

WINTER ISSUE  
2020

# NGA NATURAL *mag*

Drug-Free Athletes of America

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AND MAKES THEIR MARK

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Classic

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Contact: Josh Miller

(606) 424-7157

KyNaturalbb@gmail.com

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# Welcome

## Letter from the Editor

Happy New Year! On behalf of the NGA family and myself, I hope that all of you had a joyous holiday season. At the start of a New Year, many people set personal goals that they would like to achieve. It could be for health or personal reasons, but whatever the goal is, success is a story that we want to share after having achieved what we set our minds to and the key towards doing this is to do so in small increments to avoid becoming overwhelmed. There is an old saying that I often use which is "Inch by inch is a cinch, yard by yard is hard." In other words, pace yourself.

A goal you may want to consider is to get involved with our magazine. What could be better than a new year filled with new adventures? If you are interested in contributing an article that would appeal to our growing readership, please contact the NGA Office. We have set the tone for 2020 with an interesting mix of articles and stories. If you or someone you know has an inspiring fitness journey, please send them our way. We would love to share their story in our magazine.

The NGA has a great schedule of events set for 2020. Be sure to check out our schedule. We are also always looking for new promoters to join the NGA Family. If you or someone you know is interested in becoming an NGA Promoter, please be sure to contact Andrew Bostinto at 954-344-8410. Come be a part of the oldest natural and most reputable bodybuilding organization which was established in 1979.

As always, I welcome your comments, questions, feedback, and can be reached at [nga@nationalgym.com](mailto: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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**PHOTO BY:** Roger Lister  
**COVER DESIGN BY:** Lana B. Callahan, BFA



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# FOOD - THE PRIMARY FITNESS GOAL



BY JOSH MILLER, BS, NSCA, CPT  
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The food we eat plays a vital role in how we look and feel. Regular exercise is important, but according to research, nutrition has the largest impact on our fitness. Using food as our medicine has become a popular theme for health improvement.

We should focus on healthy food intake as a primary fitness goal. When healthy eating habits become a lifestyle, we are healthier and happier. Eating right allows us to reduce body fat, lose weight, feel more confident, and reduce our risk of illness. Studies are indicating healthy food intake as the most important part of our fitness programs.

Nutrient-dense foods or “superfoods” include lean proteins, healthy carbohydrates, and fats are essential to our health. Superfoods are a rich source of vitamins, minerals, and antioxidants. Antioxidants are shown to reduce inflammation in our body helping us fight disease and illness. Inflammation is said to be the leading cause of many diseases. Powerful antioxidants in leafy greens and vegetables, for example, help detoxify the body removing harmful chemicals.

## Increase Your Metabolism Naturally

Eating foods containing certain compounds can increase the rate we burn fat naturally. Eating foods that stimulate and enhance the fat burning process will help us reduce fat more effectively. Adding metabolism boosting foods will be a great supplement to your existing workout and nutrition program.

### The following foods are shown to increase our metabolism:

- Hot peppers (active component capsaicin)
- Green tea (active component caffeine)
- Black coffee (active component caffeine)
- Cold water (500 ml of water daily increased metabolic rate by 30%)
- Whole grains (aiding component fiber and iron)
- Yogurt (aiding component calcium and probiotics)
- Apples (aiding component fiber)
- Nuts and seeds (aiding component essential fatty acids)
- Fatty fish (aiding component Omega-3 fatty acids)

## Is Coffee Healthy or Not?

Should we drink coffee? This is a popular question and although not the best drink for some, overall studies show coffee as beneficial to our health and fitness.

Coffee contains antioxidants but also caffeine. Caffeine is a natural stimulant shown to increase our metabolic rate. Many athletes are using coffee as a pre-workout drink to benefit from this effect. Low to moderate doses (1-2 cups) of coffee are shown to significantly improve athletic performance.

Drinking black coffee 30 minutes prior to exercise is said to have the best ergogenic results. It’s shown to improve our endurance and enable us to exercise longer.

Coffee is also indicated to improve our mental focus and increase energy levels. Clearer thinking promotes a more productive and effective workout.

## Eat Superfoods Daily

Superfoods play an important part in achieving and maintaining a healthy body. Nutritionists may vary in their lists of which foods are best, but agree they’re all essential. Eating a wide variety of superfoods daily will satisfy nutrient requirements for

optimal body functioning.

### Start with the following top superfoods:

- Oats (high in fiber, improved digestion, heart health)
- Blueberries (antioxidants, reduces inflammation, cancer-fighting)
- Apples (antioxidants, reduces inflammation, weight loss)
- Green tea (antioxidants, increases metabolism, weight loss)
- Flaxseed (essential fatty acids, increases metabolism, reduces inflammation)
- Broccoli (antioxidants, cancer-fighting, detox)
- Yogurt (calcium, probiotic, improved digestion, bone health)
- Olive oil (monounsaturated fatty acids (MUFAs) /heart health)
- Beans (high in fiber, antioxidants, improved brain function)
- Cinnamon (antioxidants, detox, healing spice)

In closing, make healthy foods a part of your lifestyle. You will notice many benefits such as increased energy, improved strength, improved health, just to name a few. It will take discipline and commitment, but you will find it well worth the effort! ■

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# 2019 NGA PRO/AM Mr. & Ms. Natural Philadelphia Bodybuilding & Figure Championships

**Plymouth Meeting, PA  
May 4, 2019**

**Promoter: Rev. Warren I. Egebo**  
[www.naturalphillybodybuilding.com](http://www.naturalphillybodybuilding.com)  
[klon@epix.net](mailto:klon@epix.net)



**Fernando Hernandez**  
**Physique - Open,**  
**Classic Physique - Open,**  
**Bodybuilding - Open**  
**3 NGA PRO Cards & 3 Overall**



**Johanna Blume**  
**Figure - Open**  
**1st Place**

Borriello of Philadelphia, another Christian St. YMCA member, won the Bodybuilding Master division.

The Bodybuilding Novice winner was Dan Kichline of Gladwyne, PA. In Bodybuilding Junior division, Patrick Schanne of Churchville, PA, took the top spot. Troy Leazier of Reading, PA was the 1st place winner in the Men's Physique Master division.

