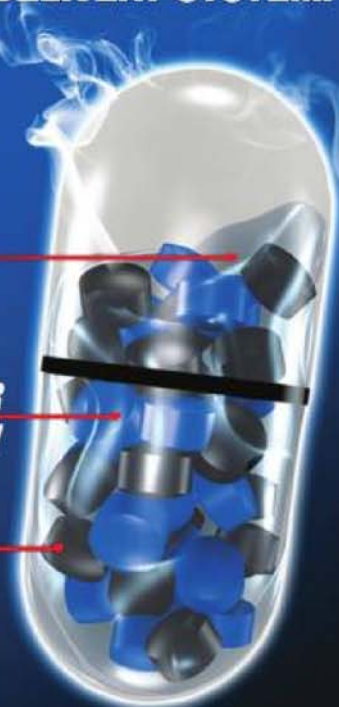
"FAT INCINERATOR"

120
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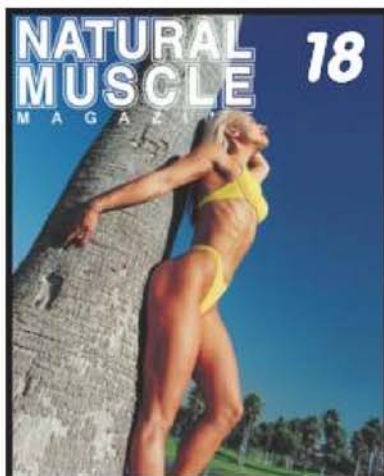
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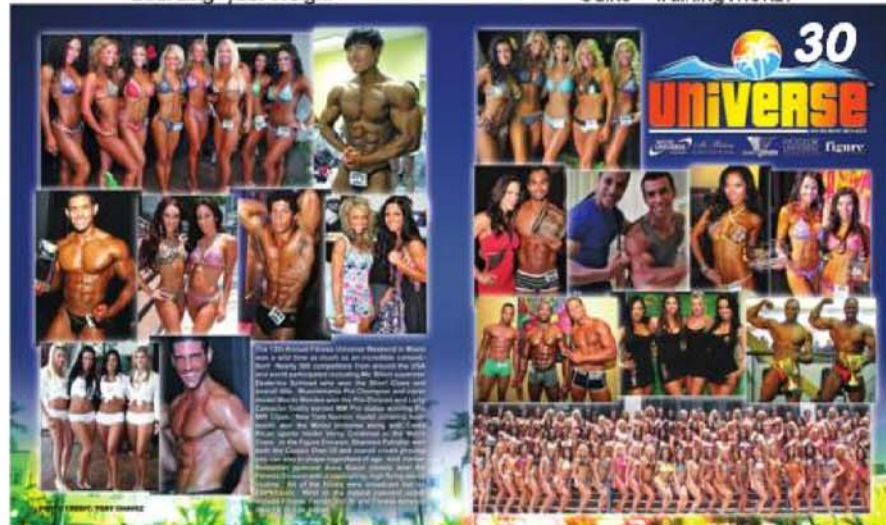
"Guarding" your Weight



Tribute to Skip Faulkner



Gains = Training MORE?



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ON THE COVER

Kristia Knowles
Photography by Skip Faulkner
(this was his all time favorite cover
-circa 2003)
Cover Layout by Axis Design
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NEW UNIVERSITY PROVEN

Fast & Furious FAT LOSS for 6 Hours!

Read ads carefully. Don't be fooled by ads touting "key ingredients & clinical studies". Demand University Studies on finished product. Demand MELTDOWN – backed by 5 University studies!

If you want a sexy, lean and toned body, it's about losing body FAT not body WEIGHT! Look at the photos of the women in this ad – they all lost body fat while maintaining muscle to get a sexy, shapely and toned body.*

With a 56% metabolic shift in fat burning and a 29% increase in thermogenesis, MELTDOWN is your only answer to losing body FAT fast along with diet and exercise. We discovered that women on the Performance Ready team lost on average of 10 lbs of fat weight while dropping an average of 6% body fat! That's right – they did NOT lose a single pound of lean muscle! What's the worst thing that happens when you try to lose weight? You lose muscle. It's important for women to understand that the weight lost during a diet has to be fat loss to get a toned and lean, sexy body. University research shows that Meltdown shifts your metabolism to burn pure fat by 56% in just minutes and continues to burn fat for more than 6 hours!*

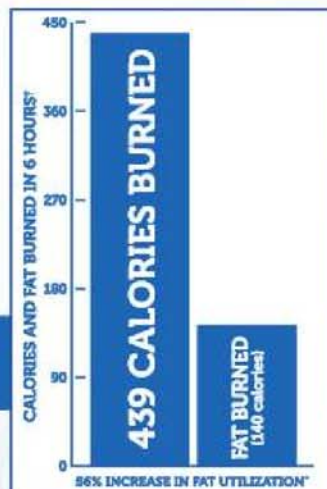
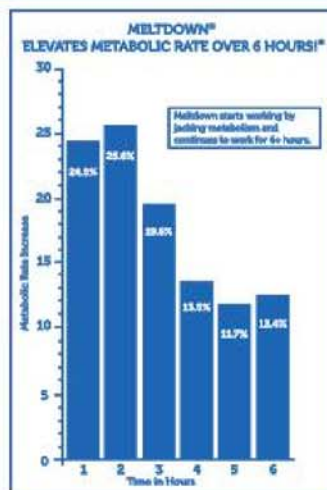
One University Study graph shows you that just three MELTDOWN capsules increases metabolic rate 972% greater than 20 mg of Ephedrine! This is important because before ephedrine-based fat burners were banned, these were the most powerful weight loss agents available. Meltdown is the world's only fat burner proven to burn pure fat while maintaining muscle. Because Meltdown means massive metabolic increases to burn calories and fat faster than any fat burner on the planet, YOU will get better research proven results than any fat burner ever made. Meltdown is the potent Fat Assault Matrix for fast fat loss and a leaner and sexier body for you NOW! Not only will you burn fat faster, but the newest university study proves that you will burn fat longer! In fact you will burn fat for more than 6 HOURS with Meltdown!*

Look at the other ads in this magazine – there is NOT one single ad that has a university proven or clinically proven finished fat burning product. Read the ads carefully and you will see that the actual finished products depicted are NOT tested! Meltdown is backed by 5 University research studies that proves that it is the fastest fat burning product and longest lasting fat burner ever made – all backed by authentic university research you can trust to rapidly lose fat and look great!*

UNIVERSITY PROVEN: BIOLIQUID® CAPSULES

- Burns fat for 6+ Hours! Longer than any fat burner in the world!*
- 972% More Effective than Ephedrine!*
- Shifts Metabolism to burn 56% more FAT!*
- Increases Thermogenesis up to 29%!
- Backed by 5 University Research Studies and more than any other Fat Burner in the World!

Increase Metabolism up to 25.6%!



*Hoffman JR et al. Thermogenic effect of an acute ingestion of a weight loss supplement. Journal of the International Society of Sports Nutrition 2009; 6:1. *Bloomer RJ et al. Effect of the dietary supplement Meltdown on catecholamine secretion, markers of lipolysis, and metabolic rate in men and women: a randomized, placebo controlled, cross-over study. Lipids in Health and Disease 2009; 8:32. *Rashid S et al. Thermogenic effect of Meltdown RTD™ energy supplement in young healthy college women. 2009 International Society of Sports Nutrition Conference and Expo, New Orleans, LA, USA, 14-15 June 2009. Journal of the International Society of Sports Nutrition 2009; 6(Suppl 1):P900.10.1186/1550-2783-6-S1-P9

TIFFANY BEFORE WEIGHT: 178 LBS 34.5% BODY FAT

KRISTY BEFORE WEIGHT: 126 LBS 23.1% BODY FAT



"I lost
26 lbs.
& 11.4%
body fat with
Meltdown!"
- TIFFANY BERG

"I lost
22 lbs.
& 8.3%
body fat with
Meltdown!"
- Kristie Johnson



AFTER WEIGHT: 152 LBS 23.1% BODY FAT

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my two cents

Debbie Baigrie



A Story of Two Pebbles

I LOVE THIS STORY!

Many years ago in a small Indian village, a farmer had the misfortune of owing a large sum of money to a village moneylender. The moneylender, who was old and ugly, fancied the farmer's beautiful daughter. So he proposed a bargain.

He said he would forgo the farmer's debt if he could marry his daughter. Both the farmer and his daughter were horrified by the proposal. So the cunning money-lender suggested that they let providence decide the matter. He told them that he would put a black pebble and a white pebble into an empty money bag. Then the girl would have to pick one pebble from the bag.

- 1) If she picked the black pebble, she would become his wife and her father's debt would be forgiven.
- 2) If she picked the white pebble she need not marry him and her father's debt would still be forgiven.
- 3) But if she refused to pick a pebble, her father would be thrown into jail.

They were standing on a pebble strewn path in the farmer's field. As they talked, the moneylender bent over to pick up two pebbles. As he picked them up, the sharp-eyed girl noticed that he had

picked up two black pebbles and put them into the bag. He then asked the girl to pick a pebble from the bag.

Now, imagine that you were standing in the field. What would you have done if you were the girl? If you had to advise her, what would you have told her?

Careful analysis would produce three possibilities:

1. The girl should refuse to take a pebble.
 2. The girl should show that there were two black pebbles in the bag and expose the money-lender as a cheat.
 3. The girl should pick a black pebble and sacrifice herself in order to save her father from his debt and imprisonment.
- Take a moment to ponder over the story. It was written with the hope that it will make us appreciate the difference between lateral and logical thinking. The girl's dilemma cannot be solved with traditional logical thinking. Think of the consequences if she chooses the above logical answers.

What would you recommend to the Girl to do?

Well, here is what she did ...



The girl put her hand into the moneybag and drew out a pebble. Without looking at it, she fumbled and let it fall onto the pebble-strewn path where it immediately became lost among all the other pebbles.

"Oh, how clumsy of me," she said. "But never mind, if you look

into the bag for the one that is left, you will be able to tell which pebble I picked."

Since the remaining pebble is black, it must be assumed that she had picked the white one. And since the money-lender dared not admit his dishonesty, the girl changed what seemed an impossible situation into an extremely advantageous one.

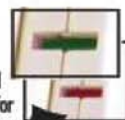
MORAL OF THE STORY:
DON'T WORK HARD ... "WORK SMART"

Win the War on Fat

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Military Standard Body Fat Measurements



...with new Visual Pressure Indicator for accurate measurement



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...plus Slide Wheel Chart for fast results

Stay tuned on our Facebook wall for exciting updates on the Natural Muscle Fitness Cruise, May 11th, 2012! See, be seen, and enjoy!!

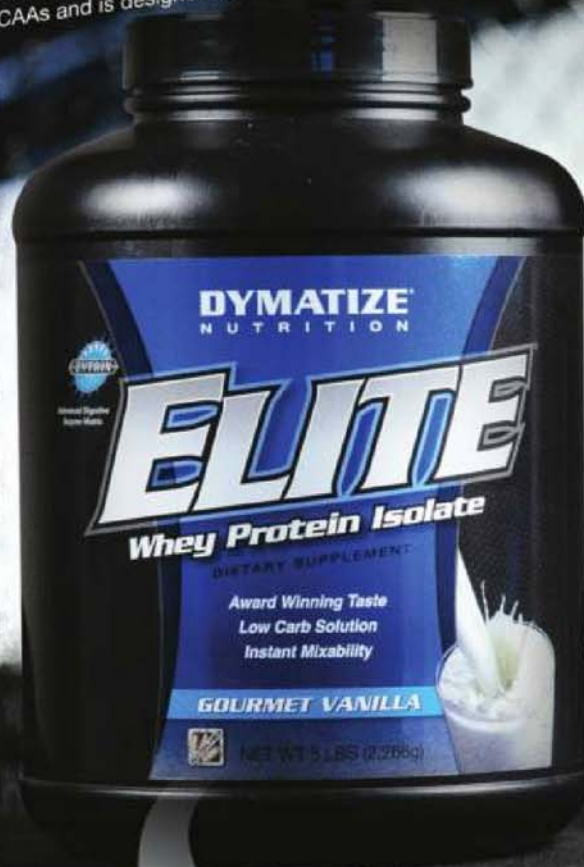


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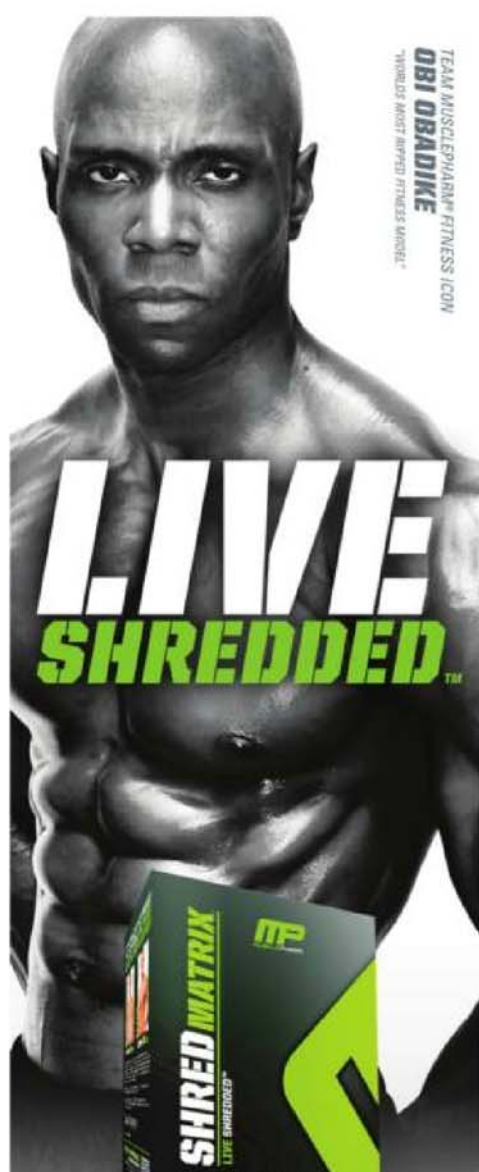
Andy Haman

Andy Haman
IFBB Pro Bodybuilder
Team Dymatize

Erin Stern

Erin Stern
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Nancy Di Nino, "the Redstorm" knows what its like to juggle the demands of a demanding career and personal fitness goals. This ball of fire definitely has her hands full trying to juggle the demands of both her day job, competitions and modeling career. She is her own 'Prisoner of Figure'....I bet you would never guess this redhead you see gracing any given magazine...is a Correctional Officer in a men's jail! It would make any man want to sign up for criminal punishment.

She can relate to those who, like her, are bound to shift work, and will be the first to admit that working long hours and being a shift worker can sometimes make it difficult to keep on track with your training and nutrition; however, with a little pre planning you too can live a healthy lifestyle and achieve your own personal fitness goals to "Guarding your Weight" and guarding your figure!

www.nancydinino.com
Email: info@nancydinino.com

Your 3 lifelines: training, nutrition and sleep

The first lifeline: Training

So the question one may ponder is, how one may maximize on growth and development while working non-traditional hours? No need to call a friend. There is a need however, to establish a consistent workout regime, to balance your recovery cycle and get your natural bodily rhythms back in some order. Whether on an afternoon shift or doing the night shift, try to establish a consistent training schedule. Ideally I would suggest working out after quality sleep. Sleep will allow the body to be refreshed and energized for strength needed for training or a lengthy cardio session. If you are fortunate enough to have a training facility on site, you can take advantage of working out on break times on shift (e.g. - Police, Firefighters) if not, don't hesitate to bring your own fitness "tool box" to work. Don't under estimate the power of resistance bands, weights, or ankle straps, which are effective for creating an intense workout. Cardio equipment maybe available on site as well. If not use the parameter of the facility to take a jog or power walk, or use stairs for climbing reps. No excuses!

