



SPRING-SUMMER ISSUE
2018

NGA NATURAL *mag*

Drug-Free Athletes of America

MOVE OVER POPEYE

WORKING YOUR FOREARMS
IS NECESSARY

POLYGRAPH TESTING

DOES IT REALLY WORK?

OLD SCHOOL
NEW SCHOOL
CONTEST PREPARATION

+ IS BACTERIA
AFFECTING
YOUR
METABOLISM

2018
NGA SCHEDULE
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TRAVELING
TIPS TO STAY
ON TRACK

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(Super Pro Qualifier)

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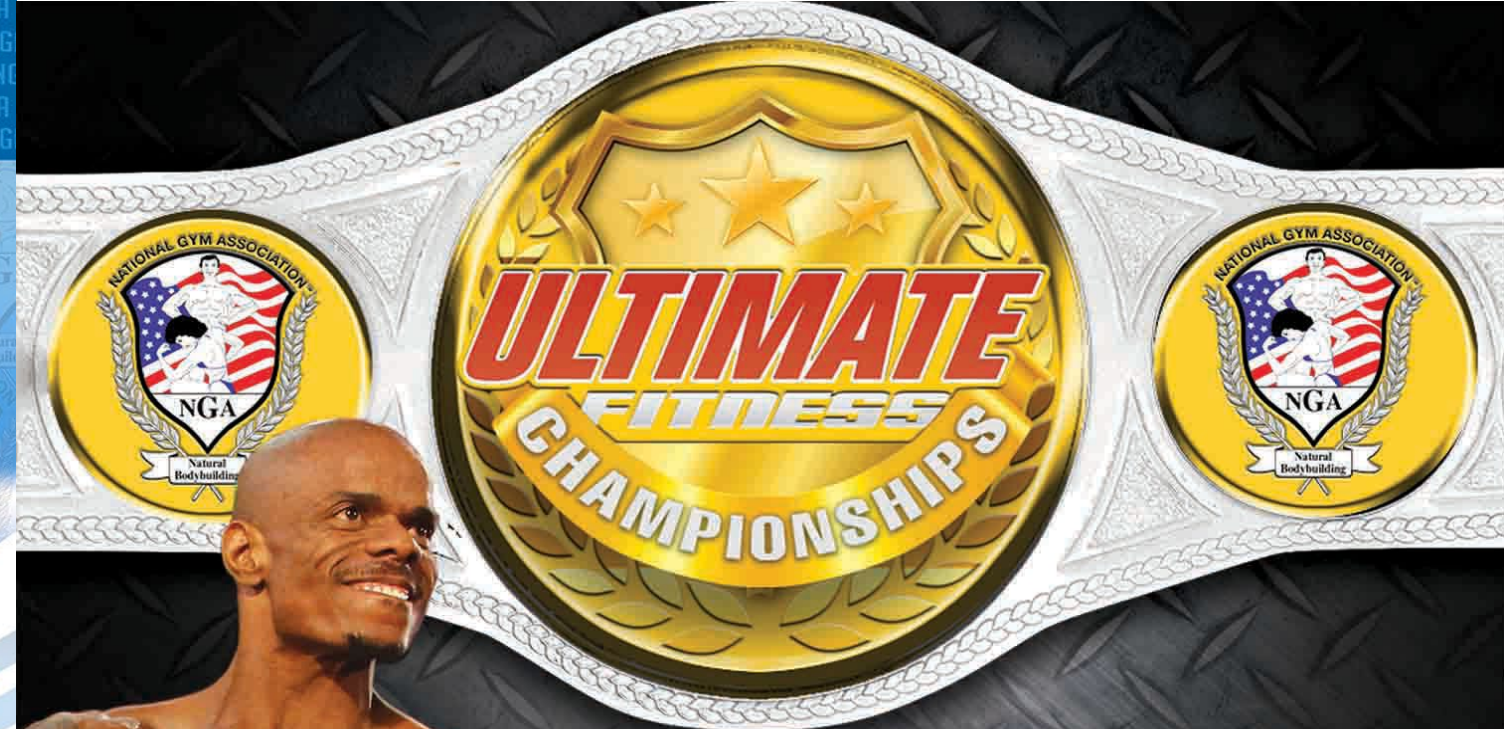
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Welcome

Letter from the Editor

Happy Summer! Whether you are in competition mode or not, this is the time of year when people want to look their best, put on that swim-suit, and show off all the hard work they have made and this is especially the case in our world of bodybuilding. If this is you, then be sure to read the article on Traveling Tips that offers helpful guidelines to assist you in staying on track when going on that much needed summer vacation.

The NGA has always believed in operating as an organization with no political drama or conflict with other natural organizations. Our goal is to bring you the best in natural bodybuilding that we possibly can and this is supported by the many years we have dedicated towards promoting natural shows. We stand by our belief that polygraph testing is the ultimate way of ensuring that athletes are at a minimum of seven years drug free. To learn more about this, read this issue's article entitled, The Polygraph Test: Does it really work? Due to the great demand from many of our natural athletes, the NGA PRO Universe being held November 10th will be urine testing winners although it does not completely guarantee that an athlete is 7 years drug-free. Many NGA Promoters will be following this protocol as well, so be sure to contact show promoters to get their requirements before your competition registration.

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



Francine Bostinto
NGA Vice President

"NGA, the oldest natural and most reputable bodybuilding organization established in 1979".
- Andrew Bostinto, President & Founder, The National Gym Association, Inc.

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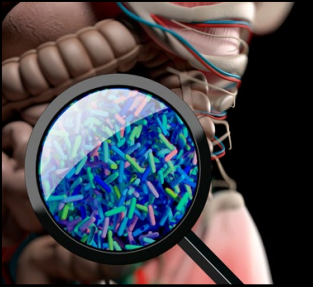
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BY CHAD ADAMOVICH, CSCS
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Squat Depth: Path to Greater ROM

Have you ever been at the gym and seen a person walk right in, load up the squat rack, begin their workout, and then achieve only ½ range of motion (ROM) in their squat? Or, perhaps you have seen the person who doesn't overload the squat rack with excessive weight, but still struggles to achieve a decent ROM. If the answer is yes, then the following information may be helpful for developing better mechanics and/or a greater ROM when squatting:

Step One: Leave the ego at the door and focus more on movement rather than how much weight is on the bar.

Step Two: Determine the ROM of your squat based on individual genetic makeup and goals.

Step Three: Highlight any problem areas. Once this has been established, it will be easier to achieve proper depth and development.

GENETIC BUILD AND SQUAT

The "perfect squat" is something that many people talk about, but the fact is, there is not one that is perfect because effective squats are always unique to an individual's genetic build. Hip width determines the best foot placement for each person while the squat movement itself is entirely based on the body segment ratios of torso-to-femur and femur-to-tibia.

The following is a simple guideline on how to achieve the best squat for your individual needs:

Long Torso to Femur Ratio: More upright and deeper squat depth ability

Short Torso to Femur Ratio: More forward lean and less depth (more parallel than deep)

These can be manipulated by using Olympic lifting shoes, altering the bar position, and the manipulation of mechanics and/or mobility work, etc.

UNINFORMED/BAD PRACTICE

Another reason why the proper depth of squat may not be achieved could be due to the continued use of poor information. One of the most common fallacies that causes this is the instruction to "not let your knees go past your toes" which stems from an antiquated and no longer effective conclusion on how to achieve the ideal squat which was taken literally and shouldn't have been. Allowing the knees to go past your toes is necessary in order to achieve a deep squat, so the claim that if this is allowed to happen because it will be bad for the knees, is false. As long as your heels don't move away/up from the surface you are squatting on, it will not be bad for the knees of a person who has no prior medical issues. When individuals force themselves to not allow their knees to go past their toes, they tend to sit back too far and this limits their ROM and forces their chest to be in a position that is lower than necessary and this places the bar in a less than optimal path. The best course of thinking to guide this process is to hinge the hip, break the knees, and then sit straight down.

OTHER FACTORS

Outside of addressing your genetic build and



mechanics when it comes to squatting, other issues that may arise could be due to mobility, stability, or strength. To address this, it is best to perform a Functional Movement Screen. This screen will give a professional a solid starting point to address possible mobility issues or imbalances. Lack of mobility in the ankles, hips, and spine can all be causes to poor squat depth. Limited core strength and hip stability can also be a factor that must be addressed immediately and continued throughout the course of training. Ignoring this while increasing squat load and repetitions can be detrimental and lead to injury and/or lack of results. Below are some mobility drills that may be implemented to address specific areas that hinder squat ability:

Ankle Mobility Drills: Ankle Mobilization - Banded, Knee to Wall Ankle Mobility, *SMR (foam)

Hips Mobility Drills: Spiderman Stretch, Leg Swings, *SMR-Gluteus Medius (lacrosse ball)

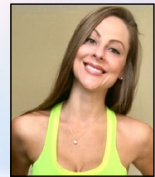
Back Mobility Drills: Thoracic Extension/Rotation, Quadruped Rotations, Bench T-Spin Extension

* Self-Myofascial Release (SMR)

There are numerous reasons as to why squat quality may be lacking and the tips offered here are great starting points towards taking an intelligent and progressive step to a better squat.

So, the next time you enter the gym, leave the ego at the door and tackle the problem at its roots by considering all of these factors and when implemented, will help to develop a safer, deeper, and stronger squat. ■

Chad Adamovich is Co-Owner of P4P Muscle and Owner of IronScience – Where Science Meets an Athlete's Potential. He has spent over half a decade with his pursuit of education in Exercise Science and Sports Nutrition. In addition, he holds the credentials as a Certified Strength and Conditioning Specialist (CSCS). Chad has an unparalleled passion for the research, science and application behind sports performance, nutrition and hypertrophy. He has devoted the majority of his life to helping athletes at the youth, collegiate, and pro level in numerous sports. His experience is vast and has included being a Director for Athletic Republic, Director of Trainer Development for a multi-club franchise and more. To get additional free professional training advice, follow P4P Muscle on Facebook, Instagram and YouTube. You can also follow IronScience on Instagram @ironscience_pro



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Traveling Tips



With summer travel plans around the corner, fit and health conscious individuals don't have to completely sacrifice progress and throw their diets completely out of whack. Many people assume that during travel or on vacation it's nearly impossible to stay on track, but that is just not the truth! Here are a few tips on how to save money, time, and calories while traveling so that you can keep your body and diet fit and healthy.

PACK YOUR PROTEIN

Protein is arguably the most important macronutrient, especially in sustaining muscle while traveling when training is limited. Because of this, ensuring that you maintain your allocated daily protein amount is crucial so consider this:

- Pack protein powder in a plastic baggy or baggies with a scoop.
- Consider traveling with high protein snacks like beef jerky to meet your dietary needs.
- Packing pre-cooked chicken breast or any other meats in a small cooler as a carry-on is acceptable. Keep in mind that if you travel with pre-cooked meat on a plane, track the flight time and how long the meat is/will need to be refrigerated. Pre-cooked meats can be packed and carried for up to 4 hours at a temperature greater than 41 degrees, but must be discarded if it exceeds that.

FIBER SNACKS

Packing high fiber snacks comes in handy when you're on the go and eating out more than usual. While traveling, it's easy to forget about fiber, but

you shouldn't because your body needs it. The following are a few suggestions:

- Apples are a great staple that doesn't require refrigeration.
- On-the-go bars like Quest bars or ONE bars that have a high amount of fiber and protein make a great go-to snack.
- Fiber One bars are a great option, though lower in protein than Quest or One bars, still contain a good amount of fiber and protein.
- When dining out more than usual while traveling, be sure to order vegetables as a portion of your main dish. This is a great way to keep your diet on track.
- Bring a small container of Metamucil, a powder/capsule fiber supplement. This will also help you to get fiber in your body.

WATER JUG/SHAKER CUP

Be sure to keep an empty blender bottle/shaker cup or empty gallon jug on hand. If you are flying, you can fill up your container from a water fountain which will save you money. So, there's no excuse not to stay hydrated throughout the day and have something to shake up some protein powder when you need it. You'll be glad you did!

OTHER VITAMINS

If you're really trying to stick to your routine, there's no harm in packing ALL of your daily vitamins. Traveling is no excuse to miss out on your routine vitamin and supplement plan, so stick to it.

No matter what your travel plans are, you don't have to sabotage your diet and you can still stay on track! ■

NGA Natural Tri-State Championships

March 24, 2018 Bloomfield, NJ

Promoters:

Pete Diaz & Sam Kapoor

www.njnationalgym.com

gardenstateclassic@yahoo.com

By Dr. Lorraine Francis DePass



Melissa Remoli
Figure Open
NGA PRO Card



Chris Livolsi
Men's Physique & BB Open
NGA PRO Card

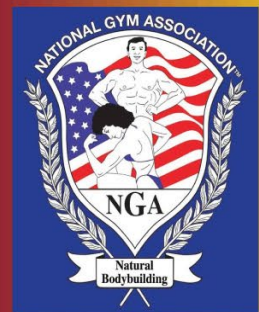
As a competition judge, I have witnessed many competitors that have improved their bodies over time by staying committed and actively working on their fitness goals. The Tri-State Championships in Bloomfield, NJ, the first New Jersey show of the season, was a prime example of that.

In this show, Chris Livolsi was the leader in this category. His hard, more defined, and increasing muscle separation allowed him to take the Overall and win his NGA PRO Card status in both the Men's Physique and Men's Bodybuilding Open categories. Steve Mwafugua took 1st in Classic Physique Open with Christ Livolsi, who we give special notice to, and hope to see in the future, placing 2nd in this category as well as in Bodybuilding Novice.

Melissa Remoli, another multi-divisional champ, who admitted after the show that she preferred Women's Physique, but competed in the Figure division, has also shown great improvements in definition and presentation from the last time she was on stage two years ago. Her accomplishments granted her well-deserved efforts an NGA PRO Card.

The competition in Men's Physique first-timers was intense and the gentlemen on stage got more than a taste of what a bodybuilding show is all about as they were evaluated and reevaluated in the comparison round. In the end, Steve Mwafuga came away with 1st place. Later in the show he doubled his winnings by taking 1st place win in Classic Physique.

The NGA New Jersey season is off to a fantastic season and some well-deserved congratulations goes to every competitor who participated and showed their extraordinary bodies and incredible sportsmanship on stage! We look forward to another great show next year! ■



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BY LAMEESA MUHAMMAD, PHD
FRAGMENTALIST@YAHOO.COM

Following My Own Path to Fitness

Sometimes in life, we become bombarded by the pressures to keep up with the going times. This can mean trying to adapt to the pace and lifestyle of others whose lives are remarkably different from our own. Even in fitness, the pressure to develop our bodies to match what we see on television, the movies, and the internet from celebrities and other well-known people can cause us to feel less about who we are and may even prompt us to believe that we have to take drastic measures to mirror others as closely as possible.

In the gym, this may be witnessed by trying to lift a heavier weight just because someone else was seen doing it or even to over exercise a body part because we believe by doing this, we can be or have what someone else does. However, the reality is that no two bodies are alike and the failure to accept who and where we are in the present moment by imitating the movements of others can not only be costly, but also can be quite dangerous.

When I first started working out, I was determined that I wanted to have a six pack of abs and legs made of steel. I would see others who were more developed than I was, yet I

knew that they had not recently given birth to a child at 39 years of age, nor did they share my same genetic disposition. I went to my personal trainer and often complained, whined, and almost cried about the big glob of fat on my stomach and cellulite on my legs, asking why it wouldn't go away. But, he assured me that if I continued to follow the plan that he set for me both nutritionally and in a personalized workout routine, I was guaranteed to see results.

As time passed and I continued to commit myself to making improvements on my version of me by following my individualized plan for nutrition and exercise, I began to see the results that I was working for and that my trainer promised. In addition to this, I learned that there were certain foods that I could not eat because they affected my body in negative ways that, perhaps, someone else could eat but would not have the same impact. I also came to the realization that because of my naturally small build and ability to lean out more quickly than most people that I knew, I had to commit to constantly building muscle in more challenged areas, so getting on the stair stepper instead rather than the more popular treadmill selection, became a matter of necessity.

So, six years and thousands of stair steps later, I have fulfilled more than what I could have envisioned. Not only did I get the body that I worked for, I got the body that is uniquely mine by following my own path to fitness. And, you can do the same by following yours. ■

Lameesa Muhammad, PhD is an NGA PRO Figure Master competitor, a personal trainer, and a sponsored athlete at Lean Styles Proactive Weight Loss and Fitness Center in Cincinnati, Ohio. She is the owner of Flour Gurl Healthier Treats & Delectables, creator of Sunday Body Blast, and model for Natural Woman Magazine. She is an educator, social service professional, and co-author of two publications. She is currently working on a publication which will highlight the unique plight of African American homeschooled.



BY DR. NICHOLAS M. LICAMELI, PT, DPT
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Add Spices to Your Diet: Your Physique and Health May Thank You!

Most people love a little bit of spiciness to their foods because it adds the kick that makes whatever you are eating that much better. However the real question may be: does adding spices to your foods really make a huge difference in your physique, health, or overall well-being?

This is a difficult question to answer considering the research that has confirmed the benefits to spicing up your diet, but it may be too premature to eliminate cancer treatments and replacing it with a bit of turmeric added to your meals or taking ginger supplements rather than enlisting the service of a physical therapist if you have arthritic knees.

Whatever the decision may be, consulting a qualified healthcare professional is the best course of action when deciding to supplement or replace any form of treatment or therapy because

different substances can impact or interact negatively with existing physical ailments and the pharmaceutical drugs often strongly recommended to treat them.

As a specialist in physical therapy, my purpose is to offer the latest as it pertains to the most current research in the area of health and wellness and suggest other paths to treatment that may be used in tandem with doctor prescribed medications and antidotes. So, here we go!

GINGER has been shown to decrease nausea, improve gastric emptying, ease digestion, and decrease inflammation from arthritis, muscle soreness after training, and overall pain. Effective Dose: 1-3 g daily

TURMERIC has curcumin, a powerhouse substance, that gives it the yellow color. Curcumin has been shown to decrease inflammation, protect against

a variety of cancers, increase antioxidants, decrease pain, decrease anxiety, decrease blood pressure, decrease cholesterol, help symptoms of arthritis, and increase nitric oxide, which improves blood flow and "the pump" or surge of energy often felt during intense workout sessions. Turmeric is not easily absorbed and only a small percentage of what is ingested actually gets into your system. Black pepper can also be combined with turmeric and when done, has been noted to significantly increase its absorption. Effective Dose: 2-4 g daily

CAYENNE PEPPER (hot pepper) has capsaicin which has been shown to help burn fat, decrease inflammation, and fight against certain cancers. Effective Dose: Research has not confirmed the most effective dose of cayenne required to assist in aiding the body to be at its optimal level of function, however, anywhere between 1-5g daily has been shown to be effective by simply adding a liberal amount of cayenne pepper to your meals.