The Figure Open & Master winner was Johanna Blume of Newton, PA. Heather Bruderick, a well-known car show model in the Philadelphia region and the runner up in the Bikini division in the 2018 show, captured the top spot in this dazzling show.

Carl Wittig, the 2017 Mr. Natural Philadelphia champion, won the PRO Bodybuilding Open division at this May 4th show in Plymouth Meeting two years after his amateur win on this same stage. The 2nd place finish went to the 2018 Mr. World's Gym Philly Natural, Eduardo Teixeira of Trevoze, PA. The seasoned NGA, PRO Marlo Diana from Scranton, PA

won the 3rd place. 4th place, in the Men's PRO division was Paul Davies, the current 2019 Mr. Coal Natural.

In the PRO Bodybuilding Master division, Dr. Neil Cohn repeated another win at the Natural Philly. In the 2nd place position, it was Tony Malzon of Philadelphia.

The PRO Classic Physique division produced an upset when new PRO Classic Physique Alexander Puhalla of Philadelphia bested Umar Jones of Norristown, who took the top spot in this division at the Natural Philly the past two years. Alexander also won the Best Poser Award during the show. The most competitive class in all of the show was the PRO Men's Physique division. Any of the five competitors could have won, but it was Peter Boulenger of Philadelphia who came out on top after having been runner up for the past two years to Dmitri McKamey of Pennsville, New Jersey. At this year's event, Dmitri took the 2nd place win.

The Best Abs Award was won by "Mr. Fit Realtor" and first-time competitor, Anthony Woods of Philadelphia. The Spirit of Philadelphia Award went posthumously to Jim Wilmer of Baltimore, Maryland. His family from Baltimore accepted the award and spoke at the show about his over 40 years of bodybuilding photography in many federations. Jim Wilmer Photos had been the official photographer of the NGA Natural Philly for 18 of its 19 year history. Special guest and trophy presenter for the second year in a row was Miss Mountain Laurel. Head male judge was NGA PRO Bodybuilder Brian Snyder of State College, PA. The head female judge was Dr. Lorraine Depass.

Sponsors for this outstanding show were Beach Bum Tanz, Kut Up Fit Wear, Champ's Nutrition, and Lance Tyler Photography. The show was promoted by Rev. Warren I. Egebo of Pump Promotions. ■



**Dr. Neil Cohn**  
**PRO Bodybuilding - Master**  
**1st Place**



**Heather Bruderick**  
**Bikini - Open**  
**Overall**



**Alexander Puhalla**  
**PRO Classic Physique - Open**  
**1st Place**

The 19th Annual NGA PRO/AM Mr. and Ms. Natural Philadelphia was held on May 4, 2019 in Plymouth Meeting, PA. This long awaited event was nothing short of spectacular as it was quite a day for Fernando Hernandez of Reading, PA. Not only did the seasoned competitor win the coveted title of NGA Mr. Natural Philadelphia and win his bodybuilding NGA PRO Card that he had been chasing for several years, he also won two other NGA PRO Cards at the show in the Classic Physique and Physique divisions. In the Men's Bodybuilding Open Lightweight division, Brian Dennis, a Christian St. YMCA member, won the top spot and an NGA PRO Card in his first ever bodybuilding show in his fifties! Anthony



## AN ATHLETE'S LEADING DOWNFALL... NEGLIGENCE WITH RECOVERY AND MOBILITY



BY CHAD ADAMOVICH, CSCS  
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**D**o you want a really fast way to bring progress to a dramatic halt? How about potentially ending your career as an athlete? The best way to do this is to neglect recovery and mobility work. As a professional in the field and even as an athlete myself, I know recovery and mobility work isn't the most exciting thing to do, but it must be taken as seriously as the other aspects of training because your risk of injury will continue to rise if you don't. Injuries are bound to happen, especially if you are a competitive athlete. There are many high-level athletes that have some sort of injury or nagging issue they are dealing with which you don't typically hear about. This is due to the high demand of sport and training, while trying to accelerate their career. However, because it is a common occurrence, it's an important topic to learn and talk about.

Unfortunately, it's the norm for athletes, especially in the bodybuilding community, to continue to train hard without focusing on injury prevention, joint health, recovery, etc. Athletes need to learn that continuing to press the pedal to the medal with no break in between is not the answer for improvement. There are times where letting off the gas, actually increases your performance. It's a hard fact for a lot of athletes to accept because for many, taking the foot off the gas is the last thing they want to do. The best way to understand the necessity in giving the body time to recover is to think of your body as a car. Driving your car without ever getting an oil change, tire rotation, etc. will eventually cause the car to break down or not perform like it should. Your body works in the same way. You have to take care of it, even if it's not as exciting as other forms of training.

Recovery is a vast topic to discuss, so where do

we start? Sleep and mobility work, areas that are controllable, will dramatically impact an athlete's performance and health. This means that in most cases, an athlete is in control of getting enough of each. These two areas will be some of your best returns of investment. I will discuss the science and application of each to hopefully assist an athlete in this area of their career.

### SLEEP/REST

One of the many variables that can affect results is your sleep and rest. It doesn't matter if are trying to gain lean mass, increase performance or lose fat mass; your rest and sleep are going to affect you. It sounds simple, but life can really throw us some curve balls that will lower our sleep duration and quality. That is why it is imperative to set a goal and schedule it just like you would a training session. It needs to become part of your routine if progress is going to happen and injuries minimized. Make it part of your routine to get to bed at a certain time every night or set an alarm on your phone to stop and relax 30 minutes before bed. Also, minimize blue light and caffeine in the evening which can go a long way to getting the recovery your body deserves.

What does the science say about sleep? If we don't get enough sleep, we see decrements in performance not only physically, but mentally as well. Decrement in sleep have widespread negative effects on cardiovascular, endocrine, immune, and neuromuscular systems to name a few. When mental awareness is lower, risk of injury goes up. We have seen maximal force output drop in lifts by 15-20% just after two nights of low sleep and decrements after even one night of low sleep (6 hours or less). Lack of sleep has even shown baseline testosterone levels to drop significantly along with increased inflammatory markers. Eight hours of sleep has shown the best results based on the research, but you should aim for at least 7 hours to

get the benefits while keeping in mind individual differences in sleep patterns.

