

# NATURAL MUSCLE MAGAZINE

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**SEPTEMBER  
2011**

**MODEL UNIVERSE!**

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SUNSHINE STATE CLASSIC**

**THE CENTURY SET**  
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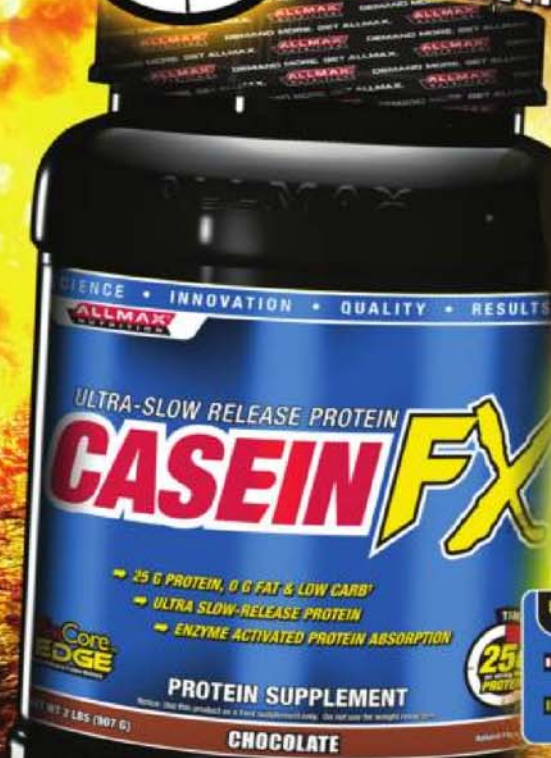
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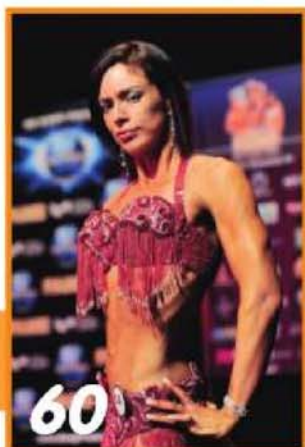
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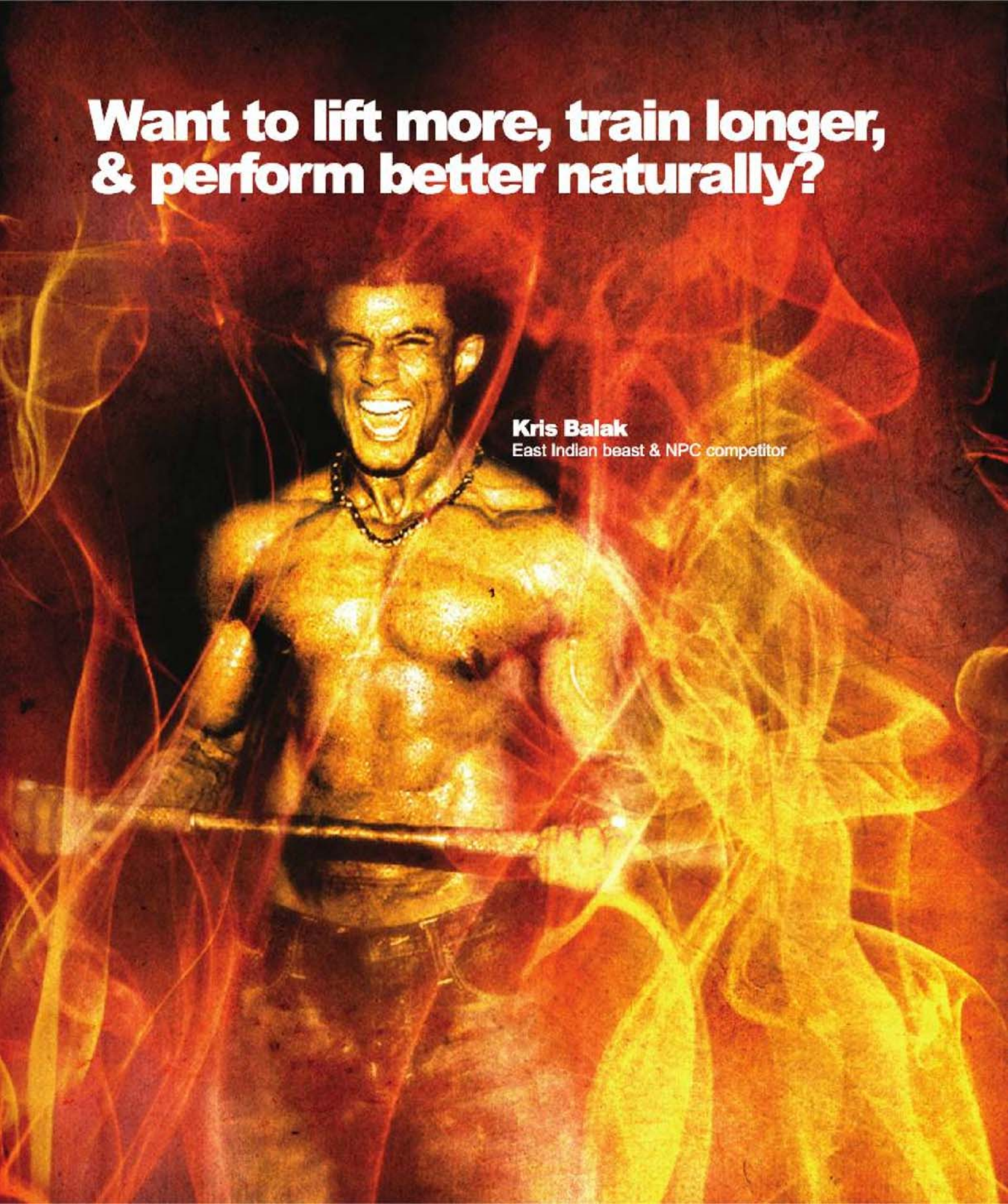
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**Kris Balak**

East Indian beast & NPC competitor



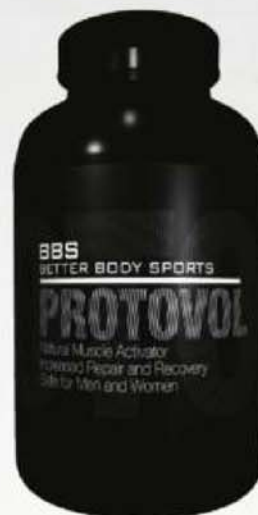


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## my two cents

Debbie Baigrie



## Have you heard this one?

An elderly couple, married for sixty years, took a rare vacation. They were not well-off but were in good health, perhaps because the wife had insisted on a strict diet of healthy foods, no alcohol, no smoking, and lots of gym exercise for most of their lives. Sadly their plane crashed however, and duly they both entered heaven, where St Peter escorted them through the Pearly Gates, and into a waiting limousine. Driving through beautiful countryside they drew up at a beautiful mansion

and were shown inside. It was furnished in gold and fine silks, with a splendid kitchen and a sumptuous lounge stocked with wonderful food and drink - there was even a waterfall in the master bathroom. A maid was hanging beautiful designer clothes in the walk-in wardrobes. They gasped in astonishment when St

Peter said, "Welcome to heaven. This will be your home now."

The old man asked Peter how much all this was going to cost. "Nothing," Peter replied, "this is your heavenly reward."



The old man looked out of the window and saw a magnificent championship golf course.

"What are the green fees?" he asked suspiciously.

"This is heaven," St Peter replied, "You can play for free whenever you wish."

Next they went to the clubhouse and saw the lavish buffet lunch, with every imaginable cuisine laid out before them.

Anticipating the old man's next question, St Peter said, "Don't ask, this is heaven, it is all free for you to enjoy."

The old man looked around and glanced nervously at his wife. "Well, where are the low fat and low cholesterol foods, and the decaffeinated tea?" he asked.

"This is heaven. You can eat and drink as much as you like, and you will never get fat or sick."

"I don't need to go to the gym?" the old man pressed.

"Not unless you want to," St Peter replied.

"No testing my sugar or blood pressure or..."

"Never again. All you do here is enjoy yourself."

The old man glared at his wife, "You and your bloody bran muffins. We could have been here ten years ago!"

May all of our lives be like heaven on earth! Now, hit the gym.



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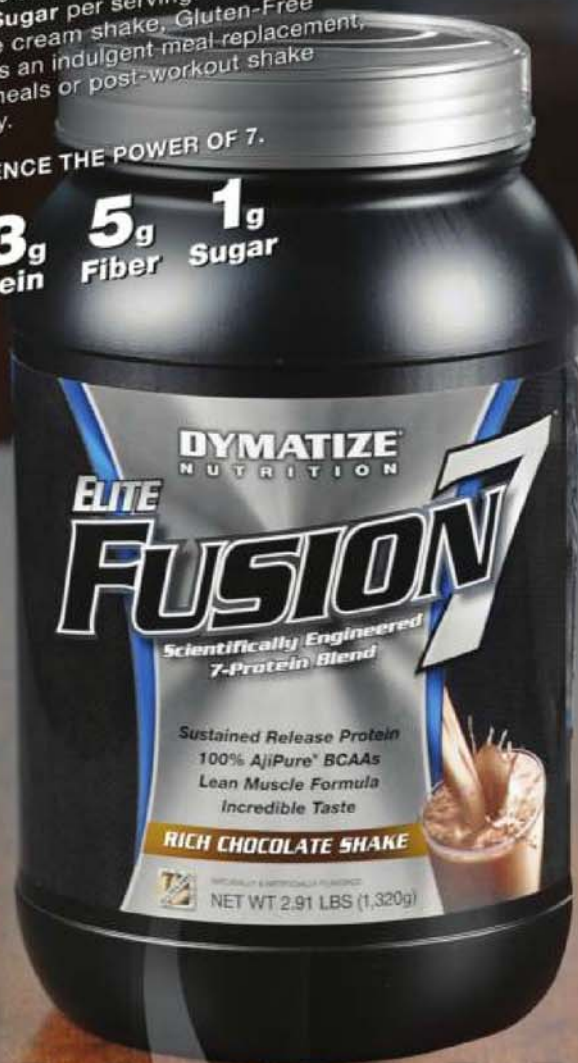


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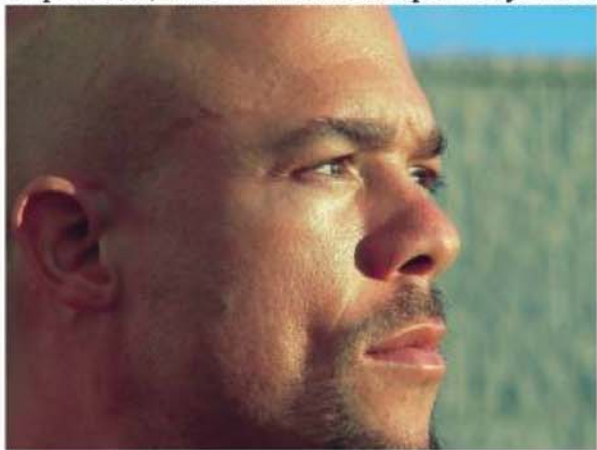
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# Skip La Cour's MASS MACHINE TRAINING tips

Skip La Cour, six-time national champion bodybuilder.



## Dealing With the Uncertainty of Contest Preparation

**D**on't care how many bodybuilding contests that you've entered in your life, you will inevitably encounter at least some degree of uncertainty that the strategies you've chosen are the "right" strategies. Relax! That's all part of the game, so to speak.

It's easy to understand why you'd feel uncertain at times during the long, involved contest preparation process. There are so many strategies out there to choose from as you prepare for your show, right? And, doesn't it seem as though everyone wants to offer you their advice on what you should be doing and should not be doing—whether you asked for their advice or not?

With so many different directions to go, how can you possibly know for sure that the path you've chosen is the right path? You've invested far too much time and effort in your contest preparation to be going about things in the wrong way, right?

The truth of the matter is that you can never really know for sure if your hard work will payoff in the way you want it to. But, is there guaranteed success for any endeavor you take on in life? And if there was, how fun would the process be if you knew for sure how things would end up?

The first thing you must do is choose a good teacher, role model, or coach. Make sure you have enough faith in who they are and what they are all about. That will make things a little easier when their strategies are challenged by articles you may read or "experts" you may come across during your contest preparation.

Then, you must give the strategies you decided to use your consistent and very best effort. Remember, just about every strategy can be effective if enough effort is poured into it.

You must stick to your plan once you've decided upon it. Switching back and forth from one strategy

to another will accomplish nothing. Even if you do "succeed" you really won't know which philosophy contributed your success. Another unfortunate thing about switching back and forth between different strategies is the knowledge you'll rob yourself of attaining to become better in the future. You'll find yourself with the same degree of uncertainty the next time you prepare for a contest unless you really work your plan until its conclusion.

You must learn to exhibit faith and patience while on your contest journey. No matter how things turn out, you'll be better off over time by sticking to your plan and learning the pros and cons associated with it through your own personal experience—not by what others might tell you. Look, I know that everyone out there claims to be an expert and wants to thrust advice upon you but, to be honest, no one really comes close to caring about your success and failure as much as you do. So they give you some bad information? What do they care? It's not their time and hard work that will be compromised!

Uncertainty during your contest preparation is a very common way of feeling—even for a competitive bodybuilder at my level. You must control your emotions and learn how to effectively deal with this emotion because it will never go away.

Chalk up your uncertainty to your tremendous desire to be your very best when you finally step on stage. Don't view the uncertainty you experience along your journey as a weakness. Instead, you should see it as one of your most empowering strengths!

Friend to friend, I'll openly share with you that even the best of us feel that way at times. You are amongst good company.

Train Hard. Think BIG. You are a Mass Machine WARRIOR!

## Associating Yourself with a Nutritional Supplement Company

If you are going to make a great career in the challenging business of bodybuilding and fitness, then you absolutely must get yourself associated with a nutritional supplement company. The supplement industry drives this business. It's the only segment of bodybuilding and fitness that generates income on a consistent, return customer basis. Even if you as an individual were to produce the most-informative training DVD or eBook known to mankind, you only have one chance to sell that awesome training DVD or eBook to a customer. A supplement company can sell an outstanding bottle of protein or box of meal replacements to a single satisfied customer every month over and over again.

However, you should never stick out your hands and ask a supplement company for anything—unless you are prepared to outline measurable ways that you can generate dollars to their bottom line. The amount of money you eventually be able to add to their bottom line should be roughly 10 times more than what it is the company to "sponsor" you.

I want to emphasize the word "measurable." Being a good person, be "marketable", or having an great physique are not measurable ways a company can track the amount of money you generate for them. New customers ready to buy their product right now that you send their way and the dollars they spend due to your influence are.





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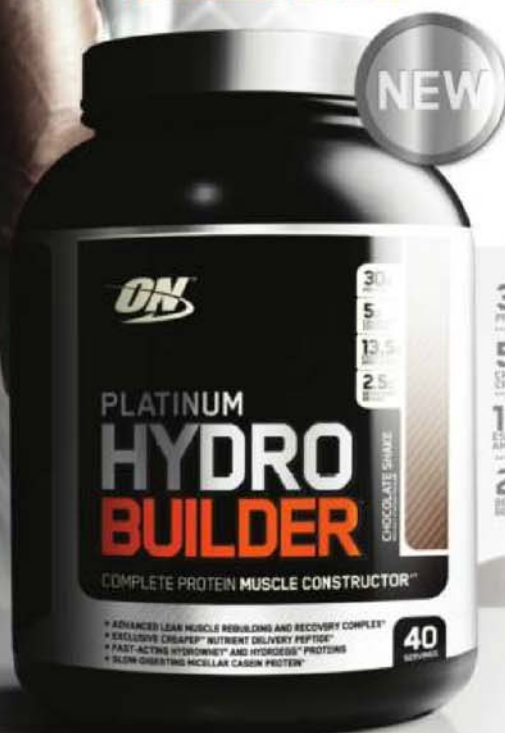
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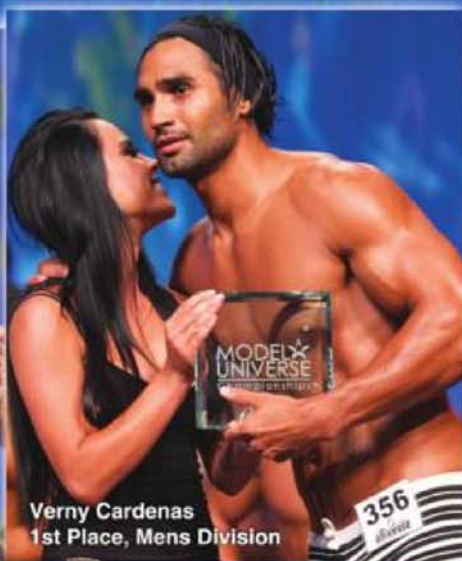
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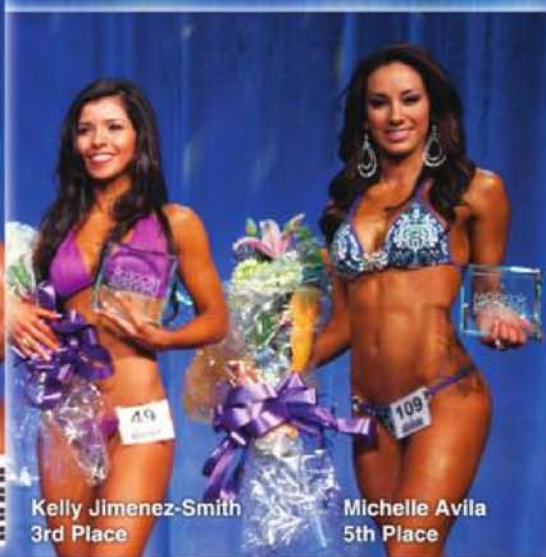




Johanna Sambucini  
1st Place, Ladies Division



Verny Cardenas  
1st Place, Mens Division



Kelly Jimenez-Smith  
3rd Place

Michelle Avila  
5th Place

# MODEL UNIVERSE

## Championships™



Top 5 Finalists  
Mens Division

Many of the world's top sports fitness models recently descended upon Miami for the Model Universe Championships. The winners included New York fashion model Johanna Sambucini and Costa Rican sports model Verny Cardenas. Among the ladies were Cara Ovis, a 19 year old University of New Mexico business student, and Tara Arellano, a popular commercial model, both of whom were among the top competitors and had extensive commercial photo shoots following the show. Popular Florida star Gina Osterly as always brought an attractive and mature presence to the stage. But it was the guys who ruled over 100 contestants including Juan Meneses, a 21 year old architecture student from Guatemala. Also outstanding were Terrace Reaves, a Washington based intelligence analyst, and Andy Sziraki, an already successful commercial model from Miami. The show was so tough that many former Top 10 Finalists did not even make the Top 20 this time! The Model World Tour wraps up the season and the ESPN Model America Championships in Las Vegas in November.