The second lifeline: Nutrition

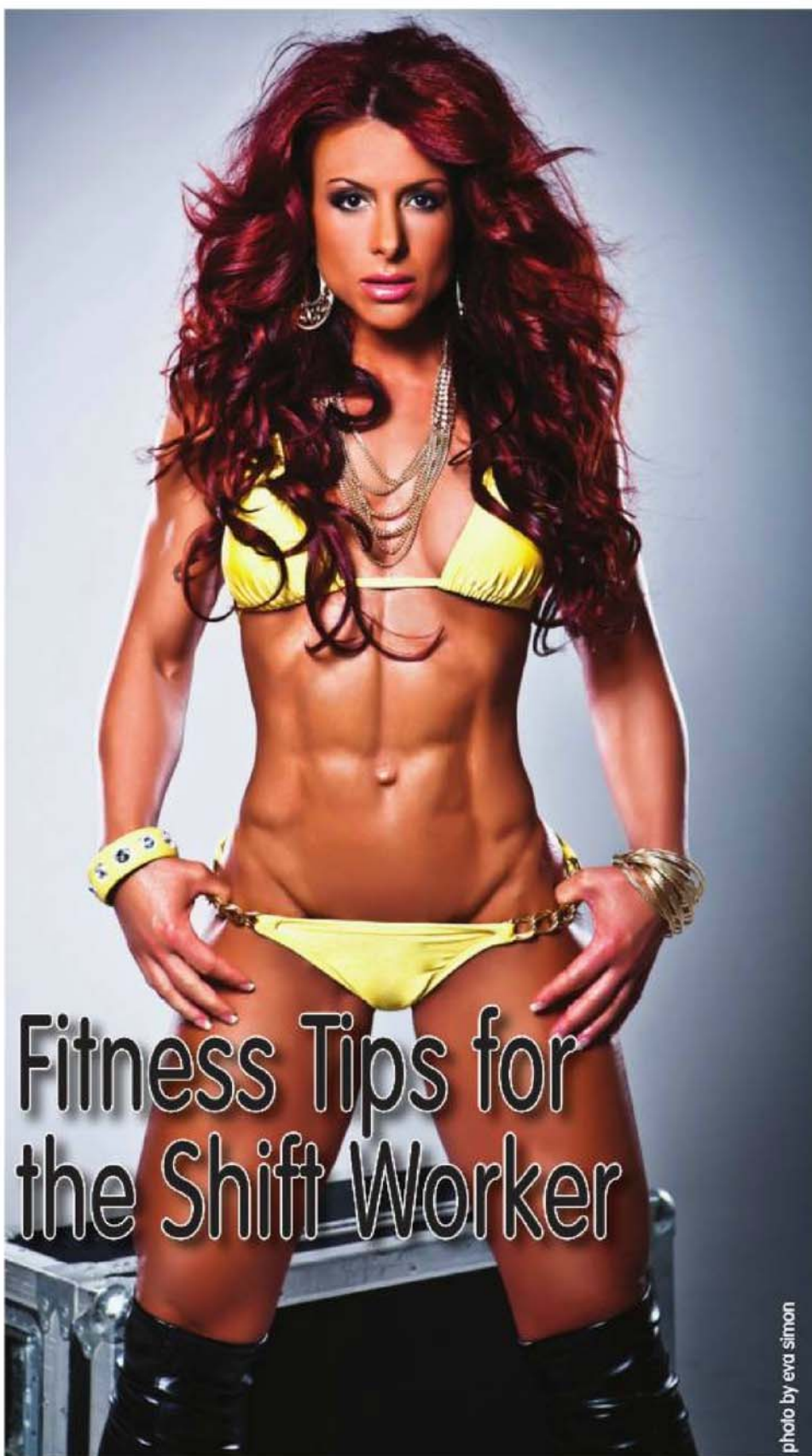
I think there would be a general consensus that the element of proper nutrition and dieting is by far the most difficult. Now add shift work to the equation. I know from personal experience that the evening is when "night munchie monsters" tend to haunt me. The key here is to pre cook your meals and bring them to work. Similarly, continue eating small portions every 3 hours or so including protein in every meal when possible. Yes, with the life's inevitable responsibilities such as family, children, appointments, we all tend to fall victim to the "I didn't have enough time" syndrome. But let me tell you again, it's a mindset. Make time with no excuses. Without proper nutrition you are at the forefront of sabotaging all your fitness goals. One thing to keep in mind, which is common concern for most, is eating late at night while working. I know from experience

and being an athlete that the body still needs to be fed, muscles need to grow and your metabolism needs to be kept in high gear. Having said that, to address people's concern of eating at night while working, it's not the quantity, it's the quality. Eat your proteins. If you are one who has trouble stomaching food at late hours, try to keep it light with foods such as egg whites, low fat yogurts and having protein shakes. I also recommend including a small portion of low glycemic carbohydrates such as oatmeal or yams in one or two of your meals. Trust me when I say your body will need them for energy to not only keep you functioning throughout your work evening but to ensure your continued energy for those workouts you are throwing into the mix.

The final lifeline: Sleep

God knows we need it! Especially for the competitive athlete where the innate nature of sleep will have a profound effect on progress and development. Sleep is essential for overall muscle repair, recovery and growth. The lack there of, will result in the high release of cortisol. Cortisol in short, is our stress hormone. High levels of cortisol can be quite detrimental and be the main culprit for hindered development and fat storage. It is what is responsible for metabolizing muscle and bone tissue. With that being said, it is even more crucial that the shift worker to try making time for adequate and consistent sleep patterns to ensure cortisol levels are kept as low as possible. As a shift worker on 'night shift', ensure you have a good "morning sleep" so you are prepared for the mental and physical stress your body will encounter during off peak hours (non traditional hours). If you have a chance it has been proven that a short nap throughout your workday or 'night' will also help with this.

Well I certainly hope that these friendly tips make your life as a shift worker, that much easier. More importantly is helping you reach your fitness goals so that you too can "guard your weight".



Fitness Tips for the Shift Worker

photo by eva simon

10 Fitness Tips for the Shift Worker

- **Continue to prepare meals in advance.** Having your food readily available on a night shift will eliminate the 'night munchies binge urges'.
- **Continue your regular pattern of eating every 2-3 hours, but in reverse.** So if you are sleeping throughout the day, be sure to wake up and treat your first meal like it is your morning meal. Or, if you are accustomed to morning cardio on an empty stomach, wake up, do your cardio and follow the same meal regime following.
- **Do not fear eating throughout the night!** Remember your body still needs to be fed which will keep the boost of your metabolism. Your body is a fuel-burning machine and needs food for fuel to keep it going, just be sure to stick to your low glycemic carbohydrates such as oatmeal or yams.
- **Continue to hydrate your body by drinking lots of water.**
- **Quality sleep is paramount, especially for the shift worker who will be up throughout the night.** Ensure to have a good 'morning sleep' to ensure recovery and rest so that when you arise for your afternoon training you are energized. Remember physical conditioning and growth happens during the rest and recovery stage.
- **Meditation/Yoga/Pilates –** If you are having trouble adjusting to the sleep schedule (sleeping in the AM) or day hours, allow yourself to unwind and put your body in a state of relaxation through meditation, yoga or similar technique.
- **Minimize distractions.** Yes the daytime is full of environmental noises and other unavoidable sounds. Be sure to unplug phones, keep your room as dark as possible and play soft music or meditation rhythms to help eliminate outside distractions.
- **Continue your training regime accordingly.** Find which time either in the morning or afternoon works best for your body. This will depend upon your sleep pattern and when you are feeling most at rest.
- **Continue with your supplementation.** Be sure to take your Vitamin B's to aid in the stress-imposed interruptions on your body as well as Vitamin C.
- **Stay focused!** Don't allow circumstances to hinder and influence your nutrition and training. Love and respect your body, no matter what time of day!



Allison Ethier
Professional Trainer

America's Strongest Female Fat Burner![†]

Since January 2005, SLIMQUICK's been the #1 selling female fat burner in America.* Why? Because it works...fast![†] SLIMQUICK is the leader in female fat loss because it's designed specifically for a woman's body and is scientifically engineered to overcome the 6 physiological barriers women face when losing weight. Our Research Team has been working on a revolutionary new fat burner that's even stronger than our original SLIMQUICK formula! We've called this product "RAZOR" and it cuts through fat like nothing you've ever experienced. In fact, in a 13 week clinical study, women added just one ingredient in SLIMQUICK RAZOR to their diet and lost up to 25 pounds.[†]



LOSE UP TO 25lbs FAST!†

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Are you getting cut to enter your first figure contest or doing a photo shoot and wanna rock your sexiest body ever? SLIMQUICK is putting on the most exciting weight-loss challenge in the fitness industry and we want YOU to be part of it! We're going to help you unite with thousands of other women as they lose weight fast to feel great and get into the best condition of their lives! Visit myslimquick.com to sign up for the SLIMQUICK 25 lbs. Challenge and receive free weight-loss support, diet plans, exercise tips, delicious recipes and more.

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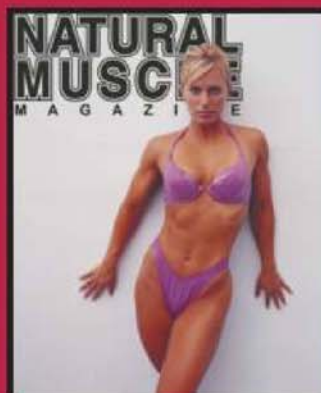
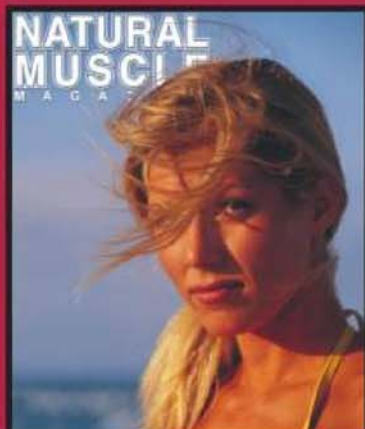
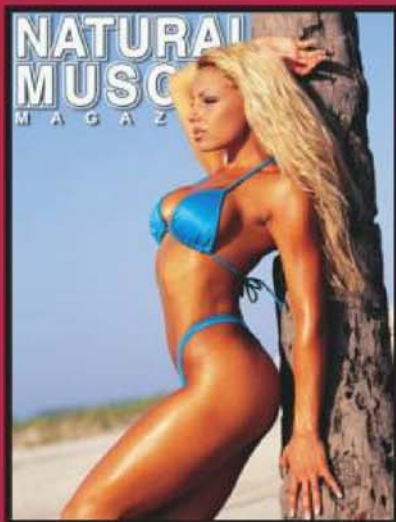
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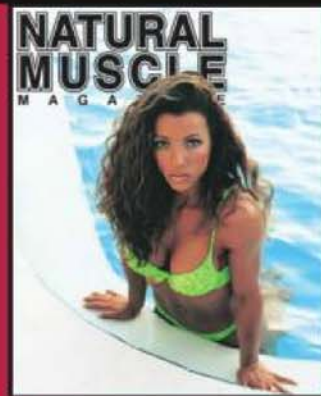
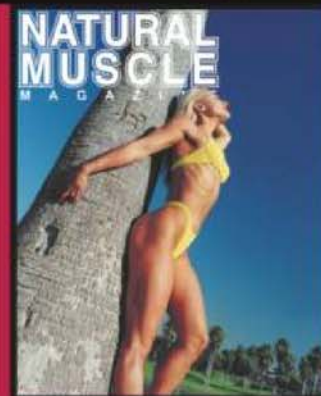
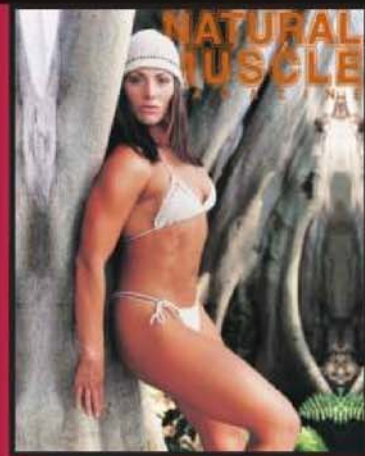
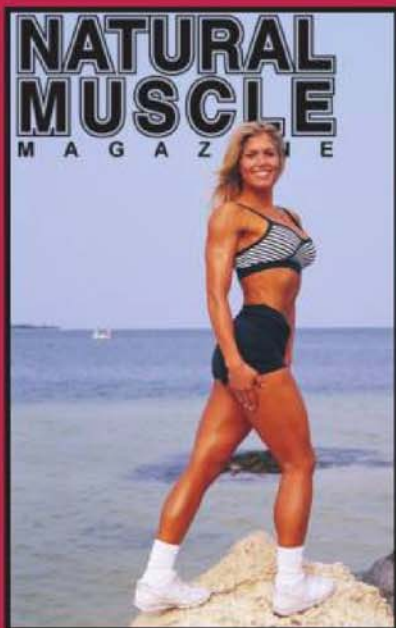
“Skippy was the very first photographer to shoot me in fitness and one of the sweetest people you could ever hope to meet. A gifted photographer but more than that, a great friend. Just thinking of him walking along the beach with all of his supplies puts a big smile of my face. :-)-”

WWE *ivaD* Torrie Wilson



SKIP FAULKNER

an original



everyone who knew him, loved him

NATURAL MUSCLE

M A G A Z I N E

Rachel Moore



LOVE THE *skin* YOU ARE IN!

The green guide to beautiful skin

As I begin to enter my latter part of my 30's, I notice that my skin is changing. The pores on my face are larger. I have sun damage on my face and chest. Overall the majority of my skin all over my body is not as taut as it used to be. It's subtle, but enough for me to notice to want to do something about it. Whoever said the saying "Grow Old Gracefully" should be shot! No, not really, I'm kidding but it takes a lot of work and effort to maintain one's looks to "look" like they have aged gracefully. I am not saying it is time to run off to the plastic surgeon or do anything drastic like that. Just a few everyday factors can change the quality of your skin from the inside out. Here is my eco-beauty guide to look your best at any age.

NUTRITION

This is my main beauty secret. Nourish your skin from the inside out. What you consume nutritionally does affect how you look. Eating foods that nourish and hydrate the cells of your body will be your number one source for fighting the aging process. Here is a list of my favorite beauty foods.

Avocados: This silky smooth green guy gets mistaken for a vegetable when it is really a fruit. This healthy fat is rich in omega 3's. They contain Vitamin A, E, and help fortify B-complex vitamins. It has a ton of antioxidants and inflammatory compounds. Throw some in a salad or blend it in a smoothie.

Blueberries: They may be little, but they contain some of the highest antioxidant levels of any food when ripe. The deep blue and purple color of this fruit pigment is the anthocyanins which helps with sun damage and inflammation. Throw some in your oatmeal in the morning or have a blueberry protein shake and you are on your way to hydrated skin.

Greens: Spinach, kale, swiss chard, collard greens, broccoli, and many other cruciferous and leafy green veggies offer more nutrients to the body with the least calories. They are packed with skin beautifying compounds like carotenoid antioxidants, an excellent source of vitamin A and C, helps neutralize free radicals (cell damage), and help fight different types of cancer. I highly recommend that you eat these every day. You can eat them in a salad, steamed as a side, or juice them. Never underestimate the power of plants!

Algae: Micro-algae and macro-algae are one of the most concentrated sources of beauty vitamins for hair, skin, and nails. They are easily absorbed by the body. Chlorella and spirulina are a high source of protein, beta-carotene, nucleic acids, and chlorophyll. Sea vegetables like arame, dulse, and nori contain more trace minerals

than any other foods. They are abundant in vitamin A, C, E, and B-complex vitamins. Plus, they contain ergosterol which converts into vitamin D2 to help support healthy skin and cell growth. You can find powders to put in smoothies or take in a vitamin tablet source.

FLUIDS

Water: We all know that it is common knowledge that you have to drink water to stay hydrated. But after much research, I have discovered that it is quality filtered water that hydrates the cell properly.

Having a really good home filtration system is the best suggestion over bottled water. (Even great quality filtered bottle water can have dangerous chemicals like BPA inside due to the plastic.) By having a home filtration system, you get quality water by filling up a reusable

eco-friendly water bottle. Stay hydrated and save the planet at the same time.

Green tea: When water isn't cutting it for you, green tea adds a little flavor for your palate. Green tea is one of the best anti-aging beverages besides water. Because it is minimally processed, the leaves are steamed instead of fermented, green tea catechins help prevent the cell oxidation. For a liquid, it offers the most antioxidant polyphenols for the skin. Drink it hot or drink it cold, you will reap the benefits within due time.



Red wine: Drink this liquid sparingly. Now when I say it is has great properties for the skin, I am suggesting a 4 ounce glass with a meal a few times a week,

not a bottle. Red wine is loaded with antioxidant and anti-inflammatory flavonoids. Resveratrol is the main ingredient that will protect the skin against the sun's UV rays. Resveratrol has so many great properties that it is ok to have that occasional glass and not feel guilty. Cheers to that!

SLEEP

This is another important step to anti-aging. The benefits of sleep impact nearly every area of daily life. Believe it or not, studies show that your body needs sleep to repair itself. This is not only great for cell repair; it is needed for physical health, emotional well being, and longevity. Getting your 8 hours a night is the best thing you can do for yourself. They don't call it beauty sleep for nothing!

LIFESTYLE

Being active: Whatever your choice of exercise is up to you. The body is not designed to sit around. So get up and go. Make some time everyday to be active for your mind, body, and soul. Exercise has so many great benefits. Some benefits are that it improves mood, improves lean muscle mass, reduces body fat, helps fight disease, reducing stress, increase you self esteem, and so much more. You get the point. A healthy body is a happy body. So move it!

Meditation: In today's world we are stressed out to the max. We need time to clear our thoughts and de-stress our minds. The best natural skin care is meditation. You know the old catch phrase "Mind over Matter"? Well, your mind is a powerful place. The positive energy flows throughout the body and reaches the cells to flood them with vitality. Over time, meditation will be your best internal anti-aging weapon. Say OHM!

PRODUCTS

Lotion: If you can't eat it, don't put it on your body. The skin is the largest organ of the body. It can absorb more toxins than eating food. Whatever you lather on will immediately hit the blood stream. Look for a great organic lotion that is free from toxic chemicals that you

can pronounce. Also, look for ones that contain coconut oil. Coconut oil is great for the skin. The best time to put on lotion is after a shower to seal in moisture. See you later alligator! My favorite lotion: www.hasabody.com

Sunscreen: To sun or not to sun that is the question. First I want to start off by saying that your body does need some sun to produce Vitamin D. Vitamin D is a pre-hormone that is produced in your skin in response to sunlight. It is essential for the body to stay healthy. Like my dermatologist says "Any more than 15-20 minutes a day in the sun is abuse to the skin". If you are planning on being in the sun



for long periods of time, then use a good quality chemical free sunscreen. Most sunscreens are loaded with toxic chemicals. A great organic brand to use is Soleo Organics. www.soleoorganics.com

Make up: I have a love/hate relationship with make up. I love how it looks on me but I hate how it feels on my face until I discovered mineral make up. I learned that the blend of the minerals and pigments, when applied correctly, allow the skin to breathe and function normally. It does not clog pores and is water resistant. It doesn't crease or smear even during strenuous exercise. Bonus for us fitness gals! When buying mineral make up, please have someone show you how to put it on correctly. My favorite make up now is Jane Iredale Mineral Make Up. www.janeiredale.com

ATTITUDE

Smile: A smile is universal. It doesn't matter what you look like or what country you live in, we are drawn to people who smile. A smile is attractive and can be quite contagious. When someone walks in a room or greets you with a smile, it puts us in a good mood. Smiling makes you look younger. So go ahead, next time you are feeling down or see a frown, smile! It will make you feel better.

Being positive: The research is clear. Positive people live longer. Countless studies show that positive people live longer and healthier lives. It helps you cope and handle stressful situation. It starts with self-talk. Instead of thinking the glass is half empty, enjoy what you have in life right now. By being grateful for what you have and enjoying life's journey, you will get more out of life.

Embracing age: Aging is inevitable. We can't stop father time, but we can embrace where we are at in life. Accepting that we are no longer younger versions of ourselves is the first step to being at peace. I used to think aging was a bad thing, but as I live life every day, I love growing older. I actually love the life experience and knowledge I have right now. I love how confident I am at this age, that wasn't the case in my twenties. And last but not least, I have accepted the fact that my skin is no longer the same as it was in my twenties. So what I have a few wrinkles and large pores, it gives a little character to my face. (Says me with a positive attitude and a smile on my face!)