In addition to sleep, rest from training is extremely important. Going hard every day is a big mistake. An intelligent coach/athlete will program rest days into training. What also must be taken into consideration, especially as you become more advanced, are periods of lower intensity training within the programming periodization. It's important to have a real strength and conditioning professional (CSCS) create your periodization because a lot can go wrong if not done correctly. This means find someone with the proper education to individualize your strength and conditioning program because everyone is different based on goals, training status, and other factors. However, a strong recommendation would be to have at least 1-2 rest days and distribute training volume accordingly. De-load week(s) are another effective strategy for recovery within training. Remember the training is the stimulus, growth is when you recover. The biggest injury prevention strategy is proper recovery from training which research confirms.

### MOBILITY

Another area that athletes don't quite take seriously enough is mobility work. When someone consistently trains hard with resistance training and doesn't take into consideration mobility, muscles are going to get tight, leading to performance and range of motion decrements, followed inevitably by injury.

When your body gets tight from lack of mobility work, your body is going to try to compensate for the shortened levers with other muscle groups. Think of your body as an X. If there is an issue on the top left part of your body, most likely your lower right is going to try to balance this out. If it doesn't get corrected, pain and mobility issues occur. In addition, the issue isn't always directly associated with the area of pain. The issue is likely coming from somewhere else. For example, if you have neck pain, the issue isn't necessarily your neck,

it could come from a completely different area like muscles in your back or another region.

To minimize this, you need to incorporate mobility work into your training. This can be accomplished by including a dynamic warm-up, myofascial release, and more. The problem is that because this is not the most exciting part of training, athletes may decide to skip doing this type of work. One way to help with this is to include it into your training plan. I want to introduce to you what is called "active recovery."

Active recovery is doing something productive within rest periods of training. This could be stabilization, mobility, isometric strength, etc. If you are an athlete that struggles with getting mobility work in, instead of scrolling through Instagram or taking a selfie, implement the much needed mobility work. There are a few quick and easy things you can add into that period of time.

Below are a few examples for each:

#### Stabilization/Core:

Plank Variations,  
Rotational Variations

#### Upper Mobility:

Dowel Shoulder Dislocators,  
Banded Rack Lat Stretch

#### Lower Mobility:

Banded Rack Hip Flexor Stretch,  
Hurdle Over/Unders

#### Self-Myofascial Release:

Foam Roller,  
Lacrosse Ball Pressure Release

Adding these within your training routine to work on areas of need will add more "bang for your buck" to your training time and overall development. Additionally, by adding adequate sleep and recovery periods, you should be well on your way to a better system in place to increase performance and minimize the risk of injury. ■

**About the Author:** Chad Adamovich is Co-Owner of P4P Muscle and Owner of IronScience. 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 Training & 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





# 2019 NGA Natural Mr./Ms. California Championships

Folsom, CA  
June 8, 2019

NGA Promoter: Johnny "The Motivator" Carrero

[www.nga-cali.com](http://www.nga-cali.com)

[fitnessinmindmotivator@gmail.com](mailto:fitnessinmindmotivator@gmail.com)



L-R: Scott Warden, Shaun Hayes,  
Myles Miller (NGA PRO Card)  
Orlando Aquino, Mike Vanterpool  
**Bodybuilding - Open**



L-R: Scott Warden, Shaun Hayes,  
Myles Miller (NGA PRO Card),  
Orlando Aquino, Mike Vanterpool  
**Physique - Open**

The 2019 NGA Mr./Ms. California Championships was another spectacular event showcasing some of the best natural bodybuilding to be seen anywhere on the planet. This year's NGA Natural California began with the Figure Open division. There were 3 ladies who came ready to show and prove their hard work in competing for the 2019 NGA Natural Ms. Figure California title. Megan Gonzalez had some tough competition and came in at the 3rd place position. A very lean Joey Chapple took the 2nd place position, but no one could beat

the shredded Holly Tanner who claimed the top prize.

In the Men's Physique division, 5th place went to Scott Warden. Mike Vanterpool, with a nice and cut physique, took the 4th place position. Orlando Aquino came with a very lean physique, placing 3rd in the competition. Shaun Hayes took the 2nd place position next to a very hard and symmetrical Myles Miller, who became the new Natural Mr. Physique California and NGA PRO Card winner.

In the Bikini Open division, Janna Jones captured the 4th place position. In the 3rd place spot, it was Mandi Miterko who showcased her slender



L-R: Joey Chapple, Holy Tanner,  
Megan Gonzales  
**Figure - Open**



Haley Haws  
**Bikini - Open**



L-R: Joey Chapple, Holy Tanner  
**Physique - Open**

physique. Coming in 2nd place was Catrice Jaramillo, but it was none other than the lean and tall physique of Haley Haws that became the new NGA Natural Ms. Bikini California.

In the Classic Physique division, which is a cross-over division in California and is only open to competitors who are competing in the Bodybuilding or Male Physique class first, 4th place went to Mike Vanterpool. The 3rd place spot went to Scott Warden with Orlando Aquino coming in at 2nd place, but the NGA Natural Mr. Classic Physique California, without a doubt, went to Myles Miller.

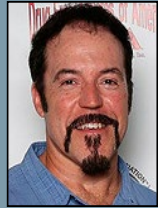
In the Women's Physique division, I was happy to see two awesome competitors for the first time ever on the California stage and they did not disappoint! Joey Chapple came ready with her lean body and great posing, but she could not beat the shreds of Holly Tanner, our 1st NGA Natural Ms. Physique California winner!

Last, but not least, in the Bodybuilding Open division, 5th place went to Mike Vanterpool in his first competition. In the 4th place position was the improved Scott Warden with Orlando Aquino capturing the 3rd place position. Shaun Hayes took the 2nd place spot, but no one came close to the hard, shredded, symmetrical physique of Myles Miller who stole the show, not only with his great physique, but with his fantastic posing! He was a crowd pleaser for sure and captured all three divisions which has never happened in all my years of being a show promoter. So, welcome the new NGA PRO Physique, NGA PRO Bodybuilder, and Natural Mr. California, Myles Miller!