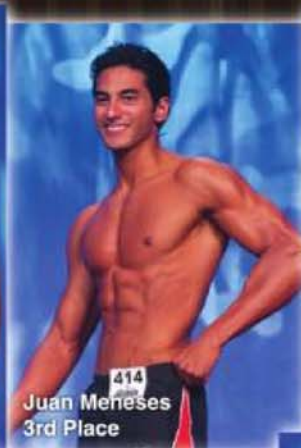




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Juan Meneses  
3rd Place



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5th Place



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Sally Leung



Corelle Draper



Emily Saunders



Alan Valdez  
8th Place



Kelly Klarich  
2nd Place



Nassim, Sahill



Latoya Williams



Kwon Young Doo



Photo Credit: Gordon J. Smith



GO GREEN

# Partner UP

How do you like to work out? Alone? With a workout partner? Or maybe even in a large group? It is really a personal preference. When it comes to cardio, I like to fly solo. For yoga, I workout with a class. But when it comes to weights, I love training with my fellow fit chic NPC bikini competitor, Shanon Griffiee. Having a like-minded workout partner helps me push past my physical and mental limits. There are so many great benefits to having a workout partner. So find a buddy and team up!

By IFBB Pro Marzia Prince  
[www.marziaprince.com](http://www.marziaprince.com)

Photos by Phoenix Taylor



NPC bikini competitor, Shanon Griffiee



## CHOOSING A BUDDY

This is a tough one. Be careful when choosing a workout partner. There is a lot of talk out there. You need someone that will walk the walk with you. When choosing a workout partner make sure to find someone that is close to your current fitness level. It also helps to find someone that is serious as you are about your fitness goals. Compare notes and decide if this person is right for you.

## CAMARADERIE

Working out with others provides an atmosphere of friendly competition and camaraderie. I remember back to my high school days as a track athlete I would look forward to the interaction with my teammates. Some of my best memories of high school involved working out or sports. I loved having my team cheer me on during track meets. Same goes for training, I love it when my workout partner cheers me on to get those last few reps on my set. It mentally and physical motivates me.

## MOTIVATION

Working out by yourself can be hard sometimes. If possible, I highly recommend a workout partner to maximize your workout program. By having a fitness friend workout with you, it will motivate you or keep you on your toes. On days that I do not feel up to par, my training partner encourages me during my training session and vice versa. It helps me get back in the right mind frame. If either one of us wants to skip a workout, the other one will remind them of their fitness goals. Having someone to inspire or mentor you is one way to ensure you get your booty to the gym.

## COMPETITION

Even though having a workout partner can be motivating, it is a competition too. We as human beings like to

compete with one another. By having a workout partner that is more fit than yourself, makes you work a little harder in the gym. My workout partner happens to be younger and stronger. I am always motivated training with her!



Up for a little friendly competition? Find ways to stay motivated. A little game Shanon and I like to play to keep each other motivated before our workout is called "Ab Check". We take pictures of our abs with our cell phones and send it to each other during the day. This is a definite motivator to eat clean throughout the day. By keeping each other motivated, we stay on track. The longer we stay on track, the closer we get to our goal. We motivate each other in a positive way to keep each other on our toes.

## ACCOUNTABILITY

Showing up to the gym is half the battle. A workout partner keeps you accountable to show up to your scheduled training session. You don't want to disappoint your partner by not being there. By showing up for the other person, you show up for your workout too.

## PLAN OF ACTION

Whatever exercise you and your workout partner choose to do, make sure that you have a plan of action. Without a plan, you will either spin your wheels or plan to fail unintentionally. Shanon and I both are bikini fitness competitors. We are on the same

fitness level so our training relationship works. As an IFBB Pro I have helped her tailor her training program for future NPC competitions. Our plan is to compete because it takes our fitness to a whole new level. I think it is fun to have someone with the same fitness plan in mind. It makes for a fun journey together.

## GOALS

After you have your plan of action, set short term and long term goals with each other to keep you motivated along the way. You don't have to have exact goals, but something comparable. Shanon and I happen to share the same fitness goals. We both love to compete and we both love photo shoots. For example, Shanon wants to do NPC show in early 2012. That is her long term goal. Her short term goals are to set up photo shoots along the way to keep her on track and to assess her body's progress. Setting a goal then reaching it makes one feel accomplished.

## KEEPING IT FUN

Having a training partner keeps your workouts fun and fresh. Friendly joking and socialization keeps the training session entertaining even when you don't want to be there. You will be sure to look forward to your training session. Shanon and I have developed a stronger friendship due to our consistent workouts. I look forward to our training session because she is such a goofball.

## SPOTTING

Ever thought about lifting heavier to break through your personal plateau but not quite sure you can do it on your own? With a training partner you can. Having a spotter allows you to lift heavier. Great form and safety is the key when lifting heavy. Without a spotter, I am not able to push as much weight. With Shanon there it dares me to try things that I normally would not do because of the risk of injury.

## CHANGE

Want to try something new but scared to do it on your own? Having a training partner allows you to feel comfortable with trying new things. I remember when I wanted to try a Zumba dance class but was scared to be the new uncoordinated kid in class. I asked Shanon to take the plunge with me. That way we both can look stupid together. Turns out that we were better than we thought. We had so much fun learning something new. I just remember smiling and laughing the entire class. Change is fun!

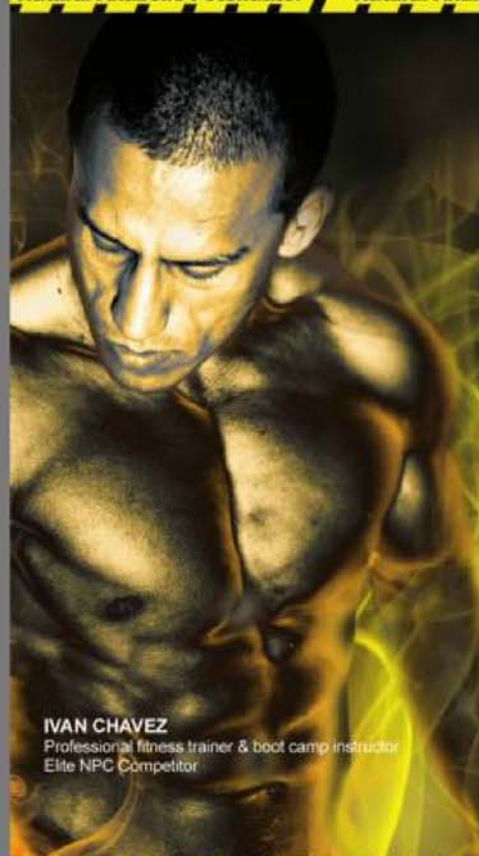
When thinking of most great athletes, all of them had at least one thing in common, a coach or partner that pushed them. Someone was there to mentor, encourage, and push them past their limits to help them succeed. By having a fitness partner support you through your journey and vice versa, you too can be a great athlete.





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# A HIGHER QUALITY

BY: JOSE NODAL

The other day, I was glancing through some pictures from my younger years. I weighed 245 lbs. I never really took the time to read labels on the back of bottles such as nutritional facts, fats, carbs, sugars, etc, until my doctor told me I had to start watching what I ate or I was going to end up being obese one day. I even decided to quit drinking because it was not doing anything for me.

I went to the local bookstore, picked up a few fitness magazines, and started to learn the correct way behind nutrition, cooking healthy, and watching my food intake. I had the workouts pretty much figured out but my diet was preventing me from losing the weight & hindering my progress.

Next, I went to the local store and bought chicken, veggies, fish, 93% fat free beef, whole-wheat carbs, brown rice, and a lot of water. The next day I started doing my cardio at 6am and then returning in the afternoon to lift weights, followed by another 30 minutes of cardio.

The weight started to melt off so fast that within weeks I couldn't fit into any of my jeans, my shirts were too big and I realized I needed another entire wardrobe. So I donated my entire closet to goodwill and bought some new clothes. I was so happy to see the new me in the mirror. I felt so confident and attractive. I felt so healthy and happy, too.

After two years of dieting and exercising, I began visiting fitness shows in the local area. It was then that I decided to take my goals a little further. I competed for the first time at Musclemania Weekend in 2009 and had a blast! I was hooked.

I started working for BSN as their product demonstration athlete. Within time, I was getting offers from clothing companies, supplement companies, and photographers! I started catalogue modeling for Rawyalty Couture, as well as True Religion, Aqua D'io, Diesel and Celsius.

Today, I am a fully sponsored athlete for leading edge company, GAT supplements, and I must say I am so happy to have been given the opportunity. All of this happened with the one decision to transform myself on the inside as well as on the outside.

I have been helping people and sharing my passion for fitness with others. I love the feeling of watching someone progress into something better, happier and, healthier.

Recently, I competed at the Musclemania 2011. It was awesome! It feels so good to be on the stage to

show your hard work. It gives me that high of positive accomplishment.

I will be competing in the Diana Cadeux competition in October. I will be representing GAT as their athlete.

I also plan to earn my personal training certification from NASM. There have been many people who have helped me with my fitness career. I look forward to helping and giving back whenever I can.

I would like to say thank you to: Natural Muscle Magazine, my family, my little brother, my friends,



sponsors, fans, my trainer, and a special thanks to Natalie Corralero, a lady who not only helped me build my career, but also believed in me from the start.

Check out my newest show I will be hosting in Miami called *The Miami Flex Hardbodies* contest.

Until then,  
Wishing you guys a higher quality of life...



# LITY OF LIFE

Photos by Eva Simon

**Name:** Jose Nodal

**Born:** Feb 1, 1981

**Born and raised in:** Miami

**Weight:** 190 pounds

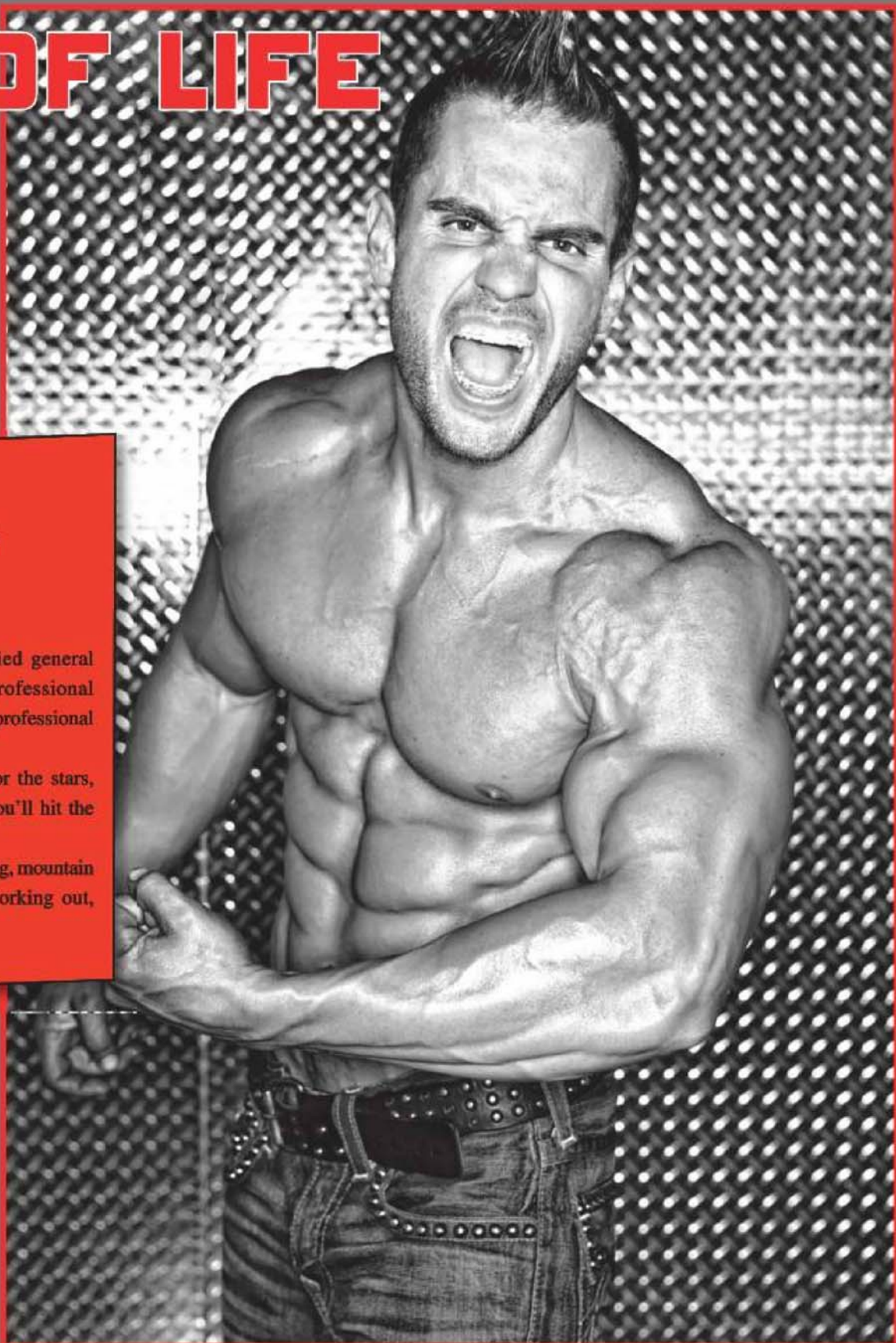
**Height:** 5' 8"

**Marital status:** Single

**Occupations:** State Certified general & electrical contractor, professional clothing and fitness model, professional athlete, personal trainer.

**Favorite quote:** "Shoot for the stars, if you miss them at least you'll hit the moon"

**Hobbies:** 4 wheeling, jetskiing, mountain biking, running, fishing, working out, riding motorcycles.





# the CENTURY SET

## Psychotic Metabolic Finisher for Building MASS!

Prepare yourself to forever change your perception on hard-core, train to the max training!

Typically when your aim is to pound on mass, you think heavy weight and low reps. While that is the most common approach, going completely the opposite once in a while might just be what you need to load your body with some well-deserved muscle. I'm talking about pushing way past the normal 6-10 reps, 8-12 reps, and even way past your high rep training of 20 reps. This psychotic "Century Set" metabolic finisher will blast your muscle fibers and give you an unbelievable pump that you have ever experienced before!

Granted, heavy weight training is a time and time training method that enables you to build muscle mass. Lifting heavy, absolutely overloads the muscle and stimulates growth, that's for sure. Therefore, you will continue to use this valuable style of training and lift heavy. However, we will make your efforts to grow much more effective by backing it up with "Century Sets" by annihilating your muscle fibers to force it to accumulate lean muscle faster than ever!



By Carol Medina  
Diald In Fitness Owner,  
International Figure Athlete,  
and Fitness Expert  
[www.Dialedinfitnessonline.com](http://www.Dialedinfitnessonline.com)  
[carolmedinafitness@yahoo.com](mailto:carolmedinafitness@yahoo.com)

### What is a "Century Set" anyways?

Simply put, it's a long set that contains 100 reps.

How to apply it? Like we mentioned before, your bread and butter for muscle gains will be sets of heavy weights at lower rep ranges of 6-8 reps, but also will include moderate rep ranges of 8-12 reps. Your workout should be composed of 3-4 exercises to the desired body part trained of at least 2 different compound exercises and 1-2 isolation exercises. Once you've completely stimulated the specific body part being trained in such matter, you will finish off with this Psychotic Metabolic Finisher of 100 reps of moderate weight! The "Century Set" will be a machine based compound exercise that takes away from using our stabilizing muscles. This ensures you use your energy and focus to just push the weight as much as possible.

### VITAL KEY POINTS TO ENHANCE YOUR "CENTURY SETS" WORKOUTS

**1. RECOVERY:** Only perform one "Century Set" workout per week. Is best if you only use this finisher only once in a matter of 3 weeks per body part. This extremely intense workout totally trashes your metabolic and immune system which only works to your benefit if you get the adequate amount of recovery! Therefore, get plenty of rest following the workout and enough recovery before completing this type of workout for same body part.

**2. IMMEDIATELY:** Fill up your glycogen reserves immediately after workout. Drink a shake as soon as your last rep if possible that contains fast digesting carbs (like karbolyn) with a fast digesting whey protein isolate (like muscle gauge or iso 100).

**3. NUTRITION:** Eat plenty of complex carbs the day before and day of the workout. Following the workout, aside from the post-workout shake; eat plenty of complex carbs the remainder of the day with lean proteins. Drink a lot of fluids. Chances are you won't be particularly hungry or in the mood to shove something down

your throat after you've exhausted yourself with 100s, but force yourself to eat your next meal containing carbs and protein within one hour after post workout shake. The food will help quickly replenish your spent energy stores, while also allowing your metabolism to start the crucial task of repairing the muscle tissues you've just attacked.

**4. PARTNER UP:** It's best to train with a partner or a trainer. He/she can spot you, assist you with the reps when you encounter sticking points, encourage you with motivational shouts.

**5. GET YOUR MIND RIGHT:** Think in terms of decades; that is, don't focus on the 100, but on getting to the next 10 reps ahead of you and so on.

### What is its purpose?

The purpose of this finisher is to push your muscles past extreme measures, pump your muscles like you've never done before, and disturb your metabolic system so much that it has no choice but to load pounds on! It will also kick-start growth on your most stubborn body part(s).

And, how is this workout finisher going to help you accelerate your muscle gain results? As we mentioned in the application section of this article, you will complete this "Century Set" with moderate weight and super high rep scheme. This is why "Century Sets" is one of the best methods to add muscle fast is! Even elite power lifters that typically lift at the very low rep range of 1-4 reps train to increase muscle mass fast.

This type of "Century Set" application of moderate weight and high reps is a powerful and effective combination of high rep training and moderate weight training. High rep training has many circulatory benefits which supplies NUTRIENTS to the muscle cells to help them rebuild. If your muscles have a poor supply of blood, such as your lagging body parts or muscles that have a difficult time to get a good pump, then you will get fewer nutrients to that muscle. This will dramatically slow stunt your rebuilding and recovery process. By using this VERY high rep approach, you will be increasing capillarization in muscle tissue (capillaries are the tiny

blood vessels where blood cells release their nutrients to the rest of the cells in the body) which sets the stage for dramatic, unbelievable muscle growth fast! By keeping the weight moderate (just a bit lighter than your normal working sets), you will directly take advantage of the overloading of muscles approach and crank out any all bit of energy you have remaining! Your target muscle will be hit with a whole new muscle-building stimulus that is well worth the psychotic torture you endure!