GARLIC has been noted to improve cardiovascular health, improve physical and sexual vitality, improve cognition, and to improve immune function (fight against infection). Effective Dose: 600-1200mg daily or about 2-3 segments of a clove daily

Be sure to check out my video for references and to learn how to combine these potent little powerhouses into the most intense glass of water you've ever seen by going to my YouTube channel at the following link:

<https://www.youtube.com/watch?v=kloTxfEBS4w> ■

Dr. Nicholas M. Licameli, PT, DPT believes in giving himself to others to make the world happier and healthier. He gives people the power and knowledge to change their lives. Bodybuilding and physical therapy are a means to carry out that cause. His expertise of sport, exercise, biomechanics, and the practical application of research combined with personal experience in bodybuilding and nutrition allows him to help people in truly unique ways. Love. Passion. Respect. Humility. Never an expert. Always a student. Love your journey.



BY DAVID HOOD
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Fatty Acids

If you have ever heard the term “fatty acid” and was immediately at a loss because you didn’t know what it was and why your body needs it, then you are not alone. Fatty acids, typically referred to, yet rarely explained, are of varying types, naturally occurring, needed by the body in order to live a long and healthy life, and can also make you look good. Many bodybuilders often neglect adding fatty acids during their meal prep which causes their cognitive abilities to function at lowered levels and this also contributes to the appearance of tired looking physiques.

Fatty acids are important for all systems of the body to function normally, including your skin, respiratory system, circulatory system, brain, and organs. For bodybuilders, these fats help the growth of muscle tissue and inflammation.

There are two fatty acids, termed essential fatty acids, that your body can not produce, and these are the omega-3 fatty acid and omega-6 fatty acid. Both of these are important for brain development, a healthy immune system, and favorable blood pressure levels.

Research on the health benefits of omega-3 fatty acid have shown that adding them to your diet may

help to alleviate the following health conditions:

- Diabetes
- Arthritis
- Osteoporosis
- Skin Disorders
- High Cholesterol
- Digestive Difficulties

Omega-6 fatty acid combined with omega-3 fatty acid produces many great benefits, but the most important point to keep in mind, is to keep consumption levels at the proper amount. The body requires about twice as many omega-6 fatty acids than omega-3’s which makes the omega-6 to omega-3 ratio consumption level at 2:1. A great way to ensure that the body is getting the right amounts is to incorporate an omega supplement that is balanced into the diet.

The best food sources rich in omega-6 are seeds, nuts and grains, and dark green veggies. Care should be taken to use raw cold pressed vegetable oils as cooking destroys the benefits of the fatty acids. Fatty acids also play a role in promoting heart health by supporting healthy and balanced cholesterol levels while improving immune health. Research has confirmed that most olive oil on the U.S. food market is genetically modified and not olive oil at all, so making informed decisions by researching manufacturer and product information is important. Macadamia nut oil is a great alternative when in doubt and will provide the body with exactly what it needs.

Ensuring that your body gets the proper amounts of healthy fats could be the difference between having a strong looking body or a tired and weak looking physique. As natural athletes, we focus on health first, so don’t skip the healthy fats. Your body needs it! ■

NGA 78th Annual Cincinnati Natural

April 7, 2018 Middleton, OH

Promoters:
Rick & Maureen Ruether
www.bodsquad.us
rickruether@gmail.com



Andrew Plumlee
BB Open LHW Overall

Jennifer Thurman
Bikini Open Overall

Lindsay Woehrmyer
Figure Open
NGA PRO Card & Overall

Nolan Henderson
Classic Physique & Physique Open
2 NGA PRO Cards & Overall
(pictured with his daughter)

On April 7, 2018, outstanding athletes from all over the nation descended upon the beautifully remodeled Dave Finkelman Theater on the campus of Miami University in Middletown, Ohio for the NGA 78th Annual Cincinnati Natural. This was a show that everyone in attendance will remember. There were six incredible athletes that earned their NGA PRO Cards at this phenomenal competition.

The finals started with a standing ovation for the Bodybuilding Open Light Heavyweight winner, Overall champion, and new NGA Pro, Andrew Plumlee. By the looks of his well-chiseled physique, it was obvious that Andre never lost focus of his goals and we are excited to see where he will take his bodybuilding career.

NGA PRO cards are not just for open competitors, but long-time competitors whom have stayed the course and put in the work are also eligible to receive them. This was the case for Michael Hisle who can now add NGA PRO Masters to his list of accolades. Michael also won the Open Middleweight, Masters Over 40, Masters Over 50, and Masters Overall.

Next up was the Classic Physique Open division where Nolan Henderson won his 1st NGA PRO Card of the night. He went on to earn an NGA PRO Card in Physique as well. However, this paled in comparison to the cheers he received from his daughter, his biggest supporter, after he proposed to his girlfriend on stage. Nolan truly hit the trifecta this night!

One of the tightest competitions of the night was in the Figure division. The competitors were extraordinary, but in the end, it was Lindsay Woehrmyer who took 1st place in Open and Novice and later went on to win the Overall title and earn an NGA PRO Card. The Figure Masters competition was also stiff, and Jennifer Miller took the lead there and earned her NGA PRO Card as well.

Last, but not least, and still a crowd favorite, was the Bikini division. In this category, it was none other than Jennifer Thurman who won that decisive victory.

This show was unforgettable and we look forward to hosting another top-notch competition the NGA 21st Annual Monster Mash Natural coming October 27, 2018! ■

2018 NGA MR. & MS. WORLD'S GYM PHILLY NATURAL

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MOTIVATOR'S CORNER



BY JOHNNY "THE MOTIVATOR" CARRERO
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Precise Posing

Co-written by Bing Saez

NGA Promoter & Posing Coach, NGA Calif. Promoter of "South Lake Tahoe Natural"
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All competitors know that precise posing is very important when it comes to judging. In some cases, if poses are not executed properly, or held long enough for the judges to see, this can make the competitor look less than what he/she might have conditioned for and can be the difference between 1st and 2nd place.

The trick to great posing is to learn and practice how to transition smoothly and effortlessly. Slow flexing into the proper position will bring out the best lines. Each athlete will look different in each pose because of their varying shapes and sizes. Therefore, creating an illusion of being wider, leaner, and more toned is important because it will make specific body parts look better and bring out the best lines.

Posing is an art form with many ways to transition and position into a pose. Learning the mandatory poses is important at first, but once that is mastered, fine tuning and controlled flexing will bring out even better lines. Also essential is being able to hold a continuous smile, controlling breathing, and maintaining a cool

demeanor to prevent perspiration that's sure to ruin a freshly tanned body, so practice!

Transitioning from one pose to another is important in pre-judging and in the evening finals T-walk. If you've never posed before, this is something you wouldn't place much importance to, but the truth is, transitions are just as important as the pose itself. Good transitions will make your overall posing routine and quarter turns look organized, smooth, and effortless. Transitions also show your comfort level and can be beautiful, mesmerizing, and a great way to add creativity to any posing routine.

Posing should be precisely tailored to your physique and never look like the posing of someone else. Posing is unique to the individual, and without the proper techniques, it is difficult to execute poses and transitions correctly.

Athletes that are planning on competing should start practicing the poses, creating transitions, finding the best lines, and creating the best illusion of their body. Holding the poses and learning slow flexing is not as easy as one might think. Posing it is a workout guaranteed to make you sore.

Stop wasting time and start posing! Check out the [NGA Seminar Schedule](#).

OLD SCHOOL vs. NEW SCHOOL MODERN CONTEST PREP

BY GEORGE MARION HALL
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NGA PRO BODYBUILDER



My competitive bodybuilding journey started in 1987. In those days, there wasn't a gym on every block and you would be fortunate to even have one in your hometown. Training and nutrition information was also hard to come by and one would usually have to wait to get this sort of information in the monthly editions found in a small variety of muscle magazines. Personal trainers and contest prep

coaches didn't exist, so experienced lifters and trainers were the only people who were able to offer assistance. Over the past 30 years, contest preparation has experienced many notable and amazing changes which make the old school way of preparing for a contest a thing of the past when it comes to the new school modern contest preparation methods of the day.

SUPPLEMENTATION

The supplement industry barely existed in the 1970's. During this time and even in the early 1980's, competitors relied on the consumption of properly prepared food to meet their nutritional needs. The primary available supplements were desiccated liver tablets, multi-vitamins, digestive enzymes, amino acids, and bee pollen. Some protein powders existed which mainly had a very chalky taste and pre-workout drinks and energizers were limited to coffee or to blasting rock n' roll music to get pumped up. Amino acid tablets were so large that you had to pray to swallow them without suffering asphyxiation and supplement company sponsorship was not an option for any competing athlete.

CARBOHYDRATES

Old school competitors consumed just enough carbohydrates (perceived to be an enemy to the bodybuilder's diet) to keep them fueled because ketogenic diets were more preferred for contest preparation. A nutritional dietary plan was comprised of proteins like beef, turkey, fish, and chicken with the rule of thumb being about 0.8-1 gram per pound of bodyweight. Fats, obtained from meat products (previously listed in proteins), cottage cheese, milk, and butter, were the primary energy source in diets. Additionally, fat sources and carbohydrate sources were typically found in vegetables, peanut butter, milk, or white rice.

TANNING

The only sources back in the day to darken the skin were natural sunlight and self-tanning solutions which left many competitors with orange skin coloration. Tanning beds were used mainly by those who didn't live in sunny environments, but when Pro-Tan emerged in the mid-1980's, tanning salons became a game changer in contest preparation. The tanning schedule would normally begin by getting sprayed from head to toe beginning Wednesday and every day afterwards until Saturday. Many competitors wouldn't shower after Wednesday for fear of washing off their tan, but despite this, the tan rubbed off anyway and ruined many articles of clothing and bedding due to Pro-Tan stains.

SODIUM-RESTRICTION

In order to get the best and leanest appearance, competitors would restrict their sodium consumption for the entire week before their contest. Any

food that was consumed was required to be either low in sodium content or have no sodium content and this included water which had to be distilled. Some competitors were so extreme with this sodium restriction that they wouldn't brush their teeth with tooth paste because it contained sodium fluoride. Many others would only use sterilized or new cookware for fear of sodium residue from prior use. Potassium supplements were taken every 2 hours to avoid cramping and to balance electrolytes and the goal of all of this was to eliminate excess water from the skin for muscles to be made more visible. The latest research has shown that this method may not only have been incorrect in its reasoning, but also quite dangerous for the health of the competitor.

LAST MINUTE TRICKS

Competitors resorted to the most outlandish tricks and bizarre techniques to put the finishing touches on their physiques. Some believed that drinking wine before going on stage brought out vascularity which was hard to tell because of the incredible buzz experienced that would completely derail an entire posing routine due to the inability to maintain bodily composure. Other competitors would dress themselves in a "poor person's sauna suit" made of garbage bags and duct tape the last few days before a contest and this they believed would help them to sweat out more water to make the body's appearance leaner. Although this seems pretty funny now, it wasn't for the dehydrated competitors.

In conclusion, despite the vast differences in old school vs. new school modern contest preparation, many of the methods worked regardless of the time period or quirkiness of implementation. However, it is unquestionable that new school contest preparation makes life easier for competitors and this is due to advancements in the supplement industry, increased nutritional knowledge, the emergence of spray tanning and tanning salons, as well as the benefits of learning from the experiences of those who competed when things weren't so modern.

No matter the method or the time period, hard work and dedication will always be required for success. ■



BY BING SAEZ
NGA PROMOTER & POSING COACH
SOUTHTAHOENATURAL@GMAIL.COM

Team in Training



Broadstone Muscle Squad from Broadstone Racquetball Club

L - R: Daniel Walsh, Cori Lenahan, Brent Hollingsworth, Noelle Hollingsworth, Mandi Chamberlain, Aaron Chambaerlain, Slavka Vecerova, Alesha Hammond, Alona Zaharkina, Paul Siebman, Lourdes Giovannini, PhD (coach), Bing Saez (Posing Coach, NGA TIT promoter)

New promoters are constantly thinking about different ways to get athletes excited about competing. Once athletes arrive to the location of the competition site, things happen quickly and they are reminded about exactly what they have set out to do, so it is important to maintain this excitement. Many athletes are often more excited when they can compete in the same show as their friends who are also focused on fitness just like them which is why I developed the Team in Training Challenge.

I spent many years training for marathons which allowed me to experience how training with a team is a great way to encourage and motivate athletes to do their best as well as to create team sportsmanship and comradery. Not only does a Team in Training promote encouragement, motivation, sportsmanship, and comradery, it also creates a drive to do your best not just for you, but also because your team is counting on you. Being on a team creates team spirit which is made that much more exciting by developing a team name, wearing matching robes or shorts, utilizing group music posing routines, and much more!

The following are a few important rules and notes to consider when creating a Team in Training:

- The team should have a name.
- A base gym and/or trainer must be affiliated with the team.
- A collaboration of a 90 second posing routine with all team members is necessary in order to be included in the evening finals.
- The team and training groups will be judged, scored, and calculated in pre-judging.
- The evening routine will be judged by both audience and judges.
- Winners will take home the Team in Training (TIT) NGA trophy which will be displayed at the gym or it will go to the trainer of the group.
- Discount division fees can apply to all Team in Training athletes.

Incorporating a Team in Training is sure to motivate athletes and their families during competition time. This is certain to be an enjoyable experience for all. Team in Training (TIT) is becoming more popular within the NGA because it is a great way to get in shape, train and compete with your friends, and show the world what natural drug-free athletes are all about! ■

NGA 6th Annual Mr. Anthracite Natural NGA 2nd Annual Mr. Coal Natural Championships

April 14, 2018 Pottsville, PA

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



Travis "Featherhawk" Snyder
Physique Open HW
Best Poser



Chris Reed
Men's BB Open MW
NGA PRO Card & Overall

Tim Burke
Men's BB Open LHW
NGA PRO Card & Overall



Christos Mougios
Physique Open LW
NGA PRO Card & Overall

The Ramada Inn in downtown Pottsville, PA was the venue for the NGA 6th Annual Mr. Anthracite Natural and the NGA 2nd Annual Mr. Coal Natural competition held on April 14, 2018. Promoted by Warren I. Egebo of Pump Promotions, the Anthracite Natural is open to competitors who live, work, or go to school in the 5-county Anthracite Coal region and the NGA Mr. Coal competition is open to anyone.

The winner of the 2018 NGA Mr. Anthracite Natural title who also won his NGA PRO Card was first time competitor, Tim Burke, of Gerard Ville, PA. Tim, won the Novice Overall and Classic Physique Open 1st place finisher, and received the Most Muscular award in this stunning competition.

The 2018 NGA Mr. Coal Natural was won by Chris Reed of Pine Grove, PA. Chris, who had been the middleweight winner in the 2017 NGA Mr. Anthracite competition, told the local Pottsville - Republican Herald reporter that "determination and dedication" were the factors that helped him get his NGA PRO Card.

Winning his NGA PRO Physique Card and the Best Abs award in the NGA Mr. Coal Natural was Christos Mougios, from Queens, New York.

Also, in this top-notch competition, the Best Poser award went to show stopper Travis "Featherhawk" Snyder of Hegins, PA, who also took 1st place in the Physique Open Heavyweight in the NGA Mr. Coal competition.

The Most Representative Gym award was won by Dungeon's Gym of Dalmatia, PA and owner, Paul Davies, was the lightweight winner and the Grandmaster's winner at the show. Jameson Shaffer, who lost 125 lbs. and was trained by Dungeon's Gym owner, Paul Davies, was the Novice Heavyweight winner in this competition and NGA PRO Physique competitor, Dimitri McKamey, was guest poser.

The show was dedicated to the memory of Kyler Baughman of LaTrobe, PA who received post humously the Spirit of the NGA Mr. Coal Natural award. You can read more about Kyler on page 55. Sponsors of the show were Anthracite Fitness Gym of Minersville, PA and Kut-Up Fitwear of Hegins, PA. Photos by Jim Wilmer. ■

HELPFUL TIPS:

How to Stay

Motivated and Focused



How committed are you? Studies show that 50% of those who join gyms, begin personal training, or implement some sort of workout regimen will quit after the first month. Another 75% of those remaining will drop out after 6 months. By the end of the year, only 10% of those who initially made the New Year's resolution to be more fit and healthier will still be hitting the gym or engaged in some form of a workout routine on a regular basis. Many of those who make the decision to stop training have done so because they have become bored and unmotivated.

This raises the question, what are the 10% that have stayed committed doing that the other 90% are not doing? Here are some tips that may help build motivation and focus for those who not only want to become more fit and healthy but will stay the course and do it.

1. Get A Workout Partner I recommend choosing a workout partner who will help you get the most out of your workout by encouraging you to stay committed to your goals. Avoid workout partners who will serve as a distraction or get in the way. This can be quite tricky because it may be difficult to find a partner who shares your fitness goals, but they're out there. The right partner will incite you to push yourself and motivate you to stay the course. A good workout partner is not going to let you quit or shortcut your workout routine and will make sure that you get those last few reps in. Most importantly, on days that you do not feel like going to the gym, they will not let you skip!

2. Schedule Your Workout The benefit of this is that it helps you balance your workouts with other daily activities such as family, work, or school and reduces the likelihood of missing your workout session. If you put it on your schedule to do, then there is a greater chance that it will get done.

3. Morning Workouts Early morning workouts will allow you to workout with minimal distractions. Generally, phone calls are reduced during this time and there are typically no work meetings or any other activities taking place. Also, at this point in the day, the world is still asleep, and this will allow you to put the time, energy, focus, and attention into your workout.

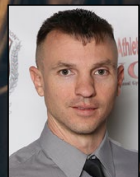
4. Go to The Gym Tell yourself to just get the first exercise in. Chances are, that after the first 10-15 minutes, you will begin to feel energized and motivated and want to stay to finish your entire routine. Working the muscles releases endorphins that allow you to feel good and this will inspire you to keep going.

5. Change It Up Becoming bored from doing the same routine will zap motivation and drive. Doing the same routine over and over will leave even the most die-hard fitness enthusiasts bored. Changing your workout routine every month or so will not only keep your workout fresh but will also help to prevent boredom.

6. Monitor Your Progress A training journal can be a useful tool that may serve to keep you motivated by keeping a record of your progress. This type of log may help you to make the changes that you need and will keep you inspired and motivated. Periodically looking back in your journal will help you to take notice of the progress that you have made towards achieving your fitness goals.

7. Get Back on Track Missing a workout is not that big a deal. But for many people, one day off becomes two days off, two becomes three, and before long, working out will be virtually non-existent and a memory of the past. However, the sooner you recover and get back on track, the sooner you will also reach your fitness goals. Health and fitness is not about being perfect, rather, it's a way of life that you commit to and keep going.

It is essential that you find what motivates you and keeps you going. It is different for everyone. Stay focused, yes, even on the difficult days. Use the steps listed above to create the accountability to stick to it and stay focused! Everyday is not going to be easy, but you can totally do this! ■



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BY MIKE HAMILL
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In recent years, there has been several articles published suggesting that directly working the forearm in a workout routine is unnecessary. The reason for this is because it is believed that when the biceps are worked, so are the forearms, but that is not the case. This same logic can be used to justify not directly working out the calf muscles because most people walk daily, however, anyone who has made a commitment to fitness, knows that makes no sense, as the calf muscle needs to be targeted directly in order to get its maximum development.