This was a fantastic show and we look forward to more outstanding shows in the future! For more information on the next NGA Natural California competition, contact Johnny Motivator @ (916) 201-2922 or send an email to: [fitnessinmindmotivator@gmail.com](mailto:fitnessinmindmotivator@gmail.com) ■



# MOTIVATOR'S CORNER



BY JOHNNY "THE MOTIVATOR" CARRERO  
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## Plastic Surgery, Botox Shots & Fat Transfers In Natural Competitions

If we didn't have enough challenges with keeping competitors away from banned substances and drugs already, now we have new issues which includes women having tummy tucks, getting Botox shots, and having fat transfers! Yes, fat transfers!!!! This needs to STOP! Natural athlete means exactly that, having no physical alterations made by drugs, banned substances, or surgery and achieving a physical performance or alteration of the body through hard work, dedication, determination, food and water.

These days, people are losing perspective on what living a healthy lifestyle is all about and are looking for a quick fix and faster way to get results without putting the work in. We want everything faster, our internet, our travel time, response on text and emails, customer service, and our physical fitness. Physical results take time and consistency and there are no short cuts! Earn your results! The rewards are so much more satisfying and healthier when you have worked for it. Short cuts will not bring you rewards, just the negative side effects from surgical complications, damaged organs from the use of drugs and banned substances, and worst

of all, death! Yes, death! You want faster results? Faster results, I promise, will get you one place faster... your grave!

Is it fair for a female competitor to get a tummy tuck to tighten the skin around her abdomen when her competition had to do it by dieting and training hard and still may have a little loose skin from having children or dropping weight too fast? The answer is NO!

Some may debate on whether or not a competitor should lose points if they have undergone plastic surgery to enhance their physical appearance. I say, yes!

In the 26 years that I have been a show promoter, I have heard countless complaints of women who believe they may have lost a competition to an unfair advantage against someone who has undergone plastic surgery for breast implants, tummy tucks, and fat transfers, while they have actually worked to get their body in the shape that it is in.

Fat transfer is a process where fat is taken from the belly and injected into the buttocks. What does this all mean in a natural bodybuilding

competition? It means that points should be taken away if there are suction holes in the stomach, love handles or legs.

Since the breast is not judged in Figure and Bikini classes, points should be taken away in the symmetry round if the breast implants are too big and take away from the overall body symmetry.

Also, in the muscularity round, if the breast implants get in the way of seeing the lats (V-Taper), points should be deducted.

If a competitor has had a tummy tuck, points should be taken away in the conditioning score, since the abdomen was not flattened naturally through diet and hard work.

So, if it is close between two competitors and one of those has had plastic surgery and the other did not, the win should go to the one without plastic surgery!

Last, but not least, is the issue of Botox shots! Not only is the lower torso judged in a bodybuilding competitions, so is the face in Bikini, Figure, and male Physique divisions. Competitors who may get Botox injections, physically compromise the natural look of their face which may be the reason they take less than a 1st place win and who wants to lose 1st place because their facial features appear unnatural?

It is important to accept your natural beauty without the use of tummy tucks, Botox shots, and fat transfers because this is not a Nip/Tuck competition, it is a natural competition. Be Natural! ■







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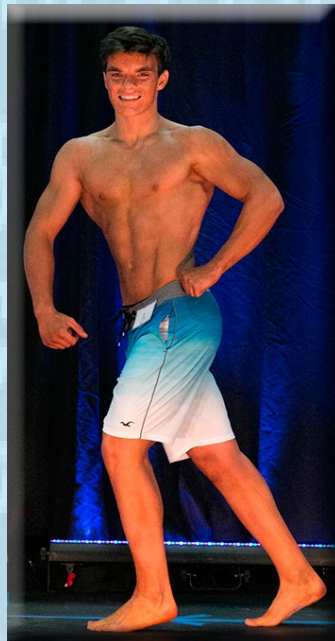




# NGA 9th Annual Mr. & Ms. Metro Philly Natural Bodybuilding & Figure Championships

Feasterville-Trevoze, PA  
July 13, 2019

Promoter: Rev. Warren I. Egebo  
[www.naturalphillybodybuilding.com](http://www.naturalphillybodybuilding.com)  
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**Brandon Botta**  
Physique - Open LW  
NGA PRO Card & Overall



**Marcos Perez**  
Bodybuilding - Open & Master 40+  
2 NGA PRO Card & Overall



**Eduardo Teixeira**  
NGA PRO Bodybuilder  
Guest Poser



**Shani Risie Harvey**  
Figure - Open & Master  
1st Place



**Lionel Santos**  
Bodybuilding - Novice  
1st Place  
Classic Physique - Debut  
1st Place

The NGA World's Gym Philly Natural show promoted by Pump Promotions changed its name in 2019 and has become the NGA Mr. & Ms. Philly Natural Bodybuilding & Figure Championships. The only 24 hour workout facility in NE Philly, Bobby Boyle's 24 World Gym on Roosevelt Blvd, had hosted the July show for eight years. However, due to a water leak that damaged the gym in the spring of 2019, the gym was unable to remain open. A new site was located for this popular mid-summer show and not only does it have a new name, but it is now held at Sports Plex Philly in the town of Feasterville-Trevoze just north of the former World Gym. A popular sports complex that has two ice arenas, a

huge basketball gym, floor and bleacher seating, a restaurant on site, and more than adequate parking, Sports Plex Philly was the new venue for the July 13th show that was held in one of the facility's ice arenas.

Marcos Perez of Philadelphia picked up two NGA PRO Cards in his comeback after many years away from the sport of natural bodybuilding. He won the overall in the Bodybuilding Open and Master division. Marvin Penn from New Jersey took the 1st place position by winning an NGA PRO Card in Classic Physique. After several attempts at winning an NGA PRO Card in the World's Gym Philly Natural show, 2019 was the year Maximillian Angle, a personal trainer from Bloomsburg, PA, finally received his NGA PRO Card in the Bodybuilding Open MW

division in this Super PRO Qualifier show. Maximilian's razor sharp abs also garnered him the coveted "Best Abs" Award in the show. The Figure Open and Master winner was Shani Risien Harvey. The Men's Physique NGA PRO Card went to 1st time competitor, Brandon Botta, who also won the Men's Physique Debut class.