### Fight to the Finish!

Don't quit, fight to the finish. Yes, 100 reps of anything is challenging! By rep 30, a lactic-acid burn will start to set in; keep your mind focused. By 50, your muscle fibers will be screaming for mercy; stay strong and determined. Dig deep: By 75, you'll excavate from a shallow reservoir within yourself. Don't punk out and walk out a champion; use every little drop of energy you have and get the job done....earn the right to walk around big!

### EXERCISE SELECTION FOR "CENTURY SETS"

|            |  |
|------------|--|
| Chest      | Incline or Flat Machine Press                          |
| Back       | Lat Pulldowns or Machine Rows                          |
| Quads      | Leg Press or Smith Machine Squats                      |
| Hamstrings | Seated Leg Curls or Laying Leg Curls                   |
| Shoulders  | Machine Seated Overhead Press or Smith Machine Presses |
| Biceps     | Machine Preacher Curls                                 |
| Triceps    | Machine Tricep Extensions or Cable Pushdowns           |
| Calves     | Seated Raises or Leg Press Calf Raises                 |

Once you've had survived this psychotic training style, the way you train from now on will change forever. You will know that you are way more capable than how you've been training in the past. Each and every time you enter the gym from that point on, will be warfare!

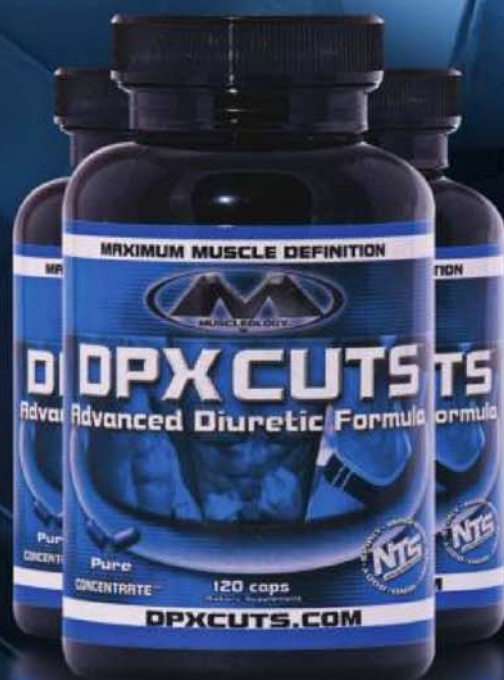
Time to get to it...do this psychotic way of training and achieve unbelievable muscle gains!



# BODIES LOOK BETTER

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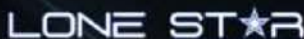
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Jeff Everson, Los Angeles, CA

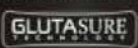
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# Do You Really Need to Worry About Resting and Recovering to Achieve Your Fitness and Weight Loss Goals?

By: Anthony Alayon

**O**ne of the most underrated topics of discussion when it comes to meeting your weight loss and fitness goals is rest. There is a very good reason for that which is what I am about to explain to you!

You see the giant supplement companies do not want you to know the importance of rest and recovery that you can get naturally from sleeping as they want you to buy their supposed miracle supplement that claims that just one little pill can do all of the work for you and help you recover!

People, do not believe this as it is just another way for the weight loss industry to profit and add to their 55 Billion Dollar Money Making Scheme that they have going for them.

## What Happens If I Do Not Rest or Sleep Enough?

If adequate sleep and rest are not met, then you are guaranteed to fail while attempting to reach your fat loss goals. Remember, no rest equals a huge cortisol level increase! This means you will actually do the opposite and store body fat instead of burning it! In addition to this, lack of sleep means you can cause your glucose to not function as efficiently and cause your immune system to break down which means you are more likely to get sick!



Research indicates that the body requires eight hours of sleep without disturbance to recover from a long day. Some people can get away with less, but it is ideal to get eight hours of sleep.

Remember that when your body goes through a workout, it is neither growing nor losing body fat, but it is instead breaking down. Only during sleep we get to lose fat while we rebuild the muscle.

Now that you know why rest and sleep are so important, I will give you some general guidelines and tips to follow to ensure that you are on the right track when it comes to rest and recovery!

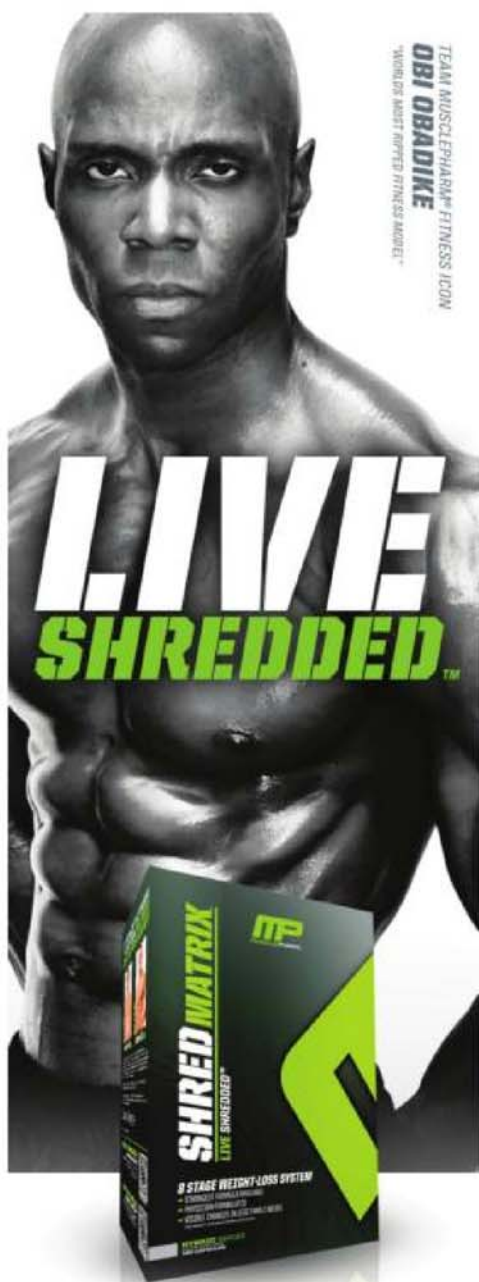
## Some Guidelines to Ensure You Get Enough Rest and Recovery

- 1) Make sure you sleep 7-8 hours a day
- 2) Do not weight train more than 5 days a week and more than 45 minutes per day
- 3) Take recovery supplements such as L-Glutamine and BCAA's
- 4) Eat enough protein to help rebuild and repair the muscles after exercising
- 5) Follow a good diet that obeys the macronutrient management principles.



### Author Bio

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](http://www.fatextinction.com).



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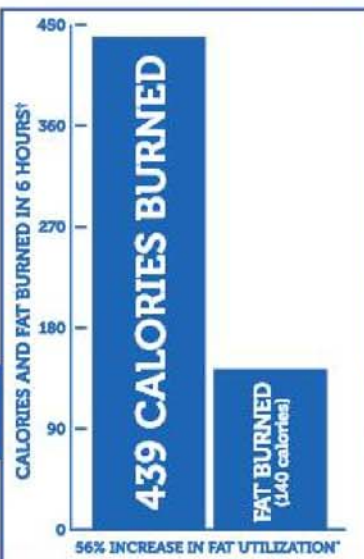
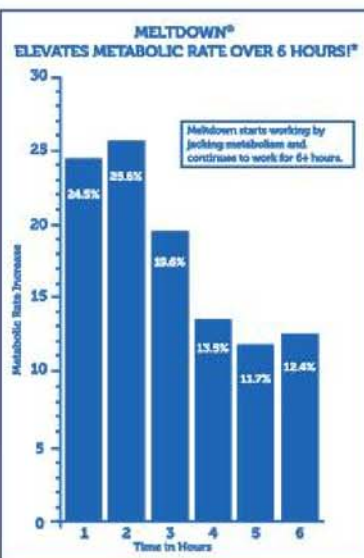
With a 56% metabolic shift in fat burning and a 29% increase in thermogenesis, MELTDOWN is your only answer to losing body **FAT** fast along with diet and exercise. We discovered that women on the Performance Ready team lost on average of 10 lbs of fat weight while dropping an average of 6% body fat! 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!\*

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\*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. Tirashti S et al. Thermogenic effect of Meltdown: RFD™ 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):P56doi:10.1186/1550-2783-6-S1-P5



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OTHER SOURCE'S BRANDS OF MELTDOWN CAPSULES



# A NOVEL

## therapeutic role of creatine in type 2 diabetes

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

**T**ype 2 diabetes is (adult-onset diabetes) is a metabolic disorder characterized by high blood glucose in the context of insulin resistance and relative insulin deficiency. Along with diet and medication, physical activity has been considered the primary prevention strategy for managing type 2 diabetes 1. Strategies capable of mimicking and/or enhancing the effects of exercise are potentially therapeutic, hence the emergence of creatine supplementation as a novel alleged candidate for treating diabetes 2.

Creatine has rapidly become one of the most consumed nutritional supplements due to its ability to enhance muscle phosphorylcreatine content, thus enhancing athletic performance and lean mass. The research supports the role of creatine supplementation in improving acute work capacity during intermittent short-duration high-intensity exercise. The efficacy of this supplement on skeletal muscle protein synthesis is less clear 3,4.

A number of therapeutic potential applications of creatine have been revealed in a broad range of diseases, notably muscle disorders, neurodegenerative conditions, and metabolic dysfunctions 5. Interestingly, it's suggested that creatine supplementation may improve glucose metabolism, particularly when combined with exercise 6.

Research has consistently shown that creatine supplementation along with muscle contraction can augment glycogen accumulation in humans 7,8. Also, creatine has shown to offset the decline in muscle GLUT-4 expression after 2 weeks of immobilization and enhances GLUT-4 content during subsequent rehabilitation training in healthy males 6. Furthermore, creatine intake is suggested to improve hyperglycemia, typical of Huntington transgenic mice, delaying the onset of diabetes 9. In support of this, another study 10 verified that creatine can reduce the insulinogenic index in an animal model of inherited type 2 diabetes. Also, creatine combined with aerobic training promoted greater improvement on glucose tolerance than aerobic training alone in physically inactive males 2. A group of researchers from the University of Sao Paulo, Sao Paulo, Brazil 11 conducted a study to investigate the effects of creatine supplementation combined with exercise training on glycemic control in type 2 diabetic patients. Men and women (45yr) prediagnosed with type 2 diabetes, physically inactive for at least 1 yr, and with BMI  $\geq 30$  kg·m<sup>-2</sup> participated in the study (n=25). All patients were randomly assigned to receive either creatine (5 g·d<sup>-1</sup>) or placebo (dextrose 5 g·d<sup>-1</sup>) in a double-blind fashion. All patients undertook a program of moderate intensity aerobic training combined with strengthening exercises for 3 months. Patients were assessed at baseline and after 12 wk.

This study is the first randomized controlled trial to describe the beneficial effects of creatine supplementation on glycemic control in type 2 diabetic patients who underwent exercise training. The creatine group demonstrated a significant increase in muscle phosphorylcreatine content and subsequent improvement in glycemic control. The mean reduction of glycosylated hemoglobin (HbA1c) (-1.1%) was superior to that commonly seen with exercise training 12 or metformin 13 treatment alone, pointing out the therapeutic potential of this novel nutritional intervention. HbA1c is a form of hemoglobin which is measured primarily to identify the average plasma glucose concentration over prolonged periods of time. The glycemia-lowering effect of creatine is most likely an explanation for this metabolic response. Another interesting finding was that creatine supplementation further enhanced the GLUT-4 translocation in the diabetic patients, suggesting this supplement acts directly on type 2 diabetes pathogenesis (i.e., suboptimal GLUT-4 translocation), thus improving hyperglycemia and consequently glycemic control.

**I**nterestingly, only the creatine group experiences improvements in glycemic control, although both groups had undertaken an exercise training program. It is tempting to speculate that the addition of creatine might have maximized the effects of exercise on insulin sensitivity and glycemic control, but it is impossible to distinguish whether the current findings result from creatine treatment or the interaction between creatine and exercise. Some research hypothesize that creatine-associated changes in CHO metabolism result from the interaction between creatine supplementation and other mediators of muscle glucose transport (i.e. muscle contraction). On the other hand, recent data suggests creatine per se can modulate expression of key proteins and genes related to insulin sensitivity and glycemic control (e.g., GLUT-4, protein kinase B, myocyte enhancer factor-2, insulin-like growth factor-1) 14. Further research is needed to address this question.

In summary, this research presents a novel therapeutic role of creatine supplementation on metabolic control in type 2 diabetic patients and provides convincing evidence that creatine might modulate glucose uptake in these patients mainly via an increase in GLUT-4 recruitment to the sarcolemma.

Improving insulin sensitivity and glycemic control is crucial to bodybuilders and fitness enthusiasts because it enhances the ability of muscles to utilize more glucose and store more glycogen (via enhanced GLUT-4 recruitment to sarcolemma), thus improving your metabolic environment. This is just another one of the many benefits of creatine monohydrate supplementation!

References on naturalmuscle.net

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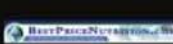
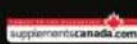
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# ABS solutely better ABS

## Abdominal Training Myths That Will Ruin Your Results

By Cliff Wilson

There are numerous training and nutrition myths that the general public falls prey to, but bodybuilders and those of us involved in the fitness community are not fooled. We know that you cannot eat any foods that you want and just take that "breakthrough pill" to lose weight. We know that eating cabbage soup for every meal will not give you the body you are looking for.

Lastly, if you have ever stayed up late, no doubt you have seen advertisements for all the latest ab training gizmos. The infomercials claim that with these contraptions all you need is 10 minutes per day and you will have rock hard, shredded abs. Most of us know that these machines will not give us "show ready" abs.

The funny thing is that although most experienced weight trainers and bodybuilders are quick to scoff at these ab machines they still adhere to the principles behind them. These machines always are based upon the idea that abs must be trained everyday with high reps only. This approach to training abs is held by many competitive bodybuilders and figure athletes. Ab training brings about more misconceptions than any other body part. Let's tackle these myths one at a time shall we?

### MYTH #1: "Training abs will allow me to see my abs"

This one is simple. Staying lean through diet and cardio is the ONLY way to get those abs to come out. Performing abdominal exercises will do absolutely nothing to remove that layer of fat that is cover your abs. Many people feel that they can just lose the fat around their midsection and leave the fat in other areas untouched, this is not possible.

I hear too many competitors after shows claim that they need to work on their abs more before the next show. 99% of the time what they actually need is 6 more weeks of dieting. The truth is that even if you did absolutely no work for abs, you could still diet effectively and have a respectable set of abs.

### MYTH #2: "Abs should be trained every day"

For some reason people have decided that abdominal muscles are different from every other muscle in the human body. The muscle tissue in the abdominals is the same as the muscle tissue in the rest of your body. All muscles need to have enough time between workouts to allow for recovery. Training your abs everyday will only overtrain your abs and they will not grow and become deeply etched. No one would think of coming to the gym and training legs everyday and it should be no different with abs.

### MYTH #3: "Abs should only be trained with high reps"

Once again, the abdominal muscles are just like every other muscle. The abdominals are made up of both slow twitch muscle fibers, which respond best to low weight and high reps, and fast twitch muscle fibers, which respond best to heavy weight and low reps. Although the abs do have a higher ration of slow twitch to fast twitch fibers, this does not mean that lower reps sets should be completely left out.

To maximize results abs should be trained with both high reps and low reps. To get the results from you low rep sets weight will need to be added, which brings us to our next myth.

### MYTH #4: "Using weight for ab exercises will make your waist bulky"

This actually ties into the high rep theory of ab training. I often hear people say that you should only do bodyweight exercises for very high reps. When I ask them what their reason is for doing this, the usual response I get is, "It keeps the abs tight." When I ask them to explain what they mean by tight, they usually can't give a response.

The only thing that would make the abs not tight would be fat over top of them, and we have already determined that diet is the only way to get rid of abdominal fat. As long as there is no fat around the midsection, no type of ab training will increase or decrease the size of your waist. The width of your waist is genetically predetermined.

Using weight for ab training will cause the abdominal muscles to grow. This is a good thing because a nice set of abs is deeply etched. The larger your abdominal muscles are the deeper the etchings and the more impressive your midsection will look. For those looking to compete, keep in mind that the judges are going to be 30 feet away, from that distance small abs will not show.

Another great thing about increasing the size of your abs is that your abs will look better even compared to someone with the same amount of bodyfat. This is because the fat on your abs will be spread across a larger surface area. For example, let's say I give you a bucket of sand, which represents how much fat is on your midsection.

I tell you to spread that sand evenly over your kitchen floor, which represents your abs. Now I tell you to take that same bucket of sand and spread it evenly over your entire house. The sand will not cover the ground near as much. It was still the same amount of sand; the only thing that changed was the surface area. This same principle holds true for your abs. Increase the size of your abs and the fat will be spread more thinly across the surface.

### MYTH #5: "Abs don't need to be trained directly because they receive enough stimulation from other exercises"

I know that earlier in this article I said that you could do zero ab training, and as long as you get lean enough, your abs would still look respectable. This is true, but why settle for abs that are just respectable? I have never heard of anyone winning a show because their physique was respectable.

To have a truly amazing midsection you must train all the muscles that make up the abdominals. These include upper and lower abs, obliques, and intercostals. Most lifters are meticulous about hitting every muscle from every conceivable angle but when it comes to abs they will just throw in a few sets of crunches and call it a day.

Nearly every person at every gym you go into will have their own theory about the best way to train abs. Most of these theories that people have are just plain wrong, so be careful who you get your advice from. Whether you are a competitor looking to step on stage or just trying to get in shape for the beach, these common misconceptions about ab training can ruin your progress.

Training your abs intelligently, intensely, and being disciplined with your diet is the only way to get an impressive midsection from top to bottom. Now that you know to stay away from these training flaws you can stop buying gadgets off of those infomercials. This will help make your pockets deep, just like the cuts on your abs.



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# progress with PERIODIZATION

## A BEGINNERS GUIDE TO PROGRAM DESIGN



By Valeria Fazio

**P**rogress — a word at the center of the weight training world. Any experienced athlete knows visible progress comes only with dedication, patience, and knowledge of the muscular-skeletal system.