The “no work” theory is becoming more common in many gyms and at all levels of natural competitions. In many instances with bodybuilders, the biceps and triceps will display flawless separation and definition, yet the forearms will be as smooth as a baby’s behind. The forearm is a distinct muscle group unto itself and is indirectly working during bicep exercises much the same way biceps work indirectly during back exercises. However, you wouldn’t dream of not doing bicep work just because they work during back exercises, nor would you dream of not doing back exercises just because the back is worked indirectly from doing legwork. Therefore, working out the forearm should be no different.

So, the next question is, “when should I work the forearms?” First, understanding the function of the forearm is important and how they interact with

the rest of the body. Once this has been determined and understood, a workout schedule targeting specific points and times the forearm should be exercised are important to maintain.

Forearms are the main component found in all gripping movements; i.e. curls, rows, pull downs etc. Due to this, over-exercising the forearms to a point of fatigue will limit your ability to perform gripping exercises to the full potential. Forearm work is present in all bicep exercises; as a result, it is important not to overwork this body part by working the biceps one day and the forearms the next, as this would lead to over training. With the forearms being a relatively small muscle group, it is not necessary to work them multiple times within a week. So, what do we do?

Forearms assist in bicep exercises which means that they will always be worked when exercising the biceps. Having established that the forearm assists in bicep work which is the primary muscle group, the biceps should be worked first. Depending upon your workout schedule and the kind of split system you are using, set aside a day within your schedule to exercise the forearms accordingly. Some ways in which this can be accomplished could be achieved

by using a five-day split in which one body part per day is scheduled. For example, Monday could be biceps and forearms while the back could be worked on Thursday. Using this split system would allow ample rest between the primary workday, Monday, and the secondary workday, Thursday. It would also allow enough recovery time between secondary and primary workdays. Another great way to work the forearm would be by using a three on and one off, double split schedule. This could work by scheduling your back workout in the morning of day one, while biceps and forearms would be scheduled in the afternoon of day one. This would allow for a 72-hour recovery time between workouts.

Additionally, blasting the biceps and pre-fatiguing the forearms by utilizing the following routine will produce tremendous results.

This routine is sure to work all areas of the forearms and covers all of its movement responsibilities. By following this split system program, definition, vascularity and size of the forearms will impressively match all that upper arm work you’ve been doing. An added bonus will be the illusion of increased upper arm mass. So, move over Popeye! ■

EXERCISE	REPS	WEIGHT
SUPERSET		
Behind Back Wrist Curls	20	70 to 85% One Rep Max
Wrist Curls	20	70 to 85% O.R.M
Reverse Curls	20	60 to 75% O.R.M
Reverse Wrist Curls	20	60 to 75% O.R.M
FLEX FOREARMS FOR 20 SECONDS		
One-Minute Rest		
Rope Wrist Curls	Max	5 pounds
FLEX FOREARMS FOR 20 SECONDS		
One-Minute Rest		
DROP SET		
Wrist Supinations with Dumbbells	15	70 to 85% O.R.M 3 five-pound drops
FLEX FOREARMS FOR 20 SECONDS		

Mike Hamill has twenty-six years of bodybuilding experience, is a multiple Mr. Utah, and regional Masters Champion with consistent top five finishes on national and world levels. Known as “The Bodybuilding Poet”, Mike has been published in several international fitness publications. You may sample his creative side at: www.reverbNation.com/mikehamill

NGA 3rd Annual PRO/AM Rocky's NEO Championships

April 21, 2018 Columbiana, OH

www.rockysfitness.com

Promoter: Rocky Taumoepeau
rocky1761@gmail.com

Co-Promoter: Roy Thomas
roythomas1129@sbcglobal.net



Hannah Heint
Figure Open Overall & NGA PRO Card, Voted Best Body



Specialty Awards: Jason Arnett, Travis Burnett, Clayton Cuddington, Mia Blaze, Danielle Peters, Hannah Heint, Kyle Lindsay Smith, and Bob Goff



Bikini Open: Danette Rzeszotorski, Shannon E. Bright, Kayla Hendrickson, and Melissa Kolmar

On April 21, 2018, a display of well-conditioned, top-notch athletes graced the stage for the NGA 3rd Annual PRO/AM Rocky's NEO Championships held in Columbiana, Ohio. This was a fierce show where the competition was stiff in several categories. In this hotly contested battle of the bodies, 1st, 2nd, and 3rd place winners were separated by one or two points.

In the PRO Men's division, Bob Goff took home 1st place while in the PRO Figure category, it was Chris Trimpey who took home the 1st place trophy. There were three NGA PRO Cards awarded at this spectacular show. The Figure Open category was won by Hannah Heint who took the Overall. In the Men's Physique Open, it was Clayton Cuddington who was the Overall winner while Shannon Ebright took the top spot in the Bikini Open division.

The specialty awards earned were The Most Inspirational Man, Bob Goff, who lost over 97 lbs. over the course of seven years. Mia Blaze transformed her body by losing 130 lbs., and just three weeks prior to show time lost her son. Mia was received The Most Inspirational Woman award. Our deepest sympathy goes out to Ms. Blaze during this time of loss as her steadfast and unwavering energy showed everyone at this show the spirit of endurance.

The Most Muscular Man in this show was Travis Burnett while the Best Body Female went to Hannah Heint. The Best Presentation for a man was earned by Jason Arnett and The Best Presentation for a woman was Kyle Lindsay Smith. Lastly, The Best Core/Abs for a male went to Clayton Cuddington and The Best Core/Abs for a female went to Danielle Peters.

This was an awesome show and we look forward to next year's competitors for the NEO Championship to be held on Saturday April 20, 2019. Stay Healthy! ■

The NEO Championships Where Quality Counts!



12th Annual NGA STEEL VALLEY Classic



HOSTED BY



BODYBUILDING, FIGURE, PHYSIQUE & BIKINI COMPETITION

AUGUST 4, 2018

Warren G. Harding High School
860 Elm Rd., Warren OH

Live Judging - Show Starts at 12:00 p.m.

SCHEDULE OF EVENTS: Prejudging • 45 Minute Break • T-Walks & Routines • Awards

Tickets: \$35 Children under 12: \$10 Trainer Pass: \$45

NGA Super Pro Qualifier tier 1, 3 & 4
Overall winners win a Pro Card. Winner with 5 competitors in your class eligible for Pro Cards.

For More Information: Roy Thomas, Promoter 330-518-4139 • roythomas1129@sbcglobal.net
Mi Gym Fitness Center • migymkp@gmail.com • www.migymfc.com





NGA Pro/Am P4P Undefeated Natural Championships

8.11.18 Ho-Chunk Casino
Wisconsin Dells, WI

Prejudging 10 AM
Finals 6 PM



Super pro qualifier
4 pro divisions
15 k cash & prizes



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THE NATURAL WAY



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



NOT JUST A BODYBUILDER

Yes, I am quite proud of being a bodybuilder. The process of bodybuilding is a unique sport that takes a great deal of effort and discipline with end results that are totally dependent upon just one person. You. There's no one to blame if you don't attain your desired results, because you are the only person that can be held responsible.

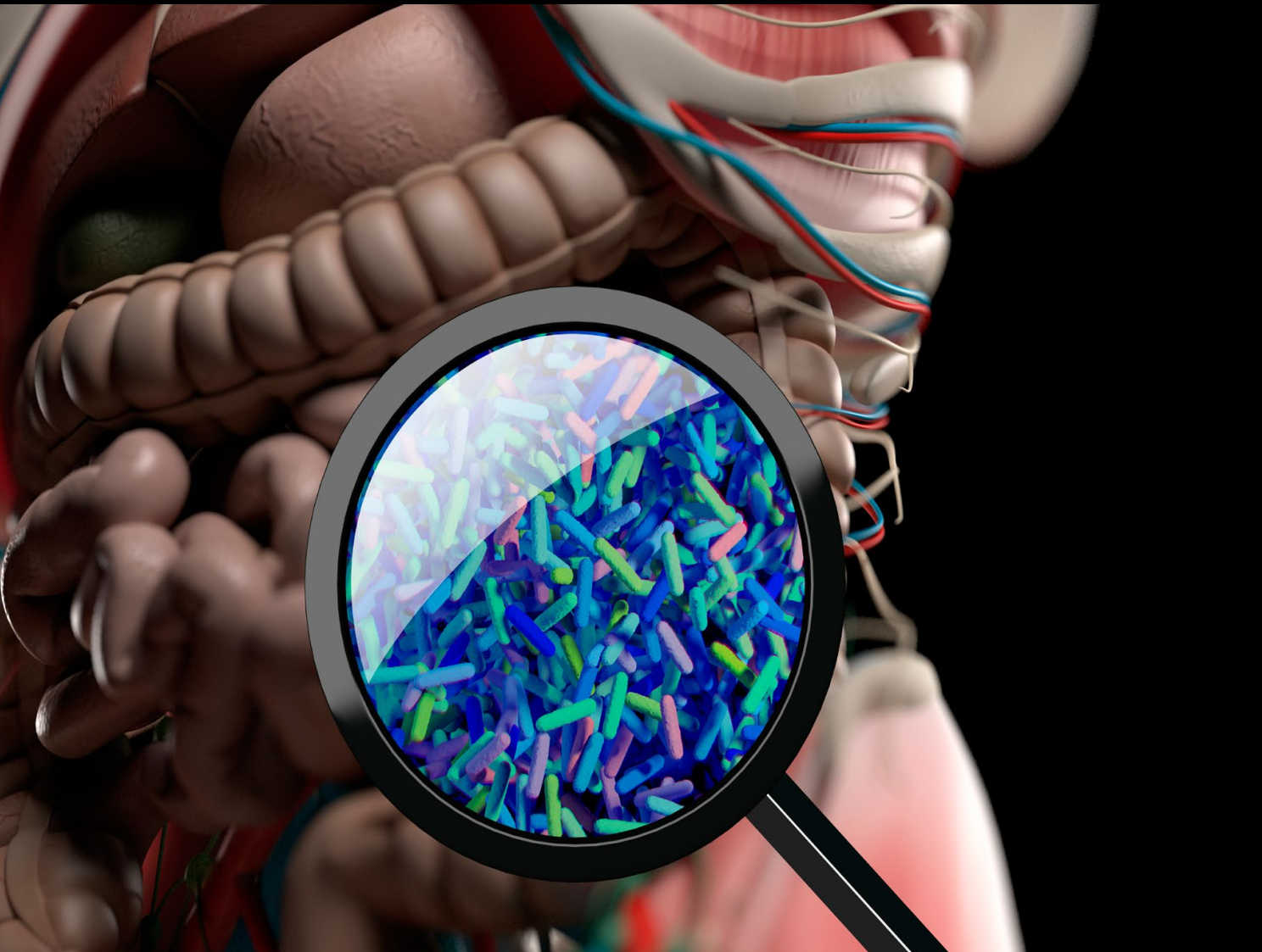
Additionally, there is no one to praise when results are achieved or even exceeded other than yourself. But, therein lies the danger and the rub. While all of the results are the consequence of only work that you could put in, it is important to be careful and not allow ourselves to get carried away with our success so much so that we become arrogant and focus only on the outside reflection of what the mirror shows rather than the inside which is who we really are. True beauty and success lies within and any success that is achieved, must not be heaped in praise only for ourselves, but our success must be used and extended outwards in praise and encouragement to help others in accomplishing their goals and overcoming obstacles by simply lending our hands.

For those dealing in some way with Alzheimer's, as this is an area of help that I would like to offer myself as a tool of support and uplift, I offer these words of encouragement in hopes they may in some small way be of help. Please visit www.reverbNation.com/mikehamill to listen to the song itself from this poem. ■

IT'S OK

*Sometimes late at night
I try to remember
Who I use to be.
I hear your voice
But have no idea
Of who you are.
Sometimes through the fog
I'll hear a sentence
And begin to smile
Until the words fade
Taking with them
What seemed returned.
Occasionally before my eyes turn blank,
I see the confusion in your eyes.
Knowing what you seek
Is no longer there.
Sometimes I overhear and understand.
Before forgetting,
It's me you're speaking of.
Trust me.
Even though I seem to forget.
I know
In the moments before I fade,
I feel it too.
The glimpse I see
Reveals it all.
I want you to know,
It's ok.
I had my time.
You made it so worthwhile.
And deep inside
I'll never forget your smile.*

Part I:
Is Bacteria Affecting Your Metabolism?



BY KENNETT WASHINGTON, FITNESS EXPERT
HEALING STRENGTH PERSONAL TRAINING (PRESIDENT)
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Have you ever stopped to think about all of the tiny organisms that you can't see with the naked eye? There are millions, billions, and even more of these tiny

particles floating around in the atmosphere and in the human body which is a mind blowing reality.

As it pertains to the body, these tiny organisms can cause bloating, discomfort, pressure, and indigestion which are all signs of inflammation. No, this isn't a new version of the movie Alien – as none of these miniscule organisms have the ability to take over the body, but there is a symbiotic relationship that exists with the body that is responsible for each person's unique microbiome.

There is bacteria living throughout your body, including 300 to 500 different kinds found in your gut and particularly in your intestines (IG) and colon. When paired with other tiny organisms like viruses and fungi, this makes up the microbiome of an individual's body with the purpose to protect it from illness and disease.

Each person has their own unique mixture of microorganisms which is largely inherited from the mother's microbiome that a fetus is exposed to before birth as well as from diet and lifestyle. These bacteria affect everything from the individual's metabolism, mood, and immune system. Additionally, scientists have determined that the bacteria in healthy people is different from the bacteria in people with illness and disease.

Another important fact about the impact of bacteria on the body is how it affects the metabolism. This is determined by the number of calories and nutrients consumed and received from food. Excessive amounts of bacteria in the gut or stomach turns fiber into fatty acids, leaving fat deposits in the liver. This can cause obesity that may result in a condition called Nonalcoholic Steatohepatitis (NASH) or Fatty Liver disease, type 2 diabetes, and heart disease. Studies and research over the past several decades have shown these diseases can be detected in children as young as 7 years old.

Low levels of anti-inflammatory gut bacteria that attack your intestine can cause Crohn's disease and ulcerative colitis. On the opposite end of this spectrum, people with colon cancer and arthritis (associated with inflammation) usually have higher levels of disease-causing bacteria. Brain functioning has also been connected to bacteria found in the gut which may lead to anxiety and depression.

There are many signs which may serve as a caution that the body has either high or low levels of disease-causing bacteria in the gut as noted in the following:

Your Stomach Never Really Feels Right

Diarrhea, constipation, bloating, reflux, irritable bowel disease, colitis, nausea, and heartburn are telltale signs of gut issues.

You Crave Sweets And Sugars

This happens when there is too much yeast in the body. Also, note that antibiotics used to treat disease-causing bacteria may eliminate good bacteria in the body which is needed to protect you from sickness or disease.

You Experience Sudden Weight Changes

Some bacteria are known to cause weight loss or weight gain.

You Become More Anxious Or Depressed

The neurotransmitter serotonin - which affects mood, social behavior, sleep, appetite, memory, and libido - is produced primarily in the gut, so if there is an imbalance, you may feel depressed or anxious.

You Develop A Skin Rash And/Or Eczema

Inflamed, red, itchy skin may indicate an imbalance in gut bacteria. You are diagnosed with an autoimmune disease. Rheumatoid arthritis, multiple sclerosis, and other forms of autoimmune diseases have been correlated to an imbalance in gut bacteria.

As noted in the aforementioned signs, bacteria in the gut can easily be controlled by changing your diet and this is the reason why it is important to make the best possible nutrition decisions.

It is also critical to research the foods that the body should consume in order to maintain healthy levels of gut bacteria so that you can feel stronger and more alert. As you may imagine, altering the levels and types of gut bacteria that impact the body negatively can be improved by changing your eating habits.

Suggested Reading

How Not to Die by Michael Greger MD and *Eat Right for Your Type* by Peter J. D'Adamo with Catherine Whitney are good books to uncover the truth about how implementing the right kinds of food into your nutritional plan can serve the body good.

So, until next time, train hard and eat healthy! ■

NGA Gator Classic Bodybuilding & Fitness Championships

May 5, 2018 Ormond Beach, FL

Promoter: **Bill Mora**

www.muscleshopnutrition.com

billyCT74@AOL.com



Figure Masters

Patricia Espre, Buttercup Lawson Mayer, Teri Hansen



Physique Open HW

Brent Sanders, Stephen Beaugrand

Another NGA Gator Classic is in the books! It was a smaller show than usual, but it did not disappoint in the quality of the competition with CUSTOM Gator Awards on hand for all Open class winners.

Most of the competitors were from the general local area, but there were several who traveled the miles, including some coming from as far away as Texas, in order to compete in this classic show. The Figure Masters 50+ competition started with Buttercup Lawson Mayer, who competed in several other divisions including Women's Physique, taking the top spot in this class.

One competitor who has made a lot of progress over the past few years making her presence known in this show was Meagan Denison who competed in the Women's Physique and Figure Open classes. Megan is sure to be a force to be reckoned with in the future!

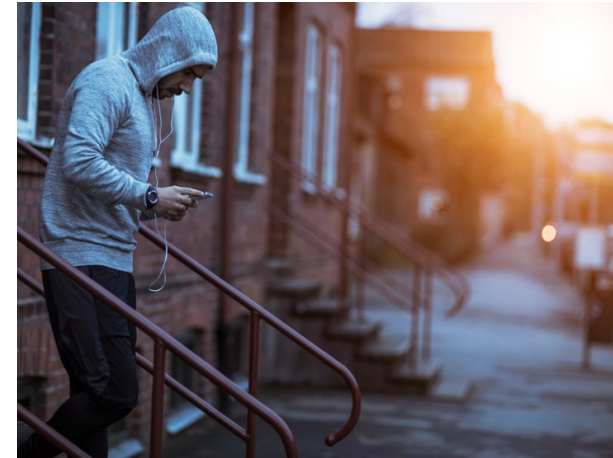
NGA PRO Cards were awarded in Men's Bodybuilding to Stephen Beaugrand and in Men's

Physique to AJ Hoffman. There were many top-notch competitors who showed up and stood out in this show.

Over the past four years, a special award is presented at this competition called the Mike "Broc-Man" Ives Warrior Spirit Award which is given to a competitor who has overcome extreme adversity to be able to compete. This year's recipient, who was no exception and has overcome a severe drinking issue, physical and emotional abuse, and sexual assault, was the fierce and forcefully strong Patricia Espre. Patricia brought a top-notch physique to show off on this stage, so be sure to watch for this dynamic lady in the future.

Athletes at this year's show were presented with the awesome opportunity to hear from one of the best contest prep coaches in the industry, William Grazione of Metabolic Evolution, who gave a seminar on the Friday night before hitting the stage. Grazione will also be hosting another Friday evening seminar prior to the NGA PRO/AM Central Florida Classic being held on July 28, 2018. For more information or registration forms, go to www.muscleshopnutrition.com ■

A ROUTINE FOR SUCCESS



BY JOHN BIBBY

NGA PRO MASTER PHYSIQUE ATHLETE

PRECISION NUTRITION CERTIFIED COACH

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Over the last 10 years, I have followed the same routine that has allowed me to achieve success in fitness. It's not easy to stay structured and disciplined in a world of flux, so setting a schedule may not only help you to achieve your personal goals outside of your professional career path, but it may also help you to achieve the goals that you set for yourself to become a healthier and more fit version of you. The following is my personal routine which has allowed me to achieve positive gains in a life revolving around fitness:

MONDAY THRU FRIDAY WAKE UP AT 3:30AM

Give gratitude to God for another day. It is important to give gratitude in the morning because it helps to develop a positive mindset to start and set the pace for the entire day. Also, showing gratitude for what you have is a reminder that although life is not perfect, the fact that you can wake up and begin anew is enough to be thankful for. Small things like having good health, a supportive family, and friends that you can call on during good times and bad is enough to remain appreciative.