By incorporating a few of these lifestyle factors in your life, I promise you will not only start looking better, you will feel better. After all, it is not really about your skin, it's all about the journey you take now. Look in the mirror and smile.



Phoenix Taylor photo

FAITHFULLY FIT!

Being open-minded is a good thing, right?

Not in health and fitness. Having a closed-minded, stubborn attitude is one of the best weapons in fighting the war against fat, fatigue and flab.

This spring I took a trip back home to Louisiana to see my daughter Katie and my new granddaughter Neveah. The month before that trip was among my busiest ever. A cascade of clients and plethora of photoshoots seemed to fill every waking minute. I literally worked from dawn to way past dark on many occasions. And how did I get through it? By repeating one, simple mantra:

"Work hard now. See Neveah and Katie later."

It was hard before the trip, and, just as hard afterwards. Worth it to be with me daughter and granddaughter? You bet. That single-minded focus helped me push through the hard times. It can help you push through crisis spots, as well.

How many times have you looked at a plate of cookies and said to yourself: "Oh, just one or two won't hurt. I can burn that off at the gym, anyway."

So you ate that first cookie, then one or two more later at the party. Being open-minded and allowing yourself to change direction is the first step in getting off course.

Most of us never get on the right course, much less get off it. That is because we are mostly too busy doing "stuff" that we think is really important. Before we know it, all our time has magically melted away and it's 11:30 at night. We're exhausted and hit the bed, just to do it again the next day.

Have your weeks been non-stop lately? Ours have at GoFitness. Just when you think your life can't get busier, it somehow does. If you totally feel like life is "bossing" you around, then it's time to get stubborn and boss it right back! I give you permission to get nasty!

So you might be frustrated with your training lately, right? Maybe you are like so many people who are always waiting for the "perfect" time to train. There is no perfect time, today or any other day. Do you get to work at 8 a.m. in the morning? Who thought up that brilliant idea? You didn't. But, it's in your schedule so you do it five days a week. How about putting fitness in your permanent schedule, as well?

It's hard to get into the groove when there is so much going on around us. At our fitness studio, people are always coming in and out. I have an office, with a door, but it doesn't deter anyone! At home, I am easily distracted by what needs to be done or am too tired to do what I should. Sometimes I sneak away to Starbucks for a coffee. That lets me get things done in peace.



So, there's your secret to working out! Go get coffee? No. Finding a time and place that can be all yours. We all need "us time" to refresh and rebuild. Taking the time to plan and prepare for those times will let you accomplish your fitness goals. Otherwise, "life" will fill up all your free time. It does already without a plan, right?

Fitness is a philosophy, a state of mind. If it gets to be so ingrained that it's just part of your life, then, you will always have time for working out and eating right. It's just something you do because it's part of you. It's not a religion of course, but it has similarities.

Easter Sunday was a great service at our church. The pastor talked about the Resurrection and how it is

hard to believe something of that magnitude. He went on to speak of our "purpose" and "what it's all for." We all have the choice to believe or not believe. It's like seeing a glass half full or half empty. Which do you choose? That we live for a purpose or we don't? I believe we do.

Religion is often a private matter. Too often, fitness is the same way. We all have our degree of belief in both matters. I find it hard to "sway" others in both matters, actually. My church often talks of "witnessing" to others. And I do my best to also spread the word of how fitness can change your life for the better, as well. I have found it discouraging at times, even with my stories of how God has changed me for the better. Our fitness studio is also filled with people whose lives have been changed by losing 50 pounds and feeling the best they have ever felt. There they are, walking witnesses, and it's still hard to get people to do something that is so good for them.

How many "before and after" pictures have you seen? It can happen, and does happen, on a daily basis. But is it happening to you? Why or why not? You're the only one who can answer that.

The best way to lead is by example, so, I continue. But here is where my part ends, dear reader. You're holding in your hands a magazine filled with ways

to live a longer, healthier and happier life. And only you will decide if you toss it aside, or, use the advice inside to make your life better. It takes a stubborn tenacity to get started, but then, living the fitness lifestyle can become just as ingrained as praying at church.

The opportunity starts right here. Right now. What will you do with it?

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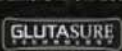
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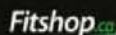
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As you hopefully have figured by now, just by simply entering the weight room, picking up some weight or a machine, and performing 3 to 4 sets of 8-12 reps here and the same there just isn't going to cut it if you're looking to build some admirable solid muscle. However, so many gym enthusiasts do just that. Granted, the mentioned set and rep range for hypertrophy or building muscle is right around the desired volume proven to be most effective for packing on muscle and size, it is only one variable in creating an effective training program. Exercise selection is a critical component in an efficacious training program to deliver desirable results of packing on massive amounts of hard lean muscle and size.

Not all exercises are created equally. When creating a hypertrophy training program, making intelligent decisions on which exercises to incorporate can yield some dramatic results and mean a world of a difference! This article lists the most effective exercises to specifically synthesize maximum muscle onto your frame. Before we go into naming the best exercises, let's go over a few key points to keep in mind so that we can fully understand the selection of these exercises. We will discuss aspects of strength in relation to muscle size, application of compound lifts and isolation exercises, and specificity of equipment selection.

Strength and Muscle Size

Let me just explain that the size of muscle only affects the strength component to a certain extent. Let's take bodybuilders for example. They are not stronger than power lifters, are they? I've seen small framed power lifters lift ridiculous amount of weight completely off the ground and right to over their heads! If you take me as an example, at 115 pounds and 5 feet and ¾ inch tall, I'm capable of leg pressing 2 or more times the amount of weight than most guys in the gym. Yet I have a small petite frame. That's because maximal strength (the muscles' ability to perform a single, all-out effort) depends on neuromuscular coordination* as well as the amount of contractile tissue within the muscle. How can we apply this? Well, although we don't necessarily need to lift ridiculous amounts of weight, in order for muscle to grow we do need to effectively create micro trauma to the muscle, recruit all muscle fibers, increase the body's natural production of testosterone, and growth hormone. It is simply impossible to do that by lifting light weight... and that includes even if you are lifting from awkward or in unstable positions. Yes, it is vital

to incorporate exercises that require neuromuscular coordination (relatively high skill exercises) and be able to lift the most weight as safely as possible in those exercises. High skill exercises refer to exercises or lifts that require technique and balance are compound exercises (lifts that use multiple joints) and utilizing multiple planes of motion.

Compound and Isolation Applications

Although neuromuscular coordination is important to develop strength and transfer of skill is more applicable for gaining strength, it also involves hypertrophy. The key is to discerningly select these high level skill exercises that deliver the most isolation on a target area. You want to ensure that a specific muscle or muscle groups are doing the work. You want to ensure your compound exercises target the specific body part you are training that day. This means that you should feel the muscle working during the set, and feel a difference within the muscle afterwards. You want to create a pump, to feel the burning sensation in that specific muscle, and/or feel post-workout fatigue to that specific muscle group.

In contrast to a compound exercise, an isolation exercise stresses a single muscle group (or sometimes just part of a single muscle) in relative isolation from the remainder of the body. Isolation exercises drive 100% stimulation of the employed muscle (individualizes all the tension and work to the specific muscle being worked) and allows you to train that muscle to complete failure. This is great touch to an effective muscle building training program. Not just that but it is critical for shaping and defining muscle which gives the overall balance to your physique...Big, solid, and ripped!

This is why we most certainly include a well-balanced combination of compound and isolation lifts into the list of the "Best of the Best" exercises to forcefully pound on impressive and undeniable muscle!

Specificity of Exercise Selection

Another key component is to select the equipment type. What's a better choice, free weight or machines when building muscle is the goal? Now, most of you will right off the bat state that free weights are always the better option. But is it that always the case? Let's discuss the differences, similarities, and pros and cons to be able to make the proper determination of equipment selection. Both free weights and machines can be very effective, serve a specific purpose, and properly utilized convey your wish of extreme muscle gains.

Free weights stimulate more real life lifting pat-

terns and are more comprehensive training method in that requires not just your muscles but also many stabilizers to be involved and come to play which is great for not just building size but in real life. Free weights offer the advantages of versatility and functionality as well.

With free weights you can train a variety of muscles for the entire body and perform various exercises without the need of much equipment or moving from machine to machine to work various muscle groups. With free weights, you're able to move the body through natural motions as well as through a variety of planes allowing you to mimic movements you do in real life like squatting, lifting things over your head and rotating the body.

However, like everything in life, free weights also have its disadvantages. Using free weights requires skill and coordination, so you may need some instruction when using them for the first time. Good form is harder to achieve without the added support from machines, so there's a higher learning curve with free weights. Another disadvantage is a greater risk of injury. There isn't a fixed path when using free weights; it's easier to put your body in the wrong position or inability to stabilize the weight, which could lead to injury. There's also the risk of dropping the weights, especially if you're lifting heavy.

Machines are great in the sense that there's not much need to stabilize and control the movement. This means you can focus more on a single body part-completely annihilating it- and also allow you to lift more weight. They can also be safer since keeps you in a standard range of motion. You don't have to worry about injury as much since it prevents you to move passed a certain angle or range. You can also push to failure since safety of dropping the weight on you isn't much of a concern here. Some disadvantages are that machines vary from manufactures and are made to a general set of people. We are all unique so sometimes the machine can put you in awkward ranges of motion. Because it's on a fixed path, most machines will not work the body through many planes of motion as well. Many machines require you to use both arms and legs to move the weight, so they don't allow you to work on weaknesses. You will also need multiple machines to work out your entire body.

Gaining knowledge of all of these vital pieces of information allows us to make intelligent and effective exercise selections to our training program that will result to unbelievable muscle gains!



"The Best of the Best" Exercise Selections:

* Select from the list and perform 3-4 exercises per muscle group completing 3-4 sets of 8-12 reps each.

CHEST

- Barbell bench press (flat and incline)
- Dumbbell bench press (flat and incline)
- Smith-machine bench press (flat and incline)
- Hammer Strength chest press (flat and incline)
- Selectorized chest-press machines (flat and incline)
- Power dumbbell fly, aka bent-arm fly (flat and incline)

BACK

- Pull-up and chin-up
- Barbell or dumbbell bent-over row (torso at 45 degree angle to floor)
- Dumbbell row
- Hammer Strength plate-loaded back machines
- Cable row
- Lat pulldown
- Standing straight-arm lat pulldown
- Machine pullover

SHOULDERS

- Seated military press (barbell or dumbbells)
- Smith-machine military press
- Hammer Strength shoulder press
- Arnold press
- Selectorized shoulder-press machines
- Lateral raise (dumbbell, cable, or machine; standing or seated; leaning or upright; Power/bent-arm)
- Power/bent-arm dumbbell rear-delt raise
- Rear-delt machine

BICEPS

- EZ-bar curl (strict, normal, or cheat)
- Parallel-bar curl
- EZ-bar reverse curl
- Dumbbell hammer curl
- Dumbbell alternating curl
- Cable curl (all varieties)

LOWER BACK

- Back extension (weighted)
- Reverse hyperextension

TRICEPS

- Skull crusher (EZ bar and dumbbells)
- Overhead triceps extension (EZ bar, 1 or 2 dumbbells, cable, rope)
- Triceps pushdown (v-bar, ez curl bar, rope, reverse grip)
- Cable skull crusher

QUADS

- Squat (high or low bar)
- Front squat
- Leg press
- Smith machine squat
- Smith machine front squat
- Lunge (barbell or dumbbells)
- Walking Lunges
- Leg extension (quads only)

HAMSTRINGS

- Deadlift (conventional, Romanian, stiff-legged)
- Glute-ham raise
- Good morning
- Reverse hyperextension
- Leg curl (lying, standing, seated)

CALVES

- Standing Calf Raises
- Leg Press Calf Raises
- Seated Calf Raises
- DB Single Leg Calf Raises

ABS

- Weighted decline sit-up
- Hanging knee or leg raise
- Cable crunch (kneeling)
- Machine crunch
- Roman chain knee or leg raise
- Weighted Swiss-ball crunch

Some final thoughts before you hit the floor running to the gym; none of these exercises here will work if you don't apply the other key elements of training for muscle gains. Focus on high volume, intensity, and frequency with each and every workout. You want to intake a surplus of calories of clean muscle building nutrients such as lean proteins, complex carbs, and essential fats. Only take high quality supplements such as vitamins, fish oils, flaxseeds, amino acids for a more rounded nutritional plan. Spare time to sleep and recovery from working out same muscle groups.

Now that we've got all of the key muscle building components in order along with the best of the best exercises for optimal results, you are now officially ready to hit the gym armed to conquer extreme muscle gains!



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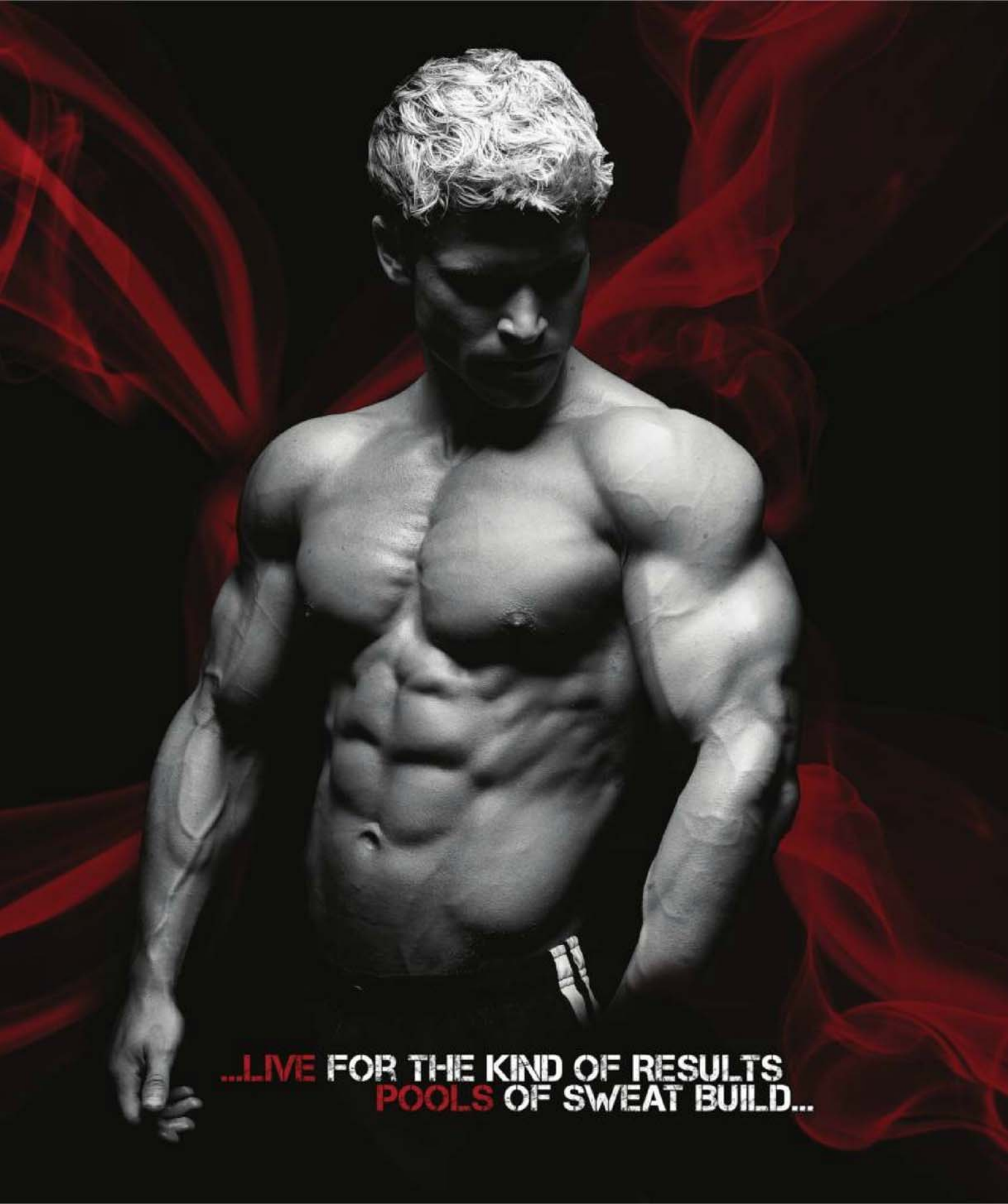
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I want more of a “peak” on my biceps. Can certain exercises change the shape of muscles?

There are no specific exercises that will actually change the shape of a particular muscle or muscle group. Until you reach your maximum genetic potential for that body part's muscle growth, you'll never know what the finished product will look like.

When it comes to the shape of a particular body part, muscle, or muscle group, everything is not under your complete control. Your genetic disposition has the final say in the shape of a particular body part, muscle, or muscle group.

What you can control, however, is the amount of high-quality, dense muscle your genetic disposition has to work with. Your goal is to efficiently stimulate the muscle with good old fashioned weight training in order to maximize the amount of size and mass a particular body part carries.

Just How Important Is Strict Form to Muscle Growth?

Many bodybuilders have deemed the quality of their form while doing an exercise to be the most important aspect of training. Some people training in the gym use the rationale that lifting heavy weight causes you to train less effectively. “I always use really strict form!” they state proudly. “Lifting heavy weight is not beneficial at all if you don't use really strict form.”

Many bodybuilders are confused with what constitutes effective training habits. They feel as though they are forced to make the decision between executing properly and lifting heavy weight. You don't need to go one way or the other.

To complicate matters further, those who strive for better execution confuse doing so with using strict form. They feel that, because they use strict form, they are properly executing the exercises. Strict form and proper execution are not the same things.

I would describe execution as squarely hitting the targeted muscle group during every repetition. Contrary to what many people in the gym believe, extremely strict form is not always an effective and efficient route to take when training. A person can use strict form and not be executing the exercise properly. In fact, overly strict form oftentimes inhibits your progress. You can compromise your level of exercise effectiveness when you put too high of a priority on strict form. I've come across a lot of guys in the gym who are frustrated with their lack of development—but will boast about how great they think their form is.