The Men's Physique 50+ winner was Dan Kichline. Lionel Santos of Reading took the top spot in the Classic Physique Debut class and he also won the Bodybuilding Novice division. Lionel's great symmetry and quality muscularity gives him the potential to do well in future shows. Charles Dashiell, a karate instructor from Philadelphia, who was no stranger to this show having competed several times in the Light Heavyweight and Masters division in the World's Gym Philly Natural show, won the Best Poser Award. Guest poser for the show was the 2018 Mr. World's Gym Philly Natural and NGA PRO bodybuilder, Eduardo Teixeira who happens to be from

Trevoze and trains at the popular Greg Long Gym which is a staple in hard core bodybuilding training in NE Philly. In between pre-judging and finals, a posing seminar was held by NGA PRO bodybuilder and PRO Classic Physique competitor Umar Jones of Norristown, PA. Sponsors for the show were Champ's Nutrition on Grant Avenue in Philly and Beach Bum Tanz of Warminster, PA.

The official photographer was Lance Tyler Photography of New Jersey. Head Judge and Master of Ceremonies was Earl "The Pearl" Snyder of State College, PA. Head Female Judge was Dr. Lorraine Depass. Sound was by DJ Frank and staging by Paula Franklin. The 2020 Super PRO Qualifier Mr. & Ms. Metro Philly Natural Bodybuilding and Figure Championships will be held July 11th at the Sports Plex Philly in Feasterville - Trevoze, PA. "Come Flex at the Plex!" Registration and information about the show at [www.naturalphillybodybuilding.com](http://www.naturalphillybodybuilding.com)



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# My Favorite Supplements



BY DAVID HOOD  
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In a world where exercise and health-based supplements are rampant, it's easy to get lost in what we may actually need. Ask any "gym goer" and you will most likely find they buy 3 things.

The first and most popular item on the list will be a pre workout supplement. People these days are obsessed with how "tweaked" they can get before a workout. High caffeine levels can be bad for developing a fresh-looking physique as stress hormones can make the body hold water and look tired due to being over caffeinated. The 2nd item on the list for any "gym goer" will be a whey protein. This is not necessarily a bad thing, but getting protein from whole food is a better source and will allow you to feel more satiated from hunger. The 3rd most popular item will be BCAA's (Branched Chain Amino Acids). There is an assumption that if a person consumes this product, they will always be anabolic and growing, however, this product can throw your natural balance of amino acids off and is just not necessary when proper nutrition is followed.

The information stated is not meant to suggest that any of the products mentioned are bad, but it is important to google the effects of being over caffeinated while bodybuilding, the advantages and disadvantages in using Whey vs. whole foods to meet protein needs, and the detrimental effects found in the over consumption of BCAA's. It is important to research scientific links to support any of the claims made to determine the best supplements to use to help you to achieve your body

goals. If you are prioritizing your money, I would recommend 3 different products that may suit your overall needs.

My first and favorite supplement and a must have is a HIGH quality multi-vitamin. Today, food sources can be stripped of vital nutrients needed to help you attain your goals depending on how you buy them. Why take a chance on missing out on vital vitamins and minerals that make us feel, think and grow better?

My second favorite supplement is an omega 3, 6, and 7 supplement. The brain and body need the essential fatty acids to run at 100 percent. It is important to find one with a perfect balance of polyunsaturated and monounsaturated fat. Good fish oils, evening primrose oil, and Palmitoleic acid (omega 7) will ensure that your brain has the nutrients it needs to repair itself and function. These essential oils also help with inflammation of the muscle tissue.

My final favorite supplement would be a good creatine source. Every one loves to feel strong and look bigger. Adding 10 mg of this product can hydrate muscle cells and increase your strength. It comes in very handy when dieting down and calories are limited.

If you are a vegan or vegetarian or even if you choose fish and chicken instead of red meat, this IS a product to add to your supplement regimen because it can supply some of the benefits from consuming red meat without having to eat it. ■





# NGA Tahoe International PRO/AM

South Lake Tahoe, CA  
July 20, 2019

NGA Promoter: Bing Saez  
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Team in Training



Joe Daily  
Bodybuilding - Open  
NGA PRO Card



L-R: Alona Zaharkina, Joey Cheadle, Lorenzo Elder, Myles Miller

The 2019 NGA Tahoe International Invitational showcase consisted of professional and amateur competitors and also highlighted the NGA Tahoe's new division; Team in Training. The concept of Team in Training promotes a teamwork mindset to enhance the potentiality of competitors' overall performance. The NGA PRO athletes on stage demonstrated a Team in Training routine all together. They were introduced as Team PRO Tahoe. Brad Duncan, Joey

Cheadle, Lorenzo Elder, Blayne Steffen, Myles Miller, Alona Zarhikini, and Gillian Young displayed a mixed array of mandatory poses within their divisions pulling together a collaborated group routine with the music from Queen, "We are the Champions". This was a strong start to the evening finals. This small, but mighty amateur show, consisted of 37 competitors on stage.

The evening show began with Robert Green, 2-time Olympian winner, singing the national anthem with beautifully strong control and a graceful sound! He also was the head judge for this show and came all the way from Wichita, Kansas. Thank you Robert!

We fortunately had multiple groups that competed in the Team in Training division. These teams represented BodyByEdgar, Broadstone Muscle Squad, Team Motivator, and Team Gym Love Duo. These four teams ended the show with collaborating team routines. Every year, athletes receive a souvenir for participating in the show and this year's participating athletes received an exclusive natural athlete show tank.

All NGA PRO athletes introduced themselves to the audience with a short video before coming out to do their evening routine or T-walk. Lastly, Tahoe and Nevada State royalty princesses from the Miss America pageant have been a staple to the NGA Tahoe show from the beginning and add a classy royal feeling while awarding the winning athletes.