Through experience they understand the benefits of program design and periodization. They listen to their bodies and know exactly when to change up a routine, increase a weight, or add repetitions to achieve personal goals.

In the gym like in the dictionary progress comes only after periodization.

A frequent misconception by new lifters is that they can walk into a gym and perform the same program over a long period of time, and still see progress. These lifters fail to understand how muscle development works and their workouts fail through a lack of understanding in program design. And in the gym like in the dictionary progress comes only after periodization.

**Periodization prevents the body from reach a plateau — keeping your progress on track.**

Program periodization or design is the organizing of training over an extended period of time in order to

achieve specific results — in other words see progress. Beyond progress however, periodization serves a number of other purposes. Firstly, it is one of the best ways to avoid boredom in the gym. Altering a program every 4 to 6 weeks keeps variety in your training. Secondly, it will keep your muscles guess, and stirs you clear of muscular adaptation that can occur when your joints and stabilizers become used to a certain range or plain of motion. This ultimately makes it very difficult for your body to plateau — keeping your progress on track. Lastly, program periodization is one of the best ways to avoid training related injuries.

Essentially, a well developed program will focus on constantly building to the next level, priming your muscles and joints for what is about to occur. Hypertrophy, strength, power, endurance — no matter what your goals are — come attached with a map of how to get there. Each stage is associated with a rep range, rest period, and set number.

**Hypertrophy is the stage in which you will see the most muscle growth.**

A typical program will usually begin with 4 to 6 weeks of hypertrophy. Hypertrophy is the stage in which you will see the most muscle growth, and is essentially the stage that scares most women away from weight training. This stage is essential and unavoidable as it builds a solid foundation of muscle and primes the stabilizers and major muscle groups.

Strength is the second stage in training. Within this stage you will see little to no change in muscle size. Progress is viewed in the amount of weight you are lifting. In this stage it is important to keep a log of your loads and reps to ensure you are constantly pushing yourself to the next level. Within the strength stage, it is possible to vary your workouts every 2 to 4 weeks to make sure you are hitting major as well as smaller muscle groups. Remember, the more muscle heads you target, the more overall strength you will develop.

**The more muscle heads you target, the more overall strength you will develop.**

Following strength, your program can now go many directions; endurance, or power are two different training examples.

Endurance training is typically used in fat loss or cutting programs. It concentrates on building lean muscle through high repetitions and low rest.

Power training concentrates on building explosive

strength through low rep ranges and long rest periods. To keep your body guessing it is possible to alternate between endurance and power training. Your body will benefit from the constant shock it receives in terms of loads, rest and reps. Moreover, by playing around with your rest time, can help in increasing your overall strength.

### TYPE OF TRAINING GOALS

#### REST REPS SET

**Hypertrophy** — Stimulating muscle growth and building a muscular foundation.

Reps: 8 – 12 Sets: 2 – 3 Rest: 2-3 min.

**Strength** — Second stage — little change in muscle size — overall strength increase through complex movements.

Reps: 4-6 Sets: 4-6 Rest: 2-3 min.

**Power** — Explosive strength for athletes who require quick short bursts of strength.

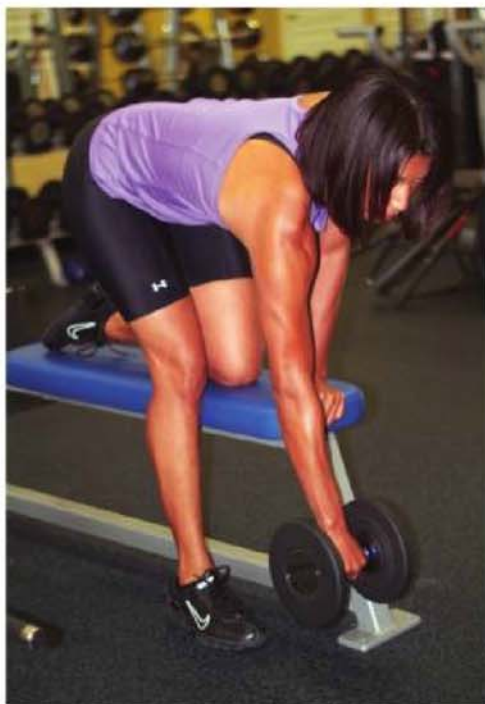
Reps: 1-3 Sets: 2-3 Rest: 3+ Min.

**Endurance** — Lean muscle building, stamina — must come after strength training to prevent injury

Reps: 15-20 Sets: 2-3 Rest: Less than 45 sec.

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



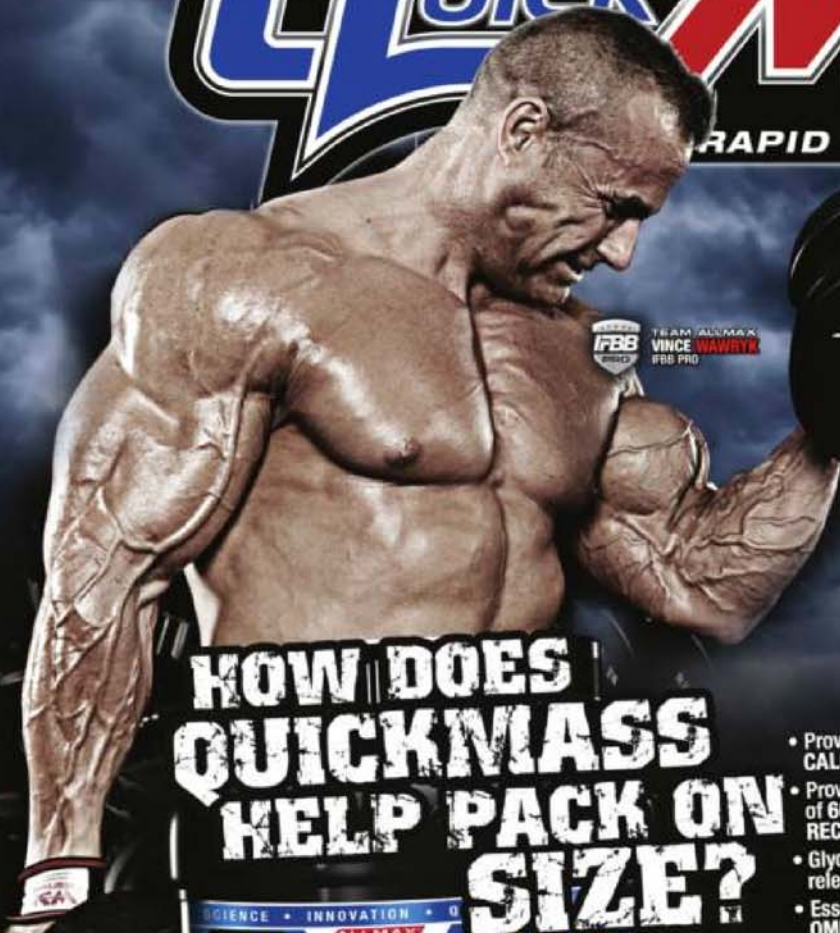


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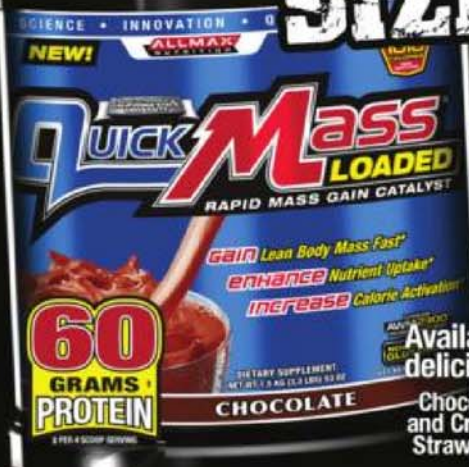
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## Side Bar

### HEALTH BENEFITS FROM FRESH CHERRIES

Did you know that ongoing studies for cherries are showing so many health benefits that they are now earning the label of the new homegrown "Super Fruit?" I say bring on a bowlful of cherries, sit on the porch and nourish this body! Cherries have been proven to have among the highest levels of disease-fighting antioxidants, when compared to other fruits. They also contain other important nutrients such as beta carotene (19 times more than blueberries or strawberries) vitamin C, potassium, magnesium, iron, fiber and folate. Continued studies are linking cherries to many important health benefits — from helping to ease the pain of arthritis and gout, to reducing risk factors for heart disease, diabetes and certain cancers.



Cherry Pitter

Cherries also contain melatonin, which has been found to help regulate the body's natural sleep patterns, aid with jet lag, prevent memory loss and delay the aging process. In addition, new evidence has now linked cherries to heart health benefits. The study has shown that a cherry-enriched diet lowered total weight, body fat (especially the important "belly" fat), inflammation and cholesterol—all risk factors associated with heart disease. According to the American Heart Association, being overweight or obese, in particular when the weight is concentrated in the middle, is a major risk factor for heart disease. As nearly two out of three Americans are overweight, emerging studies like this are important in examining the role diet may play in disease management and prevention.



Darla Leal, LCPT  
[www.stayhealthyfitness.com](http://www.stayhealthyfitness.com)

# Stay Healthy

## Cherry Protein Muffins

Fabulous cherries from the local farmers ... sweet, juicy, and so fun to eat right out of hand...spitting the pits to the farthest point in front of me...great childhood memories. I still do that...the kid in me will always remain. A fabulous client gifted me a cherry pitter last week. I never knew such a thing existed. The excitement to try out my new gadget was a MUST, so off to the store to purchase my cherries and start creating in the kitchen. I put together a healthy chocolate cherry muffin and let me just share that this will not disappoint. It turned out perfect in consistency, super moist, chocolaty and the fresh cherries ... FABULOUS! Using the pitter reduced the prep time considerably and no more cutting the pits out with a knife. I did use rubber gloves to not stain my hands. The exciting thing about creating healthy foods that taste absolutely out of this world is that there are so many fabulous nutrients power packed in this anytime meal. I enjoyed one fresh from the oven and of course the next morning with a cup of coffee. Ready to give them a go? Simple—no mixer required, easy bake, easy clean, and absolutely taste good healthy.

### Stay Healthy Chocolate Cherry Protein Muffins

#### Dry Ingredients

- 1 cup Scottish Oatmeal  
(oats fine ground to flour consistency)
- 1/2 cup of oat bran
- 1/2 cup vanilla whey protein  
(you can use chocolate as well)
- 1/4 cup flax meal
- 1 cup Cocoa Powder
- 1/2 cup brown sugar
- 2 tsp baking soda
- 1 tsp baking powder

#### Wet Ingredients

- 3/4 cup plain n/f Greek yogurt
  - 3/4 cup n/f milk
  - 1 cup pumpkin puree  
(plain canned pumpkin..no spice)
  - 1 whole egg & 2egg whites, beaten
  - 1 tsp Vanilla
  - 1 cup pitted Fresh Cherries — Chopped Chunky
- Optional: Add 1/2 cup of extra dark chocolate chips!*

#### Instructions

Combine the dry ingredients together in a large bowl, and fork through until finely mixed and no lumps remain from the cocoa powder. Form a well in the center of the dry ingredients and set aside. Mix the wet ingredients together in a separate bowl. Pour the liquid in the middle and spoon mix all the ingredients well. Once everything is almost mixed add the chopped cherries. Spoon the batter into lined muffin tins. Pre-heat oven to 350 degrees. Prepare muffin pans with liners, foils, or oil muffin pans well. Bake for 15-20 minutes or until an inserted toothpick comes out clean. You can also spring test the muffin for doneness by pressing lightly on the muffin top and if it bounces back, they are done. If your fingerprint remains, they are not done. *This recipe makes 24 smaller muffins!*





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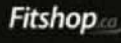
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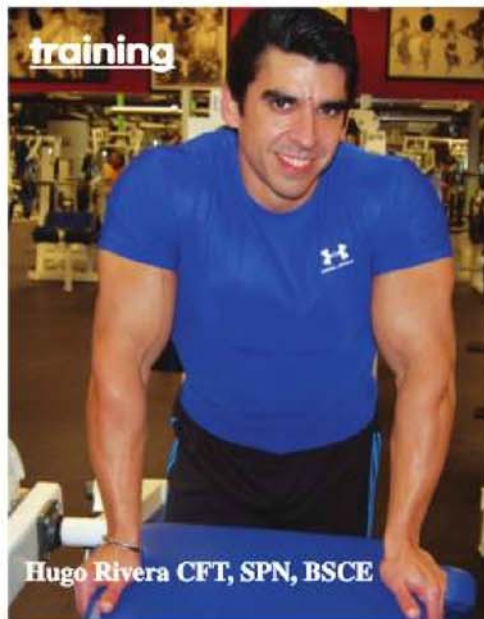


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Hugo Rivera CFT, SPN, BSCE

### Is a High Protein Diet Bad for Kidneys?

The fact is that there are no studies that have ever shown a high protein diet causing kidney damage in persons with normal kidney function. Only people who already have a pre-existing kidney condition need to be concerned with keeping their protein in check.

In a study that was designed to study the effects of a high protein diet in young men, the blood markers for kidney function of 77 men who participated in an average of 6 hours of weight training per week (average age of 26), and ate a diet consisting of 19% protein were analyzed. Their protein intake came out to be about 0.76 grams of protein per pound bodyweight, which is very close to the 1 gram per pound minimum that is typically recommended for bodybuilders. Primary blood tests for kidney function were ran in which blood urea nitrogen, uric acid and creatinine levels were monitored. The measurements showed that all of these items were within normal parameters in all participating men. Therefore, one can conclude that a high protein diet does not apply stress on healthy kidneys.

It must be mentioned that kidney function naturally declines with age due to the gradual loss of nephrons which are the kidney's filtering units. This loss can be caused by ailments like heart disease since in this case the blood flow to the kidneys is reduced. Also untreated high blood pressure can lead to kidney damage as well as long term use of prescription and non prescription pain relievers such as aspirin.

I always caution bodybuilders that in order to keep their kidneys healthy some aerobic exercise needs to be performed on a weekly basis as this will help keep the blood pressure in check and the heart healthy. I also recommend to drink plenty of water ( $0.66 \times$  bodyweight in ounces of water per day) as this fluid is of utmost importance for protein processing and cleansing of waste product produced by protein metabolism. Also, eating vegetables as well helps with protein digestion. Finally, more is not always better. I have experimented with different protein intakes and find that 1-1.5 grams per pound of bodyweight is just about right.

# DO YOU NEED TO GAIN EXCESSIVE WEIGHT TO GAIN MUSCLE?

**Question:** I've been hearing about how some bodybuilders really bulk up in the off-season eating whatever they want, to the point that they even get fat, in order to make the best muscle gains. Even though I am not looking to compete, I wonder if it is best to stay lean or to bulk up dramatically in order to make the best bodybuilding gains in terms of size?

**Answer:** In my opinion, there is no reason to treat the off-season as a no diet period. To me, this is not bodybuilding as bodybuilding is a lifestyle of consistent proper eating, training, cardiovascular exercise and rest. So whether you compete or not, one should always be on top of all these variables. I am not saying never ever have a small cheat meal, but you must always exercise self control and common sense.

As far as whether it is best to stay lean or to bulk up dramatically in order to make the best bodybuilding gains in terms of size, staying lean is the way to go.

By consistently staying at 10% body fat or slightly under, you will not only grow better, but your muscle maturity will increase over time tremendously. There is a chemical reason for this. At above 10% body fat your estrogen levels begin to increase and the more body fat you accumulate the more estrogen you will have. Therefore, now the extra calories required to gain muscle have a higher probability of getting stored as fat.

However, between 6-10% your testosterone levels are pretty optimized. As a result, you grow better

because the extra calories can be better utilized to gain muscle. In addition, your skin always stays thin and close to the muscle which over time provides for better hardness and muscularity. Also, the problem of loose skin due to loss of elasticity caused by getting fat and then trimming down is no longer an issue.

I believe one should always stay between 6-10% body fat. Bulk up phases should be "clean bulks" as I call them where one eats a slightly higher amount of calories to support muscle growth. Once 10% body fat is reached, then one should go on a fat burning phase and get back down to 6 or 7%. Going up and down in this manner systematically will give you better muscle and much better definition over time.

By the way, for those bodybuilders who do compete, I have tested this principle over and over again in athletes that I have trained for competition and it never fails to yield results. And the beauty of it is that I find athletes year after year just getting better and showing up bigger and more defined show after show.



MORE HUGO ON THE NEXT PAGE!



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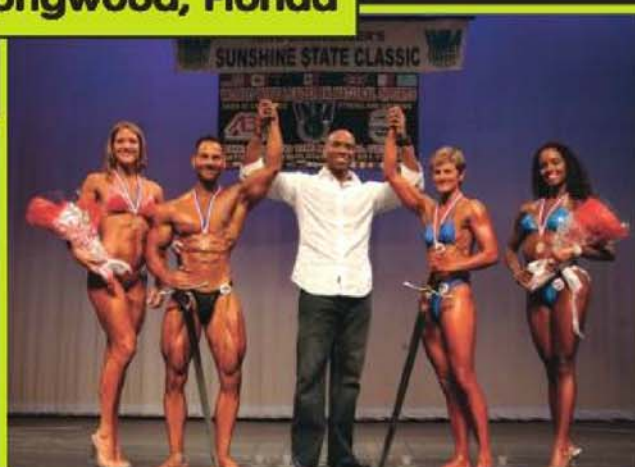
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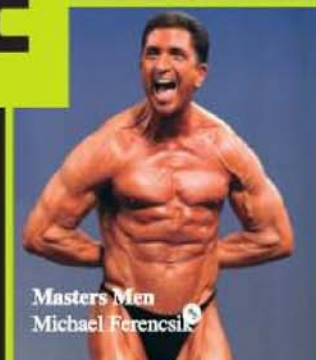
Minh-Nhat Bui



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**Bikini Divas**  
Ashley Wade  
Shannon Sacarrios



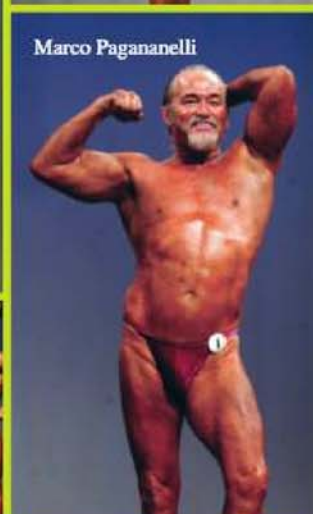
Teen Men  
Michael Powell



Tracy Frazier Jackalyn Powell



Mens Physique  
Antwan Daniels



Marco Pagananelli



Novice Men

Photos by  
Steve Priest



# HOW TO FOLLOW YOUR BODYBUILDING DIET IN SCHOOL

Hugo Rivera CFT, SPN, BSCE

**A**s I was reading some bodybuilding news online, I came across an interesting article from Ka Leo O Hawai'i, the campus newspaper of the University of Hawai'i at Manoa, that reminded me of my days back in engineering school when I learned to be really creative in regards to keeping my bodybuilding diet requirements.