I'm certainly not saying you should train with careless, out-of-control form. Even worse, I'm not suggesting that you risk hurting yourself in order to lift heavy weight. Using form that is too sloppy won't work

the intended muscle sufficiently. If you get hurt while trying to lift too much weight you'll set yourself back both in time and momentum. Doing that is unquestionably worse than lifting lighter weights.

There is a happy medium, however. That happy medium is performing each set at what I describe as a good value and proper execution. Lifting heavy enough weight to build significant muscle mass—while still using form that's good enough to directly stimulate the intended muscle group.

Overloading the intended muscle group with heavy weight is one of the most important keys to effectively stimulating maximum muscle growth. Despite what many people believe, you don't necessarily need to use strict form in order to stimulate the muscle. But, if you want to build the most muscle in the shortest period of time, you do need to use the heaviest amount of weight that you can lift at the same time that you are stimulating the muscle group.

You have to find the right balance between heavy, challenging, muscle-taxing weight and using exercise execution and technique that's good enough to hit the targeted muscle group. This may take some time and practice—but you won't find that right balance until you make it your goal to do so.



How To Evaluate All of the New and "Revolutionary" Bodybuilding and Training Information Presented on the Internet

Many bodybuilding and training "experts" are trying to tell you that their way of training and eating will get you better results in just a fraction of the time.

These "gurus" want you to believe that their methods are far more effective, far easier, and make a lot more "common and scientific sense" than the ones those "obsessive, stupid bodybuilders who just do what every other bodybuilder has done for years—without putting any thought into what they are doing."

Well, I'm here to tell you from 20 years of experience coaching people all over the world that all bodybuilders are NOT obsessive. In fact, the majority of people who have started on this bodybuilding and training journey are rather lazy.

All bodybuilders are NOT hardworking. Many are constantly looking for shortcuts—and always have.

All bodybuilders are NOT highly motivated to do whatever it takes to produce great results—no matter if what they are told to do is extremely time consuming and difficult. Most will never do what it takes to build an outstanding body no matter how simple what they are instructed to is.



And, even if they were highly motivated to do whatever it takes no matter how difficult was for a period of time, you can bet that didn't last forever. Don't you think that, during those less-than-motivated times when they couldn't follow through, they would have discovered and said, "Wow! I'm putting in half the effort and STILL getting awesome results! It's great to learn that I never have to work that hard again to get amazing results!"?

You bet they would have. And they would have told all of their friends too!

If there was a way to get outstanding results—with half the time and half the effort—that would already be the STANDARD that every bodybuilder works from!

It's a nice "sales job" that the revolutionary new "experts" are trying to get you to believe—but it just doesn't work the way they telling you it does.

They are selling you on the fact that they are the most highly-evolved, intellectual, and scientific authority on the planet—and everyone else is and always has been stupid "Neanderthals."

Just like you, I wish it was that easy.

DUMP YOUR "OLD SCHOOL" WAY OF THINKING! YOU MUST EAT BEFORE AND AFTER YOUR WORKOUTS

Many Bodybuilders Adopt a Pre-Workout Eating Plan that Leaves the Muscles Starving for the Nutrients They Need to Grow

This mistake happens when bodybuilders don't eat anything before their workouts.

Here's the challenge:

"I never eat before I work out. I'll burn more body fat by training on an empty stomach. I can't figure out why I'm not building the amount of muscle I think I should."

Intense weight training and cardiovascular training literally drain the limited protein stores your muscles carry. Within a very short period of time after you start training, you'll be running on empty. That's incredibly detrimental to muscle growth and repair. Those harmful effects are magnified the more intensely you train during your workout. It's important that you have an efficiently burning source of protein in your body that can be quickly accessed during your workouts. The protein source should also be consumed with a high-glycemic source of carbohydrates.

Training in general, whether it is cardiovascular or with weights, lowers your blood sugar levels. When your blood sugar levels have been lowered, they have difficulty getting the protein they need to maintain their size. Consuming high-glycemic carbohydrates spikes your blood sugar levels and actually forces the high-quality protein you consume with those high-glycemic carbohydrates into your ravenous muscles.

Take Action and Do This NOW!

I took my nutritional habits to the next level when I started utilizing an intelligent pre-workout plan. If you want to make sure you preserve as much muscle mass as possible, you should start eating a small protein-based meal with high-glycemic carbohydrates before every one of your weight training and cardiovascular training sessions.

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The 13th Annual Fitness Universe Weekend in Miami was a wild time as much as an incredible competition! Nearly 500 competitors from around the USA and world participated including Ms. Bikini superstar Ekaterina Schload who won the Short Class and overall title. Musclemania Pro Champion and cover model Morris Mendez won the Pro Division and Larry Camacho finally earned MM Pro status winning the MW Class. New York fashion model Johanna Sambucini won the Model Universe along with Costa Rican sports model Verny Cardenas in the Men's Class. In the Figure Division, Shannon Petralito won both the Classic Over-35 and overall crown proving you can stay in shape regardless of age. And, former Romanian gymnast Anca Bucur closely won the Fitness Division with a captivating, high flying dance routine. All of the Finals were broadcast live on ESPN3.com. Next on the natural calendar scene include Fitness Florida (Oct 8) and Fitness America (Nov 18-19, Las Vegas).



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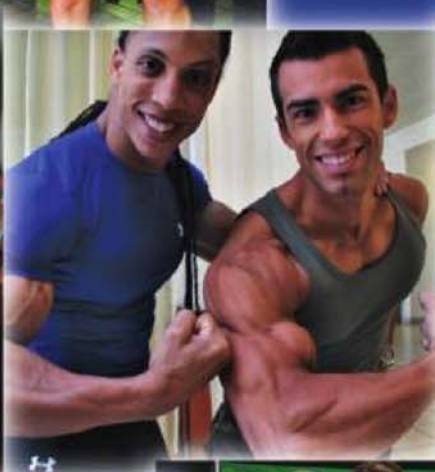
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DOSING REQUIREMENTS

to retain resistance training adaptations in young and older adults

Dr. Paul C. Henning, Ph.D., CSCS

It is well known that sarcopenia (loss of muscle mass, strength, and quality of life) continues to be a problem for aging adults and a huge concern for the healthcare industry. Practical therapeutic options to counteract sarcopenia remain among the most urgent challenges of biomedicine in our aging society. To determine the usefulness of a countermeasure in attenuating/preventing sarcopenia; we need to measure its potency and sustainability¹. Potency should be assessed by the therapy's ability to induce muscle regrowth and restore or improve muscle function¹. Of all the therapies used to counteract sarcopenia (including pharmacologic); intense resistance training (RT) has consistently demonstrated the highest degree of

RT is to be embraced as a viable and broadly applicable countermeasure of sarcopenia¹. A research group from the University of Alabama at Birmingham¹ conducted a study to determine the age-specific efficacy of two different exercise doses toward the maintenance of gains in muscle mass, myofiber size, and voluntary strength, as well as maintenance of the type IIx-to-IIa shift in myofiber phenotype induced by a 16-wk period of intense, progressive RT in young (20-35 yr) and old (60-75 yr) adults. They hypothesized that the minimum dose of RT required to maintain adaptations would be greater in older adults versus that in young. In order to test this hypothesis, they randomly assigned individuals to one of three groups after completing a 16-wk training program.

The researchers from this study concluded that older adults require a higher dose of weekly loading than the young to maintain myofiber hypertrophy attained during a prolonged, progressive RT program.

potency by inducing hypertrophy and enhancing strength, power, and mobility^{2,4}. Although there are age differences in RT-mediated muscle hypertrophy (favoring the young)⁵, myofibers in older adults can regrow in as few as 4 months to reach the size of myofibers in untrained adults 40 yrs and younger⁶.

The second key ingredient that defines efficacy of a countermeasure is its sustainability. Sustainability is a major limiting factor of utilizing RT as a therapeutic approach to sarcopenia. Exercise prescription is considered a very effective form of medical treatment (i.e. American College of Sports Medicine's Exercise is Medicine initiative), but sustainability remains a challenge¹. A more significant question that hasn't yet been addressed in research is the minimum maintenance exercise dose required for preventing reversibility of muscle hypertrophy and function after RT in older adults. It is known that a continuous comprehensive exercise program is ideal; however many individuals will not continue their intensive program consistently over a prolonged period. Therefore, it is crucial to identify the minimum dose needed to promote sustainability if



The detraining/maintenance phase included a detraining control that stopped training and two programs that were equal to one-third or one-ninth of the weekly doses used to produce hypertrophy 6 during the 16-wk progressive RT program.

The 16-wk period of progressive RT (3 d/wk, 75-80% 1RM, 3 sets/exercise, 8-12 reps/set) resulted in expected gains in strength, myofiber size, and muscle along with the typical IIx-to-IIa shift in myofiber-type distribution. Muscle hypertrophy was preserved in the young, but not old during both maintenance prescriptions. Interestingly, the one-third maintenance dose (1 day/week, same intensity as 16-wk training period)

led to additional gains in myofiber hypertrophy in the young.

Detraining reversed the IIx-to-IIa myofiber-type shift in both age groups, whereas a dose response was apparent during maintenance training with the one-third dose better maintaining the shift. Strength gained during the 16-wk RT period was mostly retained throughout detraining.

The consequences of sarcopenia—a major cause of physical frailty—are great and increasing each year as the older population continues to grow. The findings from this study and others strongly support RT as a primary intervention strategy to reduce the deleterious effects of sarcopenia. The researchers from this study concluded that older adults require a higher dose of weekly loading than the young to maintain myofiber hypertrophy attained during a prolonged, progressive RT program. Gains in specific strength among older adults were well preserved and remained at or above levels of untrained young. The positive health benefits

of increased muscle mass in the aging population extend well beyond muscle performance. For example, research shows that increasing muscle mass enhances glucose homeostasis, fatty acid metabolism, aerobic capacity, and bone and joint health).

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4 BIG reasons

why your still small and weak

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So let me guess. You're at the gym nearly every day trying to get bigger and stronger. In fact, almost every free moment of your life is spent obsessing about adding muscle and strength. You read all the magazines, buy all the best supplements and construct workout plans so complicated they make Jay Cutler and Derek Poundstone look like they have no clue what they are doing.

But your results suck!

No matter how hard you try, no matter what you eat, nothing changes. You feel like a hardgainer with the worst genetics in the history of poor genetics. The only thing you have in common with Derek Poundstone and Jay Cutler is the fact that each of you know what a barbell is.

So what's wrong?

I am going to tell you exactly what's wrong. I am going to give you 4 tips that will turn things around. If you listen to my advice you WILL get big and strong. If you ignore my advice you will remain small and weak. **It's your choice. The following tips work.**

By Steve Shaw

Reason #1 You Obsess About Your Abs

If you want to get big and strong as fast as possible you need to eat, and eat big. Trying to maintain shredded abs while gaining 30 pounds of muscle is a complete waste of time, unless you are genetically gifted. Undereating is a huge mistake; one that nearly every gym rat makes. Nothing will slow your progress faster than trying to eat like a 7 year old school girl.

Trust me, you won't turn into a sumo wrestler overnight. But you will gain some bodyfat. The best bodybuilders in the world, natural and otherwise, add at least 20 to 30 pounds of weight during their off-season. They realize that to look good you must have periods of time where you put on your sweat clothes, hide your abs, and eat as big as you train.

Are you willing to gain 10 to (gasp!) 20 pounds while getting big and strong? If not, prepare for the long road ahead.

Reason #2 You Do Not Squat Or Deadlift

If you want to remain small and weak, ignore squats and deadlifts. Don't believe me? Think I am some ignorant meathead filled with bravado? Fine. Don't take my word for it. Check out the natural bodybuilder profiles on Muscle & Strength. Most of the biggest (natural) bodies in the world list squats and deadlift in their top 3 exercises.

There are no two better lifts for building muscle and strength, period.

Continue to focus on Smith machine squats, leg extensions or light weight leg presses and I guarantee your legs will remain puny and frail. Add squats to the mix and it's like hitting your body with gamma radiation. Your legs, and for that matter the rest of your body, is forced to respond and grow.

The same goes for deadlifts. The deadlift is a raw, primal, mass and strength exercise that will turn you into a freak. Stop using the lat pull down as your main "back building lift" and start ripping heavy barbells off the ground.

Reason #3 You Train Too Darn Much

In case you haven't figured it out yet, there is a reason bodybuilders and powerlifters take steroids. Steroids not only allow lifters to get unnaturally big and strong, but they also allow a lifter to recover much more quickly. In addition, athletes who take steroids gain greater benefits from performing more volume. A battery of frequent and intense contractions help the steroid-user to stimulate receptors and ignite new gains.

You, on the other hand, do not take steroids. You are not training with superhuman recovery abilities, nor will you benefit from a 5-6 day split with a crazy volume of sets. You are not trying to re-ignite desensitized receptors because...wait for it...your receptors are normal because you don't take steroids.

Most prominent coaches and authors from John Christy to Mark Rippetoe to Jim Wendler to Stuart McRobert to Casey Butt to Louie Simmons to Dante Trudell (Doggcrapp training) have you lifting no more than 3-4 times per week. Want to ignore them and play a big game of pretend? Go right ahead, but you will be wasting your time and sweat.

If you can't blast your body into oblivion with only 3-4 hours of heavy training a week, you have no business training more frequently with a greater amount of volume.

Reason #4 You Don't Obsess About Progression

Want to know a magic secret? Progression, or the adding of weight over time, is the fuel that drives muscle and strength building. You could use pretty much any workout system - no matter how poorly structured or devised - and if you're adding weight to the bar, you will get bigger and stronger.

How do you progress? Simple. Push yourself during every workout for more reps, and add weight when you hit your upper rep limit for that set. If you are performing bench presses with 200 pounds and a set calls for 5 to 10 reps, add weight when you can perform 10 reps.

Remember that pesky list of trainers and authors I mentioned in the previous section? They all preach progression of weight. Jim Wendler's 5/3/1 training system has a structured system of progression that helps you rapidly build strength. Doggcrapp training (DC training), a bodybuilding workout system, requires you to push yourself on every set for more reps.

The best way to stall and limit your strength and muscle gains is by using the same weight week in and week out.

But wait, I know what you're going to say. Somewhere along the line you've heard the following from a big, beefy bodybuilder: "I don't train heavy." Guess what...heavy is a relative term. When a mass monster states "they aren't lifting heavy", it means that instead of squatting 450 for 5 reps, they are squatting 375 for 12 reps.

No matter how you slice and dice it, you must get stronger to get bigger.

Want to learn more? Muscle & Strength is the world's largest Natural Bodybuilding & Fitness website and has all the information, tools, products and motivation you need to build your ultimate physique!
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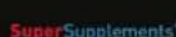
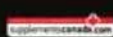
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SAY GOOD MORNING

TO NEW MUSCLE GROWTH

There comes a point in everyone's training when gains in both size and strength begin to slow down. If you're not careful, gains can even come to an abrupt halt.

One of the best ways to tip-toe around plateaus is to arm yourself with an extensive exercise library. Giving yourself a library full of compound exercises is the best way to keep your workouts fresh and your gains consistent. Compound exercises like the squat and deadlift are staples in everyone's workout, and are often incorporated as strength and size plateau busters as they naturally boost your body's levels of free flowing testosterone. BUT, what do you do when your squat or deadlift plateaus?

When this happens, it may be time to say Good Morning to a new exercise. The following simple compound exercise may make all the difference in your training.

Written by Valeria Fazio



Say hello to Good Mornings.

The Good Morning is an often neglected and sometimes completely unknown compound exercise that predominantly targets the hamstrings. They are, however, usually performed in conjunction with a back training program as they also work as a glute-hamstring tie in and an excellent erector-spinae strengthener.

In terms of plateau busting, they can help bust through leg training plateaus as they encourage muscle balance between the often overtrained quadriceps and the largely undertrained hamstrings. By hitting the glute muscles, Good Mornings also help to improve your stability and control of your squatting form. For example, next time you squat, monitor your knees. Do you find that they cave in? This is a weakness warning. By tightening up your rear end, however, you can correct this form issue and actually increase the strength of your squat.

Since the Good Morning is not a well-known exercise in the gym, it may be hard to find proper coaching. Here are a few good tips to ensuring proper form.

A correct Good Morning begins with you in a regular squatting stance (feet about shoulder-width apart and knees slightly bent) and the bar should sit slightly below your trapezius muscles. Throughout the exercise, your lower back should maintain a slight arch and your abs should stay engaged from beginning to the end of the movement.

When you are finally in position, keep your head up and bend forward at the hips while maintaining a slight bend in your knees.

Your body structure and level of flexibility will determine how far you bend forward without breaking proper form. When you have reached this point in your Good Mornings, return to the standing position, stopping just before you reach completely erect.

There is a lot of controversy surrounding Good Mornings. Many trainers and athletes will avoid this exercise altogether as many argue it can lead to lower back injuries when performed incorrectly. So, if you are new to the Good Morning, take it easy. For many, beginning with an unloaded Olympic bar is the best option. As technique is detrimental to succeeding with this exercise, develop the best form possible before stepping up in weight.

Allmax Nutrition can help you say Good Morning to new muscle growth with TestoFX LOADED. Completely reformulated to include Testosurge™ and Novaldim™ technology, TestoFX LOADED will boost the bioavailability of testosterone in your body by up to 284% by inhibiting deactivating testosterone-fighting chemicals and hormones. It also includes a cortisol inhibitor, which helps to protect muscles from excess stress to the body.

So arm yourself with TestoFX LOADED and rise, shine and grow with Good Mornings. With these two tools in hand, you will be able to annihilate your training plateaus for good.



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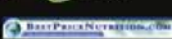
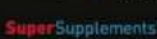
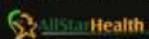
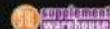
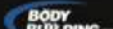
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SIDE BAR:

My Egg Nutrition Tip for Meal Planning & Maintaining a Lean Physique

I eat boiled eggs throughout the week and to ensure I have them ready to go, I pick a weekend day, and get to boiling. This takes 15 minutes of my time....worth every minute! I purchase approximately 5 dozen at a time for me and my hubby and keep at least 2 dozen boiled and available for that quick high protein meal anytime. The fabulous thing about eggs...easy to fix, long shelf life, and of course...the quality protein & nutrients. The boiled egg is also very portable in the lunch cooler....no excuse to not have my protein ready to go. I am also a BIG save money person and eggs are probably the least expensive and BEST protein source out there. WOW....yes...another fabulous reason to buy this incredible food. It is a great meal anytime...and I do eat them anytime...meals 1 to 6...it does not matter...my body is appreciating all the health benefits, feeling satisfied, and fueling my machine to maintain my lean physique. Stay Healthy!