## NGA PRO winners were:

**Bodybuilding:** 1st Lorenzo Elder, 2nd Myles Miller, and 3rd Blayne Steffen

**Classic Physique:** 1st Lorenzo Elder, 2nd Brad Duncan, and 3rd Joey Cheadle





# NGA Tahoe International PRO/AM



**Myles Miller**  
**Classic Physique - Open**  
**NGA PRO Card**



**Alona Zaharkina**  
**PRO Bikini - Open**



**Rodel DeVera**  
**& daughter**  
**Men's Physique - Open**  
**NGA PRO Card**



**Roxana Moz**  
**Bikini - Open Short**  
**NGA PRO Card & Overall**

**Physique:** 1st Brad Duncan and 2nd Joey Cheadle

**Bikini:** 1st Alona Zarhikini and 2nd Gillian Young

**Amateur division winners were:**

**Open BB:** Joe Daily took the top spot in this class as a seasoned NGA competitor who traveled all the way from Boise, Idaho.

**Classic Physique:** Myles Miller is a recent NGA Open BB PRO Card winner of Mr. California 2019 who crossed over to compete in the Classic Physique division (a crossover division in which competitors must compete in another division in order to enter) and took it by storm.

**Physique:** Rodel DeVera, a 1st time competitor, knocked it out of the ballpark by winning his 1st show and earning an NGA PRO Card!

Keeping up with the DeVera's isn't easy as Rodel's wife, Ernell, is an NGA PRO Bikini competitor as well.

**Figure Masters:** Heidi Hallenberger took 1st place while competing with her daughter in her 1st NGA show.

**Figure Open:** Emilia Lopez, 1st time competitor who also took part in the Team in Training division representing BodyByEdgar, won the top prize in this category.

**Bikini Open:** Roxana Moz, 1st time competitor and also hailing from BodyByEdgar, won the 1st place prize in this class.

**A Little Bit Of Everything:** Four year old daughter of Ernell and Rodel DeVera, NGA PRO Card winner in Men's Physique, showed everyone what the future holds in bodybuilding.

Thank you to all that came out to support this drug-free event as well as to all of the generous sponsors that made this day happen! We could not have done this without you all! This year will be even more epic! ■

## Try Yoga... Reap the Rewards!



BY WENDY WEBBERLY  
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### Yoga and the Chakras

As a yoga teacher and practitioner, I would like to talk about the wheels of life known as the chakras.

At the inner core of each one of us spin seven wheel-like energy centers called chakras. Swirling intersections of vital life forces, each chakra reflects an aspect of consciousness essential to our lives. Together, the seven chakras form a profound formula for wholeness that integrates mind, body, and spirit.

As a complete system, the chakras provide a powerful tool for both personal and planetary growth. Chakras are organizing centers for the reception, a simulation, and transmission of life energies. Our chakras, as core centers, form the coordinating network of our complicated mind/body system. From instinctual behavior to consciously planned strategies, from emotions to artistic creations, the chakras are the master programs that govern our life, loves, learning, and illumination.

As seven vibratory modalities, the chakras form a mythical rainbow bridge, a connecting channel linking heaven and Earth, mind and body, spirit and

matter, past and future. As we spin through the tumultuous times of our present era, the chakras act as gears turning the spiral of evolution, drawing us ever onward toward the still untapped frontiers of consciousness and its infinite potential.

The body is a vehicle of consciousness. Chakras are the wheels of life that carry this vehicle about through its trials, tribulations, and transformation. The sum total of the chakras form a vertical column in our bodies called sushumna.

This column is a central integrating channel connecting the chakras and their various dimensions. When doing a yoga practice, through study, the practitioner learns how to incorporate these beautiful energy centers in the practice. The yogi begins to learn and understand.

There are many yoga poses that can be practiced to open-up the different energy centers in the body. Self-study of yoga and learning the different asanas will lead to self-realization, health, and happiness. ■



**About the Author:** 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 4th Annual Texas Punisher Bodybuilding Classic & Fitness Expo

**Mt. Pleasant, TX  
August 17, 2019**

**NGA Promoters: David Hood & Brad Duncan**  
[rawiron@outlook.com](mailto:rawiron@outlook.com)  
[hoodbarbell@gmail.com](mailto:hoodbarbell@gmail.com)

The 4th Annual NGA Texas Punisher came in with a roar on Saturday, August 16, 2019. As in past years of exciting competition, this year was no disappointment. The NGA Texas Punisher has become the premier show for natural bodybuilding in the northeast Texas area and one might argue in all of Texas. Every category was covered and showcased some seriously hard-working drug-free athletes. Each year, we add more sponsors and more elaborate stage and light designs. We can't wait to see what year five has to hold.

Taking the top spot in the following categories and earning NGA PRO Cards and 1st place positions were:

- Men's Bodybuilding Open: Toddrick Perry
- Men's Physique Open: Tavon Russell
- Classic Physique Open: Michael Medina
- Figure Open: Fahmida Sheuly
- Bikini Open: Rachel Osmond

Lastly, Beth Medina took the 1st place position in the Women's Physique Open in this non-pro qualifying division.

Thank you to all who came out to participate and support this event! We look forward to seeing you this year! ■



**Beth Medina**  
**Physique - Open**  
**1st Place**



**Fahmida Sheuly**  
**Figure - Open**  
**NGA PRO Card**



**Michael Medina**  
**Classic Physique - Open MW**  
**NGA PRO Card & Overall**



**Rachel Osmond**  
**Bikini - Open Short**  
**NGA PRO Card & Overall**



**Tavon Russell**  
**Physique - Open HW**  
**NGA PRO Card & Overall**



**Toddrick Perry**  
**Bodybuilding - Open MW**  
**NGA PRO Card & Overall**



# It's Time To Man Up - Boost your Testosterone!



BY DR. CHRISTOPH KLUPEL  
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**T**estosterone is an extremely important hormone, not just for men, but also for women; many bodily functions rely on testosterone. Testosterone affects general well-being, regulates heart function, produces new red blood cells, and controls libido and mood, as well as body-composition. In men, the major amount of testosterone is produced in the testicles, whereas women, who generally have only 1/10 to 1/20 of men's testosterone levels, produce their testosterone in their ovaries. In both sexes, minor amounts are produced in the adrenals.