According to staff writer Andy Taylor in his article "Surviving Sodexo: Student Bodybuilders Struggle To Get Proper Nutrition", it turns out that in the University of Hawai'i, if you live in the college facilities you need to buy a meal plan. Problem is that if you are a bodybuilder, the menu does not really follow your nutritional requirements.

This is not an unusual situation to be in. Hopefully one day all places will have both bad food choices and bodybuilding friendly ones so that everyone is taken care of. In the meantime, you have to get creative and you need to look for solutions rather than excuses. A few pieces of advice that I can offer are the following:

## WHAT TO DO IF YOU HAD TO PURCHASE THE SCHOOL MEAL PLAN

If you are in a situation like the one described on the article mentioned above where you had to purchase the meal plan and do not want to lose your money, try to see if the cafeteria has some sort of lean proteins such as chicken or turkey breasts. These are the protein choices that you need to look for. Since it is all you can eat, see about maybe packing some extra food to take with you for later meals (though some schools do not allow for this).

After you select your protein source, look for the cleanest complex carbohydrates that they may have, such as baked potatoes, and see if you can get some sort of green vegetables as well, if available.

Obviously, college campus' meal plans will not feed you 6 times a day, as they feed you 2 times at the most, so you will need to get yourself some protein powder, and some old fashioned oats (which are easy to cook in the microwave) for breakfast. For in between meals, you can either use a super convenient Ready-To-Drink (RTD) Shake, or a high quality protein bar to cover your nutritional requirements. If the MRPs, RTD's or protein bars do not fit your budget, then powdered skim milk (1/2 cup to 1 cup as I used to do in college) mixed with with 1 scoop of protein and 1 tablespoon of natural peanut butter will have to do for in between meals.

## HOW TO CARRY YOUR MEALS WITH YOU

The best investment you can make while on school is on a cooler so that you can carry your food, protein drinks and water with you for the rest of the day. That way you do not have to worry about being stuck without food for more than 3 hours. To this day I still use the cooler that I purchased for use during College.

## HOW TO ENSURE THAT YOU CAN BE PREPARED EVERYDAY

Wake up early! When in college, preparation is key. Make sure that you prepare your meals (the non cafeteria ones) well in advance or the night before so that when the day starts you can just pack things with you and go.

I also suggest you go to the gym at this time as well and get done with your bodybuilding workout so that the reminder of the day all you have to worry about is studying and eating. If you are really pressed for time, take a look at my *Short 25-30 Minute Workouts for Busy Bodybuilders* tips, on my [www.HugoRivera.net](http://www.HugoRivera.net) site which have you in and out of the gym in about 30 minutes.

## 25-30 Minute Workouts for Busy Bodybuilders

### WORKOUT A: CHEST, SHOULDERS, TRICEPS

#### Chest:

Incline Bench Press 3 sets of 8-10 reps  
Chest Dips and Incline Dumbbell Flyes Superset  
3 sets of 10-12 reps

#### Shoulders:

Dumbbell Shoulder Press and Bent Over Laterals Superset  
3 sets of 10-12 reps  
Lateral Raises 3 sets of 10-12 reps

#### Triceps:

Overhead Dumbbell Triceps Extensions and Triceps Push-downs Superset 3 sets of 10-12 reps

### WORKOUT B: THIGHS, HAMSTRINGS, ABS

#### Thighs and Hamstrings:

Squats and Lunges Superset 3 sets of 8-10 reps  
Leg Press and Stiff Leg Dead-lifts Superset 3 sets of 10-12 reps  
Leg Extensions and Leg Curls Superset 3 sets of 12-15 reps

#### Abs:

Leg Raises and Crunches Superset 3 sets of 15-20 reps

### WORKOUT C: BACK, BICEPS, CALVES

#### Back:

Wide Grip Pull-ups to Front 3 sets of 8-10 reps  
Reverse Grip Close Grip Chins and Low Pulley Row Superset 3 sets of 10-12 reps

#### Biceps:

Incline Curls and Hammer Curls Superset 3 sets of 10-12 reps  
Concentration Curls 3 sets of 12-15 reps

#### Calves:

Standing and Seated Calf Raises Superset 3 sets of 10-12



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My name is Coach A.

## WELCOME to MY WORLD



IMAGE by J.W. Atherton

To contact Coach A:  
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703 450-1658  
www.onemodellplace.com/  
jwathertonphotography  
www.jwathertonimages.com

**Lives:** California

**Born:** Columbus, OH

**Status:** Single

**Age:** 30

**Height:** 5'8"

**Weight:** 132

If you are ever in the audience and someone named "JUPINKO" steps on stage, "buckle up your seatbelt" and pay attention because you are going to be awed! Christina Jupinko is classical trained dancer who incidentally also happens to be the 2010 Fitness America Champion. Jupinko will entice you with an excellence of movement, thrill you with the difficulty of her choreography and then, WOW you with the seemingly effortless ease at which she performs. My friends, this lady can seriously, as they say, "cut a rug!"

After her Vegas win, I contacted her about being in MY WORLD. She said, "Yes" and we set up a shoot at the ARNOLD. From "hello" Coach A is her fan! We talked about how she trained, how she felt about winning a national championship and then, I ask to jump. I don't think you have to be a professional photographer to appreciate our FIRST TAKE! I reviewed it in my camera and said, "That's it, on the first shot! We're not going to get any better image!" Now honestly, we did take tons more jumps, really because I was having so much fun shooting her - but, we didn't get a better image! Check it out and enjoy MY WORLD, my Name is Coach A ...

# Christina Jupinko





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

There will always be those who try and make you doubt yourself and your goals I have learned to always believe in myself and never give up. I try not to listen to "naysayers," but rather, seek to surround myself with supportive positive people.

**What do you consider your greatest triumph?**

Overcoming life's obstacles and learning from my mistakes so that I can help others. Persistence pays off, after waiting 5 years from high school to go to college, graduating with a 4.0 was a proud moment for me. My greatest athletic achievement is winning the 2010 National FAP title.

**Any Competitions?**

2009 California Championship winner  
2009 Fitness America Pageant 4th place winner  
2010 Fitness Universe 3rd place winner  
2010 California Championship winner  
2010 Fitness America winner

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

I am a certified trainer, professional dancer and instructor, and fitness model in Los Angeles, CA.

**What did you have to eat at your last meal?**

Chicken, broccoli, and brown rice. I know, very original....I

**Last cheat food?**

Toffee almond chocolate bar.....yummy

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

To take it easy once and a while and not always be on the go.

**Least liked workout?**

Shoulders

**Most liked workout?**

Ballet class

**Favorite body part?**

My legs

**First thing you do tomorrow?**

Drink a big glass of water....followed by coffee

**Favorite fitness athlete?**

Vanda Handarean

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

I have always enjoyed being physically active but my passion for fitness as a whole has really developed in the past five years. I realized that even though I didn't



"I believe that the fitness industry has made it more popular to be a strong, healthy woman rather than just focusing on weight loss. I believe this will help young girls with body image issues and encourage them to eat healthy foods and stay active because it makes them feel strong and fit."

have weight to lose and I was in dance class everyday that I wasn't living a healthy lifestyle. Like so many others I didn't understand the importance of the food I was putting into my body. I now strive to not only educate others on an effective exercise plan but to also teach them about proper nutrition.

**FAVORITE:**

**Cheat Food:** Starbucks pumpkin scones. Thank goodness they are a seasonal item.

**Movie:** Flashdance

**Book:** Can't decide, but something by Ted Dekker

**Who influenced you the most athletically?**

My ballet teachers: they taught me the importance of core strength, flexibility, and discipline.

**Who do you admire the most?**

I admire anyone who has achieved success through hard work and in turn gives back to others

**What did you think about your first competition?**

It started out quite hectic. I had no idea what I was doing and my tan came out this crazy color, but in the end it was a great experience. I amazed myself by taking first that day. I met my wonderful friend Stephanie Brewster among other beautiful women who I am honored to continue to share the stage with.

**Who do you want to emulate athletically?**

Troy Palamalu - I'm a huge Pittsburgh Steelers fan and I see that every time he steps onto the field he is 100% dedicated to the game. He does not check out halfway through or give up.

**How do you want to be remembered as an athlete?**

I want to be remembered as an athlete who always gives a 110% and who is dedicated to being the very best she can be, and inspiring others to achieve their very best.

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

Hard work, perseverance, integrity!

**If you could thank 3 people in your life, who are they and why?**

My previous boss, Elaine McCarthy, for believing in me, trusting me, and helping me to become a better teacher and person. My parents for their tireless efforts, their sleepless nights, and their unconditional love that allowed me to be involved in so many activities and experiences when I was growing up. They were always so supportive in all my endeavors and always were my #1 fan.

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

If you are reading this magazine then you are doing something right!

**What is your passion? What makes you tick?**

Dance and choreography have always been my passion but in the last several years I have also become passionate about working out and teaching others the importance of the foods we put in our body. I become extremely upset with commercials that promote foods with corn syrup, high fat/cholesterol content, and other harmful products especially to children.

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

I am in a 1940's pin up dance troupe called the "Satin Dollz." We perform at many events honoring our troops and recently toured in Europe.

**Final Comments?**

Try not to take life too seriously, learn how to laugh at yourself, and cherish the moment. "Work like you don't need the money, sing like no one is listening, dance like no one is watching, and love like you'll never be hurt."



# 5 EXERCISE SECRETS

## even the top gurus don't want you to know!

As a personal trainer for nearly 20 years, I have seen fads, trends, lotions and potions come and go. A few concepts have stood the test of time. As a top celebrity trainer in Hollywood, I like to share a few of the results driven secrets with you that not all trainers tend to share with their clients. These are a few concepts that you can certainly incorporate into your next fitness workout.

### 1. HEART RATE TRAINING PROGRAMS:

When we think of cardio we typically think that a longer duration and a low intensity is best fat burning results. That is now the "old school" way of thinking. Today, a cardio program that includes interval training that raises your heart rate to 70-90% of your maximum, will burn more fat calories. This appears like it would be intense,

### 2. INTERVAL RESISTANCE TRAINING:

This type of training provides the best overall conditioning results. Interval training is done by performing two to three exercises back to back, followed by a short rest of approximately 30-60 seconds. The rest comes AFTER the group of two or three exercises are completed, and then you repeat for three or four sets.

### 3. "ACTIVE REST" : GREAT ABDOMINALS

If you are using an interval training program like the one suggested in #2, then there is another solution for your rest period. When exercising in a circuit or interval training mode, use a variety of abdominal exercises in between the weight training instead of just pacing or completely relaxing.

This type of "active rest" will continue to increase the abdominal strength, give you more abdominal variety, and guarantees you won't "skip" the ab exercises during your weight training sessions. This is the perfect way to keep a trim and fit waist.

### 4. ONLY TIME FOR ONE "CARDIO OR WEIGHTS"?

Obviously both of these are important but when time is limited it's ok to pick one or the other and go for it full force. If you only have 30 minutes of training time, which should you pick? If you are going for calorie expenditure, fat loss, and endorphin release, your best bet is to choose a cardio activity. You can actually burn more calories by a short cardio session filled with anaerobic bursts of speed than during a weight training session.

If you are looking for a stress relief, energizing activities, and a body pump, then go for the weights. The weights you can still get a great amount of calories burned, but it just happens to be a slightly different feeling after your workout, than what you feel from a cardio workout. Both are essential and beneficial, it is just up to you to choose one on days with a time crunch.

### 5. SURGEON GENERAL'S RECOMMENDATION:

The exercise requirement by the US Surgeon General is "to exercise most days of the week for 30 minutes". That can be interpreted as 4-6 days a week. If you are working with a personal trainer 2-3 days a week, you are responsible for the other 2-3 days a week.

The activities you chose can be cardio, resistance, home training, or gym training. If it is one of those "busy" days, then you can get the same benefits from breaking up your workouts into two 15 minutes sessions or even three ten minute sessions. The time adds up to benefits in your body. Besides, it is certainly better than skipping the day altogether.

Now that you know the top secrets that the top fitness gurus know, you can apply them to your training routines. It may just be a few small changes that you can incorporate to give you a real motivated approach to your next workout.



but the results are well worth the 30 seconds to two minute high intensity training. That is the amount of time you need to spend at the high intensity level per interval.

In addition, it will give you added health benefits while you are in each recovery phase of the interval training. So as your heart rate comes back down from the 90%, this is when you actually reap the benefits. This will happen multiple times if you are doing several segments of interval training. In contrast, a long term aerobic training will only yield benefits in the one recovery phase.

If you are training just a few body parts that day, then selecting all shoulder exercises can give a nice "burn" to the muscle and stimulate growth. If you are doing a full body workout, then choosing a few exercises per body part will increase the chance of overall muscle fatigue and still generate results. The key factor here is back to back exercises then the short rest.

The results with this type of training are far greater for weight reduction, increase in strength, and decrease in body fat.





**Living Fit with Laura Mak, MS  
IFBB Fitness Pro**



If you would like more information about Laura Mak's online training programs or online nutrition you can go to her website at

[www.LauraMak.com](http://www.LauraMak.com). In addition, you can check out her 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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# EXTREME FAT ANNIHALATION!

My name is Atheena and I am a 27 year old single mother of an almost 8 year old. I've always lived an active lifestyle and been athletic all my life. Well after having my son, he took precedence over me and my wants. I had been lurking around on a body building website because I wasn't happy with my post baby body. I wanted my fit athletic body back.

In April 2009, I happened to be on the body building website at just the right time and saw this company, Better Body Sports, that had this new fat burner out and was looking for people to test and log it. They would ship you the product and you just take it and log it. I thought ok easy enough why not, what do I have to lose?

At this point I was 5'6" and weighed almost 140 pounds. For my frame and me usually sitting between 118-125 I was literally miserable in my own skin. I worked out regularly but still wasn't seeing the results that I wanted. I even took other fat burners with no luck. I can't tell you how many I had tried over the years and either they left me so nauseous I couldn't take them or too jittery that I couldn't sleep.

So this was a new product and I felt that I had nothing to lose by testing it. I posted my statement why I felt I was a good person to be chosen to test and log it. I was so happy when I was chosen! The people within the company were so nice and friendly, very supportive and they motivated us to keep at it. I officially started logging in with them on April 20, 2009. I was very impressed with the Phoenix. No jittery, sick feeling. In

fact it was all just the opposite! I had never been more focused in any workout than I had on this day! I had energy as well and it's a great appetite suppressant, so much that I had to remind myself to eat!



I did workout everyday and ate a well balanced diet. The Phoenix was and is amazing! I was hooked! I would never again take another fat burner. There was no need to. On May 6, 2009 I weighed in at 125 pounds and the pictures don't lie! I had already lost 15 pounds and several inches of my waist and thighs. I got injured shortly after, so I was able to finish logging it. However, today I still take Phoenix and it is helping me reach my goals for my first figure competition in October. I would truly be lost without Phoenix, it is such a great product and the company is awesome and great people to deal with!

Seriously if you're skeptical, what do you have to lose other than the physique you aren't happy with?! I recommend Phoenix to everyone! It's a fat burner, appetite suppressant and energy booster all in one pill and it's ALL natural! I 100% stand behind Phoenix by BBS and if I don't believe in something I wouldn't represent it!

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# athletes of the TRIFITNESS

By Lindsey Rosen  
Photos By: Ed Johnston, Anne Boyko,  
Thomas Oed, Tom Yip

Each month we feature Tri-Fitness athletes who have competed and performed at the highest level. What is an athlete? Well, a Tri-Fitness athlete is one who demonstrates strength (bench press), speed (obstacle course and shuttle run), flexibility (routine), agility (shuttle run and obstacle course), and endurance (box jumps, obstacle course, routine, shuttle and bench). Through a healthy diet (eating as an athlete) and extreme training, these athletes achieve a fit, athletic physique which enables them to succeed in our event.

This month we will feature Laura Thompson and Gina Ellis who have achieved success in the Tri-Fitness World Challenge during the past decade.



**LR: Please tell the readers about yourself and your past:**

Laura: Gladly, I was born and raised in Mississippi. I am the middle of five children and my father is a preacher. That may already say a lot about me! My childhood was largely influenced by gymnastics and many other sports. I now work as a personal trainer in the Jackson metro area. My final journey to this career is strongly rooted in my Tri-Fitness prep.

**LR: How long have you been doing the Tri-Fitness and what got you started?**

Laura: My first Tri-Fitness competition was in November of 2009. I started because of my older sister, Connie Knott. She had competed for several years and kept encouraging me to join her. So, I attended one practice while visiting her in Florida and loved it. I have now competed in 3 challenges. Most recently placing 5th overall against a very tough group of women!

**LR: What do you like best about the Tri-Fitness?**

Laura: I love that Tri-Fitness is an honest and overall fitness competition. It is challenging in so many ways. Since I was a competitive athlete growing up I still craved those challenges. Also, Tri-Fitness is the healthiest competition around! The other athletes are your training partners, your biggest cheerleaders, as well as your competition. It is a family. The atmosphere at any Tri-Fitness event is energetic and uplifting!

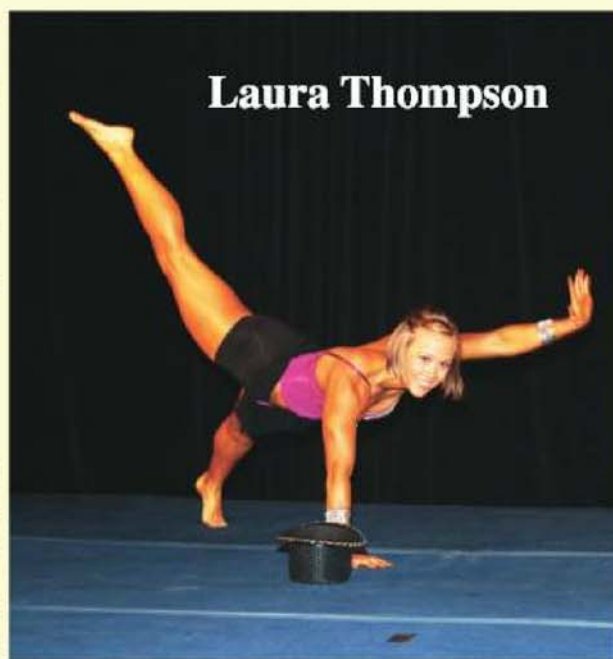
**LR: How did you go about training for the Tri-Fitness?**

Laura: After each challenge, you learn more about what works and what could work better. I shared workouts, training tips, and nutrition information with friends and competitors. I generally worked out five days a week. This last

time, more than ever before, I listened to my body. If I felt I needed to work strength one day, that's what I did. Same goes for endurance days, rest days, and even food choices. Most exercises focus on conditioning in general. I incorporated a lot of circuits and Crossfit-style workouts into my training. I also used the Tabata method for conditioning and felt great! Intense training plus eating a clean diet are key in preparing for the Challenge.