DRINK ONE CUP OF WATER

Drinking water can jump start the metabolism in the morning. It also helps to flush out toxins and hydrate the body.

PRE-EXERCISE

Standing ab roller and push-ups for 15 minutes. Using an ab roller to strengthen the core and also doing push-ups first thing in the morning is a great way to pump up the blood flow while increasing energy and mental focus.

EAT A SMALL POST WORKOUT SNACK

One cup of plain Greek yogurt for muscle recovery along with one cup of water provides the needed nutrients to get the day onto a healthy start.

READ DAILY DEVOTION AND PRAYER FOR 30 MINUTES

Reading daily devotions and praying helps to take the focus away from problems by centering on solutions and the creation of a positive mindset.

MEDITATION, VISUALIZATION, AND BREATHING EXERCISES FOR 20 MINUTES

Meditation relaxes the mind by removing distractions. Visualization and breathing exercises also serves to increase focus on accomplishing dreams and short and long-term goals.

WORKOUT FOR 70-90 MINUTES AT A LOCAL GYM

This workout routine consists of intense weight training and cardiovascular exercise. This is also accompanied by listening to a personal selection of motivational music.

BREAKFAST

A meal with high protein content, moderate carbs, and low fat is the perfect blend before heading out to work.

Note: Saturdays and Sundays are generally rest days and only used as workout days during competition season only.

This routine has worked and helped me to achieve success in fitness. Though it is not for everyone, it can be modified to each person's unique needs. And, even if you don't adopt or amend this schedule for yourself, the most important thing to remember is to commit to a daily routine that is right for you and will also help you to achieve the success that you are striving for. ■



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Try Yoga... Reap the Rewards!



BY WENDY WEBBERLY

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Mindfulness: How to Be the Calm While in the Storm

Yoga helps to connect with the inner nature, core, truth, and insight into who you really are. This is done through methods and techniques designed to bring you back to your truest essence.

As a long-term yoga practitioner, yoga has been my saving grace that has continued to help me maintain balance throughout the many ups and downs of life by staying mindful of my daily movements. This practice of *Mindfulness* is becoming a buzz word as the busy and stressful lives that many of us have, generates a desire for relief, still, and a calm to make it through the storm. Yoga and the practice of being mindful is becoming what many people are seeking because of its connection to meditation and the ability to help a person become more conscious of the here and now by staying present in the moment despite life's many challenges.

A still mind is a healthy mind. One way to experience this equanimity is to experiment with Mindfulness Meditation. Rather than fixing attention on a single object, such as the breath or a mantra,

Mindfulness Meditation involves the moment-to-moment awareness of changing objects of perception.

Think of mindfulness as a floodlight, shining awareness on the whole field of experience; including sensations, emotions, and thoughts as they arise and pass away in the dynamic, ever-changing flux that characterizes the human mind-body experience.

Mindfulness allows you to see the nature of the unfolding process without getting caught in reacting and without identifying with the sensations, emotions, and thoughts that typically revolves around a negative perspective or outlook on how we see life events. This insight changes your relationship to the mind-body and helps you to perceive all things as situations that have no power to move you to react once you have changed how you view it. The waves will keep coming, but you won't get swept away by them.

As Swami Satchidananda often said, "You can't stop the waves, but you can learn to surf!" This ability to remain balanced amidst ever-changing conditions is the balance of equanimity.

We must realize that this body and mind connection is a practice. Every day the meditation is new, vital, and real. The mind is ever-changing, life is ever-changing, and so our meditation becomes ever-changing.

So, are you ready to try Mindfulness Meditation? Find a quiet place, close your eyes, and find awareness in your breath and let what is BE. Try to weather the storm within, so you can weather the storm without. ■



Wendy Webberly is a Certified 200-hour yoga teacher with Yoga Alliance and is also certified as a Vedic Thai Yoga Therapist. She teaches Vinyasa Yoga, Yin Yoga, and Kundalini Yoga at the Christine E. Lynn Wellness Institute in Boca Raton, Florida as well as private lessons. Her healing hands and her words of inspiration is a service to all who come in-contact with her.

NGA PRO/AM Heart of America

JT Natural Classic Bodybuilding & Figure Championships

May 5, 2018 Peoria, IL

Promoters: **John Abraham & Brad Schupp**

www.HoaNaturalClassic.com

jjabraham1@yahoo.com



The 2018 NGA PRO/AM Heart of America Natural Classic was one of our biggest and best shows ever. The rock concert sound, spectacular lighting, sixteen vendor booths, and the special guest appearance by Guinness Book of World Record Holder for the World's Oldest Natural Bodybuilder, Ernestine Shepherd, made this event a night to remember. Electricity filled the air at this magnifying event where over 10 NGA PRO Cards were awarded and the competition was fierce.

In Men's Teen Bodybuilding, Robert Walston took the class and the 1st place trophy. Men's Bodybuilding was dominated by 6 feet 8 inches tall, Warren

Skoza. Skoza went on to take 1st place in the Debut as well as in the Open Heavyweight division.

This year, there was a much smaller Bodybuilding Master class, but it was well represented with heavily muscled Rich Horn taking 1st in the 40+ category. A much improved and ripped, Rusty Batty, took 1st in the 50 and over class, and the ageless wonder, Ron Mango, won the Masters 60+ division. But it was none other than Jose Velazquez who dominated Men's PRO Bodybuilding and won the top score from every judge.

Bikini Debut brought some of the best competition ever with over ten ladies in the class. Paulina Kolanko came conditioned and ready as she took the class and wowed the judges while Penny Li Juan (Coats) pressed hard and took 2nd place. Kolanko went on to have an incredible evening and walked away winning in several classes as well as earning



Ernestine Shepherd
Guest Personality 81 years Old



Jose Velazquez
PRO Men's BB Open Winner



Sarah Skinner
Figure Open Middleweight
NGA PRO Card & Overall

an NGA PRO Card. Bikini Novice classes were also stacked with some of the best competitors that natural bodybuilding has ever seen. It was Penny Li Juan (Coats) winning 1st in Short, Pauline Kolanko taking 1st place in Medium, and Rachael Shangraw coming in 1st for Tall. Once again, it was Kolanko taking the Overall in Bikini. Bikini Masters showcased incredibly conditioned women in the likes of Teri Galbraith who earned her NGA PRO Card while dominating the judge's score cards and receiving the top numbers across the board.

Bikini Master's 50+ had two outstanding competitors with Carol Milkins taking the 1st place win. The PRO Bikini division was heavily contested by two petite dynamos, yet it was Maria Bearson who squeaked by Sara Burroughs and took the 1st place win. In Bikini Open, Chantal Guerrero took 1st place for Short and earned her NGA PRO Card. Jennifer Martin won 1st place in Bikini Medium and an

NGA PRO Card and Kolanko took the win for Bikini Open Tall by edging out Alma Metz. Kolanko also walked away with the Overall.

Dian Covington was the Women's Physique Open and Master winner. The Teen Physique 1st place win went to Lathan Carter. The Physique Debut class competition proved to be magnificent for Manu Edakara as he took 1st place in Physique Novice and Open Light. Jason Carwile was the 1st place winner for Physique Open Middleweight. The Physique Open Heavyweight win went to Jameson Hole who came gunning for his NGA PRO Card. Jameson was not disappointed as he took the Open Heavy, Overall, and earned his NGA PRO Card.

The Figure classes were stacked tight with Kayla Wehnes taking the 1st place win in Figure Debut and Novice Tall classes. Figure Novice Short went



Jameson Hole
Men's Physique Overall
NGA PRO Card



Deirdre Smith
Bikini Model winner



Lathan Carter
Teen Physique winner

to Shelby Holloran while the Figure Novice Medium winner was Sarah Skinner who also won the Figure Novice Overall. Figure Masters showcased seven dazzling competitors, but it was once again Kayla Wehnes winning 1st place and earning her NGA PRO Card. The Figure Open classes were dominated by Sarah Skinner who won the Figure Medium and Overall which earned her an NGA PRO Card. The PRO Figure division was also very competitive with the first-place cash purse going to Marli Apt in a battle of the fiercest with Ariel Mierendorf.

The Bikini Model class delighted the crowd with great eye-catching costumes. This class was won by the lovely Deirdre Smith. The Transformation category highlighted seven dynamic ladies who all shared their incredible journeys, but it was Erica Atherton who took home the 1st place win.

The Classic Physique Novice went to Brennen Kinsman. Winning the Classic Physique Open class and an NGA PRO Card went to Daniel Kennedy who also won the Open Bodybuilding Open Light Heavyweight and Overall. Michael Ganrude also won his NGA PRO Card by placing second in the Classic Physique Open class. The Classic Physique Master class was won by Jason Carwile.

Custom Fitness Specialist and coach, Lisa Feran of Madison, Wisconsin, brought ten incredible athletes who won in multiple classes which helped them to win the team trophy.

Next year's show is sure to impress with many more amazing competitors who work tirelessly. We look forward to seeing them and many more in May of 2019. ■



Marli Apt
PRO Figure Winner



Daniel Kennedy
Men's BB and Classic Physique
2 NGA PRO Cards & Overall



Teri Galbraith
Bikini Masters Overall
NGA PRO Card



Paulina Kolako
Bikini Debut, Novice, and Open
NGA PRO Card & Overall



PRO Figure Class
Ariel Mierendorf, Blair McCalmont, Marli Apt & Erin Barr



BY TAMARA WATT
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How to LOSE & ACCELERATE FAT LOSS

As someone new and just starting out with the goal of fat loss, you may feel as though there is a significant amount of confusion surrounding what you need to be doing to lose body fat. Few people may start out by simply increasing their exercise as much as possible, while others start cutting back on what they eat. Both methods can be effective for promoting fat loss, but typically a combination of both is what's best.

If you're new to exercise, you are in the perfect position. WHY? Because it is likely that just a few small changes will spark some initial fat loss. The following are a few principles that will help you get started:

Fat Loss Principles

Portion Size

Changing the composition of food consumed during meal time is a great way to initiate fat loss.

This is done by establishing portions for each food item that you eat during meal time which will lower your caloric intake. Additionally, protein and green vegetables should be consumed at each meal for optimal fat burning energy and satiety with a goal of eating between 4-5 meals per day every 2 to 4 hours. Setting water intake is also important. As a natural fat burner, drinking 1 oz per pound of body weight will help you to see those results that you have been striving for at a much faster rate than when water intake is much lower.

Walking

Making dramatic changes to your workouts often backfires because it leaves you feeling overwhelmed, sore, tired, and sometimes even injured. So, aim for making moderate changes like increasing walking time and speed as a way to cardio train. This should help you burn a few more calories each day and also increase fat loss. Keep in mind, that it is not necessary for exercise to be intense for you to see progress. Every little bit will add up over time, so trying to simply be more active throughout the day goes a long way.

Weight Lifting

In addition to your cardio training, if you haven't

been lifting weights regularly, now is the time to start. Lifting weights will help to boost your metabolic rate while increasing the number of calories you burn on a daily-basis. In addition to this, weight lifting also helps to tone your muscles and give you the defined look that you are working towards. When incorporating this form of activity into your schedule, it is important to consume both protein and fibrous carbohydrates (green vegetables) before and after your weight lifting workouts since this will be important for you to recover properly and see results from the program. Starchy carbohydrates are more effectively broken down by the body post-workout, as consuming them before may slow down or hinder the type of results that you are working to gain. Also, it is important to keep in mind that not eating will not help you lose fat at a more rapid rate. In order to get the type of body that you desire, you must fuel it properly.

Increase Protein-Based Snacks

Chances are, that when you begin working out at a greater intensity, you will become hungrier and want a snack. Most people seek out unhealthy snacks high in carbohydrates and loaded with sugar and fat, but when you are attempting to lose fat,

snacks that are high in protein are the best option. Some examples of unhealthy snacks are cereal bars. Although low in calories, many of these are also very high in carbs and overloaded with unhealthy amounts of sugars and fat. However, snacks high in protein will help keep you satisfied for longer durations of time, increase your metabolic rate, and make fat loss easier. Establishing a goal of consuming 3 whole meals (meat) and 2 protein shakes per day will give you lots of variety and satisfaction in your daily meals.

Keep These Rules in Mind:

1. Keep calories low.
2. Add weight lifting to your exercise routine.
3. Get a good night's sleep as this is crucial for fat loss success.
4. Establish set times to eat meals.
5. Eat healthy carbs.
6. Add and increase protein consumption.

So, go ahead... get started and burn some fat! ■



BY TERRI WHITSEL
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LEAN... MEAN... TEEN MACHINES

Many people say that age is just a number, but how many people believe it? It is not often to hear about teenage bodybuilders, but they do exist. In the NGA, the Teen category is surfacing in many shows nationwide and their dedication, fortitude, and discipline is gaining a lot of attention. These youngsters are showing the world a “stick to it” attitude that is a rarity and awarding them major wins on the stage as well as in life. The following are some of the NGA’s finest teen bodybuilders:



GRANT GILSTRAP

Hometown: Easley, SC
Education: Easley High School
Tri-County Tech
Current Age: 20
Competition Age: 19

COMPETITIONS

NGA Red Rose Classic - Lancaster, SC.

CLASSES

Men’s Physique Teen,
Novice, and Open

INSPIRATION

I was inspired to compete by my mentor, Mr. USA and founder of ULTRA-FIT, John DeFendis

WHY DID YOU CHOOSE THE NGA?

I chose to compete in the NGA because it is a great association and hosted the first show I ever watched. I also chose it because I value my health and longevity and want to stay natural.

TOUGHEST PART OF COMPETING

The hardest part of my prep was making the decision to dedicate my life to better health and a better future and this I had to explain to my friends and family. By sticking to what I know is right, I hope to shine a light upon them so that they may be influenced to make better lifestyle choices.

HOW DO YOU BALANCE EVERYTHING?

I was able to balance school, training, and social life by scheduling my days in a way that gives balance and peace of mind. It’s important to have an outlet aside from personal training and I have been blessed with the opportunity to help others achieve their fitness goals, too.

FUTURE PLANS

My future plans are to continue helping others become healthier and happier with Ultra-Fit. Also, I am making the best of what life gives me and taking every moment to appreciate what I have.

RICHARD SAAD

Hometown: Greenville, SC
Education: J L Mann
College of Charleston
Current Age: 22
Competition Age: 19

COMPETITIONS

NGA Red Rose City Classic
NGA State College East Coast Championships

CLASSES

Bodybuilding Open Middleweight
Junior Divisions

INSPIRATION

I started working out while I was a swimmer in high school for YSSC Spar Aquatics and fell in love with weight lifting. When I got to college, I devoted myself to bodybuilding and school. I started training for my first competition one year before the show and went from 155 lbs. to 172 lbs. stage weight. For the last four years, I have been guided by John Defendis, who was Mr. USA in 1988. He has been a tremendous influence in my life both on and off stage. He helped me land my first personal training job shortly after I won my NGA PRO Card at 19 years old. John has always encouraged me to stay natural.

WHY DID YOU CHOOSE THE NGA?

Kennett Washington helped me to decide to compete in the NGA after I reached out to him trying to find shows. Also, I knew that in order to be able to compete on a level playing field with other natural athletes, I had to improve my body yearly.

WHY NATURAL?

I chose to stay natural because it allows me to show my clients, as a certified personal trainer and sports nutritionist, what they can achieve as long as they train hard and eat the right things. I love when someone looks at what I’m doing and thinks it’s impossible without drugs and then I’m able to say that my results are an outcome of the work I’ve put in since I was 15 years old. I feel like I can also lead by



example to others my age who are vulnerable and tempted to try PED’s. I can show them what’s possible without them. Also, being natural helps me to prove the doubters wrong and this drives me to work hard in all areas of my life.

TOUGHEST PART OF COMPETING

The hardest part is having to zone in and say no to the social aspects of life. Bodybuilding can be a selfish sport and during prep you can’t eat or do things because they may affect your results. Even if a food may be healthy, it still may not fit into a prep diet and having to explain that to others is difficult and exhausting. School helped me to stay busy while I was prepping and this made the time go by quickly. Towards the end, staying focused on school and the prep was hard, but my professors gave me some leeway that helped tremendously. Overall, the prep was enjoyable because I had a clear goal and didn’t let anything get in my way.

HOW DO YOU BALANCE EVERYTHING?

It was difficult to balance everything. I lived with my best friends in a dorm at the time and they were also into bodybuilding and were supportive. School was tough to keep up with and I had to have good time management. My program doesn’t incorporate cardio because of the high volume/intensity of the weight training, so I didn’t have to schedule more than one workout each day and this helped.

FUTURE PLANS

I will graduate December 2018 with my degree in Business Administration from the College of Charleston. I am currently an independent personal trainer at Exemplar Fitness in Charleston, SC and once I graduate, I plan to work with my coach in a gym in Greenville, SC. My dream is to open my own training studio and teach seminars, workshops, and create community awareness on the benefits of



OLIVER TILLERY

Hometown: Lexington, KY
Education: Henry Clay High School
Current Age: 17
Competition Age: 17

COMPETITIONS

NGA Bluegrass Bodybuilding Championships - Lexington, KY

CLASSES

Men's Bodybuilding and Juniors

INSPIRATION

Watching Pumping Iron and seeing Arnold Schwarzenegger and his dedication to the sport made me want to be better. I admire him.

WHY DID YOU CHOOSE THE NGA?

I like that it's drug free and it's just you and your body. This makes me want to reach my highest potential through hard work and make my body be what I create it to be.

weight training and clean eating. Eventually, I'd like to open a full-service gym that is a friendly, clean, and focused environment where people can train hard and have access to qualified, professional, and educated trainers. I would like to compete again in the next few years, but will give my body time to mature and grow so that the next time I step on stage, I will have significantly improved.



TOUGHEST PART OF COMPETING

The mood swings from cutting and not wanting to make my mom mad are tough because she makes my meals.

HOW DO YOU BALANCE EVERYTHING?

One of the hardest parts is concentrating in school because all I would do was sit and day-dream about the food I couldn't eat.

FUTURE PLANS

I am going to school to become a physical therapist. I would love to continue bodybuilding and will compete again when I'm older and put on more size. I love this sport. ■

NGA Natural Utah Championships

May 5, 2018 Wahsington Terrace, UT

Promoters: James & Bianca Purtell

www.utahngabodybuilding.com

ptutah95@aol.com



Sakhom Cutler
Bikini Open
NGA PRO Card & Overall



Juan Sucuzhanay
BB Open LW
NGA PRO Card & Overall



Ted Kempe
Physique Open
NGA PRO Card



Jerley Burgos
Figure Masters
NGA PRO Card

On May 5, 2018, athletes from around the Mountain States region including Utah, Wyoming, and Idaho gathered at Bonneville High School in Ogden, Utah to battle for the 2018 NGA Natural Utah Championships title and a chance to earn an NGA PRO Card.