Darla Leal, LCPT
www.stayhealthyfitness.com

Stay Healthy

EGGS ON TOAST

Did you know that the Incredible Edible Egg has been voted in the top 5 MUST have foods in your daily nutrition? Yes, studies have shown that the egg should no longer receive the "bad rap" of the forbidden food due to cholesterol content, and in fact, studies have shown that people who include eggs tend to have better diets because they are including that eggy breakfast. One fully loaded egg is acceptable according to the American Heart Association...but the BEST part... EGG WHITES contain no cholesterol, are full of quality protein, high nutritional value, low in fat, and only 70 to 80 calories per serving....Bring on the Stay Healthy Egg White Salad! My Mom used to fix egg salad sandwiches on wheat all the time when I was a kid and I have to admit...one of my favorites. To this day, I include a modified version of this simple fabulous dish and it is so refreshing in the spring and summer...almost gourmet. The fabulous thing about it....simple, tastes great, full of nutrients, and inexpensive to make...now that makes it in my Top 10 food to include in my daily food intake;) Enjoy Stay Healthy Eggs on Toast for any meal!

EGGS ON TOAST

Sprouted 100% whole wheat bread
 5-6 hard boiled eggs
 Olive oil light mayo
 Mustard
 Cracked black pepper
 Paprika

Prep and Serve:

Have a large bowl handy and start cracking the eggs, remove the shells and rinse the eggs to avoid getting any shells in the salad. If using 6 eggs, remove all the yolks except 2, this will give each person one yolk per salad serving. Dice the eggs in large chunks, add about 2 tablespoons of the light mayo, and mustard to taste (I like mustard so I use less mayo and more mustard). Add the cracked pepper and stir. Toast 4 slices of sprouted bread and divide the salad mixture between the slices, sprinkle each with paprika. This recipe makes 2 fabulous servings....share a Stay Healthy Eggs on Toast breakfast with someone special today!



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Hugo Rivera CFT, SPN, BSCE

CAN I MAKE BETTER NATURAL BODYBUILDING GAINS IF I TRAIN MORE?

A common misconception amongst natural bodybuilding beginners is that the more they train the more they gain. While this would seem like a logical assumption, due to the fact that our anabolic hormones are affected negatively after a certain amount of training, training too much can have an adverse effect on your gains.

Back in the 70's high volume, twice a day training was popular amongst the top level professional bodybuilders. However, these guys were genetically gifted and their nervous systems could take a beating of this magnitude and still recover. And even then, they typically only did this 12 weeks prior to a competition. In addition, due to years of training, each advanced bodybuilder knows how much they can take before overtraining is reached.

I would say that the best way to stimulate gains for most people is by training 1 hour, once a day, with 45 minutes being better for most. Depending on the unique recovery capabilities of the person, 4-6 days a week of weight training will do the job. Remember that muscle growth occurs as you rest and not while you are training.

Also, after 60 minutes of training the levels of the catabolic hormone cortisol increases and testosterone decreases, a hormonal situation that will prevent you from making any gains.

My philosophy when it comes to time spent at the gym is get in, do your job well, and get out. These days even most of the top pro bodybuilders refrain from spending much more than 1 hour at the gym.

Like former 8-Time Mr. Olympia Lee Haney used to say: "Stimulate, don't annihilate".

30 MINUTE BODYBUILDING SPECIALIZATION WORKOUT ROUTINE FOR CHEST

(Triset)

- ☐ Incline Dumbbell Press 4 sets of 4-8 reps (no rest)
- ☐ Incline Dumbbell Flies 4 sets of 8-10 reps (no rest)
- ☐ Incline Dumbbell Press 4 sets of as many reps as possible (1 minute rest)

Note: Use the same dumbbells you used for the Flies. You may need to decrease the weight in order to stay within the recommended repetition ranges for the 2nd, 3rd and 4th trisets.

(Superset)

- ☐ Dumbbell Bench Press 3 sets of 4-8 reps (no rest)
- ☐ Weighted Chest Dips 3 sets of 10-12 reps (1 minute rest)

(Superset)

- ☐ Dumbbell Flies 3 sets of 12-15 reps (no rest)
- ☐ Push-Ups 3 sets of 15-18 reps (1 minute rest)

Note: If you cannot do Dips yet due to lack of strength, try the Gravitron Machine. If there is no Gravitron Machine available at your gym and no dip machine either, then substitute Dips with Pushups.



Monday: Chest/Calves

Tuesday: Hamstrings/Abs

Wednesday: Arms

Thursday: Shoulders/Calves

Friday: Quadriceps/Abs

Saturday: Back/Abs

Sunday: Rest

Follow this workout with a either a protein shake that contains carbs as well or 6 ounces of chicken breast (3 ounces if you are a female), vegetables, and a carb like baked potato or rice in order to maximize recovery and get the muscle growth process started.

Workout Split To Use

For workouts like this, I like to use a one body part per day training split. A one body part training split is designed in such a way that only one muscle group is targeted in each bodybuilding workout. This is a great way to train for very advanced bodybuilders who are significantly strong and can generate such a high level of intensity in each workout that training less frequently will allow for better results and recovery.

There are two advantages to this workout split:

1. It allows the advanced bodybuilder to just concentrate on the body part at hand and work it from all possible angles. At an advanced level, the goal is to not only build new muscle mass but also to correct any imbalances and achieve perfect symmetry (or harmony between body parts).

2. It allows the muscle to better recover from the high volume and intensity required from this advanced level of training.

To the right you will find a good examples of how I would set up my one muscle group per day training split in order to prioritize my chest.

Try this workout out for four weeks before changing to another one and feel free to alter the order of the exercises every week in order to keep things different for your body.

By the way, after doing this workout I recommend that you do a lower volume workout such as the 5 sets of 5 reps workout for 4 weeks.



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Mercedes Perez

MAKING SUCCESS HAPPEN



LHGFX photography

In two short years as an NPC Bikini competitor, Mercedes Perez has managed to achieve more than many of her contemporaries. This Dominican beauty is successfully building a name for herself in one of the most competitive physique divisions. She started entering contests to fulfill a long-time personal goal and because she felt it was time to take her fitness career to the next level. The way Mercedes sees it, she is blessed. "What I have achieved so far has surpassed all of my expectations," she said.

After placing 2nd at her very first competition, her desire to rise to the top of the competitive ranks was cemented. Not long after that first bikini competition she managed to land a coveted sponsorship with Optimum Nutrition and ABB Performance, where she joins a growing number of other elite athletes. "I'm proud to be sponsored by ON/ABB, because the company represents the best of the best."

As part of Team ON/ABB, Mercedes attends prominent national events both behind the booth and on stage. To receive such a major sponsorship so early in her career was both surprising for her and a dream come true, since she had been a long-time devoted user of ON products.

Before committing to compete for a particular organization, Mercedes did her research and decided that for her, the best fit was to compete in NPC events. She placed 4th at her first national qualifier and then moved on to the national ranks, consistently making the top 5 at high-profile shows. Determined to improve her performance this year, Mercedes has made significant changes to her physique since last season. As she so confidently puts it, "I've been training hard and am ready to move up to the pro level."

Although Mercedes believes there is always room for personal improvement, she is in top physical form and expects to be winning her pro card sometime this year. When she is not on the stage, you can find her at the gym, where she trains to improve her own physique while helping clients realize their goals in her roles as a personal trainer and figure/bikini coach. Mercedes is proud to have trained several winning competitors, but what she gets the most satisfaction from is teaching and motivating others to make healthier lifestyle choices.

Among her many accomplishments, Mercedes has appeared in several prominent fitness industry magazines. Many believe it won't be too long before this rising star graces the covers of national publications. "I guess you can say I'm a bit of a multi-tasking overachiever," she said. This multitasking overachiever believes you have to keep growing personally and professionally to remain successful in the fitness industry as well as in life.



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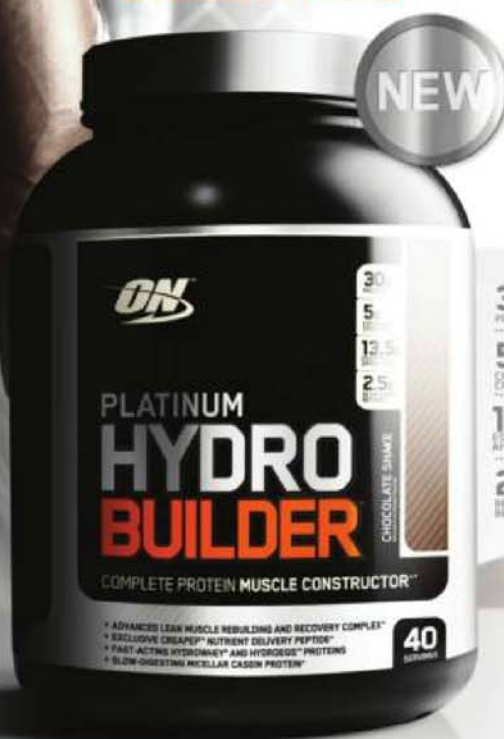
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IMAGE by JW Atherton

Kelly Smith is a "Munchkin"

(an endearing term I use for Lindsay Messina also) that you just want to give a BIG HUG. I had my first chance shooting her in Miami, and then again when she traveled to my studio in Great Falls, VA. Anybody that marries the "Love of their life" over their lunch hour in gym clothes has to be read. Kelly has rocketed to the top Lou Zwick's Fitness America Pageants in the last 2 years, where she first caught TW's (aka: The Wife) eye. Once again TW was correct! Please take some time to read her story and I think you will love the MUNCHKIN, like I do. I am looking forward to getting to know her better over the years and who knows, at the real wedding, maybe she will hire the Coach. Kelly is bundle of beautiful energy wrapped in downright NICE. My name is Coach A, Welcome to MY WORLD!

PROFILE:

Lives: Princeton, NJ

Born: Costa Rica

Marital Status: I am married to the love of my life, Nathan! We got married on a Thursday, on my lunch break, and I was in my gym clothes! I love telling people our story. It is different. We will have a real wedding in the near future and I will leave the gym clothes at home!

Education: I went to Quinnipiac University attaining a B.S. in Health Science Studies with a double minor in Biology and Psychology.

Age: 24

Height: 5'1

Weight: 107

Kelly Smith

What do you consider your greatest lesson learned?
Life is too short to be anything but happy. I count my blessings everyday and remind myself that everything happens for a reason. Obstacles are inevitable and you must learn to overcome them with a smile on your face. In the end you will be stronger for it.

Is there anyone you would like to thank?

Absolutely! My support system consists of my family, friends, coaches, teammates, and of course my husband. I would like to thank them all for helping me through the tough times and for being there for the good times too. The experience I have had competing would not have been the same without them.

What do you consider your greatest triumph(s)?

Winning the title of Miss Bikini Universe Short Class! It was an honor to be on the stage with such an incredible group of woman.

What do you do for a living? Where?

I am a Personal Trainer and an Executive Assistant in New York City. I have wanted to work there since I was a little girl. I absolutely love New York and what it has to offer. My commute is more than an hour a day but I love every minute of it! The drive people have there is incredible. If you can make it there, you can make it anywhere! It is the city of dreams.

Last meal? Greek yogurt, tea, and Ezekiel bread toasted with almond butter. Add in a nice book and I am in ultimate relaxation mode!

Last cheat food? All I can say is... it is a good thing I love to work out because I love to eat! There is proof of my last cheat under the Cheeseburger "Wall of Famers" was a 20 oz. burger. My husband and I made a bet and sadly, he was not surprised when there was nothing left on my plate.

One thing you would like to improve about yourself?
I am constantly thinking of aspects of my life that I can change or work on. I live and I learn.

Least loved workout?

I have a love/hate relationship with lower body workouts. They are the hardest for me to get through but I love the results.

Favorite workout?

I love to shock my body with new and unique exercises. Anti-Gravity Yoga is next on my list! I also love lifting heavy! People look shocked when they see me in the corner curling 25lbs dumbbells. I have come a long way since my 5lb start.

Favorite body part?

My abs. They are last to come in before a show. When they come in, I know all my hard work has paid off.

First thing you do tomorrow?

I will wake up at 5am, put in my headphones and get pumped for the day!

Person who influenced you the most?

My mom has influenced me the most. She is such a strong, positive, and loving character. She is absolutely extraordinary in everything that she does. She really goes the extra mile and that is something I really admire about her.

Most Admired fitness athlete?

Lindsay Messina. Not only is she a great role model, she is an amazing coach and friend!

How did you get involved in fitness?

Fitness has been a passion of mine since I was very young. I will never forget my first experience at the gym. My best friend and I were in 8th grade. We signed up for the gym and spent 3 hours there trying every single machine and making up our own exercises. We had no idea what we were doing but we knew that we loved the feeling we got after exercising. When it comes to exercise, I will try anything once. My friend suggested entering a fitness competition. After my first show, I was hooked!

Favorite book, movie, cheat food?

I absolutely love to read! I read about one book a week. My favorites this month are "Eat, Pray, Love" by Elizabeth Gilbert and The Wideacre Trilogies by Philippa Gregory.

My favorite cheat food is chocolate fudge. My husband makes me a batch after every competition!

Who influenced you the most athletically, academically?

I admire all athletes. I love watching athletes showcasing their hard work, whether it is in the pool, on the field, or on stage. I especially love watching the Olympics. All the athletes are truly inspiring!

How do you want to be remembered as an athlete?

I want to be remembered just as that, an "athlete." I want people to look at me and think "She must have worked really hard to get there" because I have worked very hard to keep my body healthy, balanced, and fit.

What needs to change in Fitness today, in your opinion?



We need to learn to love our bodies! Nobody is perfect and we all need to realize that. Everyone is different and therefore our bodies react differently to different types of exercise. What may work for someone else, may not work for you, so do not compare yourself to others. Do not compete against others, compete against yourself, and be the best you can be!

What would you like to say to the readers of NMM?

If you have a goal in mind, go for it, and then go above and beyond! Be extraordinary in everything that you do. Do not let anyone tell you that "You can't" because you can and you will reach your goal if you put your heart into it!

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

I am a big dog lover. I have two dogs. A Chihuahua named Milton and a poodle named Laila. If I could, I would have a big pack of dogs like the Dog Whisperer!

Sum up your philosophy of fitness/athletes in one sentence, what would it be?

Exercise is good for your mind, body, and soul. It is short but true!

AWESOME ABS

always

Living Fit with Laura Mak, MS
IFBB Fitness Pro

If gorgeous abs were easy, don't you think everyone in the entire world would have them? Well, unfortunately they don't arrive on a silver platter, but the good news is, flat and fit abs are definitely possible with diet, training, and proper exercising.

As far as "dieting" for the abs the three main focal points should be, increasing protein, decreasing carbohydrates, and increasing water intake. The extra protein will help with muscle recovery and eventually bring the abdominals closer to the top layer of skin, therefore, showing off that six pack. The decrease in carbohydrates will help remove that extra layer of unwanted fats between the muscle and the skin. An increase in water intake will help flush out toxins and any excess water that the body may be holding on to. (Unless, you are competing or have a photo shoot, then the increase of water is the best option. If you do have a particular event that you are concentrating your abs for, then you will need to gradually cut back on water.)

Training the abs includes more than just crunches. You actually need to have an entirely strong body overall and an effective cardio program for the abs to show up. The bonus of full body workouts for flat abs is the abs can get stimulated by most activities/exercises. If you just concentrate on keeping the mid-section pulled in towards the spine this will strengthen the muscle working inward then with proper ab exercise you can create more definition and a tiny waist. The cardio programs focus is to burn any extra unwanted fat that may be blocking your abs from appearing.

I have selected three of my favorite ab exercises for defining, tightening, and even shrinking the waist line. The first is using the fit ball. It is not only my favorite ab accessory, but also I believe it's one of the most effective tools to use to tighten the belly, shrink the waist, and develop that six pack.

Here's how to safely and effectively get started using the fit ball for your ab routine. Begin sitting upright on top of the ball. Roll your body forward so the ball is on the lower back. The feet should be shoulder width apart and the knees bent about 90 degrees. The hands are placed behind the head to support the neck. The elbows should remain out to the sides so the hands are not tempted to pull on the neck. (If the neck is pulled in it can strain the neck and it will take all the work off the abdominals. No one needs to have strong "neck-ups".)

To work the Rectus Abdominis, which is the long ab muscle that attaches originates at the pelvic bone and inserts at the Xiphoid Process (the area where the ribs meet in the middle). Place the hands behind the head and leave the elbows out to the sides away from the ears. On the exhale begin to lift your body at an upward angle feeling the abs pull in towards the spine. Repeat this for 30-50 reps.

Obliques are another muscle group you can target on the fit ball. These are the diagonal abdominal muscles that help your body twist and also keep that tiny waist in tack. Using the same start position as the regular crunch, on the exhale lift your left elbow up as if you are reaching the elbow up towards the sky, (not over your body), and just above your right shoulder. Inhale to release your body down to almost a flat position. Instead of letting the body totally relax, keep tension on the abs by keeping the shoulder blades off the ball. Repeat on the other side by lifting your right elbow up as if you are reaching the elbow up towards the sky and just above your left shoulder. A common mistake is to twist over too far and not concentrate on squeezing the ab muscles in toward the spine. Repeat this for 25-50 reps on each side.

One combination I like to use myself and with my clients is the "four count crunch". The first crunch is to the center, the second lifts up to the right, the third lifts to the center and the fourth lifts to the left. It is four crunches for the price of one! Repeat this series for 10-20 reps which will give you 40-80 crunches. You can also do it in three's where you crunch right, left, and center. Repeat this series for 20-30 reps which will give you 60-90 total ab movements.