**LR: Would you like to add anything else for our readers?**

Laura: Your readers should know that Tri-Fitness is for everyone. If you are unsure about giving Tri-Fitness a shot do not hesitate any longer! You will not regret it. The quality and quantity of competitors will continue to improve and that is exciting! See you in October!







**Gina Ellis**

**LR: Please tell the readers about yourself and your past:**

Gina: I am 41 and married to my best friend, Bret Ellis. I have two amazing kids, Tyler, 22, and my little girl Riley, 8 years old. In addition, I have my own personal training studio, and I also work at my husband's family business. But, my passion in life is my kids. I try to set an example in both my beliefs and actions. I strongly feel, "if you believe in yourself and work hard at it you will achieve anything you put your mind to." I have always been athletic, with track and soccer in my youth. Growing up with boys gives you an edge to be competitive. I am always up for a new outdoor adventure

**LR: How long have you been doing the Tri-Fitness and what got you started?**

Gina: My first competition with Tri-Fitness was in Florida 2002 and I have been hooked ever since. I also managed to enlist a new member to the Tri-Fitness family each time I competed and they all have done well. I always wanted to challenge myself to a competition with an obstacle course. I met a friend and trainer Darla Benfield and together we found Al and his competition. The Tri-Fitness program is a perfect fit.

**LR: What do you like best about the Tri-Fitness?**

Gina: The challenge and camaraderie the participants of all ages bring each year. I also love the structure of the events. I have new friends from all over the world. My son and I have competed twice together. I look forward to competing with my daughter in the coming years. Al and his team are the best and they make you feel as though you are family!

**LR: How did you go about training for the Tri-Fitness?**

Gina: I was fortunate my husband was able to build a few of the obstacles for me. He would make sure I was able to train each night for the competition. We also had a team of girls get together to train at my place and at the track. Training for Tri-fitness is a challenge in itself; you need to be prepared for strength and speed therefore you constantly have to mix it up.

**LR: Would you like to add anything else for our readers?**

Gina: It is a personal accomplishment to be the best you can be not only athletically but as a person. I have always thrived to show my kids "if you want it bad enough you have to work hard to get it". I am a believer of ACTION.



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Paula Jager CSCS

take the

# PRIMAL PLUNGE

with this 30 Day Challenge

While the right exercise and training help to keep one young and prevent age related degeneration the proper nutrition requires equal billing. As stated in last month's article, Put the Brakes on Aging "youth is wasted on the young". I was in my early 40's before I found a way of eating that turned my life around from a health, fitness/performance, body composition and mental standpoint. The irony of it all is that man had been eating this way since eternity began...

**Enter the Primal Diet:** eat meat, fish, fowl and their fats, vegetables, some fruit, little starch and no sugar. It doesn't get any simpler than that yet seems to be complications abounding with what is recommended by many leading "health" organizations. Not to mention that much of America is sick and fat. Hmmm, our ancestors may have had to fight off neighboring tribes and man eating tigers but very few of them died from heart disease, cancer and other diseases of metabolic derangement so prevalent in today's society.

If you're satisfied with how you look, how you perform, your energy levels and your performance in both sport and life keep on doing what you are; if not I suggest you try this 30 Day Primal Challenge...

**Clean Out Your Pantry:** Most of us do not have the best self control so plan ahead. Don't have "bad" foods in the home. Remove the bread, rice, pasta cookies, crackers, puddings, ice cream, waffles, juice, sodas, cereals, oatmeal, artificial sweeteners, canned soups, noodles and all refined/packaged foods. Bag it all up; take it to a food bank or homeless shelter. Or take it to work although they don't need this stuff either.

**Go Shopping:** Now it's time to fill your pantry/fridge/freezer with foods worth eating.

**Protein:** ideally these are grass fed or wild caught. If you cannot find those does that mean you should eat a bagel? No! Conventional options would be second best. Beans and rice do NOT count. Land options would be beef, lamb, pork and wild game. Sea options: trout, salmon, shrimp, crab... fishy type stuff. Air options:

chicken, turkey and duck. Add in some good quality bacon or sausage (nitrate/nitrite, hormone and antibiotic free) and some free range eggs to help you with breakfast on busy days.

**Veggies:** ideally these are local and organic, but then again this should not be a deal breaker. Shop with the season, which typically means what is on sale and mix up the colors

**Fruit:** ideally these are local and organic but limit if fat loss is your goal. A serving is not a whole watermelon. In order of preference: berries, melons, citrus, apples and pears. Bananas, papayas and mangoes are great for athletes post workout but dodgy for folks who want to lose weight.

**Fats:** extra virgin olive oil, coconut oil (unrefined), organic butter (raw is best), lard and tallow from pastured animals, duck fat and some nuts\*

**Odds & Ends:** all sauces/condiments should be home-made, spices along with sea salt may be used liberally and help to keep your cooking lively. Coffee/teas in moderation and mineral water if anything other than plain water is desired.

**Off Limits:** grains, legumes, flour, sugar, artificial sweeteners, pasteurized dairy, packaged and processed foods. Life will go on AND actually get better

**Cook:** The majority of your meals should look some-

thing like this

4-8 oz of lean protein

Liberal use of fresh or frozen vegetables

3-5 meals per day

Limits fruits to 1-2 max servings per day if fat loss is goal

Limit nuts to approximately 1 oz per serving.

\*Nuts should be properly prepared by soaking first in salt water and drying out in dehydrator or low temp oven  
Beverages are coffee/tea in moderation, mineral water and of course water. Beverages are unsweetened.

**Exercise!** I think most of you know what to do here.

**Sleep! In a black room.** A really black room, use black out curtains and no LED lights from alarm clocks, fire alarms, TV's etc. Do not watch TV or check email for at least 1 hour before bed. Go to bed early, get at least 8 to 9 hours of sleep. You should wake up refreshed without an alarm.

**Questions? Confused?**

If you are curious about these recommendations or the whys of the matter I have more detailed information, please email me and I will send it to you. Two excellent books to read on the subject are The Paleo Solution by Robb Wolf and The Primal Blueprint by Mark Sisson. Or you may simply follow this guide, reap all the benefits and don't bother with the details. That's up to you but this 30 Day Challenge is guaranteed to change your life in many ways.



No deprivation or boredom on this plan;  
try this refreshing and delightful meal  
for a summer evening. . .

### Grouper & Sweet Potato Chowder

- 4 slices nitrate/nitrite free bacon
- 1 onion, chopped
- 2 sweet potatoes or yams, cut into bite sized pieces
- 4 cups fresh fish stock
- 1 lb grouper, cut into bite size pieces
- 1/2 tsp oregano
- 1/4 tsp nutmeg
- 4 oz raw cream
- 1/4 tsp coriander



Fry the bacon until crisp in a large saucepan. Remove, crumble and reserve. Add the onions and sweet potatoes and cook over medium heat until slightly softened (about 5 to 7 mins). Add the fish stock, bring to a boil, cover, reduce heat and simmer gently for 15 mins or until the potato is soft. Add the fish, oregano, nutmeg and coriander and return to a boil. Cover, reduce heat and simmer for 5 mins or until fish is cooked. Remove from heat, stir in cream. Transfer to bowls and sprinkle with crumbled bacon.



### Roasted Beet Salad

- 1 bunch beets (reserve greens for another use)
- 1 tbs coconut oil
- butter lettuce
- orange (s)
- gorgonzola cheese
- extra virgin olive oil
- basalmic vinegar
- sea salt
- freshly ground black pepper

Preheat oven to 350. Leave the peel on the beets and rub the outsides with coconut oil. Roast covered for about 1 to 1 1/2 hours or until fork tender. Allow to cool and peel. Arrange butter lettuce on individual plates. Top each serving with sliced beets, 1/2 orange slices, and 1/2 oz gorgonzola. Drizzle with evoo and vinegar and s & p to taste.

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.

[www.crossfitjaguar.com](http://www.crossfitjaguar.com)  
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# fancy shmancy SALMON!

## Salmon Cakes with Lemon-Caper Yogurt Sauce

6 to 8 salmon cakes.

### Ingredients

#### Salmon:

1 pound skinless salmon fillet (see Cook's Note)  
Olive oil, for drizzling  
Kosher salt and freshly ground black pepper

#### Patties:

1 large egg, beaten  
1/3 cup (1/2-ounce) chopped fresh chives  
26 saltine crackers, crushed, divided  
1/2 cup frozen corn, thawed  
2 tablespoons Dijon mustard  
3 tablespoons low fat mayonnaise, plus more, as needed  
1 tablespoon capers, rinsed and drained  
1 tablespoon lemon juice  
1 tablespoon lemon zest  
3 tablespoons vegetable oil  
3 tablespoons unsalted butter, at room temperature

#### Sauce:

1/2 cup full-fat plain Greek yogurt  
1 1/2 tablespoons capers, rinsed, drained and chopped  
1 tablespoon lemon juice  
1 tablespoon lemon zest  
Kosher salt and freshly ground black pepper

### Directions

**Salmon:** Put a grill pan over medium-high heat or preheat a gas or charcoal grill. Drizzle the salmon with olive oil and season with salt and pepper, to taste. Grill until the flesh is cooked through and flakes easily with a fork, about 6 to 8 minutes on each side. Set aside to cool for 20 minutes.

**Patties:** Using a fork, flake the salmon into 1/2-inch pieces and put into a medium bowl. Add the egg, chives, 1/2 of the crushed crackers, the corn, mustard, mayonnaise, capers, lemon juice, and lemon zest. Mix gently until just combined. Form the mixture into 2 1/2-inch diameter patties, about 3/4 inches thick. (If the mixture is too dry to form into patties, add extra

mayonnaise, 1 tablespoon at a time.) Carefully coat the patties in the remaining crushed crackers and refrigerate for 1 hour. In a large nonstick skillet, heat the oil and butter over medium heat. Add the patties and cook until golden and crispy, about 7 to 8 minutes each side. Drain on paper towels.



**Sauce:** In a small bowl, mix together the yogurt, capers, lemon juice, and lemon zest. Season with salt and pepper, to taste.

Arrange the salmon cakes on a platter and serve alongside the sauce.

## Salmon with Lemon, Capers, and Rosemary

### INGREDIENTS

4 (6-ounce) salmon fillets  
1/4 cup extra-virgin olive oil  
1/2 teaspoon salt  
1/2 teaspoon freshly ground black pepper  
1 tablespoon minced fresh rosemary leaves  
8 lemon slices (about 2 lemons)  
1/4 cup lemon juice (about 1 lemon)  
1/2 cup Marsala wine (or white wine)  
4 teaspoons capers  
4 pieces of aluminum foil

### DIRECTIONS

Brush top and bottom of salmon fillets with olive oil and season with salt, pepper, and rosemary. Place each piece of seasoned salmon on a piece of foil large enough to fold over and seal. Top the each piece of salmon with 2 lemon slices, 1 tablespoon of lemon juice, 2 tablespoons of wine, and 1 teaspoon of capers. Wrap up salmon tightly in the foil packets.

Place a grill pan over medium-high heat or preheat a gas or charcoal grill. Place the foil packets on the hot grill and cook for 10 minutes for a 1-inch thick piece of salmon. Serve in the foil packets.



## ON THE SIDE!

### 15 Minute Greek Garbanzo Bean Salad

### INGREDIENTS

1 (15 ounce) cans garbanzo beans, drained and rinsed  
2/3 cup minced scallions  
3 medium garlic cloves, pressed  
1 medium ripe tomatoes, chopped, seeds removed  
3 medium celery ribs, diced about 1/2 inch pieces  
3 tablespoons fresh lemon juice  
2 1/2 tablespoons chopped fresh mint  
3 tablespoons chopped fresh parsley  
extra virgin olive oil, to taste  
1/4 cup feta cheese (optional)  
1 small head chopped romaine lettuce, outer leaves removed  
salt cracked black pepper



### DIRECTIONS

Mix all ingredients except lettuce and cheese in a bowl and season with salt & pepper to taste. Serve on bed of chopped romaine lettuce and sprinkle with feta cheese.



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# FIT FEMALE SUPERBODY CARLA HAMPSHIRE

By Steve Shaw  
for [Muscleandstrength.com](http://Muscleandstrength.com)

## What is your athletic background, and how did you get involved with natural bodybuilding?

At a very young age, I was very fortunate to have a mother who saw talent. She signed me up for ballet lessons when I was six. A passion was born! I loved everything about it; the discipline, the grace, the beauty and the strength. It was a great way for a shy little girl to express herself and stay active. I still remember the day our teacher took us to see 'The Nutcracker' ballet. This had a huge impact on me. It kept me motivated to practice and improve my skills. I poured my heart and soul into my dancing and this continued for many years.

In school I was never picked for team sports because I was so tiny. So I never had the opportunity to experience those activities. But in junior high I found a sport which I could do on my own. I channeled all my energies into running and became part of the school's cross-country running team for three years. The act of running gave me pure joy and it taught me to compete against myself; something I would later use as a bodybuilder. Running continued to be part of my life on and off throughout my adult years.

It wasn't until much later that bodybuilding entered the picture; it happened quite by accident. In December of 1997, I entered a gym for the very first time in my life. I wasn't there to work out. I was there to purchase a membership for my husband for Christmas. After asking many questions, I was taken for a tour of the facilities. As the fitness consultant pushed open the double doors into the gym, I entered a new world, a world I KNEW I wanted to be a part of. I was fascinated by everything I saw and felt there that day. I HAD FOUND IT. I did not know what IT was yet, or even that I had been searching for IT, yet here this was, calling to me. After Christmas, I too joined the gym. This would be the beginning of a wonderful, life-changing adventure.

On my very first day at the gym, I was assigned to Trainer Mike. He would show me all the basics and how to use the circuit machines. Deep down inside though, I longed to train in the free weights section. I wanted to be with the iron; to feel it in my hands. After my workout, I would sit on the stationary bike and watch all the action around me, absorbing everything I could. I was so eager to learn. I still remember the day he finally took me over to the benches. This would prove too exciting for me and I nearly fainted after my first bench pressing experience; I had just learned how to fly!

He sensed my passion for this new-found sport and he pushed and encouraged me. I'll forever be grateful to him for that. I became stronger by the day. I wanted to know everything there was to know about the sport. I read every book and magazine the library had to offer on bodybuilding and nutrition. The first book I picked up was Pro-Style Bodybuilding by Tom

for my family. The answer was quite humbling. My journey would be a way for me to reach out to others. I never slept that night. I was too excited to get started. But first I had to tell my husband. With his support in place I began training for competition in March of 2007.

I competed for the very first time that June. Nothing compares to the feeling of being on stage. It's like Christmas and birthday all wrapped up into one. I was hooked! I wanted to share my competition experience with Trainer Mike who had believed in me right from the beginning. What were the chances of him still being at the same phone number after 9 years? I was so happy when he answered. I'll never forget his words, "Out of all the people I've trained, you are the only one who has done something with it. I'm so proud of you." I wonder what he would think of 'grasshopper' now.

The following year I earned my IDFA Pro Card. This was a very emotional moment for me. There were some tears backstage when it finally hit me...I had just turned PRO! Most of the family was in attendance that night except for my daughter who was in the hospital giving birth to twins making me grandmother of 3. Wow, what an unforgettable weekend! A year later I had the privilege of flying across Canada to take part in my first Pro show. I remember sitting at the airport feeling so overcome with emotion. I just felt so grateful to be having this experience. This was epic for me. I was on the verge of competing as a Pro!

The journey continues. I am currently training for a couple of fall shows in hopes of earning my WNBFF Pro card as well.

## What do you love most about bodybuilding?

I love everything about bodybuilding! I have always enjoyed pushing myself and competing against myself. This sport has given me a great outlet in which to do that. I like seeing progress. There is so much growth that happens both physically and mentally as you train. In order to reach new heights you have to be able to motivate yourself and cultivate that inner strength that will help you train for weeks, months, even years, for that one moment when it all comes together on the competitive stage. It's such a satisfying sensation to finally have the opportunity to showcase what you have worked so hard to achieve.

Another great thing about this sport is being part of the bodybuilding community. I believe in surrounding myself with positive people; people with



Platz. The more I read, the more my desire grew. I wanted to compete. But I remember thinking to myself at the time, "Who am I kidding? I'm a busy mother of six. I can't be doing this! What are my children going to think? What's my husband going to think?"

I continued training and living the bodybuilding lifestyle and life went on. Nine years went by and now I had also become a grandmother. I got to a point where I could no longer deny my wish to compete; it was too strong. I took my decision to the Lord in prayer. I needed to know if this was the right thing for me and



similar goals and aspirations. Bodybuilders are among some of the happiest, most down-to-earth and hard-working people I know. There is a lot of support and a spirit of camaraderie that goes on backstage, in the gym and also in the online communities. I have formed strong bonds with fellow athletes over the years. It's such a pleasure to be part of one another's journeys. I feel greatly privileged to have such amazing friends and supporters worldwide. Their encouragement makes all the difference.

### What were the major milestones that gave you that "extra" motivation boost?

My first competition was definitely a milestone. That experience is where it all happened for me; where something inside me clicked and would keep me motivated for years to come. During the morning pre-judging I felt a little intimidated. I had never even attended a show before and my inexperience showed. With the stage lights on, I couldn't see anyone in the audience. A voice in the dark called out the mandatory poses. It was quite daunting. I found myself looking at the competitors beside me for guidance.

But by the time I returned for the evening show, I was a changed person. I told myself that from now on I would live my life with a 'ZERO FEAR' attitude. I figured that if I could have the courage to get up on that

### What are your favorite meals and foods?

Here is one meal that I look forward to every morning. It feels like a cheat meal.

#### Breakfast Pancakes:

- ½ banana mashed.
- Add ½ cup oats and 1 teaspoon cinnamon.
- Soften this with ¼ cup of warm water.
- Mix in 4 egg whites and 1 whole egg.