These athletes trained long and hard to get their bodies in top condition in order to compete in Bodybuilding, Physique, Figure, and Bikini categories. This show was the time to showcase all their hard work in front of hundreds of adoring fans, friends, and families.

The Teen Bodybuilding title went to Jacob Gridley and the Physique title went to Tobey Gillies. Next up was the crowd favorite, the Bikini category, where Sakhom Cutler took 1st place and won an

NGA PRO Card. The title for Men's Physique went to Ted Kempe.

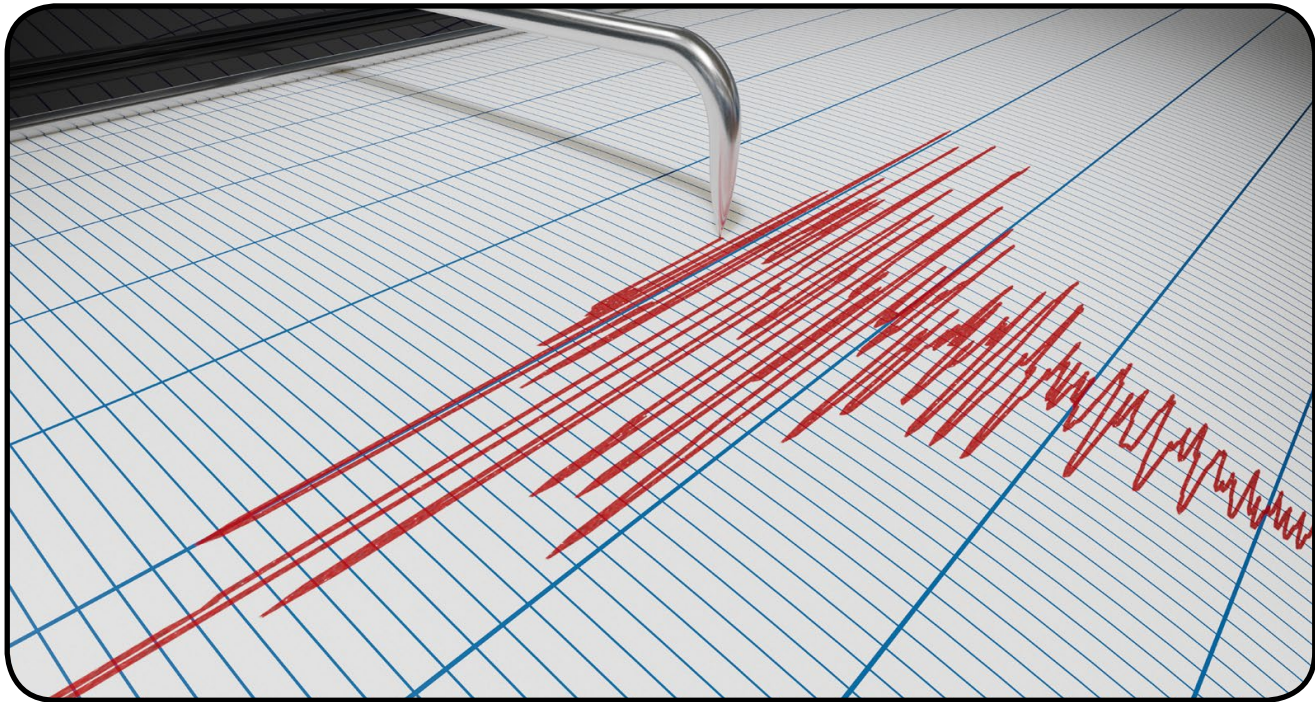
The 12 and under athletes, Mayson Rockwood and Scarlet Strickler, flexed their muscles and gave the audience a peek into the future of natural athletics and it is bright! This category was an instant crowd pleaser and enjoyed by all.

Nina Francis won the Figure division while Juan Sucuzhanay took home the title of Mr. Utah after winning the Men's Bodybuilding Open class and earning an NGA PRO Card.

We look forward to the next NGA Utah show in September 2019 when athletes from all over the west will converge to compete for the NGA Natural Utah PRO Qualifier.

Photos by: Matthew Paepke, North Light Photography ■

The Polygraph Test: Does it really work?



R. KELLY VAUGHAN
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Most people are acquainted with the inner sensations and physical symptoms that often accompany telling a lie. This can be characterized by an increase in the rate of the heartbeat, a rush of blood to the face, an uncontrollable impulse to swallow, or other such signs resulting from the fear of the possibility that the lie will be detected. In the process of undergoing a polygraph test, these types of indicators are the central focus of the polygraph examiner.

The polygraph is a scientific, diagnostic instrument used to measure the physiological response of a person under controlled conditions and is based on the theory that when telling a lie, a

person will respond physiologically because of the fear of detection. Many people are under the belief that how a person responds on the polygraph is based on how they feel, whether it be guilty after having committed an offense or morally due to their cultural upbringing or social background. It is the fear of detection that causes the physiological changes the polygraph instrument records and that the examiner interprets. Some misconceptions revolving around these physiological changes has led some to believe that hardened criminals, sociopaths, psychopathic liars, and other social deviants and misfits, can “beat” the polygraph because they are conditioned to operate void of feelings of guilt even when they are wrong.

A polygraph countermeasure is any intentional attempt, method, or action taken by the person to influence the outcome of a polygraph examination. The intentional act can be physical, mental, narcotic, or a combination of these three possibilities.

As an expert polygraphist with 35+ years of experience, I am always consciously looking for the warning signs of deception. A person caught attempting any countermeasure automatically disqualifies them from passing the test and classifies them as deceptive.

For the past 14 years, I have performed polygraph testing for the NGA and worked very closely with the President, Andy Bostinto. It is our personal opinion, that the only way to determine whether or not an athlete has been drug free for a period of seven (7) years is to pass a polygraph test. WADA (World Anti-Doping Administration) gets hundreds of false positives every year, so great care must be taken to ensure the accuracy of the results. In order to make certain that the athlete has actually taken performance-enhancing chemicals, the laboratory performs an

isotope radio test. This test measures the number of carbon-13 isotopes, which is a rarely occurring hormone. After the athlete has failed the first two urine tests, a higher number of carbon-13 isotopes confirm the presence of synthetic testosterone. Most steroid drug tests are expensive, but the price depends on the type of test administered. In high schools, the cost ranges from \$50 to \$150 per unit, not including the cost of collecting and handling the samples. This type of test captures recent use of steroids which would only be good from 14 to 24 days.

Polygraph tests, when administered correctly, are one way to detect deception and this is especially important in the world of natural bodybuilding in order to determine those who put in the work to get their results drug-free. ■

R. Kelly Vaughan: National Training Center of Polygraph Science (New York City), graduated in 1982, certified as an Expert Polygraphist in 1983 by the Academy of Certified Polygraphist FBI National Academy, completed an Advanced Polygraph Course in 1992, Retired Captain of the Martin County Sheriff's Office 1975, 2009. From 2009 to the present I have been in Private Practice as an Expert Polygraph Examiner

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NGA PRO/AM Garden State Classic

May 12, 2018 Bloomfield, NJ

Promoters:
Pete Diaz & Sam Kapoor

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gardenstateclassic@yahoo.com

By Dr. Lorraine Francis DePass



(Centered)
Pete Diaz and Sam Kapoor
NGA Promoters

For three memorable months when I was in my 20's, I lived in the small town of Ruston, Louisiana. One of the most notable signs of southern hospitality that I was shown while living there, often occurred every time I left a store. This was the moment when the shopkeeper would cry out, "Y'all come back now!" What a contrast this was compared to the suspicious smirks of the shopkeepers I knew back in New York City.

As I judged the 2018 NGA PRO/AM Garden State Classic in Bloomfield, New Jersey, the southern shopkeeper's refrain kept ringing in my ear. The quality of muscle and potential seen on stage made me anxiously hope that these competitors would "come back now" and grace the NGA stage again and sometime soon.

In the Men's Physique First Timers, Addison Jarvis took the top spot and later went on to win 1st place in Men's Physique Open Heavyweight while snagging an NGA PRO Card his first time out. Be sure to be on the lookout for Addison as he hones his skills to become an even better competitor with increased stage time.

For Most Improved Posing, it was Christian Sanabria taking 1st place in Men's Physique Open Lightweight. It was quite evident that he did his homework since the last show by making the necessary improvements and it paid off.

First Timer's Bodybuilding went to Miguel Gonzalez, who not only had great balance, but also impressed the audience the first time that he hit the stage. The 2nd place position went to Ilya Vyalsky who went on to win the top spot in the Bodybuilding Novice class. Ilya showcased a well-built package and with more time under the lights, he is sure to wow the audience even more.

Dawud Rahul, the oldest competitor in this show, competed in the Bodybuilding Masters 60+ division at 68 years old where he took the top spot by winning the Masters Overall against 56-year-old Richard Mongolia, Sr. Later that evening, Dawud went on to win the Men's Bodybuilding Open Middleweight class against competitors decades younger and even walked away with an NGA PRO Open award. All can agree that Dawud, a constant source of inspiration during these competitions, is always prepared for battle and demonstrates outstanding sportsmanship.

Figure First Timer and Figure Open Tall was won by Ashley Kreig. Ashley's tiny waist makes for an impressive taper which is only magnified by her increased display of confidence when she hits the stage.

Among the female competitors, the night belonged to Elizabeth Petrosino who won in Bikini Masters, Bikini Open Short, the Overall, and was awarded an NGA PRO Card. Elizabeth's standout body is hand-made for Bikini and she will do well in future competitions with other NGA PRO Bikini athletes.

Figure Open Short and Overall was swept away by cross-divisional champ, Mackenzie Miller, who took an NGA PRO Card home on this fantastic night.

Men's Bodybuilding Open Lightweight and Overall champ, Albert Shao, was a welcome and worthy

addition to the NGA PRO ranks this unforgettable night. He brought smiles from the audience, as he was seemingly refusing to accept his trophy until his wife stood by his side so that she could accept it with him. We look forward to seeing him do battle alongside the best of the NGA!

We would like to congratulate all of our winners and all those who competed and hope "y'all come back" for another outstanding show next year. ■



Addison Jarvis
Physique Open HW
NGA PRO Card & Overall



Albert Shao
BB Open LW
NGA PRO Card & Overall



Patrick Charles
BB Open HW winner

Albert Shao
BB Open LW
NGA PRO Card & Overall

Dawud Rasul
BB Open MW
NGA PRO Card



Elizabeth Petrosino
Bikini Open Short
NGA PRO Card & Overall

OSTEOARTHRITIS - Don't Let Joint Pain Wear You Down!



BY DR. CHRISTOPH KLUPEL
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ULTIMATE FITNESS ACADEMY (THAILAND)
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With advancing age, many bodybuilding and weight training veterans suffer from severe joint-pain, joint stiffness and swelling. Frequently affected are the body's most mobile joints, the shoulders. Other problem areas are the large weight-bearing joints of the lower body, knees and hips, not to forget the spine. Generally, appropriate weight-training helps to keep joints healthy, but former steroid use, competitive lifting, less than perfect exercise techniques, and a lifetime of overload can lead to degeneration of articular cartilage, which cushions adjacent

bone ends forming joints. With diminishing cushioning and insufficient lubrication from the synovial fluid, these bone surfaces may eventually come in direct contact, making movement extremely painful.

While it can be quite a challenge to keep training, when suffering from osteoarthritis pain, staying active is actually one of the best means to delay further progression of this degenerative disease. After all, cartilage has no blood vessels and can't receive nutrients via the blood-stream; the lubricating synovial fluid surrounding the joint supplies nutrients to cartilage through passive diffusion. This diffusion is supported by intermittent compression and decompression, and through the tightening and loosening of joint capsule and ligaments, which occurs during normal joint movement.

To relieve osteoarthritis, doctors generally recommend low impact exercises, such as swimming or cycling, as these improve blood circulation and joint mobility. Unfortunately, such cardio-activities don't do much to keep the muscles supporting the affected joints strong. Also, the suggested activities are hardly viable alternatives for weight-training enthusiasts, who have long become hooked on the unique benefits that weight training exclusively conveys.

Fortunately, osteoarthritis does not mean that you will have to forego future weight-training endeavors completely. Instead, you will have to adjust your training routine to make it easier on the affected joints - you will have to train smarter. This may likely mean entirely discarding certain exercises that cause too much joint stress, and replacing them with others that are less challenging on the impaired joints, but yet provide adequate muscle stimulation. When the Barbell Back Squat has become too painful to perform, Trap-Bar Squats, Leg Press, or even partial Hack Squats may prove acceptable alternatives.

Reducing training-weight may also be inevitable, but increasing the number of repetitions instead, can yet lead to a beneficial training experience. Just continue to take each set to momentary muscular failure, and your muscles will remain strong.

With some exercises, slightly changing their alignment, modifying them, or limiting their range of motion may help. Performing Shoulder Dumbbell- or Machine-Presses with a neutral grip, moving the arms up and down alongside the body, is easier on the shoulder joints than executing these exercises with the elbows out to the sides.

Generally, any exercise-movements will have to be performed slowly with even more focus on maintaining utmost control, while always carefully listening to your body. Relying on well-designed training machines can often help with precisely controlling the speed of the concentric and eccentric repetitions and staying within the tolerable range of an exercise-movement. This may allow to sufficiently overload the muscles that move damaged joints without further exacerbating joint-discomfort.

While there are no miracle cures for Osteoarthritis, adjusting the diet may help to combat inflammation throughout the body. Foods to be avoided include inflammatory sugar and refined carbohydrate-foods and drinks, such as processed pastries, white bread, refined pastas, sodas. Fried foods, such as French fries and donuts, should likewise be eliminated; avoiding pro-inflammatory refined Omega-6 vegetable oils (sunflower, corn, soybean and safflower oils) and any foods containing them (corn and potato chips, fast foods, margarine, commercial salad-dressings), will certainly help. The same applies to processed pork products (hot dogs, sausages), red meat (steaks, burgers), egg yolks and dairy products. Limiting salt and alcohol is also recommendable.

Osteoarthritis symptoms can be mitigated by eating along the lines of the so-called Mediterranean Diet, which is high in fruits, vegetables, nuts, whole grains, fish, and healthy oils. Eating plenty of oily fish, high in anti-inflammatory Omega-3 fatty acids, such as salmon, herring, sardines, and preparing foods with anti-inflammatory healthy oils, like olive oil or coconut oil, can alleviate osteoarthritis pain. Consuming generous amounts of vegetables and fruit will re-alkalize the system and may help reduce tissue damage from inflammation. Regularly using plenty of the anti-inflammatory spices turmeric and ginger is beneficial, too; mature ginger root can be sliced and made into a great pain-relieving tea.

Adjusting one's diet accordingly will not only curb osteoarthritis pain, but will also help to lose excess body-weight, which places extra strain on the weight-bearing joints and aggravates inflammation. Permanent body-weight reduction can significantly relieve osteoarthritis symptoms more than most other measures.

Supplementation with appropriate nutrients can additionally help to mitigate the problem.

Don't try to work through excruciating joint pain, constantly relying on NSAIDs or painkillers, but rather learn to outsmart the pain with a suitably-adapted exercise routine and an optimized diet. ■

NGA PRO/AM Kentucky Natural Classic

May 12, 2018 Lexington, KY

Promoters: **Josh and Melissa Miller**

www.kentuckynaturalbodybuilding.com

josh@transformationpersonaltraining.com



Douglas Ludmann
Physique
Overall



Lydia Sweetser
Figure Open
Overall

The 2018 NGA PRO/AM Kentucky Natural Classic was as usual, a show filled with excitement and anticipation! The competition brought in many of the very best natural bodybuilders. It was an honor to have such great level competitors in this show. The competition, typically held in April, was moved to May, which was a concern, but turned out to be a huge success.

The competition day finally arrived on May 12, 2018. This was a day that every competitor had circled on their calendar as an opportunity to showcase all the sacrifice, dedication, and commitment they made to be able to showcase their best physiques. As a promoter, the pressure is on to ensure that each competitor has the best competition experience they can possibly have and with all the hard and grueling work that they put in, they deserve it.

The show started with our Junior categories (25 and under). There were four Bodybuilder Juniors in this class with Cole Brown coming in 4th place, Jacob Stone placing 3rd, Austin Morgan taking 2nd, and 1st place going to Kaleb Barnett. Next, the

Bikini Junior competitors graced the stage. In this class, it was Alexandra Matz taking 4th place, Lacey Hylen in 3rd, 2nd place going to Alla Mollett, and the 1st place win going to Taylor Williams. Next, was the Figure Junior class with four dynamic competitors. In this class, it was Cori Dempster coming in at 4th, 3rd place going to Shelby Halloran, Jessica Hanna in 2nd, and 1st place going to Lydia Sweetser.

The PRO categories were up next beginning with PRO Bodybuilding which was a class of six competitors. Coming in at 6th place was Ron Page (who was competing in his 85th show!!), 5th place went to Doug (Vincent) VanDyke, in 4th place was Bob Goff, Michael Ganrude took the 3rd place position, Jerome Drakeford in 2nd, and winning the PRO class and taking the top position in 1st place was NGA PRO Bodybuilding champion, Meshack Ochieng! Up next in the PRO categories was PRO Figure. In this class, 3rd place went to Wendy Doran, 2nd place went to Wendi Eldred, and the 1st champion was Chris Trimpey. In PRO Men's Physique, the 1st place win went to Colin Turner and in PRO Classic Physique, the champion was Michael Ganrude. The PRO Men's Bodybuilding Masters had four dynamic competitors. In this class, 4th place went to Ron Page, 3rd place went to Doug (Vincent) Vandyke, 2nd place went to Bob Goff, and the 1st place PRO Bodybuilding Masters champion was awarded to



Chris Trimpey, Tabecca VanDyke, Chasity Young, Parmjit Kaur
Women's Physique Open



Bob Goff, Meshack Ochieng, Michael Ganrude, Jerome Drakeford
PRO Men's BB Open

Jerome Drakeford. Lastly, in the PRO categories, was the PRO Figure Master class. In this class, 3rd place was awarded to Wendy Doran, Wendi Eldred took 2nd, and the 1st place win was awarded to Chris Trimpey.

Next up were the Novice classes which began with Bodybuilding Novice. In this class, Edgar Lopez took the top position. In Bikini Novice and in a very close competition with a large class of 11 competitors, the winner was Taylor Williams. In the Men's Physique Novice class, there were eight competitors with the winner being Dion Sanders.

The Master's categories were up next and because of the great turnout of Bikini Masters competitors, there were nine in total, Bikini Masters was divided into two classes (35-44, and 45+). In Bikini 35-44, the championship was awarded to Carrie McGregor. In Masters 45+, the 1st place win went to Donna French. The Bikini Masters Overall was a battle between Carrie McGregor and Donna French with Carrie McGregor taking the title. The Men's Physique Masters had five competitors with Douglas Ludmann taking 1st place. In Figure Masters, Tabecca Vandyke placed 1st and Bob Goff took 1st place in Classic Physique Masters.