Testosterone-deficient men tend to gain fat more easily than their healthy peers, may become irritable and depressive, suffer from fatigue and insomnia, lack energy, suffer from decreased libido, sexual dysfunction and loss of bone density, perform poorer at work and in sports, and their muscle mass and strength diminishes. Men with low testosterone also often suffer from symptoms of metabolic syndrome (high blood pressure, high cholesterol levels, diabetes).

In females, muscle building, strength gains, or fat-loss do not depend as much upon their testosterone levels as compared to men. For men, however, testosterone is likely the most important hormone for bodybuilding. Maintaining optimal testosterone levels is extremely important for men's health and

performance throughout adulthood and even during old age, especially for those, who engage in body-building or weight-lifting.

Unfortunately, after the mid 30's, men tend to experience a gradual decline of this vital hormone of between 1% and 3% per year, which is partly due to aging, stress, increased body-fat levels, poor nutritional and lifestyle choices, lack of physical activity, as well as from exposure to chemical endocrine disruptors/xenoestrogens.

This decline does not necessarily imply that a man is testosterone deficient or a candidate for testosterone therapy. Nevertheless, medical doctors often "medicate" symptoms of low testosterone by prescribing synthetic testosterone therapy, which should only be considered for the minority of men with true hypogonadism, the inability to produce normal amounts of testosterone due to a problem with the testicles or with the pituitary gland. After all, synthetic testosterone-therapy (not unlike the abuse of anabolic steroids) comes with considerable long-term health risks; it will cause a man's own testosterone production to cease entirely, will increase the risk for high cholesterol, heart attack and stroke, or may harm liver and kidneys, etc.

The good news is that, in most men, many symptoms of testosterone deficiency can be reversed through natural measures. Optimizing testosterone levels often just requires some lifestyle changes,

adjusting nutritional habits, and fortifying the diet with appropriate natural supplements.

Regular weight-training is one of the very best methods to increase testosterone, and for any man with lots of belly fat, reducing excess body-fat is crucial. Excess abdominal fat does not only reduce testosterone production, but is also linked to a rise in the female hormone estradiol.

Taking appropriate measures to reduce stress is likewise vital, as increased stress causes higher levels of the catabolic hormone cortisol, which invariably means lower testosterone levels; when cortisol goes up, testosterone goes down. Having fun, getting sufficient sleep and rest, plus regular exercise are some methods to alleviate stress and curb cortisol.

A healthy diet providing sufficient calories with the appropriate balance of fat, protein and carbs will further help to optimize testosterone levels.

Consuming 25% fat, mainly from monounsaturated fat and about 10% saturated fat - testosterone is made from cholesterol -, is vital; coconut oil is a good source of testosterone-boosting saturated fat. Monounsaturated virgin olive oil in particular has been shown to boost testosterone production due to its Oleuropein content; two tablespoons daily already has beneficial effects. This also applies to polyunsaturated Omega-3 fish oils.

The remainder of daily calories should be made up of 20% protein and 55% carbohydrates. Constant dieting, curbing fat intake and, even worse, restricting carbohydrate consumption, is as bad for testosterone production as constant overeating.

Particularly helpful is including plenty of cruciferous vegetables such as broccoli, cauliflower, Brussel sprouts & cabbage with the diet; these foods contain isoflavones and other phytoestrogens, which inhibit the aromatase enzyme from converting testosterone to the female hormone estradiol (aromatization). If cruciferous vegetables should not be available on regular basis, supplementing with Indole-3-Carbinole (I-3-C), a compound found in cruciferous vegetables, can help, as it provides nutritional support for the liver's detoxification of estrogen metabolites and strongly blocks aromatase activity. In men, elevated aromatase activity is highly undesirable, as it leads to estrogen-dominance with prostate, colon and breast

cancer being some associated health-problems.

In order to keep testosterone levels high, regular alcohol consumption should be curbed, as alcohol tends to promote aromatization; dairy products, bread, pastries and desserts likewise lower testosterone by increasing the activity of the aromatase enzyme. Sugar intake leads to increased blood glucose levels, thereby stimulating insulin, and high insulin levels are linked with lower testosterone levels; regular high sugar consumption tends to keep cortisol levels elevated, which depresses testosterone production. The misconception that soy products need to be eliminated due to their phytoestrogens negatively affecting men's testosterone levels has meanwhile been disproven, at least in so far as moderate consumption of soy milk, tofu, etc. is concerned. However, soy products, unless organic, are mostly GMO products and, as such, are a concern for overall health rather than for testosterone production. Paradoxically, most dietary phytoestrogens work as aromatase inhibitors, thereby helping to keep testosterone levels high.

For optimum testosterone levels, a good balance of ALL micronutrients is certainly also an indispensable requirement, and a high-quality multi-vitamin may be helpful. Isolated micronutrients, which are particularly beneficial in boosting testosterone, are Vitamin D3 (5000 mcg/daily), a well-absorbed Magnesium compound, such as Magnesium Glycinate (400-600 mg daily in divided doses on an empty stomach), Zinc as Zinc Picolinate (40 mg daily), and Boron, f. ex. as Calcium Borogluconate (9 mg daily). So called testosterone boosters, sold as sports-supplements - generally concoctions of several herbals including Tribulus Terrestris, Avena Sativa, Epimedium, and other testosterone-boosting nutrients - hardly ever live up to their promise and are usually not worth the money.

A proven testosterone raising herb is Ashwagandha - best as standardized KSM-66 Ashwagandha extract-, as it reduces cortisol and can particularly help stressed individuals with maintaining higher testosterone levels.

Other herbs, which may help to keep free testosterone levels high and prevent valuable testosterone from being converted to estradiol, are Nettle Root and Fenugreek Extract. These herbs have many health benefits, but also work as effective aromatase inhibitors which makes them particularly helpful in cases of prostate enlargement and related problems. ■





# NGA PRO/AM River City Classic

Louisville, KY  
August 17, 2019

Promoter: Kevin Allen Whaley  
[www.rivercityclassicky.com](http://www.rivercityclassicky.com)  
[kwhaley@fastech1.com](mailto:kwhaley@fastech1.com)



Elaina Carrera  
**Bikini - Open "A"**  
**Overall**



Jimbo Collins  
**Guest Poser**



Michael Raglin  
**Bodybuilding - Open LHW**



Mike Porter  
**PRO Bodybuilding - Open**  
**1st Place**



Terry James  
**Bodybuilding - Master 50+**  
**Overall**



Toby Greene  
**Physique - Open HW**  
**NGA PRO Card & Overall**

Saturday, August 17, 2019, we had our 2nd NGA River City Classic Bodybuilding and Physique Competition and the competitors created an atmosphere of positive energy and a competitive upbeat vibe that didn't disappoint. Our show consisted of an impressive collection of amateur and professional athletes.