This makes two 8 inch pancakes.

You can top this with zero calorie pancake syrup by Walden Farms.

**Note:** if you are on a carb restricted diet, I have successfully made this without the ½ banana and less oats.

Macronutrient breakdown: 27/47/8 (P/C/F).

Calories: 371.

stage in front of strangers who were there to scrutinize me from head to toe, I could do most ANYTHING. I couldn't wait to get on the stage that night. I stood in the wings anxiously awaiting my turn under the lights. A bodybuilder was born!

I would like to share another major milestone with you. This story has a way of making me emotional every time I tell it. It happened at the beginning of 2008; the year I turned pro. It had such a profound effect on me. I have no doubt that it had everything to do with how well I did that year.

I was surprised to receive an e-mail message one day from a Sergeant stationed in Iraq. He had found a picture of me on the internet, a picture of me leg pressing 1000 pounds. He told me that he had been using this picture to motivate his troops to stay in shape while they were deployed. I cannot adequately

express to you how much this meant to me. That I, Carla Hampshire, could motivate a group of American soldiers in Iraq was incomprehensible to me. There was more to come.

A few days later, he posted a picture of his troops in their workout gear. They were holding up a giant cardboard sign that read, "Carla's A Beast!" In my home hangs an enlarged version of this precious photo signed by all these valiant men. On the back is a special message... "Thank you for your support and the motivation that you bring with it. Best of luck and wishes in all you do." Along with the photo, Sergeant sent two patches he had been wearing on his uniform since arriving in Iraq.

Through this humbling experience I gained immeasurable motivation, and made a very dear and lifelong friend in Sergeant Steve L.

A more recent milestone was being nominated as 'Bodybuilder of the Month' on the World Physique website for the month of April 2011.

I was very thrilled to learn that I had been nominated by Chad Shaw, someone that I greatly admire in the natural bodybuilding scene. I had just turned 50, and had been thinking a lot about my life and what I had accomplished thus far and where I wanted to go from here. So I was very excited for the great opportunity this gave me of sharing my life, my passions and my goals with everyone through this interview on World Physique. This experience will continue to be a great source of motivation as I progress toward my competitions this year.

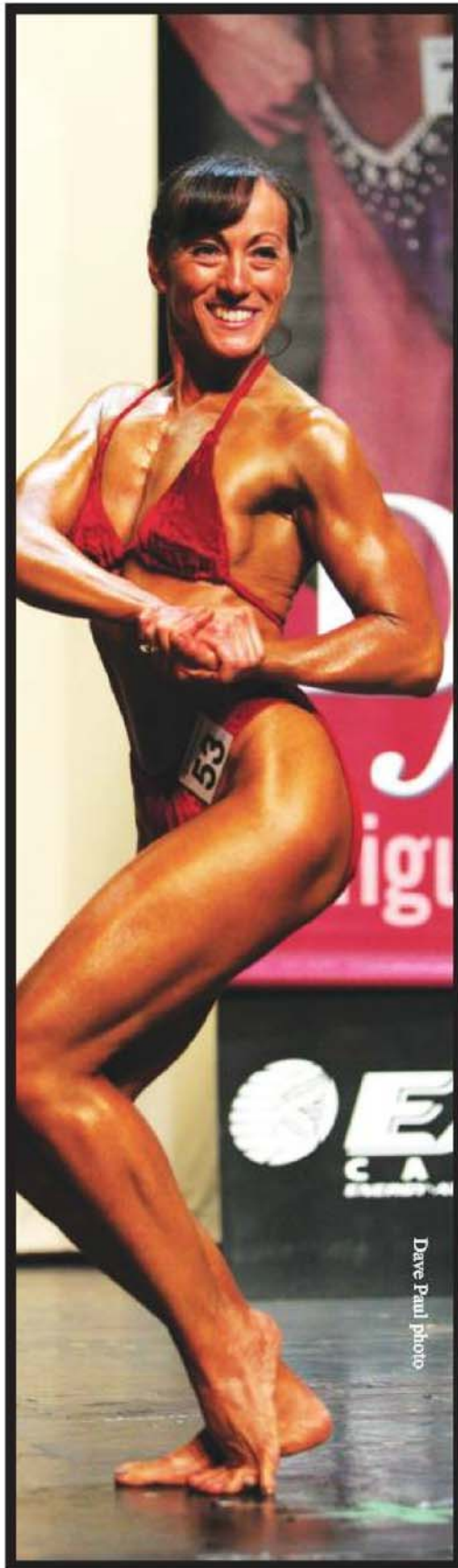
When Muscle & Strength asked for this interview, I felt very blessed. Here again would be a chance to reach out to others and share my thoughts and feelings about the sport that I love so much. I feel very privileged to be part of a website that provides such great information to natural athletes worldwide, as well as giving natural athletes a place where they can be recognized for their achievements. To be acknowledged as a featured athlete is a great accolade. I am very grateful for the extra encouragement this provides.

This next milestone may not seem like it belongs here. But I have to tell you that I am certain that were it not for my husband's support right from the beginning of my journey, I would never have competed. He continues to be very proud of me and his encouragement is a great motivator. I am delighted to say that we will be celebrating our 30th wedding anniversary this summer! Now THAT'S a milestone!

### What are your future goals, dreams and plans?

I just turned 50, but I'm not ready to slow down. My most immediate goal is to continue training for my fall 2011 competitions. A WNBF Pro Card would be an amazing accomplishment. I would also love to travel and compete outside of Canada in the near future. Another goal of mine is to become a certified PT. I am currently studying and will soon be an accredited Personal Training Specialist. Creative writing is something that has always been dear to my heart. One of my goals is to publish a book of my many

*continued on the next page*



Dave Paul photo





## Stimulant Free Fat Destroyer!



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continued from page 57

quotes and poems. I would also like to use my writing skills and create inspirational articles for physique publications and websites.

Something I would like to delve into more is being a motivational speaker. After my first competition I was invited to speak to a group of youth from my church. My topic was something I had learned the night of my first competition, 'Feel the Fear, but Do It Anyway'. My encouragement to them was that it was ok to feel fearful about a new experience but to push beyond that into success. People heard about my message and a few months later I had the privilege of speaking to a group of university students as well. It was such a privilege to share my life experiences with them and how bodybuilding had changed my mindset from one of always playing it safe to one of improved self-confidence.

### What does your current training and split look like, and what do you like most about it?

I feel very privileged to have the very best in the industry looking after my nutrition and training, Dr. Joe Klemczewski and Sean McCauley from <http://www.perfectpeaking.com>.

For years I was one of those people that loved to train for hours on end. But as a competitor I have learned that this is not always the best practice. On weight training days I am in the gym for 60 minutes which includes warm-up sets and stretching. What I like best about Sean's program is its intensity and variety. My training includes supersets, monster sets, ascending sets, yo-yo sets, running the rack, all of which I love. I enjoy the experience of taking an exercise to failure. It's great to know that my programs are tailored to me and the content is modified to meet my rate of progress.

#### Monday: Legs

**Tuesday:** 30 minutes of steady state cardio

**Wednesday:** Pushing (chest/shoulders/ triceps)

**Thursday:** 30 minutes of steady state cardio

**Friday:** Pulling (back/biceps)

**Saturday:** Core and 20 minutes of high intensity cardio

**Sunday:** Rest

#### How often do you perform cardio?

I prefer to do my cardio on a separate day from the weight training or at a different time of day from the weights. Cardio is often the more tedious part of training. It's important to keep it interesting by including different activities as well as doing both steady state and high intensity cardio. Right now I perform cardio 3 to 4 times a week for 20 to 30 minutes. This will increase as I get closer to competition.

### What does your post-workout nutrition and supplementation look like?

Because I do my weight training after meal one, my first three meals of the day are the most important; where I focus most of my calories. Meal one has a higher amount of carbs along with the protein and some fat. This will give me energy for my workout. Meal 2 is a post workout whey protein shake (about 20 grams) and some fruit for recovery. Meal 3 I include a good amount of complex carbs along with my protein to help me prepare for the next day's workout.

### How do you prepare meals? Do you cook daily or cook for the week?

Having a large family it's hard for me to prepare meals for the week because they have a way of disappearing from the fridge! But I always make sure I have these things ready: a rice cooker full of brown rice, a container of cooked fresh vegetables and of course chicken. This makes it easier for me to throw my meal together before running out the door. Ha-ha, for some reason though, the kids don't seem to dip into my vegetables quite as much.

### What are some of your favorite supplements and why?

I prefer to get most of what my body needs from the food I eat. Since I do not take stimulants for religious reasons, it's hard for me to find products I can use. I use a good multivitamin/multimineral as well as the following:  
**Whey protein:** post workout (20 grams).

**Glutamine:** pre and post workout (7.5 grams) to enhance muscle growth and recovery.

**BCAAs:** pre and post workout (3 grams) to reduce muscle breakdown and improve recovery.



### Do you have any tips for someone who is looking to compete in your sport?

Do it; it will be one of the most rewarding experiences you will have. The best thing you can do for yourself is to seek out those individuals who know more than you do and be humble enough to ask for their help. If you can, hire a coach with bodybuilding experience to guide you with your nutrition and training; it's such a worthwhile investment. Learn from the top in the industry.

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

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Better Body Sports has presented the industry with the answer to gaining muscle, while losing fat: C-Bolic.\* C-Bolic is a highly concentrated form of the herb Forskolin in a 95% extract. Forskolin is a natural compound produced in India which studies suggest not only supports fat reduction, but optimizes hormone levels as well as signaling to keep the body in a prime muscle building state.\*



### How does this work you ask?

The answer is simple - cAMP. Forskolin in the body activates a hormone in the body known as adenylyate cyclase. When this is activated, it goes into its respected cell and increases levels of cAMP (cycle adenosine monophosphate).\* Forskolin increases levels of cAMP.\* cAMP in the fat cell triggers a process known as lipolysis, which is the breaking down of fat for use of energy while actually sparing muscle! What does this mean for all you dieters out there? LOSE FAT NOT MUSCLE!\*

If you are dieting, whether it is to just lose the holiday pounds, getting ready for beach season, or are prepping for your next contest, there is no reason why Better Body Sports C-Bolic should not be part of your arsenal!

# DAWN MARIE "sparky" O'BRIEN

**H**i, my name is Dawn Marie O'brien and I am the president/founder of a fast-growing organization called "Dawn's Heartfelt Corner." In 2000, I was in a very dangerous car crash that left me with catastrophic consequences. Being that I almost died because I was hemorrhaging on the right side of my brain, the doctors had to perform brain surgery. They told my husband I would not live and if I did, I would be a vegetable. Nevertheless, I am perfectly fine with no trace of amnesia. My goals are to encourage others to eat right, have faith, pray and never give up. Whatever challenges you may be faced with, you are not alone. I am thankful to be alive and be a blessing to you. Please go on my website at: [www.dawnsheartfeltcorner.org](http://www.dawnsheartfeltcorner.org) and read my whole testimony of how I survived this horrific car crash. I have been fortunate to be on TV, radio, in magazines with 25 books soon to be published. Physical fitness has always played an important role in my life. I believe in eating right and taking care of our bodies. Life is full of difficulties with everything happening in our world today. It has a way of draining you emotionally and physically. It is important we eat right, get the proper nutrition, rest and exercise. We also need to be spiritually and mentally healthy not just physically. Take time out to enjoy each day with a little peace and relaxation. Remember, God is only a whisper away.



### God Is Only A Whisper Away, by Dawn O'Brien

Maybe your life is  
Full of turmoil and stress  
You don't know what to do  
It seems like one big mess.  
Do you need some peace of mind?  
And want release?  
Your work, family and kids  
Keep you up all night  
There is always some kind of fight.

You want to get away  
There is so much you want to say.  
No one seems to listen when you call  
Is anyone up there short or tall?  
There is a God in heaven  
That hears your every prayer.  
He is not far away  
In some cloud up there.  
Call on Him today  
For He is only a whisper away!

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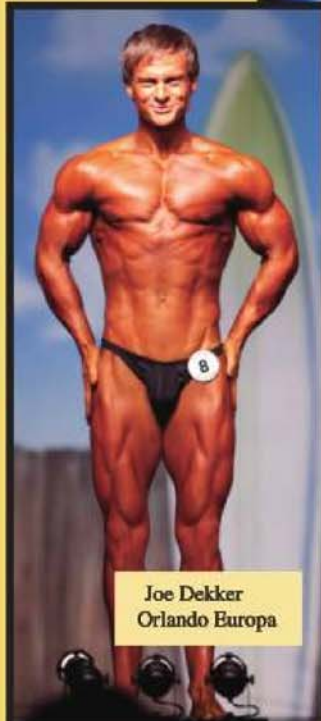
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Dedication and hard work pays off. Here are some of our readers who competed this year!



Joe Dekker  
Orlando Europa

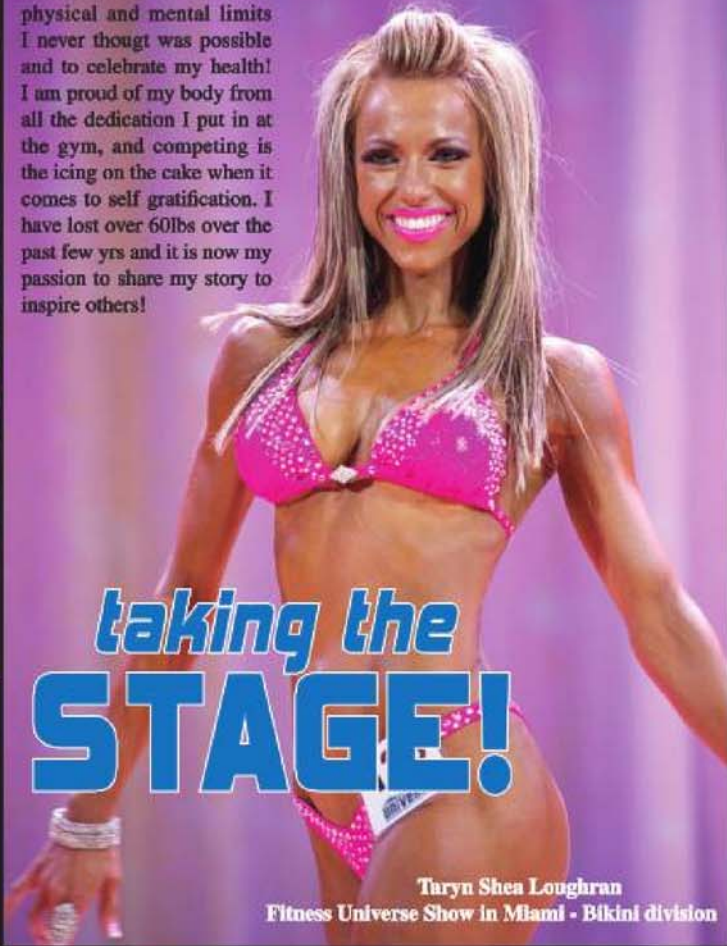


Kaylee Norton

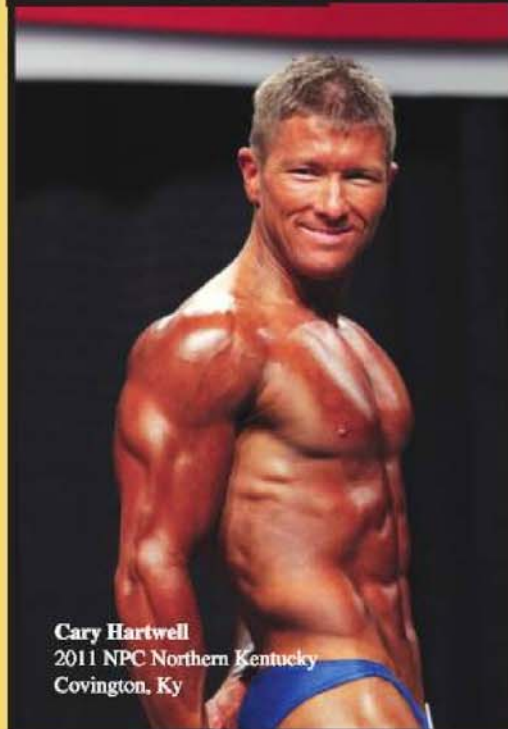
I'm certain I'm not in as good of shape as a lot of the submissions you'll get, and I didn't even place top 3... but I used to weigh about 210 lbs, so for me, getting up on stage, I'm a winner in my eyes!!! I look forward to competing again next year, and until then, I'll be working on improving my physique- cause that's all I want to do! Improve it show to show and year to year! This show was the FAME West on March 26, 2011

I compete to push my self to physical and mental limits I never thought was possible and to celebrate my health! I am proud of my body from all the dedication I put in at the gym, and competing is the icing on the cake when it comes to self gratification. I have lost over 60lbs over the past few yrs and it is now my passion to share my story to inspire others!