If this begins to feel easy, change one of the following variables. You can vary your speed by doing 10 fast and 10 slow. Try holding a dumbbell in one hand keeping it right above the chest, while the other hand stays behind the head to support the neck. Lastly, you could try doing two crunches up and two crunches lowering. These are smaller movements taking you two steps to lift the upper body and two steps to return to the start position. These variable changes will work for both the regular crunch and also the oblique lift.

The second ab variation is done on the bench using a resistance band. Be sure this is long enough that you can stretch it over your head, but short and tight enough to give you resistance. Begin lying flat on the bench with straight arms extended above the

head. The resistance band should be wrapped around the bottom of your feet and each hand holding on to one of the handles.

On the exhale crunch the upper body lifting your head and shoulder blades off the bench. Pull the abs in toward the spine. Raise the arms to a position above the chest. Feel as if you are pushing your hands and shoulders up off the bench to reach something four feet above you. On the next inhale slowly lower the body to just above the start position, with the arms stretching over the head. The resistance band provides a challenging alternative to using just body weight. Try this for three sets of 20-30 repetitions.

The last exercise is an oblique movement on the bench with dumbbell resistance. Begin lying flat on the bench, bend your right knee with the foot flat to the bench and extend the left leg straight and about six inches above the bench. In your right hand hold a five or 10 pound dumbbell. The left hand will go behind the head to support the neck, so you can focus all the energy on your abs and obliques. On the exhale simultaneously lift the left leg up to vertical and the right arm is going to aim up toward the ankle. You want to feel a twist in the upper body. Extend through the right shoulder so it is not only reaching across the body but up toward the toes. On the inhale lower your foot about six inches above the bench. Lower the right arm slowly as it remains straight and then stretches long above the head about six inches above the bench. By keeping the arm and leg elevated, this will keep tension on the abs, never letting the muscle fully rest. Try this for three sets of 25 on each side.

Enjoy the process of flattening your abs, shrinking your waist, and feeling fit all over. It will take consistency and practice, but you too can flaunt fabulous abs!!

If you would like more information about my online training programs or online nutrition you can go to my website at www.LauraMak.com. In addition, you can check out my fitness and inspiration book, "Fast and Fierce Fitness Made Fabulously FUN!" This is a twelve week program, complete with exercise descriptions, photos of each movement, motivational guidelines, tracking system, progressions for each level of fitness, weekly upgrades on fitness programs, and most of all, FUN creative workouts that leave you more energized, looking great, and feeling fantastic!!!



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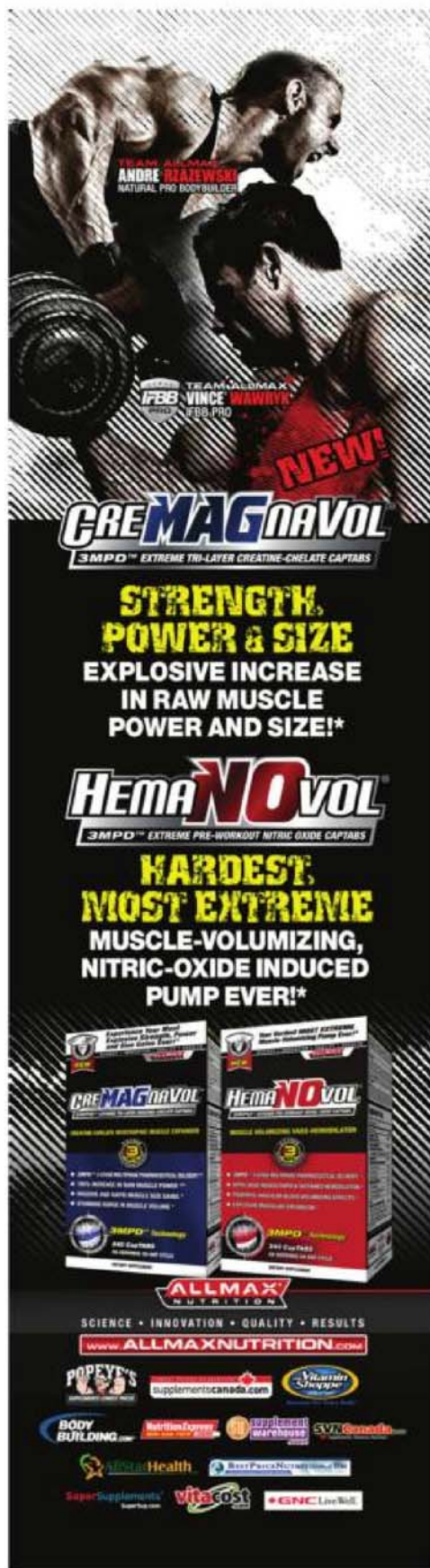
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Being a Ms. Figure Universe can you tell us about your background?

Well, I am 35 years young, I live in Plymouth MA. I am married to my wonderful & supportive husband Chris & we have our 7 year old son Anthony. I hold a Bachelor of Science degree from the University of Massachusetts Boston majoring in Psychology & minoring in Biology, I am a Certified Personal Trainer through the ISSA, a nutritional consultant & lifestyle coach & I am the owner of Team Petralito Personal Training, offering local & online training & nutrition. Please feel free to check out my website www.shannonpetralito.com or visit me on facebook pages, Shannon Petralito or Team Petralito Personal Training. I have recently become an ambassador for Cathy Savage Fitness & I am so honored to represent all that Savage stands for! Becoming a Savage Girl has been a blessing in so many ways. Not only have I learned from the best coaches about contest prep, I have met so many amazing women along the way. This is a journey that you want to be a part of! If you want to learn from the best & be your best visit: www.cathysavagefitness.com and become a part of an amazing sisterhood, you won't regret it!

What are 5 interesting FACTS about yourself?

1. I am an adrenaline junkie! Thrill Rides...love them! The higher & faster the better!
2. I enjoy a hot bath, glass of wine & a really good book!
3. I have a dimple on my cheek on the right side of my face & the same dimple on my other right cheek when I flex my glute...lol.
4. I am a romantic.
5. I'm a huge fan of house music & trance music!

What are your goals as a Fitness Model and Competitor?

To train & maintain a physique that allows me to be successful while competing & portray a healthy image to young girls & women.

To continue to market myself successfully so that I am offered work as a Fitness Model.

To eventually become sponsored by a supplement company.

I'd like to pass along my knowledge to others about the importance of living a healthy lifestyle & the many benefits of eating clean & regular exercise.

I would like to eventually work towards speaking at local elementary/high schools so I can talk to children about Living a Healthy Life & teaching them to have a

vision, set a goal & to work towards that goal. I think that all Children should be taught the power of positive thinking & that if you believe in something you can achieve it. Dream Big!

As a competitor my final show for this season will be the Fitness America Championships in Las Vegas this November. I will be competing in both Figure & Bikini. After that it's time to grow & come back stronger & better next season. I have my eyes on the WBFF next season, I have not yet done a WBFF Show & I hear such great things about them so I am looking forward to that.

Everyone wants to know.. How do you get your Abs?

Lol, ok, I am always changing up my ab routine, some of my favorite exercises are hanging leg raises, gorilla crunches, weighted decline sit ups, oblique v-ups & I love the P90x ab workout! Most important is what you are eating! A diet filled with processed foods & alcohol will not help those abs to show! You can do exercises all day long but if you are not eating correctly you will not see results. Cardio is important too but please don't kill yourself doing hours of cardio, you don't need to if you are eating the right foods on a regular basis.

What does your weekly workout routine look like?

I lift 5 days a week right now & do 5 days of cardio following the coaching of Cathy Savage Fitness/Figure Program. There is a lot of variety in my workouts which I feel produces better results. Your body will become accustomed to the same workout & you will not see change. I do a combination of weights, plyometrics, HIIT, steady state cardio & yoga.

What are your goals and plan for 2017?

I would like to get my first workout spread in a fitness magazine. This is a very big goal of mine! I am also working on becoming a spokesmodel/sponsored athlete. I dream big but I know I can do it! Everyday I do at least one thing towards my goals! I also would like to build my personal training business (Team Petralito Personal Training) and help women realize the power that they hold within themselves to achieve anything!

"No matter where you are in life right now, no matter who you are, no matter how old you are – it is never too late to be who you are meant to be." – Esther & Jerry Hicks

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Paula Jager CSCS

put the BREAKS ON!

“Youth is wasted on the young.” I first head that expression freshman year of college in 1978. I didn’t pay much attention to the meaning. In retrospect the meaning is now quite clear. . .

When you are young you have the potential to be at your physical peak, the best health you will ever have and your mind is sharp and clear but you lack patience, understanding and wisdom which results in a lot of wasted efforts and mistakes. Whereas someone who’s lived and learned now knows what to do with all of it but the body doesn’t have quite the same capabilities as in decades past.

Sucks, but that’s the way it’s been for centuries and the way it will remain. Our best bet is to age intelligently with the right training and nutrition which will allow us the best functionality, health and performance as we reach our mature years. Are there any advantages to aging? A few; seasoned adults have survived and dealt with challenges and adversities that would cripple a younger person. This develops a mental toughness and discipline over many years of life and makes up (to a degree) for the physical decrements that this same longevity brings about. This will enable us to better bring on the “pain” of training.

Does that mean we need to alter our training as we age? Yes and no. An overweight, deconditioned 20 year old would need to start out at a similar level or program as an overweight deconditioned 50 year old. The younger one would most likely have less orthopedic/health concerns and would improve more quickly because of sheer youth and the lack of years of cumulative self destructive habits and wear patterns. But training modalities and intensities of the mature athlete are basically the same as the youthful athlete. The only difference is in the recovery; you can train as hard and as long just not as often.

Getting to the basics of the training some things are across the board. Young or mature if you haven’t exercised in awhile, develop a base level of conditioning with bodyweight exercises such as squats, push ups, pull-ups and dips through a full range of motion

along with some type of cardiovascular activity such as running, biking, swimming or rowing. Once that has been established you begin adding external weight.

Become well acquainted with the form and technique of the basic exercises such as squats (back, front, overhead), oh lifts (press, push press and push jerk), bench presses, deadlifts, bent over rows and high pulls. After at least 6 months of consistent training and proficiency in these lifts add in the Olympic lifts—the clean & jerk and the snatch. If unfamiliar with them hire a qualified strength & conditioning coach for instruction, they are technically complex in nature. The benefits are well worth the efforts if done correctly but a potential for injury if not. Perform these functional movements, vary the combinations and perform them with intensity in a progressively designed program. Add in some interval based cardio aka metabolic conditioning and you’re set.

How often? Good question; and that will depend upon your recovery. Listen to your body and take what you need. It’s not the same as it was in your 20’s and you must respect that. Generally speaking 2-3 non consecutive days a week should be spent on strength training. This is both beneficial and taxing for an individual especially a mature individual. You need it now more than ever; you’re going to lose muscle mass, your hormone levels are going to decline and everything will go south without a sound strength program and even then you will only be able to control it to a degree. Ladies:



Paula, circa 1976

this is especially important for us; you will not grow large muscles and a beard if you lift more than 10 lbs. Keep your cardio brief and intense; more is not always better.

Put the brakes on aging: if at 40 or 50 something plus years of age you find yourself overweight, sedentary and pre diabetic it’s time to lay off the doughnuts, get your arse off the couch and do something or you’re going to get sicker, fatter and have a very poor quality of life. It’s not going to get better until you make a change. On the other hand if you’ve worked out correctly

and intensely with some degree of consistency and maintained decent nutritional habits then my advice is to keep on lifting heavy, throw in some occasional wind sprints every 7 to 10 days, enjoy your good health and live life to the fullest. Just make sure to take time for recovery which is not necessarily a bad thing. It gives us more time to enjoy other leisure activities in our well balanced lives.

“Youth is wasted on the young” but our efforts in fitness and nutrition can slow the aging process and lead to a far superior quality of life in our mature years topped off with the wisdom we’ve acquired. An in our minds we will remain—Forever Young.”

Paula Jager CSCS and Level 1 CrossFit and CF Nutrition Certified is the owner of CrossFit Jaguar.

Her exercise and nutrition programs yield life changing results

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- 6 (8-inch) spinach, tomato-basil, or plain flour tortillas
- 6 tablespoons light Boursin cheese, about 2/3 package
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- 12 ounces thinly sliced cooked smoked turkey breast

Preparation

Combine first 6 ingredients in a large bowl, tossing to coat. Spread 1 tablespoon Boursin cheese over each tortilla. Top each tortilla with 6 slices cucumber, 3 slices tomato, and approximately 2 ounces turkey. Divide slaw mixture evenly among tortillas; spread on each and roll up. Cut each rolled wrap in half diagonally. Wrap each tortilla in plastic wrap.

This French-inspired wrap packs plenty of flavor but is a leaner and meaner version of a deli favorite.

- Cabbage and plum tomatoes are antioxidant-rich
 - Carrots provide a full day's worth of cancer-reducing vitamin A
 - Boursin brings a creamy texture and dash of garlic and parsley
 - Turkey adds lean, filling protein and a savory taste
- A side of fresh raspberries or blueberries will polish off this nutrient-rich meal.*



RED PEPPER, GOAT CHEESE, AND FRESH MINT WRAPS

Prep: 10 minutes (plus 1 hour for chilling)

Spinach tortillas give a little bit of your daily requirement of vegetables, but try other wraps like sundried tomato or pesto.

Ingredients

- 1 (4-ounce) package goat cheese
- 4 tablespoons chopped fresh mint
- 4 (8-inch) spinach tortillas
- 1/2 cup chopped bottled roasted red bell peppers
- 1/4 teaspoon salt



Preparation

1. Combine cheese and mint in bowl.
2. Wrap tortillas in paper towel. Microwave on HIGH 20 seconds.
3. Spread each tortilla with 2 tablespoons cheese mixture. Divide peppers evenly among tortillas; sprinkle with salt. Roll up tortillas; wrap each tightly in plastic wrap, twisting ends to secure. Chill 1 hour.
4. Unwrap tortillas. Cut each wrap into 4 pieces, cutting one end of each piece diagonally and one end straight across so the piece can stand on end

- Goat cheese is lower in fat than other popular cheeses, and it creates a rich and somewhat tangy base for the smoky roasted red peppers
- Red peppers are high in beta carotene, which reduces the risk of cardiovascular disease
- Increase the fiber by switching out the spinach tortillas for whole wheat

Pair it with a tart Granny Smith apple and you have a delicious, nutritious lunch.

OTHER HEALTHY LUNCH OPTIONS!

Start with a serving of brown rice, couscous, bulgar or quinoa. Cook up a big batch on Sunday, separate it into 5 servings and then refrigerate. Then add a variety of things to it during the week. Here are a few examples:

- couscous topped w/ sauteed zucchini, summer squash, mushroom and onions and a spicy low-fat chicken sausage
- couscous mixed with broccoli, sliced chicken breast and topped with grated parm.
- Bulgar w/ black beans, salsa and pepper jack cheese
- Bulgar, sliced flank steak, low fat cheddar cheese in a wrap.

Are There Different Kinds of Carbs?

By: Anthony Alayon

Carbohydrates are crucial if you want to achieve your fat loss goals. Like protein, they yield 4 calories per gram. Carbohydrates are your main energy source. Those of you who have tried a low carb diet know that the less carbs you consume, the less energy you have.

When carbs are ingested, your pancreas releases a hormone called insulin. Insulin helps the carbs to be stored in the muscles or as fat and this depends on the carb type and intake. If you take in too many carbs and/or the wrong sort of carbs you will get fat. However, the right intake and type of carbs will lead to a leaner and more energetic you.

Stored carbs in the body are also known as glycogen. Glycogen (stored carbohydrates) is important to have in your body before working out. It will help to supply you with energy, and not only enable you to achieve better fat loss results, but also help your overall physique.

There are two types of carbohydrates: complex and simple.

A. COMPLEX CARBOHYDRATES

Complex carbs are time-released in the body and thus provide you with sustained energy for a longer period of time. Complex carbohydrates are a necessity to have in your diet in order to decrease your body fat.

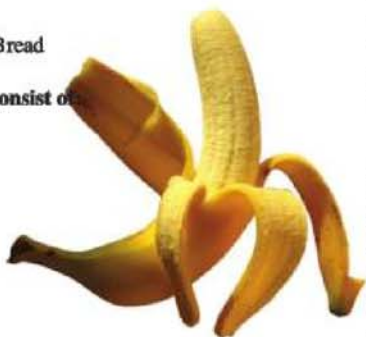
There are two types of complex carbs: Starchy and Fibrous

Starchy Carbs consist of:

- Oatmeal
- Baked Potatoes
- Sweet Potatoes
- Brown Rice
- White Rice
- Whole Wheat Bread

Fibrous carbs consist of:

- Broccoli
- Green Beans
- Asparagus
- Cauliflower
- Celery
- Cucumbers
- Lettuce
- Zucchini



Note: This is just a general guideline to inform you of what kinds of foods fall under these categories. To find out how often and how much you must consume on a daily basis, check out my diet charts later on in the book. You will also be given a list of close to 100 different foods to choose from.

B. SIMPLE CARBOHYDRATES

Simple carbs are fast acting and give you immediate energy. It is best to eat these carbs right after a workout because they will help you to recover quickly. After a workout, your body needs carbohydrates and proteins in order to start the recovery process. Thus, simple carbs should be consumed along with some complex carbs after your workout.

Simple carbs are mainly fruits such as:

- Bananas
- Apples
- Cantaloupe
- Grapes
- Pears
- Strawberries
- Lemons

So now that you know what the different kinds of carbs are, make sure to follow a good diet that follows that macronutrient management principles and you will be well on your way to achieving your fitness and weight loss goals! For more free weight loss, nutrition, diet and fitness related tips, you can visit my web site at www.fatextinction.com and get instant access to my newsletter where I send out weekly information and updates regarding these topics!

Anthony Alayon is a C.F.T. (Certified Fitness Trainer) and the creator of The Fat Extinction Program.

Anthony is also the proud owner of his own clothing line, mobile apps and has collaborated with some of the top health experts in the industry.

To learn more about Anthony Alayon, visit his web site at www.fatextinction.com.