Next up were the Open categories. In Bodybuilding Open Lightweight, 1st place went to Kaleb Barnette. Edgar Lopez took the top spot in Bodybuilding Open Middleweight. In Light Heavyweight, the 1st place win went to Jacob Stone. Don Jones took the top spot in the Heavyweight class. The Bodybuilding Overall was a stiff battle between Kaleb Barnette, Edgar Lopez, Jacob Stone and Don Jones, with the title going to Kaleb Barnette. In Women's Physique Open, 1st place went to Chris Trimpey. The Classic Physique Open had seven competitors

and the winner of the class was Bob Goff. In Figure Open, there were two classes, Figure Open Class A and Figure Open Class B. In Figure Open Class A, the 1st place win went to Jessica Hanna. In Figure Open Class B, 1st place went to Lydia Sweetser. The Figure Open Overall was a tightly contested battle between Jessica Hanna and Lydia Sweetser with the Overall Open Figure title going to Lydia Sweetser. Men's Physique Open was up next. In Men's Physique Open Lightweight, 1st place went to Austin Morgan. In Open Middleweight, 1st went to Douglas Ludmann. In the Men's Physique Heavyweight class, Jason Carwile took the top spot. Competing for the Overall was Lightweight champion Austin Morgan, Middleweight champion Douglas Ludmann, and Heavyweight champion Jason Carwile with the Overall Men's Physique Open championship crown going to Douglas Ludmann. Next up was the Bikini Open class. In Bikini Class A, 1st place went to Anna Mollett and in Bikini Class B, Taylor Williams took the top spot. The Overall was between Anna Mollett and Taylor Williams, with Taylor Williams being crowned Bikini Overall champion.

On this spectacular night, 8 NGA PRO Cards were awarded to Anna Mollett (Bikini Class A winner), Taylor Williams (Bikini Class B and Overall winner), Douglas Ludmann (Men's Physique Open MW and Overall winner), Jessica Hanna (Figure Open Class A winner), Lydia Sweetser (Figure Open Class B and Overall winner), Bob Goff (Classic Physique Open winner), Michael Raglin (Classic Physique Open 2nd Place), Kaleb Barnette (LW and Overall Bodybuilding champion), Carrie McGregor (Bikini Masters 35-44 and Bikini Masters Overall winner).

The show was a success and we look forward to hosting it again next year! ■

NGA Pro/Am Bluegrass Bodybuilding Championships



September 29, 2018
Lexington, Kentucky

Bodybuilding

Figure

Physique

Bikini

Classic

Women's Physique



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Transformations
Spray Tanning



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Dedicated to the Memory of Kyler Baughman

It was during this past Christmas season and I was watching the ABC World News Tonight with David Muir. On this segment, there was a discussion about the recently widespread ravages of the year's flu epidemic. At the end of this segment, the news flashed a picture of a 1-year old baby and a 21-year old young man who died as a result of complications from the flu virus. As I peered closer to the pictures that flashed on the screen, I realized that the young man looked unusually familiar. It was then that I recognized him because he was a bodybuilder that participated in NGA shows as a physique competitor. The young man, Kyler Baughman, was an aspiring personal trainer, college student, and a picture of perfect health. Although the news didn't provide the young man's name, I knew, without a doubt, from the pictures who it was and was saddened that he lost his life to something which most people are able to overcome.

I remembered Kyler from when he competed in the NGA 1st Annual Mr. Coal Natural in Pottsville, PA., a show that I promoted in April 2017. In this show, Kyler took 2nd place to the NGA Mr. Coal winner. I also recall meeting Kyler and his fiancée, Olivia Marciano, the night before the show at the polygraph testing because he was the first person



to enter the show and was the furthest away from the venue. I even coached him on the infamous T-walk.

The story of Kyler's death was all over the local and national news channels as well as on the internet. On one evening news show, Kyler's parents were interviewed and discussed the horror of their son's shocking death. In this segment, it was revealed that when Kyler contracted the flu virus, he thought he only needed rest to recover, but his fiancée knew that something wasn't quite right because his coughing was so bad that his chest hurt. Although he was in great pain, he still went to his job at Walmart where he worked to unload large shipments like furniture but became so ill that he decided to go to a local hospital that later flew him in to UMPC Presbyterian Hospital where he died two hours after being admitted.

Kyler Baughman of Latrobe, PA, a college student, an aspiring personal trainer who loved riding motorbikes and lifting weights, was a great representative of our sport of natural bodybuilding and physique competition.

So, it was in his name, that the 2018 edition of the NGA 6th Annual Mr. Anthracite Natural / NGA 2nd Annual Mr. Coal Natural held on April 14th in Pottsville, PA be dedicated to him and receive the Spirit Award which was given in memory of him. Our prayers go out to his family and loved ones. ■

WHY YOU NEED TO TRAIN YOUR LEGS...



Desi Brown, Oscar Cruz, Richard Scotchman



BY PETER N. NIELSEN
CHIEF EXECUTIVE OFFICER AT WWW.PETERSPRINCIPLES.COM
OPERATING PARTNER AT CLEAN PLANET FOODS
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Leg day is the easiest session to skip in the gym. It is tough—there is no doubt about that—and it can be tempting to voluntarily forget your leg workouts and replace it with an easier training session or just miss the gym altogether. Most people prefer to focus on the more visible muscles, like the arms, abs, shoulders, or chest, but although these muscles are more visible to the public, leg training has many benefits that go well beyond aesthetics.

No matter how big your upper body is, failing to train your legs will stunt the potential for your overall body development. Having legs that are not well developed, will make your physique look ununiformed, odd, out of proportion with the rest of your body, and also quite ridiculous. I remember once being called chicken legs by a man whom I considered as a second dad, my Brooklyn manager, Dr. Julie Levine, the owner of R & J Health studio. Those words stung because it hurt, but they also became rocket fuel that I used to propel me to do something about it. I was motivated to prove him wrong, which I later did, thank God.

In bodybuilding contests, judges don't look at muscle mass in one isolated area, they look at the total package. This includes proportion and symmetry criteria, so if your legs are lacking in development, you won't get very far in the bodybuilding game. Even if you're not interested in competing, small legs don't look good when you're at the beach or just strutting your stuff in shorts. As you age, your legs become your best friend. They help you get out of a chair, a car, and even out of a bath tub. So, keeping those legs fit by exercising them is important for everyday use.

In sport and athletic performance, working out your legs is vital. According to a 2013 study, a heavier squat, dead lift, and power clean has the potential to translate to running faster on the sports field or jumping higher on the basketball court. Even as it pertains to endurance, athletes can benefit from stronger legs because when they are well-conditioned, your legs will carry you for longer periods of time or even when you most need them to. While developing and training your legs, you will also build strong knee, hip, and ankle joints and this will help to reduce your risk of injury.

Do you think that you need cardio workouts to burn fat? Well, think again! By training your legs, particularly with multi-joint compound exercises, you can burn a higher number of calories than if you were training upper-body parts through exercises like biceps curls or lateral raises. Consistently training your legs, leads to increased fat loss, caused partially by a chemical release of hormones that occurs during the leg workout. The leg muscles are so large that this hormonal response can even assist in building upper-body muscle mass. Weight-bearing exercises and resistance training are crucial components in the prevention and management of osteoporosis and arthritis, so if you're using weight training purely to keep bones and joints healthy later in life, do front squats, stiff-legged dead lifts, calf raises, leg presses, and any other challenging leg moves that suit your fancy. Also, use caution during leg training if you've been diagnosed with a bone or joint condition. In order to manage your condition effectively, consult with your doctor and a fully qualified trainer before starting a routine. But, no matter what you do, don't forget to train your legs! ■



Rosemarie Brickman, Nobuko Kallestad, Christine Keefer, Kathy Abbott, Tracy Simonds

NGA Abraham Fitness PRO/AM Championships

May 19, 2018 Coral Springs, FL

Promoter: **Abraham Oluwole**

www.abrahamfitnesschampionships.com

www.abrahamfitnessstraining.com

abrahamoluwole@gmail.com



Branson Fitzpatrick
Physique Open HW
NGA PRO Card & Overall

Idelisse Rivera
PRO Figure Open winner



The NGA 5th Annual Abraham Fitness PRO/AM Championships is in the books and has once again left us with unforgettable memories, fantastic sportsmanship, and an amazing passion to compete.

The competition weekend started on Friday with registration at the new Hampton Inn & Suites of Coconut Creek, FL. As our host hotel, some competitors, friends and families checked in and really enjoyed their stay. The athletes were excited at registration and a bit nervous and anxious as they prepared to carry their energetic spirits to the stage!

On Saturday, May 19, 2018, it was time for the big show which was held this year at Coral Springs High School. Due to the overwhelming numbers of first-timers competing in this show, the athletes did their T-walk and mandatory poses in their morning competition, which they loved. This was also a first

for the NGA Abraham Fitness Championships.

This year, the evening show opened with all athletes and their coaches on stage to participate in the singing of the National Anthem. Long time NGA PRO and competitor, Earl Snyder, was the emcee and head judge at this spectacular competition and he did an outstanding job. After a total of 23 classes, including two first timer classes, three novice classes, eight open classes, four PRO classes and a Bikini Model class, which was first introduced at the 2016 NGA Abraham Fitness PRO/AM Championships, the winners were crowned.

Whitney Spence, mother and first-time competitor, surprised everyone when she swept the show by winning Bikini First-Timer, Bikini Novice, and Bikini Open and became an NGA PRO! Laura Juntunen, friend and workout buddy of Whitney, won Figure Novice, Figure Open, and Figure Overall to earn her NGA PRO card. There must be something in the water at their gym because these ladies were phenomenal!



Buttercup Lawson Mayer, Rosemarie Brickman
Physique Open & Grandmasters



Joshua Rolle, Antony Richburg, Ladarrius Sanders
PRO Physique Open with Abraham Oluwole

A huge congratulation goes out to Antony Richburg, who set the bar high for all PRO Physique athletes and was the winner of the PRO Physique Open. Branson Fitzpatrick, a 23-year old newcomer, earned top prize in the Men's Physique Heavy-weight Open and was the Physique Overall winner. Rosemarie Brickman lit up the stage with her dynamic routine and came out the winner in the Women's Physique Open class.

Larry Ray, Jr wowed us with his amazing Men's Bodybuilding Open routine and was crowned the Overall winner. David Arthur Weinstock keeps defying age at 66 by sweeping the PRO Bodybuilding Master division.

A show stopper, Idelisse Rivera, who had a cat walk that will make a pen drop, dazzled the audience with her T-walk by walking away with a PRO Figure class win and a check. Buttercup Lawson Mayer left all of us speechless with her high kicks and awesome splits. At some point, she actually



Whitney Spence
Bikini Open
NGA PRO-Card

Laura Juntunen
Figure Open
NGA PRO Card



Kristi Phillips
NGA PRO Bikini winner

took a shoe off on stage as she amazed the crowd with her incredible routine and walked off with a top place win in Women's Physique Masters.

Competitors respond positively each year to our challenge to give back to our community. Their participation in this year's NGA Abraham Fitness Championships will help to contribute a portion of ticket sales to the general fund established by the Broward County Education Foundation to provide relief and financial assistance to all the victims and families of the Stoneman Douglas High School community. If you'd like to contribute, please visit: <https://www.gofundme.com/stonemandouglasvictimsfund>.

It was an amazing experience and we can't wait to do it all again, bigger and better, next year.

We Got Goals!
We salute #MSDstrong!
Abraham Fitness Training Studio, Coral Springs, FL ■

NGA Pro/Am Universe

NGA American Natural Championships



Photos by
Röger Lister



OVER \$21,000 CASH

NOVEMBER 10, 2018 • CORAL SPRINGS

CORAL SPRINGS CHARTER SCHOOL

3205 N. University Drive, Coral Springs, FL 33065

(at the corner of Sample Road)

PREJUDGING 10:30 AM \$25.00

FINALS 5:30 PM \$35.00 • COMBO \$55.00, Reserved Seating Available • DOORS OPEN 5:00 PM

NGA PROS: Selvon Whatley, Tracy Simonds, Samantha Feenburg, Clint Brackbill

NGA PRO/AM UNIVERSE

NGA AMERICAN NATURAL

PRO MEN	PRO WOMEN	AMATEURS	Debut, Novice, Couples,
BB Open & Masters	Bikini Open & Masters	An NGA Pro Qualifier	Collegiate, Teen, Junior,
Classic Phys. Open & Masters	Figure Open & Masters	Bodybuilding, Physique,	Klds Fit, Wheelchair,
Physique Open	Physique Open	Bikini, Figure Open & Masters	Physically Challenged

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NGA Natural Tri-State Championships

March 24, 2018

Bloomfield, NJ

NGA Promoters:

Pete Diaz & Sam Kapoor

Bikini - Open Short

1. Lee Aborresco

Figure - Open Short

1. Melissa Remoli

NGA PRO Card & Overall

2. Roberta Vascos
3. Lee Aborresco
4. Buttercup Virginia Mayer
5. Debbie Castillo

Figure - Open Tall

1. Amanda Kolodzejski

Figure - Masters 35-44

1. Melissa Remoli
2. Buttercup Virginia Mayer

Figure - Masters 45+

1. Roberta Vascos
2. Buttercup Virginia Mayer
3. Debbie Castillo

Women's Physique - Open

1. Roberta Vascos

Men's Physique - Open LW

1. Chris Livolsi

NGA PRO Card & Overall

2. Steve Mwafuga
3. Christian Fernando
4. Mike Tufo
5. James Darley

Men's Physique - Open HW

1. Najia Mitchell

Classic Physique - Open

1. Steve Mwafuga
2. Shawn Mason
3. Kevin Smith

Men's BB - Open LW

1. Chris Livolsi

NGA PRO Card & Overall

2. Shawn Mason
3. Timothy Wheeler
4. Ayman Elcheikhali

Men's BB - Open LH

1. Kevin Smith

Men's BB - Masters 40-49

1. Chris Livolsi
2. Timothy Wheeler
3. Ayman Elcheikhali

Men's BB - Masters 50-59

1. Kevin Smith

Figure - Debut

1. Debbie Castillo

Men's Physique - Debut

1. Steve Mwafuga
2. Christian Fernando
3. Guilherme Santos
4. Bryan Alonso
5. Jeevon Dsouza
6. James Darley
7. Pablo Collado

Men's Physique - Novice

1. Christian Fernando
2. Najia Mitchell

Men's BB - Novice

1. Chris Livolsi
2. Shawn Mason
3. Ayman Elsheikali
4. Kevin Smith

Men's Physique - Teens

1. Jeevon Dsouza
2. Pablo Collado

NGA Cincinnati Natural

April 7, 2018

Middletown, OH

NGA Promoters:

Rick & Maureen Ruether

Bikini - Open A

1. Kristina Picciano

Bikini - Open B

1. Jennifer Thurman

Overall

Bikini - Open C

1. Kelly Frost

Bikini - Masters 35+

1. Kelly Frost
2. Kristina Cagle

Figure - Open A

1. Jennifer Miller
2. Mary Dunaway
3. Toni Cox
4. Sarah Neeley
5. Shari

Figure - Open B

1. Lindsay Woehrmeyer

NGA PRO Card & Overall

2. Cassandra Dunn
3. Marissa Roberts
4. Amy Breeze

Figure - Masters 40+

1. Jennifer Miller
2. Mary Dunaway
3. Toni Cox
4. Sarah Shelby
5. Amy Breeze

Classic Physique - Open A

1. Eric Thayer

Classic Physique - Open B

1. Nolan Henderson

NGA PRO Card & Overall

2. Zackery Turner

Classic Physique - Open C

1. Onam Williams
2. Jason Lucas
3. Brian Riley

Men's Physique - Open LW

1. Jonathan Goebel
2. Zach Branscum
3. Nick Palmer
4. Eric Thayer

Men's Physique - Open MW

1. Nolan Henderson
2. Zach Hawk
3. Danny Carusone

NGA PRO Card & Overall

Men's Physique - Open HW

1. Martinez Wilson
2. Onam Williams
3. Ben Humphrey
4. Drake Bruns
5. Karel Dejong
6. Mike Hunter

Men's Physique - Masters 40+

1. Eric Thayer
2. Mike Hunter
3. Karel Dejong

Men's BB - Open MW

1. Michael Hisle
2. Zak Lay
3. James Harworth

Men's BB - Open LHW

1. Andrew Plumlee

NGA PRO Card & Overall

2. Jason Lucas

Men's BB - Open HW

1. Onam Williams
2. Richard Horne

Men's BB - Masters 40+

1. Michael Hisle
2. Richard Horne

Men's BB - Masters 50+

1. Michael Hisle
2. Brian Riley
3. Ron Mango

Men's BB - Masters 60+

1. Ron Mango
2. Robert Adams

Bikini - Novice

1. Jennifer Thurman
2. Kristina Picciano

Figure - Novice

1. Lindsay Woehrmeyer

2. Cassandra Dunn

3. Jennifer Miller
4. Mary Dunaway
5. Toni Cox
6. Sarah Neeley
7. Shari Shelby

Men's Physique - Novice

1. Jonathan Goebel
2. Martinez Wilson
3. Onam Williams
4. Zach Hawk
5. Drake Bruns
6. Danny Carusone
7. Nick Palmer

Men's BB - Novice

1. Jason Lucas
2. James Harworth

Men's BB - Junior

1. Jason Lucas

NGA 6th Annual Mr. Anthracite

Natural Championships

NGA 2nd Annual Mr. Coal Natural

Championships

April 14, 2018

Pottsville, PA

NGA Promoter: Warren I. Egebo

ANTHRACITE CONTEST

Men's Physique - Open HW

1. Travis "Featherhawk" Snyder

Best Poser

Classic Physique - Open

1. Tim Burke
2. Adam Derck

Men's BB - Open LW

1. Paul Davies

Men's BB - Open MW

1. Chris Reed

Men's BB - Open LHW

1. Tim Burke

NGA PRO Card & Overall

Most Muscular

Men's BB - Open HW

1. Dan Bound
2. Adam Derck
3. Jameson Shaffer

Men's BB - Master 50+

1. Paul Davies

Men's BB - Novice LHW

1. Tim Burke

Overall

Men's BB - Novice HW

1. Jameson Shaffer

MR. COAL CONTEST

Men's Physique - Open LW

1. Christos Mougios NGA PRO Card & Overall Best Abs	Women's Physique - Open 1. Chris Trimpey 2. Kyle Lindsay Smith 3. Mia Blaze Most Inspirational	1. Brittany McLaughlin 2. Lisa Stugart PRO Bikini - Masters 35+ 1. Lisa Stugart PRO Figure - Open 1. Christine Tama PRO Figure - Masters 35+ 1. Christine Tama PRO Women's Phys - Open 1. Christine Tama PRO Men's Physique - Open 1. Kyle Lavery PRO Men's BB - Open 1. Wayne Palmer PRO Men's BB - Masters 40+ 1. Wayne Palmer 2. Dutch Bulesco 3. Fred Bey Bikini - Open Short 1. Heather Bruderick 2. Alyssa DeMichael 3. Robin Occhicone 4. Tomoko Schicatano Bikini - Open Tall 1. Deana Scheddin NGA PRO Card & Overall	Women's Physique - Open 1. Elizabeth Petrosino 2. Lisa Lanzendorfer 3. Taylor Brumbaugh Women's BB - Open 1. Taylor Brumbaugh Men's Physique - Open LW 1. Frank Moultrie NGA PRO Card & Overall 2. David Cruz Men's Physique - Open MW 1. Harry Wilken 2. Patrick Graham 3. Joel Graham Men's Physique - Open HW 1. John Hardisty 2. Lennox Pugh Classic Physique - Open 1. Kyle Walters NGA PRO Card 2. Zebulin Bryner NGA PRO Card 3. Matthew Dantone 4. Harry Wilken 5. Tarce Bierlair Classic Phys - Masters 40+ 1. Kyle Walters Men's BB - Open LW 1. Zebulin Bryner 2. Paul Davies 3. Trace Bierlair Men's BB - Open LHW 1. Chris Reed 2. Matthew Dantone NGA PRO Card & Overall
Men's Physique - Open HW 1. Travis "Featherhawk" Snyder 2. Sean Tohidl Men's BB - Open LW 1. Paul Davies Men's BB - Open MW 1. Chris Reed NGA PRO Card & Overall Men's BB - Open HW 1. Dan Bound 2. Adam Derek 3. Jameson Shaffer Spirit Award Kyler Baughman NGA 3rd Annual PRO/AM Rocky's NEO Championships April 21, 2018 Columbiana, OH NGA Promoters: Rocky Taumoepeau & Roy Thomas PRO Figure - Open 1. Chris Trimpey PRO Men's BB - Open 1. Bob Goff Most Inspirational Bikini - Open 1. Shannon Ebright NGA PRO Card 2. Darlene Tommeleo 3. Kayla Hendrickson 4. Melissa Kolmar 5. Danette Rzeszotorski Bikini - Masters 35+ 1. Darlene Tommeleo 2. Melissa Kolmar 3. Danette Rzeszotorski Figure - Open Short 1. Hannah Heint NGA PRO Card & Overall Best Body 2. Delayna Green Figure - Open Tall 1. Danielle Peters Best Abs 2. Abigail Harder 3. Kyle Lindsay Smith Best Presentation Figure - Masters 35+ 1. Danielle Peters 2. Abigail Harder	Men's Physique - Open LW 1. Austin Morgan 2. James Taneri Men's Physique - Open MW 1. Jason Arnett 2. Nick Coolidge Men's Physique - Open HW 1. Clayton Cuddington NGA PRO Card & Overall Best Abs 2. Ryan O'Neil Men's Physique - Masters 40+ 1. Jason Arnett Best Presentation 2. James Taneri Classic Physique - Open 1. Jason Arnett 2. Bob Goff 3. Travis Burnett Classic Physique - Masters 40+ 1. Jason Arnett Men's BB - Open 1. Travis Burnett Most Muscular Bikini - Novice 1. Shannon Ebright 2. Kaylan Hendrickson 3. Melissa Kolmar 4. Danette Rzeszotorski Figure - Novice 1. Hannah Heint Men's Physique - Novice LW 1. James Taneri Men's Physique - Novice HW 1. Clayton Cuddington 2. Nick Coolidge 3. Ryan O'Neill Men's BB - Novice 1. Paul Henning 2. Austin Morgan 3. Jeremy Henschel NGA North American Championships NGA Ed Cole Pro Classic April 28, 2018 Wilkes-Barre, PA NGA Promoters: Earl "The Pearl" Snyder & Terri Whitsel PRO Bikini - Open	Figure - Open Short 1. Elizabeth Petrosino NGA PRO Card & Overall 2. Kelcie Hromisin 3. Alyssa DeMichael 4. Nanci DeSousa Figure - Open Tall 1. Lisa Lanzendorfer NGA PRO Card 2. Jane Martinko 3. Alexia Borel 4. Brenda Taylor 5. Alice Baughman Figure - Masters 35+ 1. Elizabeth Petrosino NGA PRO Card 2. Lisa Lanzendorfer 3. Jane Martinko 4. Brenda Taylor 5. Nanci DeSousa 6. Alice Baughman	Men's Physique - Open LW 1. Frank Moultrie NGA PRO Card & Overall 2. David Cruz Men's Physique - Open MW 1. Harry Wilken 2. Patrick Graham 3. Joel Graham Men's Physique - Open HW 1. John Hardisty 2. Lennox Pugh Classic Physique - Open 1. Kyle Walters NGA PRO Card 2. Zebulin Bryner NGA PRO Card 3. Matthew Dantone 4. Harry Wilken 5. Tarce Bierlair Classic Phys - Masters 40+ 1. Kyle Walters Men's BB - Open LW 1. Zebulin Bryner 2. Paul Davies 3. Trace Bierlair Men's BB - Open LHW 1. Chris Reed 2. Matthew Dantone NGA PRO Card & Overall

5. Susan Renna Figure - Debut 1. Elizabeth Petrosino 2. Jane Martinko 3. Alyssa DeMichael 4. Alexia Borel 5. Nanci DeSousa Figure - Novice 1. Lisa Lanzendorfer 2. Jane Martinko 3. Kelcie Hromisin 4. Nanci DeSousa 5. Alice Baughman Men's Physique - Debut 1. Patrick Graham 2. Joel Graham Men's Physique - Novice 1. John Hardisty 2. Lannox Pugh Classic Physique - Novice 1. Kyle Walters 2. Trace Bierlair Men's BB - Novice 1. Zebulin Bryner 2. Trace Bierlair 3. Adam Derck Bikini - Collegiate 1. Lizzy Goldberg Men's Physique - Collegiate 1. Lennox Pugh Transformation 1. Nanci DeSousa 2. Susan Renna 3. Robin Occhicone 4. Alice Baughman 5. Jameson Shaffer NGA Natural Utah Championships Washington Terrace, UT May 5, 2018 NGA Promoters: James & Bianca Purtell Bikini - Open Short 1. Sakhom Cutler NGA PRO Card & Overall 2. Vroqua King Bikini - Open Medium 1. Nury Quevedo 2. Jennifer Pulsipher 3. Carolyn Flitton Bikini - Masters 35-49 1. Jerley Burgos NGA PRO Card 2. Sakhom Cutler 3. Amy Waldron 4. Nury Quevedo	5. Jennifer Pulsipher Bikini - Grandmasters 50+ 1. Carolyn Flitton Figure - Open 1. Nina Francis 2. Suzanna Parker 3. Yongyi Shields 4. Amber Stanworth Figure - Masters 35+ 1. Nury Quevedo Women's Phys - Open 1. Karen Rager Men's Physique - Open 1. Ted Kempe NGA PRO Card 2. Jimmy Chhun 3. Wyatt Hall 4. Patrick Costin 5. Taylor Robinson Men's Physique - Masters 40+ 1. James Gustason 2. Keith Plagemann Men's BB - Open LW 1. Juan Sucuzhanay NGA PRO Card & Overall 2. Josh Novak 3. Shawn Janke Men's BB - Open MW 1. Hayden Gray 2. Zachary Metz Men's BB - Masters 40+ 1. Shawn Janke Bikini - Novice 1. Jerley Burgos 2. Amy Cox 3. Amy Waldron 4. Madison Smith Men's Physique - Novice 1. Chad Myler 2. Scott Strickler 3. James Gustason 4. Keith Plagemann Men's BB - Novice 1. Rodney Shields 2. Jacob Gridley Men's Physique - Teens 1. Colby Gillies 2. Chas Elsberry Men's BB - Teens 1. Jacob Gridley NGA Gator Classic Bodybuilding & Fitness Championships May 5, 2018 Ormond Beach, FL	NGA Promoter: Bill Mora Bikini - Open Short 1. Kristin Guarino NGA PRO Card Bikini - Open Tall 1. Patricia Espre 2. Vanessa Otero Bikini - Masters 35+ 1. Patricia Espre 2. Vanessa Otero Figure - Open Short 1. Buttercup Lawson Mayer 2. Meagan Denison Figure - Open Tall 1. Patricia Espre 2. Teri Hansen Figure - Masters 35+ 1. Patricia Espre 2. Teri Hansen 3. Buttercup Lawson Mayer Figure - Masters 50+ 1. Buttercup Lawson Mayer Women's Physique - Open 1. Buttercup Lawson Mayer 2. Megan Denison Women's Phys - Masters 35+ 1. Buttercup Lawson Mayer Men's Physique - Open MW 1. AJ Hoffman NGA PRO Card & Overall 2. Francisco Lovato 3. Ibrahim Nino Men's Physique - Open HW 1. Stephen Beaugrand 2. Brent Sanders Classic Physique - Open 1. David Phan 2. Brent Sanders Men's BB - Open LW 1. David Phan 2. Jeff Garner Men's BB - Open MW 1. Ibrahim Nino Men's BB - Novice 1. Stephen Beaugrand 2. Brent Sanders Men's BB - Open LHW 1. Stephen Beaugrand NGA PRO Card & Overall 2. Dawn Carpenter 3. Darcy Tepper 4. Shani Risien-Harvey 5. Dana Maiorini 6. Karen Harper 7. Lisa Marquez Best Poser Figure - Novice 1. Patricia Espre Men's Physique - Debut 1. AJ Hoffman	Men's Physique - Novice 1. Francisco Lovato Men's BB - Debut 1. Ibrahim Nino 2. Jeff Garner Men's BB - Novice 1. Ibrahim Nino 2. David Phan NGA 18th Annual PRO/AM Mr. & Ms. Natural Philadelphia Championships May 5, 2018 Philadelphia, PA NGA Promoter: Warren I. Egebo PRO Men's Physique - Open 1. Dmitri McKamey 2. Peter Boulterjeris 3. Frank Moultrie 4. Chris Livolsi 5. Kyle Lavery 6. Christos Mougios 7. Rob Corvello PRO Classic Physique - Open 1. Umar Jones 2. Peter Boulterjeris 3. Carl Wittig PRO Men's BB - Open 1. Mike Ennis 2. Umar Jones 3. Chris Reed 4. Carl Wittig 5. Chris Livolsi PRO Men's BB - Masters 40+ 1. Mike Ennis 2. Chris Livolsi Bikini - Open Short 1. Heather Bruderick 2. Preeti Jani Bikini - Open Tall 1. Sarah Franklin Overall Figure - Open Short 1. Jane Morales NGA PRO Card & Overall 2. Dawn Carpenter 3. Darcy Tepper 4. Shani Risien-Harvey 5. Dana Maiorini 6. Karen Harper 7. Lisa Marquez Best Poser Figure - Open Tall 1. Alicia Esposito-Woody 2. Brenda Taylor 3. Sarah Castrogiovanni
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Figure - Masters 35+ 1. Jane Morales NGA PRO Card 2. Alicia Esposito-Woody 3. Brenda Taylor 4. Shani Risien-Harvey 5. Karen Harper 6. Dana Maiorini 7. Lisa Marquez 8. Sarag Borriello 9. Sarah Castrogiovanni Women's Physique - Open 1. Kim Kisselbeck 2. Sarah Castrogiovanni Women's Phys - Masters 35+ 1. Kim Kisselbeck 2. Sarah Castrogiovanni Men's Physique - Open LW 1. David Cruz 2. Wilner Pierre 3. Ross Goldman 4. Dolby Williams Men's Physique - Open MW 1. Atavis Kennedy NGA PRO Card & Overall Best Abs 2. Joshua Cormier 3. Troy Leazier Men's Physique - Open HW 1. Ralph Barber 2. Todd Smith 3. James Kirk Men's Phys - Masters 40+ 1. Troy Leazier Classic Physique - Open 1. Keith Green NGA PRO Card 2. Josh Cormier NGA PRO Card 3. David McDonald 4. Ross Goldman 5. Jonathan Hill 6. Todd Smith Men's BB - Open LW 1. Keith Green 2. Joseph Drum 3. Paul Davies 4. Ross Goldman Men's BB - Open MW 1. Jacque Whambusch 2. Roger Houde Men's BB - Open LHW 1. David Borriello Men's BB - Open HW 1. Dan Aleksa NGA PRO Card & Overall	2. Adam Derck Men's BB - Masters 40+ 1. David Borriello Men's BB - Masters 50+ 1. Paul Davies Overall 2. Roger Houde Bikini - Debut 1. Preeti Jani 2. Sarah Franklin Figure - Debut 1. Darcy Tepper 2. Sarah Borriello Men's Physique - Debut 1. Atavis Kennedy Best Abs 2. Joshua Cormier Men's BB - Debut 1. Jacque Whambusch Men's BB - Novice LW 1. Keith Green Overall Men's BB - Novice MW 1. Jacque Whambusch Men's BB - Novice LHW 1. David Borriello Spirit of NGA Philly Award Giacomo Sparacio 1997-2017 Most Representative Gym Award (Tie) Christian St. YMCA Philadelphia Push Universal Philadelphia NGA PRO/AM Heart of America JT Natural Classic Championships May 5, 2018 Peoria, IL NGA Promoters: John Abraham & Brad Schupp PRO Bikini - Open 1. Maria Bearson 2. Sara Burroughs PRO Figure - Open 1. Marli Apt 2. Ariel Mierendorf 3. Blair McCalmont 4. Erin Barr PRO Men's Physique - Open 1. Kyle Lavery PRO Men's BB - Open 1. Jose Velazquez 2. Raymond Cummerlander 3. Michael Ganrude Bikini - Open Short 1. Chantal Guerroro	NGA PRO Card 2. Penny Li Juan (Coats) 3. Tina Lisowski 4. Prisca Angela 5. Raven Landstrom Bikini - Open Medium 1. Jennifer Martin NGA PRO Card 2. Tamarah Huff 3. Dianna Marcks 4. Deirdre Smith 5. Tamra Antenucci Bikini - Open Tall 1. Paulina Kolanko NGA PRO Card & Overall 2. Alma Mentz 3. Teri Galbraith 4. Carol Milkins 5. Rachael Shangraw Bikini - Masters 35+ 1. Teri Galbraith NGA PRO Card 2. Jennifer Martin 3. Tamarah Huff 4. Carol Milkins 5. Raven Landstrom 6. Dianna Marcks 7. Tamra Antenucci Bikini - Masters 50+ 1. Carol Milkins 2. Dianna Marcks Bikini Model - Open 1. Deirdre Smith 2. Tamra Antenucci 3. Prisca Angela Figure - Open Short 1. Shelby Holloran 2. Raven Landstrom 3. Patricia Gobrecht Figure - Open Medium 1. Sarah Skinner NGA PRO Card & Overall 2. Brenna O'Brien 3. Amy Brown Figure - Open Tall 1. Kayla Wehnes NGA PRO Card 2. Adrienne Southerland 3. Erica Atherton 4. Juliann Papesch 5. Lexie ScherrThoss Figure - Masters 35+ 1. Kayla Wehnes NGA PRO Card 2. Adrienne Southerland 3. Raven Landstrom	4. Patricia Gobrecht 5. Erica Atherton 6. Susie Baldner 7. Amy Brown Women's Physique - Open 1. Dian Covington Women's Physique - Masters 35+ 1. Dian Covington Men's Physique - Open LW 1. Manu Edakara 2. Lathan Carter 3. Luke Kencke Men's Physique - Open MW 1. Jason Carwile Men's Physique - Open HW 1. Jameson Hole NGA PRO Card & Overall 2. Ethan Skaar Classic Physique - Open 1. Daniel Kennedy NGA PRO Card 2. Michael Ganrude 3. Nick Tomacek 4. Brennen Kinsman 5. Andrey Chaika 6. Jason Carwile Classic Physique - Masters 40+ 1. Jason Carwile Men's BB - Open LW 1. Matt Estock 2. Robert Walston 3. Luke Kencke Men's BB - Open MW 1. Steven Maurer 2. Nick Tomacek 3. Rusty Batty Men's BB - Open LHW 1. Daniel Kennedy NGA PRO Card & Overall 2. Luis Munoz Men's BB - Open HW 1. Warren Skoza 2. Rick Horn Men's BB - Masters 40+ 1. Rusty Batty 2. Rick Horn Men's BB - Masters 50+ 3. Rusty Batty Men's BB - Masters 60+ 1. Ron Mango Bikini - Debut 1. Paulina Kolanko 2. Penny Li Juan (Coats) 3. Tina Lisowski 4. Prisca Angela
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5. Raven Landstrom 6. Rachael Shangraw Bikini - Novice Short 1. Penny Li Juan (Coats) 2. Tina Lisowski 3. Prisca Angela 4. Raven Landstrom Bikini - Novice Medium 1. Paulina Kolanko Overall 2. Tamra Huff 3. Chantal Guerroro 4. Deirdre Smith 5. Tamra Antenucci Bikini - Novice Tall 1. Rachael Shangraw Figure - Debut 1. Kayla Wehnes 2. Shelby Holloran 3. Adrienne Southerland 4. Raven Landstrom 5. Patricia Gobrecht 6. Erica Atherton 7. Juliann Papesch 8. Lexie ScherrThoss Figure - Novice Short 1. Shelby Holloran 2. Raven Landstrom 3. Patricia Gobrecht Figure - Novice Medium 1. Sarah Skinner Overall 2. Brenna O'Brien 3. Amy Brown Figure - Novice Tall 1. Kayla Wehnes 2. Adrienne Southerland 3. Erica Atherton 4. Juliann Papesch 5. Lexie ScherrThoss Men's Physique - Debut 1. Manu Edakara 2. Joshua Baldner 3. Luke Kencke Men's Physique - Novice 1. Manu Edakara 2. Jason Carwile 3. Joshua Baldner 4. Ethan Skaar 5. Luke Kencke Classic Physique - Debut 1. Andrey Chaika Classic Physique - Novice 1. Brennen Kinsman 2. Andrey Chaika Men's BB - Debut	1. Warren Skoza 2. Robert Walston 3. Luke Kencke 4. Luis Munoz Men's BB - Novice 1. Steven Maurer 2. Matt Estock 3. Robert Walston 4. Luke Kencke 5. Luis Munoz Men's Physique - Teens 1. Lathan Carter 2. Joshua Baldner 3. Ethan Skaar Men's BB - Teens 1. Robert Walston Transformation 1. Erica Atherton 2. Tamra Antenucci 3. Kayla Wehnes 4. Brenna O'Brien 5. Lyzz Glueckstein 6. Alma Mentz 7. Patricia Gobrecht NGA PRO/AM Kentucky Natural Classic May 12, 2018 Lexington, KY NGA Promoters: Josh & Melissa Miller PRO Figure - Open 1. Chris Trimpey 2. Wendi Eldred 3. Wendy Doran PRO Figure - Masters 35+ 1. Chris Trimpey 2. Wendi Eldred 3. Wendy Doran PRO Men's Physique - Open 1. Colin Turner PRO Classic Physique - Open 1. Michael Ganrude PRO Men's BB - Open 1. Meshack Ochieng 2. Jerome Drakeford 3. Michael Ganrude 4. Bob Goff 5. Doug VanDyke 6. Ron Page PRO Men's BB - Masters 40+ 1. Jerome Drakeford 2. Bob Goff 3. Doug VanDyke 4. Ron Page Bikini - Open A	1. Anna Mollett NGA PRO Card 2. Kristina Picciano 3. Melissa Kolmar 4. Kendra Eubank 5. Emily Thomas 6. Cathy Coyle Bikini - Open B 1. Taylor Williams NGA PRO Card & Overall 2. Lacey Hylen 3. Jennifer Salvina 4. Alexandra Matz 5. Danette Rzeszotarski Bikini - Masters 35+ 1. Carrie McGregor NGA PRO Card & Overall 2. Melissa Kolmar 3. Emily Thomas 4. Cathy Coyle 5. Danette Rzeszotarski Bikini - Masters 45+ 1. Donna French 2. Christy Barnette 3. Veronica Wunderlich 4. Cathi Sapp Figure - Open A 1. Jessica Hanna NGA PRO Card 2. Shelby Halloran 3. Christy Barnette 4. Misty Waldon 5. Chasity Young Figure - Open B 1. Lydia Sweetser NGA PRO Card & Overall 2. Tabecca VanDyke 3. Cori Dempster 4. Lakin Daniels Figure - Masters 35+ 1. Tabecca VanDyke 2. Christy Barnette 3. Misty Waldon Women's Phys - Open 1. Chris Trimpey 2. Tabecca VanDyke 3. Chasity Young 4. Parmjit Kaur Men's Physique - Open LW 1. Austin Morgan 2. Alan Nguyen 3. Jonah Baker Men's Physique - Open MW 1. Douglas Ludmann NGA PRO Card & Overall 2. Dion Sanders	3. Jontai McQueen 4. John Boyette 5. Gerald Dougherty 6. Steve Umansky 7. James Cole Men's Physique - Open HW 1. Jason Carwile 2. Michael Raglin 3. Elamin Assaid Men's Physique - Masters 40+ 1. Douglas Ludman NGA PRO Card 2. Jontai McQueen 3. Jason Carwile 4. Steve Umansky 5. Troy Coop Classic Physique - Open 1. Bob Goff NGA PRO Card 2. Michael Raglin NGA PRO Card 3. Jason Carwile 4. Zackery Turner 5. Jonah Baker 6. Sean Palazzo Classic Physique - Masters 40+ 1. Bob Goff 2. Jason Carwile Men's BB - Open LW 1. Kaleb Barnett NGA PRO Card & Overall 2. Austin Morgan Men's BB - Open MW 1. Edgar Lopez 2. Zackery Turner Men's BB - Open LHW 1. Jacob Stone 2. Cole Brown 3. Sean Palazzo Men's BB - Open HW 1. Don Jones Bikini - Novice 1. Taylor Williams 2. Anna Mollett 3. Carrie McGregor 4. Kristina Picciano 5. Lacey Hylen 6. Melissa Kolmar 7. Donna French 8. Emily Thomas 9. Jennifer Salvina 10. Alexandra Matz 11. Danette Rzeszotarski Men's Physique - Novice 1. Dion Sanders 2. Jontai McQueen
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3. John Boyette
4. Michael Raglin
5. Gerald Dougherty
6. Alan Nguyen
7. Steve Umansky
8. James Cole