## taking the STAGE!



Taryn Shea Loughran  
Fitness Universe Show in Miami - Bikini division



Cary Hartwell  
2011 NPC Northern Kentucky  
Covington, Ky



Kimberly Ho  
Association: MABBA  
Contest: MABBA Novice  
Placing: 2nd Place out of 14 girls  
in Bikini Short Division



Teri Egnot - 1st Overall Figure  
NANBF ProBody Solutions Natural Figure  
Championships  
Morton, IL  
July 16, 2011



Jaclyn Wilson  
2011 CBBF Natural  
National Championships  
Bikini Overall winner and  
IFBB PRO card recipient





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- **Anabolic Xtreme** (*Superdrol*)
- **AST Sport Science** (*Nitro Pro, Dymetadrine Extreme*)
- **Atkins**
- **Avid Source Bars**
- **Balance Bars**
- **BSN** (*Nitrix, Cell Mass, No-Explode*)
- **Biotest Edge** (*Hot Rox, Tribex*)
- **Bionutritional** (*Power Crunch, Proto Whey*)
- **Bodyonics Pinnacle** (*NOX2, Horny Goat Weed*)
- **Chef Jay** (*Triplex, Rage Bars*)
- **Clif Bars**
- **Champion Nutrition** (*Ultrimet, Metabolol*)
- **Cortislim - Window Rock**
- **Cytodyne** (*Xenadrine, Methoxypro*)
- **Cytosport** (*Muscle Milk, Cytomax*)
- **Dorian Yates Approved** (*Pro-MR, Propeptide*)
- **Dymatize Nutrition** (*Elite, Powertech*)
- **EAS Products** (*Myoplex, Phosphagen*)
- **ESN - Enhanced Sport Nutrition** (*Betadropin*)
- **Ergopharm** (*6-OXO, Ergolean Amped*)
- **HDT - Human Development** (*Pro Blend, 5+1 Protein*)
- **IDS - Innovative Delivery System** (*Creatine Titrade*)
- **Instone Products** (*Protein Pudding, Leanfire*)
- **Iovate Products** (*Lean Balance*)
- **Isatori** (*Lean System 7*)
- **ISS Research** (*Oh Yeah Bars, Satur-8*)
- **Labrada Products** (*Lean Body, Charge*)
- **Luna Bars**
- **Met-Rx** (*Big 100 Bar, Met-Rx Powder*)
- **MHP - Maximum Human Performance** (*Trac, Up Your Mass*)
- **MMUSA Creatine Serum** (*ATP, Xtra, Thermo, Stratos*)
- **Muscle-Link** (*Muscle Meals, Creasol*)
- **Muscle Sandwich Bars**
- **Muscletech** (*Hydroxycut, Cell-Tech, Nitro-Tech*)
- **Nature's Best** (*Isopure*)
- **Next Proteins** (*Designer Protein, Detour Bars*)
- **Nutrabolics** (*AE2, NO2, Diablo*)
- **Nutrex Research** (*Lipo-6, Vitrix*)
- **NVE Pharmaceuticals** (*Stacker*)
- **Optimum Nutrition** (*Pro Complex, Serious Mass*)
- **PDS** (*The Natural Bar*)
- **Pharmagenx** (*Ventilean, Mojo*)
- **Powerfoods** (*Powerbar, Harvest, Powergel*)
- **Premier Nutrition** (*Eight, Odyssey, Protein 40 Bars*)
- **Primaforce** (*Substance, Thermal Rage*)
- **Pro Fight Supplements** (*Pitbull, JPF-1*)
- **Prolab Nutrition** (*Cuts, NLarge, Matrix*)
- **Promax** (*Promax, Oatgaceous, Rampage Bars*)
- **Protan Performance Brands**
- **S.A.N. Nutrition** (*Vault, Tight, V12*)
- **Scivation** (*Neurostim, Xtend*)
- **Six Star Nutritionals**
- **South Beach Diet Bars**
- **SportPharma** (*Just Whey*)
- **Syntrax** (*Nectar*)
- **Think Products** (*Think Bars*)
- **Trimsipa**
- **Twinlab** (*Ripped Fuel, Diet Fuel, Amino Fuel*)
- **Universal Nutrition** (*Animal Pak, Doctors Carb Rite Bars*)
- **Vyotech Nutritionals** (*Viraloid*)
- **Weider** (*Tiger Milk Bars*)
- **Worldwide Sports Nutrition** (*Pure Protein Bars*)
- **Zone Perfect Bars**

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By: Pz Hopkins

# are you still worth more than



**W**hen I eased in through the side door a woman was at the podium reading her poem. I had expected this part of the meeting would already be over, but my timing was a little off. A friendly face to my left motioned to me. I grabbed a folding chair, and quietly sat down at the table. I'm guessing about twenty or so people were present for their monthly soiree.

Sam was scheduled to make his presentation shortly, so there would be a brief break for everyone to stretch their legs. Since Sam hadn't seen me arrive, I wanted to at least have a quick exchange of pleasantries and let him know I had come. He is my very accomplished friend, one hell of a novelist, and I love lending my support to his cause anytime I can. He would have the floor for an hour. During that time he offered pertinent and insightful information that many in this group would find valuable as well as useful. The theme dealt with crafting a good novel, the publishing industry as it currently exists, and some interesting story telling thrown in for good measure. The group got their money's worth.

Oh, but wait, Sam didn't get paid. He spoke to them for free. To top it off, he had brought along copies of his latest book. They even asked him to read the short opening chapter which he gladly obliged. He let the group know the book was available at Amazon.com, and in the form of a Kindle edition purchase, or, the most obvious, in Paperback, right there on the spot. He wasn't trying for the hard sell. It wasn't his nature. As his time came to an end he opened it up to questions. There were three before one last hand went up. A woman whose name card read Susan asked the question I was eager not to hear. Would Sam be so kind as to leave a copy of his novel for the groups' library? His face took on a look as though he'd been caught off guard, but smiled and quickly said he would. The chairman chimed in to declare they no longer had a library-- too many old books and nobody to keep track. Even still, Sam had already committed to donating a copy and didn't renege.

The whole experience left me with the same feeling I've had on countless similar occasions. That's the feeling of: here we go again, another bunch of freebie malarkey. It's been a while since I've written about the topic of worth, value, and doing things for free. I thought this was the perfect time to revisit and reflect ...

## PZ'S POINTERS TO OWNING YOUR WORTH

**Know what you're worth and stick to it**

As long as you're willing to put little to no value on yourself; the world will be more than happy not to raise the price. Can you imagine spending an hour with an attorney and he says, "That'll be \$7.50, please?" An attorney doesn't charge \$7.50 an hour because he knows he's worth more. You don't expect to pay \$7.50 for his services. But suppose, instead, he says, "That'll be \$750.00, please?" Not all attorneys charge this amount, but he does. He thinks he's worth it. You pay him \$750.00 because you must think he's worth it, too, or you'd find someone who charges less. An attorney who charges, say, \$450.00 an hour has determined that's what his time and expertise is worth. He expects to get paid that determined amount. Neither attorney expects less. What about you? Whatever skill you possess or service you provide or job you perform has a certain value attached according to how you view yourself, how you're viewed by others, and what the market will bear.

A trainer for Gold's Gym in Boise, Idaho, is probably not making as much as Bob Greene--trainer to stars like Oprah. Does it mean Bob knows any more than the other guy or gal? Maybe so, maybe not, but because Bob knows he's in demand, due to the notoriety of his famous clients, he commands a higher price. Most people would have no problem paying Bob more because he's Bob and not Joe, from Boise, Idaho, Schmoe. He expects it. They expect it. Nobody is trying to negotiate him down. Just like sports and modeling. Tom Brady has a higher perceived value than most other players in the league and most other human beings in any other profession. The same goes for his wife, Gisele. It's time you see yourself through a more valued lens. Others will recognize the shift and pay you what you deserve. If not, deal with those who will.

## Nickel-dimers are costly and annoying

Over the course of time there will be folks who show up in our lives called nickel-dimers. These crafty individuals will take advantage of your wisdom or skills bit by bit.

They don't go in for the big hit because that would be too obvious. They don't ever actually sign on for your services or talents that translate into actual dollars and cents in your pocket. They've been pretty damn successful at snatching what they need from you-- a nickel's worth of know-how here and a dime's worth of time there. Altogether, these are the folks who represent the takers that take from you at the pace of a painful, slow, draining drip. I liken them to the resident panhandler who camps out on the corner and every time you pass by has his hand-out for spare change. He wouldn't dare ask for \$10 since you'd probably say no, but you will dig in your purse, over and over, for all the nickels and dimes you can grasp. Think about the nickel-dimers in your life. Think how annoying they have become and how costly they can be. If you suddenly withdrew your help or put a real fee on your time and services you'd see how fast these users would disappear.

## Not everything is a bargain waiting to be had

They say in retail to never pay full price. Due to an



implied markup, many items we purchase do have quite a bit of wiggle room. It's reached a point, however, where some folks haggle and negotiate on everything they do. If you're asking the busy Plastic Surgeon to charge less for a facelift, he might not be inclined to accommodate you. On the other hand, if you're asking an antique dealer to charge less for the Renaissance Pub Table, you'll probably get your wish. Even in this tough economy, be realistic and careful about who and what falls under the umbrella of a potential bargain. You should not view yourself as bargain material either, or you might end up in the bargain basement bin. It's amazing how we value things more when we pay for them and the more we pay the more value we assign. Apply that concept to your life and it could be as your self-worth goes up your net worth goes up along with it!

#### Your received worth translates into your perceived value

The attitude of pay me what I'm worth or I'll withhold my worth or take my worth someplace else is especially true in entertainment and sports. The sitcom *Friends* is a perfect example of perceived value in action. After a few short years on TV it was obvious the show was a smash. When it came time for new salary negotiations not all of the stars were making the same. They found the network was going to continue down the road of inequity and had a perceived value of each star that wasn't shared in return. The cast, then, did what turned out to be a brilliant move. The sextet realized their worth was stronger collectively than individually, and told the network executives either they all get the same salary or none of them would work. Since the success of the show had already been established around the ensemble cast, the highly unusual decision was made to meet their demands. Because they stuck together and stood up for what they believed their value to be, each actor is a very wealthy person today. Stand up for your importance and you, too, will be seen as the indispensable asset you are.

#### Time and place for free

As I've always believed, and still do, there IS a time and place for free. Especially now when cash flow and buying power has been diminished, people can come together in agreement over this tried and true premise. Whatever the exchange that transpires between the parties, make sure everybody gets what they're after. It may not even be an even exchange—that's okay, too. Maybe the mechanic needs his house painted. Maybe you need your engine rebuilt and you happen to paint houses. This might be a match where no money exchanges hands and both participants agree to provide a specific service or

task, and everybody comes out on the other end better for it. The best use of this principle is where each party gets something tangible or concrete now or in the immediate future. All the back-end deals or promises of pie in the sky fame and fortune through exposure or risk taking rarely pan out. Usually these deals are too one-sided or lop-sided where one person gets exactly what they want and the other just gets strung along and used. Think of instances where you've been involved on the giving end thinking you'd eventually be on the receiving end as a result of what you did for free. If any of those times worked out as planned, and you got lots of new business or even a fresh new kidney, good for you! If they didn't, don't be surprised or disappointed. Learn the lesson. Don't go back to the well. You'll find the value of water is greatest when that well is dry. Believe in you and make more discerning choices in the future when it comes to your value and worth.

So what, you ask, did I think about the writer's meeting with guest speaker Sam? One: I'm okay with him speaking for no fee. (The numbers in the group vary and the membership fees are low so there isn't enough funding for that purpose.) Two: I'm okay with him sharing information that confirms his experience and places a premium on him as an author and speaker. Three: I'm okay with him answering follow-up ques-

tions, again sharing his knowledge and opinions for free. Four: I'm not okay with the group assuming or expecting him to leave them a copy of his novel for free. This is where, if the mind set of people could change, we might make greater strides when it comes to value and worth. Sam's novel is his masterpiece,

his Picasso, his work of art. For less than the cost of a pizza or a glass of wine, Susan, and the rest of the group could have bought Sam's book. In doing so, that gesture honors him as a professional and validates his work. It shows gratitude for the time he gave of himself and the benefits the group received from his presence. Whether you like the kind of book Sam writes is irrelevant. It's the symbolism attached to the purchase that has the positive impact. It also lets other writers know they should look forward to the same support. Artists supporting artists or craftsmen supporting craftsmen or each supporting the other is the direction we should all be headed.

Each of us walks a different path. Each of us has creativity and gifts and skills that are valuable to mankind and the planet at large. When we acknowledge and reward and celebrate the worth of each human being, no price tag can ever fully reflect the significance of this cherished treasure.

**"Nowadays people know the price of everything and the value of nothing."**

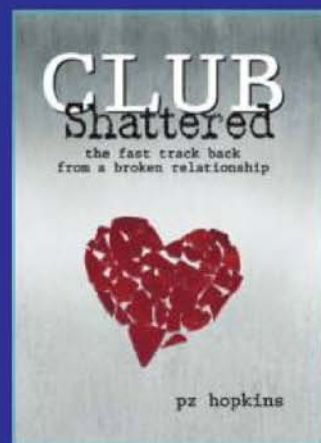
*~Oscar Wilde 1854-1900,  
Anglo-Irish dramatist  
and poet*

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# low fat chinese takeout AT HOME!



## Sesame Chicken

Prep Time: 5 mins Total Time: 25 mins Servings: 6

A low fat alternative to the restaurant style Sesame Chicken.

### INGREDIENTS

6 boneless skinless chicken breast halves  
1/2 cup honey  
1/2 cup soy sauce  
1 cup water  
2 tablespoons cornstarch  
1/2-1 teaspoon ground ginger ( fresh is better)  
1/2-1 teaspoon red pepper flakes (optional)  
1 tablespoon toasted sesame seeds  
(you can double the sauce if you want to pour it over rice)

### DIRECTIONS

Cut chicken breast into 1 inch strips or bite size pieces.  
Heat a large non-stick skillet that has been sprayed with Pam, over medium-high heat.  
Cook chicken for about 6 minutes or until no longer pink.  
Mix together honey, soy sauce, water, corn starch, ginger and red pepper flakes.  
Whisk until no corn starch lumps appear.  
Pour sauce mixture into skillet with chicken.  
Cook until sauce thickens slightly.  
Add more water if sauce is too thick.  
Sprinkle with sesame seeds.  
Cover and simmer for 10 minutes or until chicken starts to soak up the sauce.



**GOOD  
WITH SHRIMP  
AND PORK.**

## Vegetable Fried Rice

Colorful low-fat version of the traditional fried rice.

### Ingredients

1/3 cup fat-free, reduced-sodium chicken broth  
2 Tbsp black bean sauce \*  
1 tsp reduced-sodium soy sauce  
1 tsp sugar  
1/4 tsp chili oil  
1/2 tsp salt (optional)  
1 Tbsp canola or peanut oil  
1 egg, beaten  
12 fresh snow pea pods, cut lengthwise in three strips  
10 whole canned water chestnuts, coarsely chopped  
3 bok choy ribs (white and green parts), cut in 1/2 in slices  
1 medium onion, chopped  
1/3 cup frozen green peas  
1 large garlic clove, minced  
2 tsp minced fresh ginger (1-2 tsp)  
3 cup cooked brown rice, refrigerated or thawed frozen \*\*  
1 freshly ground black pepper, to taste

### Directions:

In a small bowl, combine broth, bean sauce, soy sauce, sugar, chili oil and salt, if desired. Set aside.  
In wok, heat oil over high heat. Stir-fry egg, breaking up with fork. Add snow peas, water chestnuts, bok choy, onion and green peas. Stir-fry 2 minutes, until peas are bright green and dark green bok choy is wilted. Transfer mixture to plate. Return wok to heat. Stir-fry garlic and ginger just until fragrant, about 10 seconds. Do not let them burn. Immediately add rice, bean sauce mixture and vegetable mixture. Stir-fry just until heated through, 3 to 4 minutes. Sprinkle with pepper, if desired. Serve hot or lukewarm.

### Tips:

\* Prepared black bean sauce is sold in the Asian food section of many supermarkets or in Asian markets.

\*\* The secret to avoiding sticky or gummy fried rice is to chill or freeze the cooked rice before adding it to the pan.



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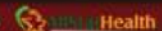
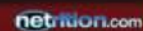
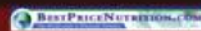


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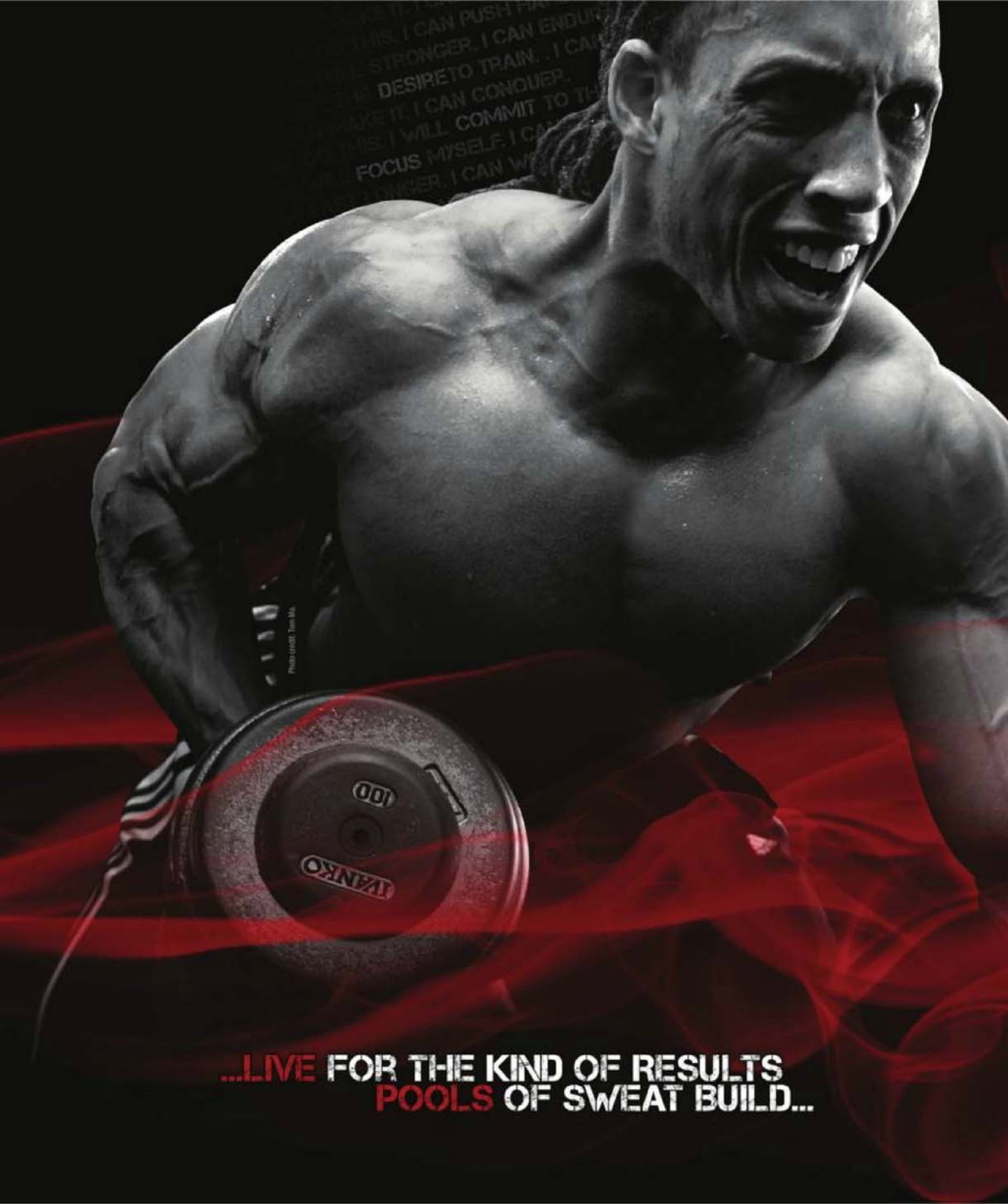


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