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"SIX PACK" Nick Paniagua

talks with muscle and strength

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By Steve Shaw

You are absolutely shredded. What are the keys to your conditioning, and do you stay crazy-ripped all year long?

Thank you. I've always been a very lean person, as a child and into my teens. I have an extremely high metabolism. So it's always been a challenge for me to put on weight. I personally never had any interest in doing the bulk/cut/bulk/cut deal as much as just slowly putting on lean muscle mass, my body just responds better. When it comes to training/conditioning I keep it very simple, I always train high volume/high intensity, training 1-2 muscle groups per session at around 20-24 sets total per session on a 2 days on 1 day off and so forth routine.

I hit about 4 sets per exercise starting at 10 reps, 8 reps, 6 reps and then 1 last set at 10 reps or to failure if I am up for it. Some might look at that and go "He's overtraining"...but if you can believe this, I actually cut down my gym time to about an hour and a half. I used to train for two and a half hours 5-6 days a week in a row. I was overdoing it then and tapered down my training sessions a little throwing a day of rest and

recovery in between every 2 days of training. I don't do any cardio at all...none. My metabolism does the work for me. I've learned to accept that I have no control over my metabolism and that it can work for me, even though early on I hated it more than anything because I just wanted to grow and grow fast. But I have learned to just deal with it which means I need to eat a ton just to maintain.

My diet is for the most part in check and strict. I think diet is the most important when trying to reach those ultimate goals. If I miss a meal or don't eat enough calories that day I can tell and sure enough if I step on the scale pounds will be lost, so I have to keep on top of it. I try to stay lean year round, in the winter I may enjoy a couple more cheat meals than usual but my bodyfat percentage tends to stick around the 6% mark. I'm all about changing things up and trying new things so who knows, in the future I may decide to try the traditional bulk/cut deal, but for right now I'll stick with what's working for me.

Tell me about your athletic background, and how you found your way into lifting?

As a young kid I was very active. I played soccer, baseball and skateboarded quite a bit. On top of having an extremely high metabolism, I was getting all this cardio in which kept me very skinny. As a result of being so skinny I got teased a lot. It was something that really affected me. I was done with being teased, you can only take it for so long...so I started to read some bodybuilding and fitness magazines, the pictures were enough to get me amped up so I ripped out pages out of these magazines and posted them on my wall.

I had inspiration and motivation surrounding me. My father came home with a bench press and some free weights shortly after he noticed my new interest. My eyes lit up when he came home with all this! The bench got set up right in the middle of my bedroom, free weights next to the bed and a pull up bar along the door frame. This was where it all started for me. As I started to read about nutrition, I started to eat more. At that time I worked out Monday-Wednesday-Friday and I soon realized there was only so much I could do at home as far as certain exercises and movements went. So I checked out the local gym and as soon as I walked in, my eyes lit up! I wanted to try everything there. I immediately signed up for a membership.

I learned so much from the more experienced lifters there and took all the information in. It felt like a family to me. If I had any questions regarding training or nutrition I could ask anyone and they'd gladly give me advice. Just a few years after I joined that gym, we got news it was closing its doors. I was devastated and knew I'd have to look for another gym...so I did and got back to work. I trained and trained and trained, and noticed that there were people I knew, friends I had that would easily get burned out or just simply didn't want to work out anymore. It was something I enjoyed, it had become more than something I liked doing...it became a passion and a lifestyle.

You mentioned that you were a skinny kid... Any eating or training tips you can share with other fellow "skinny guys"?

We've all got a vision or idea of what we'd like our bodies to look like. Some actually do something about it and some just keep envisioning and saying someday. I didn't want to be teased anymore, I didn't want to be known as the skinny kid. I know there are a lot of kids out there with a similar story who want to do something about it.

The first step is making a commitment. You need to commit to eating and training. Consistency and dedication are the key to progression. Most everyone knows you got to eat to grow. This is something every skinny kid looking to put on size should keep in the back of their head. Now when it comes to eating, I wouldn't recommend eating everything in sight as this will make you gain weight, but not the kind of weight you want to gain.

You want quality muscle, quality weight gain, therefore eat clean but keep your cal's high. Your protein and carb intake should also be up there as well. You should be taking in 1-1.5 grams of protein per pound bodyweight and this goes for anyone. Some of us will take in a little more depending but this is usually the standard. For protein I'd recommend, steak (lean beef), chicken, fish, eggs, turkey and the 1-2 protein shakes you should get in daily.

Stick to oats, sweet potatoes, brown rice and yams for those carbs. It will be hard to eat, I won't say it isn't going to be hard. You will feel full all the time but this is all part of the deal. You need to stick to that eating schedule as any missed meals will effect you. When it

comes to training, you got to get in that gym and train hard! Think about your goals as you train, think about why you want to reach those goals. Training routines will differ for most, this is why you need to experiment and try new exercises and movements, seeing what works "best for you".

We are all different therefore our bodies react differently to certain movements and routines. Try a certain routine for awhile and if it doesn't work for you try something new or mix things up, you will eventually find a routine that works for you. Don't get discouraged, results don't happen overnight...it takes time to make progress and see results but I promise you will if you stick with it.

Many people want to gain muscle and lose fat at the same time. Do you believe this is possible, and why or why not?

I do believe it is possible, however it requires a ton of patience and dedication. Those who want to lose fat and gain muscle at the same time need to understand it takes time along with your diet being on point. Playing the lean mass game is something I've been doing for about 4 years now. I'll up my caloric intake quite a bit in the winter still eating the same foods as I would during the summer, just bigger portions. I try to eat clean year round which keeps my bodyfat percentage fairly low.

Since my metabolism is so high I need to make sure I eat every few hours just to maintain my weight, so eating is a constant thing for me. I try to stay as consistent as possible inside and outside the gym. Lean mass gains can be made but before going about that route, you need to understand how your body works. Everyone is different and what might work for someone might not work for yourself due to how your body reacts to certain foods and training routines.

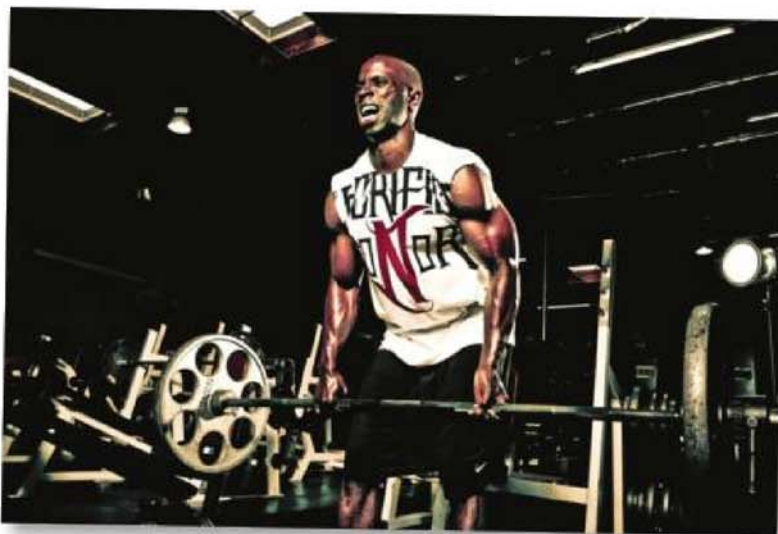
My best piece of advice would be to over look your current diet and write down your daily macros just to see where you are currently at. Start by adding around 3-400 cals of clean food, that might be another small meal somewhere in your daily diet and monitor/adjust things from there. If you feel you need to up it some more, do so. Be patient and give it time as results will not happen overnight. A clean diet is key, it is the most important thing when it comes to making gains and burning fat.

I was just checking out your website. Can you tell us a bit about it and some of the products you offer...

Sacrifice & Honor was established earlier this year and founded by Nathan Powers and myself Nick Paniagua. Putting out a clothing line together

was something we had been talking about for years. We both had an interest in fashion/clothing and most of all bodybuilding/fitness. We decided, why not put out something for the bodybuilding and fitness community?

Ideas and visions filled our heads and we went ahead and put everything into action. We wanted to put out something new, something with true meaning that those who lived this lifestyle could relate to. We



went through numerous names for the company and after some thought we decided to go with Sacrifice & Honor. Living this lifestyle you make sacrifices everyday and you do what you need to do in order to reach that ultimate goal...this is a lifestyle lived proud and honorably.

We offer premium fitted men's t-shirts and tank tops at the moment. We will also be putting out men's sweats, hoodies, shorts, beanies and hats very soon as well as the upcoming release of our women's line starting out with t's, tanks and workout pants for the women. This is a lifestyle lived 24/7 so we wanted to be sure that the clothing/material is something that can be worn in the gym or as casual street wear. You can check out the Sacrifice & Honor apparel [here](#).

What's the most brutal thing you do in the gym - something that you dread doing, but do anyway - and why?

Right now I'd have to say it's my delt/trap workout. I am really trying to bring both out. It's about an hour and 20 minute workout that just brings the pain. I can't say I really dread any workout because it's what I love doing but this workout in particular is definitely killer, from the lateral raises, immediately to standing dumbbell presses etc. The burn is indescribable but we all do what we need to do in order to progress right?

That is why I do what I do because I want to progress. We all have weaker or underdeveloped muscles on our bodies that could be worked on and

for some, training those parts might not be something that's looked forward to but regardless need to be trained if you're looking to have balance throughout your physique. You cannot ignore training certain muscles, even if it's a workout you dread...you do it because you know you have to.

If you had to start all over again, knowing what you know now, what would you change about your training and nutrition?

I'd have to say that I would have cut my training down a bit. I was definitely overtraining when I first started to get serious. I thought that the more and longer I worked out would give me muscles and make me bigger, when in fact recovery is what I needed more of. I started to progress when I cut down my time spent in the gym allowing a day off here and there. Since my metabolism is so high I also wasn't eating enough so I revamped my diet really looking at it and added quite a few more carbs, protein, fats and overall cals.

We all learn through making mistakes and if I would have known this from the beginning sure I might have been in better shape sooner but

the journey through the years might have been different in which I wouldn't want to change at all. This has all been such an amazing experience and I'm grateful for every opportunity that has come my way.

A few goals that I have for 2011-2012 would be to really focus on my bodybuilding and fitness clothing line "Sacrifice & Honor" that my business partner (Nathan Powers) and I started up last year. So far 2011 has started out great! I will also be continuing to focus on my training, hoping to step on stage sometime in the near future.

There are a few people in particular I would like to thank for the support over the years, my family, friends and fans. Without all of you, I would not be where I am today and that is the absolute truth. Ian L. Sitren who gave me my very first photoshoot and last but not least Ryan DeLuca.

How can people connect with you?

Twitter: twitter.com/XNickEdgeX

Website: www.shathletics.com/

FB: www.facebook.com/pages/Sacrifice-Honor-Apparel/367417696057?ref=ts

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

My Life

Ashlee Comeau



Photo by Eva Simon
Make up by Rochelle Lee

I am currently a 35 year old married mother of two beautiful children, working full time as a Registered Mental Health Clinician, Intern in South Florida. Wow, when I read that sentence back, it sounds so “white picket fence (ish)”, and for the most part at this point it is. However, while it is a great life, I like most people have had my trials and tribulations to go through. I think though, the difference sometimes between myself and some others may be how I decide to play the “cards I was dealt”.

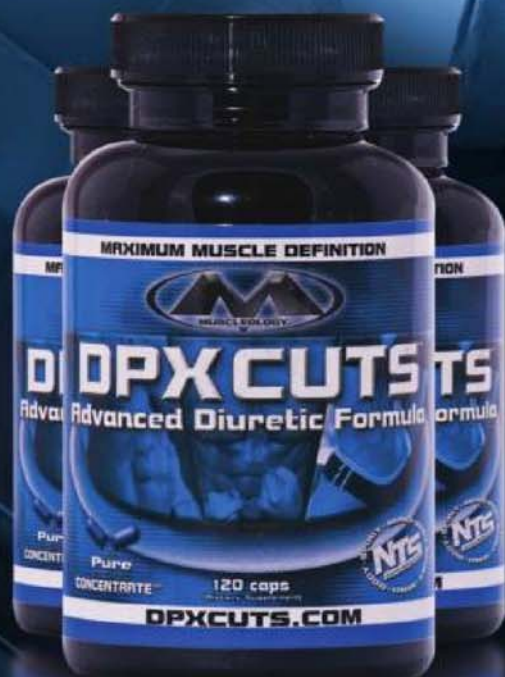
My journey to self discovery started years ago, even before I believe I was ready. I was 14 years old when my father took his life and I was faced with pain, hard decisions and a new life's course before I finished my adolescence. I could have resorted to alcohol or drug easily, and I could have been a drop out with a valid excuse I presume. However, neither choice was mine for the taking, so instead I turned to other more “healthy” coping skills (for the most part) to get me through. However, one down fall of mine has always been food; I have to admit I do love SWEETS! To compensate for my love for food and my desire to at times “eat away my emotional pain”, I turned to exercise. While most teens were out hanging out with friends I was the girl at the gym sweating of the treats from the day before. Little did I know it was counterproductive! My dreams of being in the fitness modeling world started back then, however my inner strength was lacking. I needed more time to heal, so in my early 20's I opted to go to College to one day become a Therapist. Right before I began, I met my husband, who 13 years later, is still by my side. Again, in 13 years it has not always been the perfect life, but we work for our relationship and family, because both are extremely important to us! Towards the end of my Graduate Program, he proposed and on our wedding night we were pregnant with our first child! Lucky, right? It was 40 weeks of pure bliss, however, this bliss turned to confusion and pain on September 17, 2005 when an emergency C-section was preformed and I gave birth to a child with brain damage (later told Dx was Cerebral Palsy). We were devastated and even more than that we were just scared of the “unknown”. We were not prepared for this obviously, and we were now faced with grieving the loss of a “normal child”. I was just one year out from completing my Graduate Program and was enrolled in classes at the time of my son's birth. I had to make a quick decision on what my next steps would be. I knew school would understand, but I also knew I may never go back if I stopped. I made the decision to continue, not only for myself but for my family because it was evident that my training would be beneficial for us all. I was released from the hospital and with my baby boy fighting for his life in NICU, I was fighting to finish my Graduate Program. Which in December 06' I did just that, with my “healthy” baby boy and husband by my side!

So, to bring my life's journey to where I am today, I would say with all painful situations you have to look for joy. Our joy has been Sebastian, who is our angel that has taught us to “live for today” and that “impossible is not an option”! I used these life's lessons to drive me daily! So, with that way of thinking and my husband's support I began my journey to transform myself both inside and out at the beginning of 2010! I started first with changing up my workout routine and joined Crossfit, which was one of the best decisions I could have made to get the ball of success rolling! Our trainer (Matt Franco) cares not only about our workouts but more about each of us. He has also taught me so much about the importance of my DIET! Then in October of 2010 my husband took it upon himself to find the TOP NOTCH trainer and fitness icon, Michele Levesque, to personally train my 1-2 a week for a year (and no we are not made of \$ LOL)! Yes, he is just that amazing! I am now an aspiring bikini competitor and fitness model as I have always dreamed! Also, to further advance towards my goals, my amazing husband gave me my 1st ever photo shoot with the incredibly talented, Eva Simon. The pictures I have attached are a sample from that day! I am pleased!

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By: Pz Hopkins

DISAPPOINTMENT

and that crazy little thing called LIFE

year, n. A period of three hundred and sixty-five disappointments. ~Ambrose Bierce--Satirist (1842-1913)

Can you imagine the disappointment Adam had in Eve when he discovered she ate the fruit from the forbidden tree? Can you imagine the disappointment he had in himself when he followed suit and the veils began to fall? Can you imagine the disappointment God had in the pair of them for not living up to their pure potential of choosing good over evil? That's one heck of a lot of disappointment, and depending on how you interpret the story of the Garden of Eden—literally or figuratively, it doesn't much matter. From the beginning of time, mankind has been in the business of disappointing. He's been going strong ever since.

Disappointment means the feeling of sadness or displeasure that haunts us, when our hopes, aspirations or expectations are not fulfilled. Disappointment is tricky. It happens when our experiences are not in agreement with what we anticipated.

Disappointment hurts. It's one of those emotions that usually come with a kick in the stomach, a blind-sided jolt to the head, a punch right between the eyes, or a wide-eyed open mouth gasp. Thoughts immediately come to mind like, you can't be serious, or you've got to be kidding me? Some of us are good at hiding our disappointment. We camouflage our feelings and keep the hurt on the inside where nobody can see. Others are obvious and not so good at masking. Take the recent Casey Anthony verdict. The majority of those following the trial expected one outcome and received another. As a result of the perceived injustice, the collective disappointment the public expressed will resonate for some time to come.

Life comes with expectations. We learn very early on about how to expect. We come to expect whether daddy picks us up for the weekend or that daddy never shows up at all. We learn if we're good to expect an ice cream or if we're bad to expect an ice cream to bribe us into being good. Close your eyes and travel back to childhood where promises were made and not always kept. Remember an incident or more where you expected things to go one way and they turned out another. Each of these recollections comes with implanted memories of expectation and disappointment. Maybe your well-intended parents promised you a pony for your birthday. The mere mention of the pony and you were putty in their hands. So, when birthday time rolled around you expected the pony. Instead, if your parents had means, you got a shiny bike and about ten other



cool presents to distract you from the disappointment of no pony. If your parents were poor, you were lucky if you got a used bike or maybe a picture of you on a pony. Your very own pony...you were told, would have to wait for another day, and then everybody ate cake and life went on without the pony. The point being, as kids we develop a strong association between expectation and disappointment. Being young we don't know if our expectations are reasonable or our disappoint-

ments realistic. As adults we have to put expectation in its proper place and assign less power which results in less disappointment. We have to do a better job at handling disappointment plus be sure if our reaction is necessary or justified. Since every new day brings with it the possibilities of a new set of challenges, we will all face our fair share of distress. It's how we view and confront both internal and external factors that's key to being positive and seeing positive.