Men’s BB - Novice

1. Edgar Lopez
2. Austin Morgan
3. Jacob Stone
4. Don Jones
5. Sean Palazzo

Bikini - Juniors

1. Taylor Williams
2. Anna Mollett
3. Lacey Hysten
4. Alexandra Matz

Figure - Juniors

1. Lydia Sweetser
2. Jessica Hanna
3. Shelby Halloran
4. Cori Dempster

Men’s Physique - Juniors

1. John Boyette
2. Austin Morgan
3. Alan Nguyen
4. Elamin Assaid

Men’s BB - Juniors

1. Kaleb Barnett
2. Jaco Stone
3. Austin Morgan
4. Cole Brown

NGA PRO/AM
Garden State Classic

May 12, 2018
Bloomfield, NJ

NGA Promoters:
Pete Diaz & Sam Kapoor

PRO Bikini - Open

1. Brittany McLaughlin
2. Caroline Wilson

PRO Figure - Open

1. Christine Tama
2. Noel Bovino
3. Joanne Hill

PRO Women’s Phys - Open

1. Christine Tama
2. Noel Bovino
3. Joanne Hill

PRO Men’s Physique - Open

1. Calvin Lashley
2. Derek McGuire
3. Brandon Mason

PRO Men’s BB - Open

1. Antonio Rizzi
2. Brandon Mason
3. Antonio Rizzi

Bikini - Open Short

1. Elizabeth Petrosino
2. Tiffany Ensmann

Bikini - Open Tall

1. Mackenzie Miller
2. Jessica Roesch
3. Roberta Vascos

Bikini - Masters 35+

1. Elizabeth Petrosino
2. Jessica Roesch
3. Roberta Vascos

Figure - Open Short

1. Mackenzie Miller

NGA PRO Card & Overall

2. Jane Morales
3. Roberta Vascos

Figure - Open Tall

1. Ashley Kreig
2. Liz Donzella

Figure - Masters 35+

1. Jane Morales
2. Liz Donzella

Women’s Physique - Open

1. Joanne Hill
2. Roberta Vascos

Men’s Physique - Open LW

1. Cristhian Sanabria
2. Joshua Cormier

Men’s Physique - Open MW

1. Anthony Harris
2. Jovens Jarvis

Men’s Physique - Open HW

1. Addison Jarvis

NGA PRO Card & Overall

2. Brian Fowkes
3. Charles Preston
4. Chris McLaughlin
5. Terence O'Donnell

Classic Physique - Open

1. Joshua Cormier
2. Justin Barrow
3. Richard Moglia Sr.
4. Jovens Louis Jean

Men’s BB - Open LW

1. Albert Shao

NGA PRO Card & Overall

2. Miguel Gonzales
3. Justin Barrow

Men’s BB - Open MW

1. Dawud Rasul
2. Ilya Vyalskiy

Men’s BB - Open HW

3. Justin Barrow
4. Richard Moglia Sr.
5. Richard Moglia Jr.

1. Patrick Charles
2. Richard Moglia Sr.

Men’s BB - Masters 50+

Men’s BB - Masters 60+

1. Dawud Rasul

Bikini - Debut

1. Jessica Roesch

Bikini - Novice

1. Tiffany Ensmann
2. Jessica Roesch

Figure - Debut

1. Ashley Kreig

Men’s Physique - Debut

1. Addison Jarvis
2. Brian Fowkes
3. Chris McLaughlin
4. Anthony Pingos
5. Anthony Duran

Men’s BB - Debut

1. Miguel Gonzalez
2. Ilya Vyalskiy

Men’s BB - Novice

1. Ilya Vyalskiy
2. Alejandro Garcia
3. Justin Barrow
4. Richard Moglia Jr.

NGA Seattle Natural
PRO/AM Championships

May 19, 2018
Seattle, WA

NGA Promoter:
Marlina Tesoro Velasco

PRO Men’s Physique - Open

1. Robert Weeks
2. Torrance Cooper
3. Haskell Cannonier

Bikini - Open

1. Kristina Barry
2. Nancy Phan
3. Robyn Hicock
4. Myra Pacleb
5. Pilar Roberts
6. Jasmine Dougherty

Bikini - Masters 40+

1. Myra Pacleb
2. Pilar Roberts

Bikini Model - Open

1. Robyn Hicock
2. Kristina Barry
3. Nancy Phan

Figure - Open

1. Tamara Crawford

Figure - Masters 40+

1. Pilar Roberts
2. Tamara Crawford

Women’s BB - Open

1. Laura LaCroix

Classic Physique - Open

1. Michael Miller
2. Michael LaBadie

Men’s Physique - Open

1. Luke Nelson
2. Michael LaBadie
3. Johnny Seng

Men’s BB - Open

1. Michael Miller

Bikini - Debut

1. Nancy Phan
2. Myra Pacleb
3. Robyn Hicock
4. Roxanne Tondevold

Bikini - Novice

1. Nancy Phan
2. Robyn Hicock
3. Myra Pacleb
4. Jasmine Dougherty
5. Roxanne Tondevold

Figure - Debut

1. Jasmine Dougherty

Figure - Novice

1. Jasmine Dougherty
2. Tamara Crawford

Men’s Physique –Novice

1. Luke Nelson
2. Michael LaBadie

Transformation

1. Roxanne Tondevold
2. Nancy Phan
3. Robyn Hicock

NGA PRO/AM
Toledo Glass Scepter

May 19, 2018
Maumee, OH

NGA Promoter: Ryan Rollison

PRO Figure - Open

1. Wendi Eldred
2. Eric Landrum

Bikini - Open Short

1. Erica Stolar
2. Melissa Kolmar
3. Danette Rzeszotarski

Bikini - Open Tall

1. Tiffany Hanks
2. Emily Arnold
3. Melissa Mcleod

Bikini - Masters 35+

1. Tiffany Hanks
2. Melissa Kolmar
3. Danette Rzeszotarski

Figure - Open Short

1. Christina Schultz
2. Melissa Hieronimus
3. Rachael Chase
4. Misty Waldon

Figure - Open B

1. Angela Larson
2. Carol Dudek
3. Beth Webster
4. Leslie Wabolt

Figure - Masters 35-39

1. Melissa Hieronimus
2. Rachael Chase
3. Leslie Walbot

Figure - Masters 40-49

1. Angela Larson
2. Misty Waldon
3. Carolyn Dudek
4. Beth Webster

Women’s Phys - Open

1. Wendi Eldred
2. Angela Larson
3. Diana Starkey

Women’s Phys - Masters 35+

1. Angela Larson
2. Diana Starkey

Men’s Physique - Open LW

1. Nicholas Young
2. James Cole

Men’s Physique - Open MW

1. Jontai McQueen
2. Leonard Horton
3. Ivof Caudill
4. Gerald Dougherty

Men’s Physique - Open HW

1. Blake Betz
2. Eric Landrum

Classic Physique - Open

1. Ivof Caudill
2. Eric Landrum
3. Jontai McQueen

Men’s BB - Open MW

1. Jabari Hardiman
2. Joshua Espinoza
3. Vladimir Chlouba
4. Jontai McQueen

Men’s BB - Open LHW

1. Eric Landrum

Men’s BB - Open HW

1. Jesse Frye

Bikini - Debut

1. Tiffany Hanks
2. Erica Stolar

Bikini - Novice

1. Tiffany Hanks
2. Erica Stolar

Figure - Debut

1. Melissa Hieronimus

Figure - Novice

1. Melissa Hieronimus
2. Blake Betz

Men’s Physique - Debut

1. Nicholas Young
2. Blake Betz

Men’s BB - Novice

1. Joshua Espinoza
2. Vladimir Chlouba
3. Jontai McQueen

NGA PRO/AM Abraham
Fitness Championships
May 19, 2018
Coral Springs, FL
NGA Promoter: Abraham Oluwole

PRO Bikini - Open

1. Kristi Phillips

PRO Figure - Open

1. Idelisse Rivera
2. Joshua Rolle

PRO Men’s Physique - Open

1. Antony Richburg
2. Joshua Rolle
3. Ladarrius Sanders

PRO Men’s BB - Masters 50+

1. David Weinstock
2. James Cole

Bikini - Open

1. Whitney Spence
2. Kathryn Powers
3. Antionette Bagley
4. Amy Szutowicz
5. Tracy Lanferman

Bikini - Masters 35+

1. Whitney Spence
2. Antionette Bagley
3. Amy Szutowicz
4. Tracy Lanferman

Bikini Model - Open

1. Kristi Phillips
2. Whitney Spence

2. Antionette Bagley
3. Amy Szutowicz
4. Tracy Lanferman

Figure - Open

1. Laura Juntunen
2. Keiz Exantus

NGA PRO Card

3. Daryl Sissman
4. Kristi Phillips
5. Buttercup Lawson Mayer

Figure - Masters 35+

1. Daryl Sissman
2. Buttercup Lawson Mayer

Figure - Masters 50+

1. Buttercup Lawson Mayer

Women’s Phys - Open

1. Rosemarie Brickman
2. Buttercup Lawson Mayer

Women’s Phys - Masters 35+

1. Buttercup Lawson Mayer
2. Buttercup Lawson Mayer

Women’s Phys - Masters 50+

1. Rosemarie Brickman
2. Buttercup Lawson Mayer

Men’s Physique - Open LW

1. Alex Duran

Men’s Physique - Open MW

1. Larry Ray, Jr.
2. Jordan Nicholson

Men’s Physique - Open HW

1. Branson Fitzpatrick
2. Irving Steele

Classic Physique - Open

1. Larry Ray, Jr.
2. Irving Steele

Men’s BB - Open

1. Larry Ray, Jr.

Bikini - Debut

1. Kathryn Powers

Bikini - Novice

1. Whitney Spence
2. Kathryn Powers
3. Amy Szutowicz

Figure - Novice

1. Laura Juntunen
2. Keiz Exantus
3. Daryl Sissman

Men’s Physique - Debut

1. Branson Fitzpatrick
2. Irving Steele

Men’s Physique - Novice

1. Branson Fitzpatrick
2. Irving Steele
3. Jordan Nicholson

Men’s Physique - Open LW

1. Michael Olivera

Men’s Physique - Masters 40+

1. Michael Olivera
2. Mark Stray

Men’s BB - Open LW

1. Michael Olivera

NGA 26th Annual
Northwest Natural
NGA PRO Atlas Bodybuilding
& Fitness Championships

May 19, 2018

Boise, ID

NGA Promoter: Allen Bowlden

PRO Figure - Open

1. Jo Lawrence

PRO Men’s BB - Open

1. Elvir Tatarevic
2. Matt Mirowski
3. Mark Tilden

Bikini - Open A

1. Lyndsie Barnes
2. Amy Cox
3. Reana Garcia Menchaca

NGA PRO Card & Overall

4. Kaysa Cruse

Bikini - Open B

1. Quincie Clark
2. Rita Soltesz

Bikini - Masters 35+

1. Ritz Soltesz
2. Reana Garcia Menchaca

Figure - Open A

1. Carlee Shepherd
2. Jenny Stevens
3. Lyndsie Barnes

NGA PRO Card & Overall

4. Yongyi Shields

Figure - Open B

1. Nina Francis
2. Suzanna Parker
3. Melissa Dixon

Figure - Masters 35+

1. Jenny Stevens
2. Yongyi Shields
3. Melissa Dixon

Women’s Phys - Open

1. Carlee Shepherd
2. Wyatt Hall
3. Caleb Harris

Men’s Physique - Open LW

1. Kylie Ellwanger
2. Wyatt Hall
3. Caleb Harris

Men’s Physique - Open MW

1. Michael Olivera
2. Mark Stray

Men’s Physique - Masters 40+

1. Michael Olivera
2. Mark Stray

Men’s BB - Open LW

1. Michael Olivera

- 1. Mark Abernathy
- 2. Dustin Jones

Men's BB - Open MW

- 1. Mike Masaitis
- 2. Aaron Whitten
- 3. Abraham Soto

Men's BB - Open LHW

- 1. Changsun Moon
- 2. Rodney Shields

Men's BB - Open HW

- 1. Paul Campbell

NGA PRO Card & Overall

Men's BB - Masters 35+

- 1. Aaron Whitten

Bikini - Novice A

- 1. Nichelle Eld
- 2. Kandice Jeppsen
- 3. Whitney Whitman

Bikini - Novice B

- 1. Allysha Weatherford
- 2. Samantha Ellefson
- 3. Siena Groshong

Bikini - Novice C

- 1. Summer Williams
- 2. Mikaela Smith

Men's BB - Novice

- 1. Griffin McMahon
- 2. Austin Enriquez

- 3. Noah Merca

Men's BB - Teens

- 1. Griffin McMahon
- 2. Austin Enriquez
- 3. Noah Merca

NGA / FIBBN North Italy

Selection

May 19, 2018

Torino, ITALY

NGA Promoter: Marco Zanetti

Bikini - Open

- 1. Arianna Daturi
- 2. Claudia Viaggi
- 3. Corinna Mantegazza
- 4. Cecilia Lidya Casadei
- 5. Nadia Limonta
- 6. Deborah Antonella Napoli
- 7. Fiore Anna

Figure - Open LW

- 1. Stefania Scorretti
- 2. Sarah Maggi
- 3. Vittoria Cariano

Figure - Open HW

- 1. Pinto Helga
- 2. Fiore Maria

Fitness Model - Open LW

- 1. Matteo Truffelli

- 2. Zamfir Marian Carlos
- 3. Samuele Zinzani

Fitness Model - Open HW

- 1. Larizza Giuseppe
- 2. Maccarone Simone
- 3. Marco Reitano
- 4. Semrah Asanoski
- 5. Signorini Alessandro
- 6. Singh Inderveer

Men's Phys - Open Short

- 1. Martini Aldo
- 2. Mourchi Youness
- 3. Bianchi Fabio
- 4. Christian Lombardi
- 5. Sangiorgi Vito
- 6. Singh Mandeep

Men's Phys - Open Tall

- 1. Julio Adjeitey
- 2. Larizza Giuseppe
- 3. Zamfir Marian Carlos
- 4. Roberto Boano
- 5. Davide Cannolicchio
- 6. Benvegna Luca

Men's BB - MW

- 1. Alessandro Scaglione
- 2. Ottavio Bartolomeo Essart
- 3. Juri Gambino

Men's BB - HW

- 1. Cusenza Simone
- 2. Valerio Portone
- 3. Jacopo Morsillo
- 4. Paolo Masserini
- 5. Innocenti Daniel
- 6. Gennaro Amato

Men's BB - Open

- 1. Salvatore Buscemi
- 2. Cersosimo Antonio
- 3. Maccarone Simone
- 4. Signirini Alessandro
- 5. Gennaro Amato
- 6. Megaro Alessio

Men's BB - Masters 40+

- 1. Giuseppe Morabito
- 2. Massimo Diana
- 3. Bartolomeo Ottavio

Men's BB - Debut

- 1. Antonio Cersosimo
- 2. Alessandro Scaglione
- 3. Fabio Colce
- 4. Christian Lombardi

Men's Physique - Juniors

- 1. Samuele Zinzani

Men's BB - Teens

- 1. Alessio Megaro

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Melissa@TransformationPersonalTraining.com



2018

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Athletes • Fitness Club Owners • Managers*



"In my 20 years certified with the NGA, it has been one of the best decisions I have ever made. It has enabled me to stay in very good shape and focus on the very best methods available in the exercise field, as well as helping others seeking the same. Exercise is hands down, the single most important element that everyone should incorporate into their lives, and it would be a difficult attempt to find better individuals than those who run the NGA, to guide and teach this critical and proven life enhancer." - Fran Tufano



"I am an NGA Master Pro Bodybuilder and NGA certified personal trainer. If you want to get in the best shape of your life than a trainer that is certified by the National Gym Association, Inc. is the way to go with the combination of years of knowledge, and hands on experience your goals will be achieved." - Michael Russell



"As a full-time working professional in the fitness and health industry, being in NGA certified trainer has given me a nationally recognized level of credibility. Because the certification program is so diverse, I can speak to people from a point of reference about anything from nutrition, injury prevention and treatment, to advice on exercises to help them reach their goals confidently and effectively. The greatest reward I can hope to receive is knowing that I can help other people, and being an NGA certified personal trainer has given me the ability to do just that all over the world!" - Lex Kovacs

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