PZ'S POINTERS ON HANDLING DISAPPOINTMENT

Bet the farm and disappointment

So you have a few people you can count on. After all, you know them, and you are definite you can depend on them for anything...that's anything. You are being totally realistic. You would bet everything you own on them. You'd go all in. You'd bet the farm. Then, something comes up, and life goes into motion mayhem. Maybe you need to be bailed out of jail. Maybe you need a kidney. Maybe your house burns down. Maybe you find out your wife's having an affair with your partner who's embezzling from your company and the bank is coming to repo your car. It could be anything. You reach out to discover they're not there. You had been operating under the assumption that none of these folks would ever disappoint you—ever. This could be family or friends or loved ones or co-workers. That's not to say that there aren't people in our lives who fit the bill and who are unwavering in their loyalty. Just don't be surprised if you find not everyone who talks the talk walks the walk. In prosperity our friends know us but in adversity we know our friends. Work through the disappointment and move on. No grudges or negative feelings allowed. You will get through your problems but it won't be with their help. You'll eventually learn they weren't meant to be part of your solution. You'll thank the universe for the lesson.

Love is a disappointment battlefield

When it comes to one person loving another there is plenty of room for disappointment along the way. Love is a battlefield littered with disappointment landmines. Heartache and disappointment go hand-in-hand. Some people think it is okay to cheat on their partner. They think it is okay to disrespect the relationship for their own egotistical gain. Two people in a committed relationship have built-in expectations. If you are the custodian of someone's heart be as kind as you can be. If the relationship changes or the love fades minimize the hurt and try being honest as opposed to sneaky or selfish. People get hurt the most when they find out their partner's doing what they least expected.

Competition and disappointment

Many of you have trained at one time or other to compete. Every athlete in any profession trains to get themselves in the best possible condition and give themselves the best possible chance to succeed. Nobody enters with the philosophy that they have no chance of winning. Some goals, though, are not attained at the first shot. Take any setback, loss, or disappointment in stride. Don't lose heart and don't let it break your spirit. You're forging your path to success. Shake off the letdown. Slog harder, next time out. The basic quality inherent in every champion is to persist and persist and persist some more.

Have a Plan B beyond the disappointment

For as long as we live we'll be disappointed by someone over something. Recently I had a circumstance where I was misled by the representative of a rising celebrity. I had my sights set on recruiting this person to help me

produce a project I'd been keen on over four years. I devoted tons of time and energy pursuing this goal thinking I was making real strides. From all communications and appearances I was. Now I learn that the celebrity in question is obligated to his network in a way that precludes him from working with me. This is information that was common knowledge at the beginning of my dealings with this rep. and should have been told to me then. I'll admit it was a big blow to my plan and a huge disappointment. I was back to square one—or was I? I allowed it to affect me—for just a bit—but not my attitude. I decided to make a call to another set of folks, discussed the project, and they were thrilled to get on board to make this dream a reality. My plan has taken a different trajectory, but I'm still on track. I've done all the ground work, written the treatment, practiced the script and am mega prepared to get the show on the road. There is still a lot of work ahead, but I didn't give up or toss in the towel when my initial plan went up in smoke. Don't you give up, either! Find another way. It's out there waiting for you to show up.

Keeping your word saves on disappointment

Think of the folks you've dealt with over time who have given their word but don't keep it. Your word is everything. It's who you are at the very core of your being. When you give your word someone is the other end receiving it. Your word is a promise that you intend to do what you say you'll do. From the moment your word is given you should do everything in your power to hold true to the promise. I'm always surprised when people get so excited that I actually do what they expected. Once in a while things can get in the way of your promise, and you may not be able to keep your word as originally given. If that ever happens, let the person you're dealing with know exactly what has changed. Don't hang them up or renege without explanation. As long as you're doing your best and have nothing but good intentions nobody should be disappointed in you. They might be disappointed in the situation but not in YOU!

Expect less disappointment

We human beings are not perfect. We're a flawed bunch and will continue to disappoint. Think about how you live your life. How often do you disappoint others? How much do you upset, fail, let-down, aggravate, neglect, and ignore the people in your life? If you are guilty of being a serial dissembler it doesn't mean you have to continue down that road? This is your chance to do better. Change occurs as small as one person at a time. The only person we have control over is ourselves. The only person we can expect anything from is ourselves. From that vantage point, we should expect nothing but the best. Everything else we receive from others is gravy.

Disappointment and you

There are times when the person we're most disappointed in is ourselves. We just might blow or squander the chance to step up or speak out or simply do the right thing at a time when someone needs us most. I'm reminded of Scotty McCreery—this year's winner of American Idol. During the auditions the contestants were asked to arrange small groups and learn a number to perform for the judges. Some people made quick

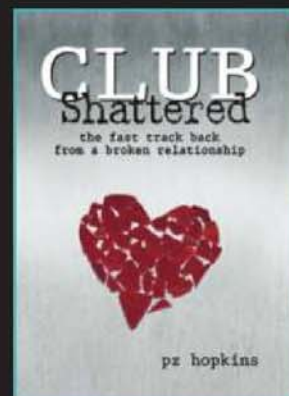
alliances and decided who they would or wouldn't accept in their group. There was one young man who was wandering around and couldn't get any group to let him in. He came to the group Scotty was in and they rejected him, too. Scotty didn't like it, but he didn't speak up to support the kid either. Later on, Scotty had a chance to go before the judges. He told them how he was ashamed of himself for not speaking out more strongly on this kid's behalf. He said he wasn't the man he knew himself to be and apologized. He knew the kid was crushed because his fellow contestants were being judgmental, all in the name of furthering themselves in the competition. Judge Randy Jackson told Scotty not to feel so bad, instead, be proud of the courage it took to man-up to his actions. Scotty's only seventeen, but he expected more from his behavior and was disappointed to the point he cried over the incident. Scotty did go on to win Season 10. Even at such a young age, he proved not only can he sing, but at the center of his being is one special guy with a big, caring heart. This crazy life gives us chance after chance to make choice after choice. Make the choice you would make if it were you on the receiving end. When you do what's right you can never disappoint or go wrong.

PZ Hopkins is motivational writer and Personal Power Educator in 'All Things Relationships.'

Her book *Club Shattered: the fast track back from a broken relationship* is available.

Go to www.pzpower.com

Have questions or feedback? Pz wants to hear from you: pz@pzpower.com



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SOMEWHERE ELSE

Sometimes inspiration hits you when you least expect it. Just the other day, Toby Keith had a new song that came on the radio and the chorus went "If you don't know where you're going, you might end up somewhere else". That line struck a chord with me and made me reflect on how important goal setting really is.

I come across far too many people who train very hard day in and day out to no avail. They fail not because they don't know how to train or eat, but simply

specific goals, you not only discover what success means to YOU, but you also discover what it is you truly desire.

There are also several other benefits associated with goals setting, and the biggest is that it allows you to see your target clearly. It's like playing a game of darts; you could always play blindfolded, but you'll do a thousand times better if you keep your eyes open. Goal setting works in the same way, it allows you to see where exactly you're going. Consequently, it allows you to pool all the resources you have available in order to

feedback information will inform you when you need to eat more or less or change up your training routine. You should always take this information to heart, because it will always help you get where it is you want to go.

Another great benefit of goal setting is that it is accompanied by the power of momentum. We've all seen a boulder rolling down a mountainside, speeding up as it gets closer to the ground. And although it only took one slight push to dislodge it, once it got going, there's no stopping it. We can use this "momentum" in our goal achievement by installing several smaller goals, or checkpoints, on your journey to your major goal. By doing so, we are able to couple the power of goal setting with force of momentum. This has several benefits. The first is that it ensures you are headed down the right path (through feedback), second it helps make sure that you do not get overwhelmed on your way to your major goal, and third, it puts the power of momentum to use.

FIT TIP: Give the boulder a push. Make it a point to set not only long-term goals, but short-term goals also. If you want to be able to bench press or weigh 200lbs, simply aim to add 1lb a week, and you will reach your target in no time.

In conclusion, we are all constantly headed somewhere. Every act, every thought, every moment either brings you closer or farther from your goal. By using goal setting as a tool, we can ensure that we will be constantly headed in the right direction and we achieve our desire in the quickest time frame possible.

"People with goals succeed because they know where they are going. It's as simple as that."
- Earl Nightingale



due to the fact that they eat and train without a definite purpose in mind. The more I talk with people, the more I find that no one has a definite goal in mind. Instead, it seems that everyone's goal is to simply "get into shape". This is a great goal, don't get me wrong, however, we need to specify exactly what it is we want to achieve. Setting goals to "be healthy", "lose some weight" and "gain muscle" are simply too vague.

FIT TIP: Become a goal achiever. Set clear goals in everything you do, from your nutrition habits to your biceps size to your what you want to weigh. By setting

succeed. There is also a secondary benefit of goal setting, in that there are by-products that occur once you have a target set up: you not only know when you hit it, but when you miss it as well. This feedback is the most important information you can receive, because it gives you the power to make the necessary adjustments.

FIT TIP: Learn from the feedback you receive. As I stated earlier, the feedback you receive is critical to your success. This information will help you tailor your diet and training to suit your exact needs. We are all different and therefore have slightly different needs. This

Check out my website at JustFitness.ca
Send me an e-mail with any questions
comments at Rob@JustFitness.ca



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- **Balance Bars**
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go ahead **CHEAT!** (no, not really)

Healthy Tortilla Chicken Pizza

Have pizza without the guilt! High in protein, so you will feel fuller longer. Be sure to keep your eye on this dish while it is in the oven, because it broils quickly.

INGREDIENTS:

Serves: 4,

- 1/2 cup chopped cooked chicken breast
- 4 teaspoons olive oil-or cooking spray
- 4 Ezekial Whole Grain Flourless Tortillas
- 1/2 cup pizza sauce
- 1/3 cup minced fresh oregano
- 1/2 cup roasted chopped vegetable
- 1/4 cup grated lowfat mozzarella cheese
- 1/4 cup grated parmesan cheese
- 1 tablespoon fresh basil



DIRECTIONS:

Prep Time: 30 mins

Total Time: 35 mins

- 1 Position oven rack 4-5 inches from heating element. Preheat broiler.
- 2 Brush both sides of each tortilla with oil, using 1/4 teaspoon on each side.
- 3 Prick the surface of the tortillas in several places with a fork.
- 4 Place the tortillas directly on the oven rack and broil for 1-2 minutes on each side, or until lightly browned.
- 5 Place tortillas on baking sheet. Spread each with the pizza sauce.
- 6 Arrange chicken and vegetables on each. Sprinkle with oregano and cheeses.
- 7 Broil 1-2 minutes or until cheese melts. Sprinkle with basil.

How about goat cheese.

A goat's digestive system is much closer to ours than a cow's, therefore their milk is more digestible for humans. And yes, you can buy mozzarella goats cheese. The stuff tastes great!

You can pile on the vegetables — especially full-flavor ones like artichokes, roasted red peppers, and onions — practically guilt free. And greens like arugula and spinach are excellent pizza toppings.

Most pizza meats are off limits, but prosciutto is very low in fat, and a little goes a long way. It can be high in sodium, but as a rule, you won't eat enough for that to matter.



Easy Homemade Pizza Sauce

- 1 (5 1/2 ounce) can tomato paste
- 1 cup water
- 1/4 teaspoon salt
- 1/2 teaspoon dried oregano
- 1/8 teaspoon dried basil
- 1 garlic clove, crushed
- 1 tablespoon onion, minced (optional)
- 1 teaspoon Worcestershire sauce
- 3 drops Tabasco sauce (optional)
- 1/4 teaspoon crushed red pepper flakes (optional)

Directions:

Prep Time: 5 mins

Total Time: 25 mins

- 1 Combine all ingredients in a saucepan.
- 2 (Use Tabasco sauce and red pepper flakes if you want more zip to your sauce!) Bring to a boil.
- 3 Simmer gently for 20-30 minutes
- 4 Simmering improves the flavour, but if you're in a hurry you can skip that step.
- 5 Just use a bit less water and mix well.
- 6 Use in your favourite pizza recipe.

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COMPETITIVE RECORD:

- 2010 IDFA Toronto Classic Pro
 - Champion
- 2009 MUSCLEMANIA World Bodybuilding Competition
 - Champion
- 2009 CBBF Natural Physiques Championship
 - 1st in Light Heavyweight and Overall winner
- 2008 IDFA Canadian Classic
 - 1st place (pro category)
- 2008 FAME World Championship
 - 6th place (pro category)
- 2007 FAME World Championship
 - 8th place (pro category)
- 2006 FAME World Championship
 - 5th place (pro category)
- 2005 FAME Montreal
 - 1st in Light Heavyweight and Overall winner (PRO CARD)
- 2000 Provincial Championship
 - 1st in Light Heavyweight
- 2000 Quebec Tested Championship
 - 1st in Light Heavyweight and Overall winner
- 1997 St-Jean-sur-Richelieu Championship
 - 1st in Junior Heavyweight and Overall winner

SAMPLE DAY'S DIET:

I eat the same thing every day with little variation - 6 meals a day:

Breakfast: Oatmeal mixed with ALLMAX ALLWHEY 3-Stage Whey Protein Matrix.

Meal 2 & 4: Horse meat, red potatoes and green vegetables (any kind).

Meal 3 & 4: Chicken, basmati rice and green vegetables.

Post-Workout: ALLMAX ALLWHEY 3-Stage Whey Protein Matrix mixed with juice (orange and banana) or ALLMAX Waxy Maize 2300.

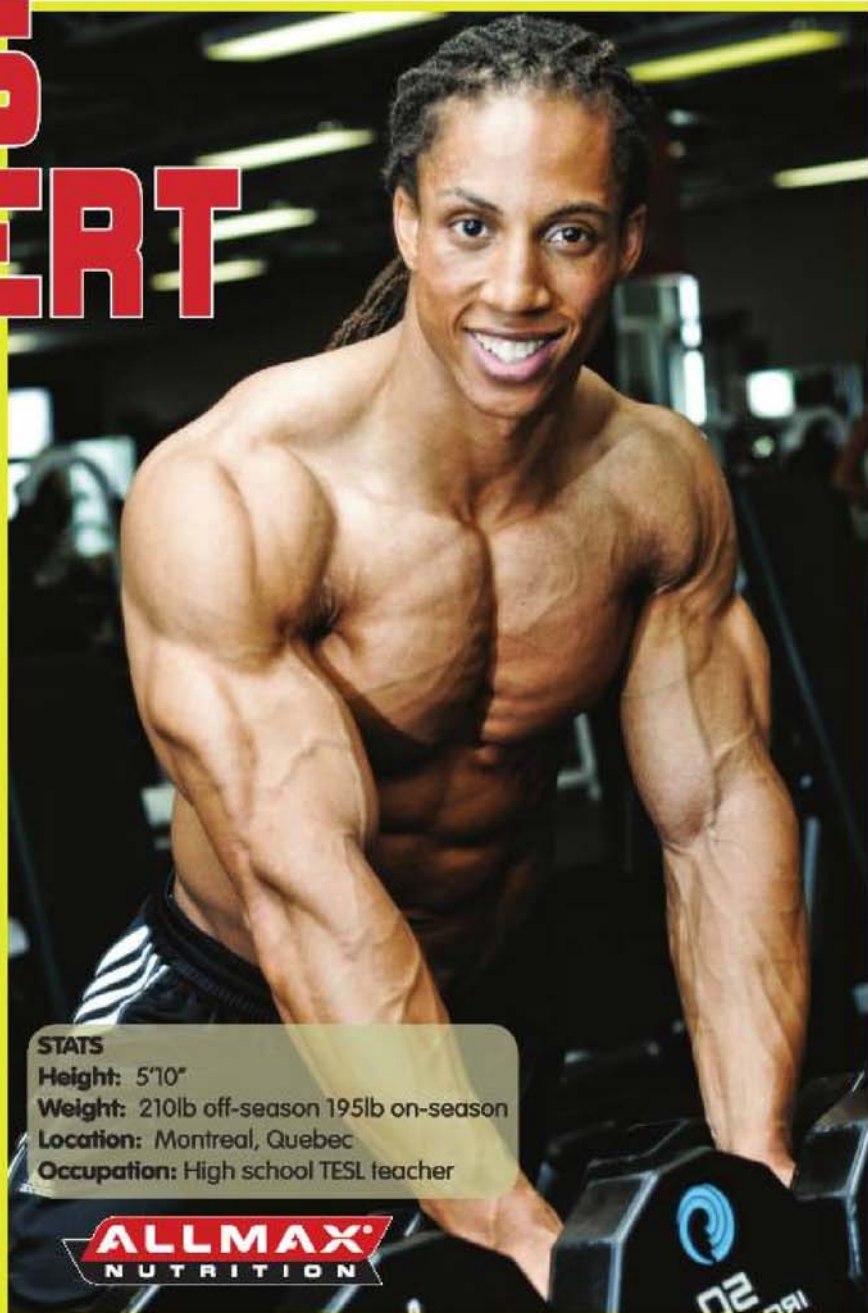
Your favorite type of training right now: H.I.T.T. and Interval cardio

SUPPLEMENT ROUTINE

MusclePrime as a pre-workout booster. It gives the mental focus and energy I need for my morning workouts since I start my day as early as 4 a.m.

ISOFLEX Whey Protein Isolate. It's essential in preserving and building my lean body mass when consuming solid protein isn't the best option.

RapidCuts Hardcore. It complements my strict diet plan and intense workouts so I can achieve the best condition possible in natural bodybuilding shows.



STATS

Height: 5'10"

Weight: 210lb off-season 195lb on-season

Location: Montreal, Quebec

Occupation: High school TESL teacher

ALLMAX
NUTRITION

Favorite Cheat Food: Pasta and steak.

Favorite Diet Food: Chicken and Rice.

Favorite Exercise at Gym: Standing barbell curls.

What do you like to do outside of the gym? Relax, read, work around the house, spend time with family and friends.

How did you get into Fitness: I used to be a dedicated soccer player for almost 10 years. However, I wanted to build more muscle so that I could physically surpass myself. Little did I know that I would like it so much (the training) that I would begin to take it more seriously, and read many books about bodybuilding and nutrition. A fellow bodybuilder and I learned all the basics of training and nutrition so we could both ultimately improve our physiques. The significant physical progress I made led me to compete at my first natural bodybuilding show 2 years later. I then became more and more dedicated to this wonderful sport.

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