Our show kicked off with a presentation of NGA professionals on full display, and they brought remarkable physiques to the stage. Mike Porter and Shelton Finch, both PRO Bodybuilding Open and Master winners, inspired the crowd with chiseled and toned physiques and dazzled us in the evening show. Mike Porter performed a precise, synchronized posing routine and Shelton Finch showed off his flexibility with a one-of-kind on stage hand stand. NGA PRO Bodybuilding Master, Mike Hisle,

brought a hard and impressive physique and challenged for the top spot that was ultimately won by Shelton Finch. Anthony Stinchcomb and Kentucky Natural Bodybuilder elder statesman, Ron Page, brought quality packages to the stage as well.

Our amateur show began with our Bikini Novice class. This class starred newcomers Amber Crabtree and Mattea Swain, with Louisville's own Sarah Wardley, and completed with the triumphant Elaina Carrera who took 1st place.

Phyllis Hutchison and Chasity Young battled for the Women's Physique title with Phyllis edging Chasity out for the top Women's Physique spot. But Chasity rebounded by winning our top figure spot.

The Classic Physique Open class was impressive. Competitors Michael Shellenbarger and Anthony Stinchcomb brought hard physiques to the stage, but not enough to hold off a symmetrically imposing Toby Greene.

Our Men's Physique Open division consisted of a pose down between class winners Tanner Vandegriff, Troy Coop, and Toby Greene. Once again, Toby Greene proved to have the winning physique resulting in an Overall winner and an NGA PRO Card.

Terry James held off an aggressive Rob Rhodes to win the Bodybuilding Master 50+ class and the Overall. Curtis Scott held off Troy Coop and Rob Rhodes to take the Physique Master top spot.

Our NGA men's amateur competition concluded with a showdown between class winners Michael Raglin, Mike Hisle, Jontai McQueen, and Anthony Stinchcomb. Anthony Stinchcomb took the top spot as the Overall winner and an NGA PRO Card.

Our NGA women's amateur show concluded with an impressive bikini clash between our Bikini Open competitors with Elaina Carrera edging out newcomer Mattea Swain.

As if the amateur and professional competitors weren't enough, our Guest Poser, Jimbo Collins, took posing to another level with a posing rendition that included an on-stage violinist.

I want to thank all the competitors that made this a special event. The energy and positive vibe exhibited by these competitors was both delightful and infectious.

A special thanks to Next Level Sports Nutrition, Sean and Amy Davis, for their valuable support and to the vendors that came and participated in our vendor raffle, Focus Physical Therapy, 502Fitness, and Cutting Edge Posing Suits.

I have to thank the NGA River City Classic team, the judges (Jessica Allinder, Tyrone Burroughs, Wendy Doran, Steven Rice, and Head Judge/MC Roy Thomas). Also, I would like to thank, scorekeeper Pete Atkeson, expeditors Tom Diviak, Stephanie Coons, and Tracy Wilson.

Thank you to our photographer JC Norton, presenter Lisa Check, cashier Melissa Mattingly, and security Chance Smalley. A big thanks to our State Chairman Josh Miller and his wife Melissa.

Show pictures can be found at: [www.rivercity-classicky.com](http://www.rivercity-classicky.com) ■



## Just Keep Knockin'



BY KEVIN SMITH (FLEX SMITH)  
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I entered college in the fall of 2001. I left home to pursue higher education and to be able to provide for my family. Like most people, I started off with a clean slate. I was given the freedom to develop myself, create my own schedule, and make my own decisions. Life was pretty good. However, by the end of my freshman year, I lost it all.

I could paint a perfect picture for you, but that wouldn't be reality. The truth is, if you haven't been knocked down, you've been on the wrong path the entire time. So, whatever you are going through, get ready to be transformed.

Do you remember the movie Rocky? In this movie, Mr. Balboa consistently took a beat-down and always continued to get back up after the beating. Is this because he wanted to become a world champion? Was it because he believed in his vision? Or, could it have been because he made a commitment to stay on the path to becoming the greatest version of himself?

You may be asking yourself these same

questions right now. By checking in and asking the right questions may help you to overcome the challenges in your own personal journey and there will be challenges. Despite this, the real test of your character and how badly you want it, will come from the amount of times you are willing to get back up when faced with a challenge. This is the time when you don't stop... *Just Keep Knockin'.*

At the end of my freshman year, I was placed on academic probation and lost all of my scholarships and student aid. I blamed everyone else for my lack of success instead of taking responsibility. Instead of attending to my studies, I hung out late at night. I was more interested in learning about women than learning about myself. Eventually, the choices I made landed me right where I was destined to be.

Because of these poor choices, I spent 11 years at a 4-year college. From the fall of 2001 to the spring of 2007, I was classified as a freshman. I lost all of my scholarships and had to obtain residency and was recognized as an independent student. As a result of this, which seemed bad at first, I was able to receive state grants and more financial aid. In the spring of 2012, I finally graduated and earned my Bachelors of Science degree in Human Development and Family Studies.

I share my story because I believe that my audience will only go as deep as I go. What I want for myself is what I want for everyone reading these words which is to have purpose, feel successful and accomplished, and to know that you make a difference. This starts by understanding that this game called life is a marathon and not a sprint. Also, what is meant for you, is meant for you and no one can take that away. Either you achieve the goal, delay the process, or never arrive at all. The choice is yours.

Your only competition is yourself and it doesn't matter how you start, it is how you finish. I certainly learned a lot about myself during those 11 years and not only was I able to complete my degree, I also met my wife and gained the courage to start a business which I don't know would have occurred had I not stayed the course despite the challenges that I faced.

If there is something in your life that you want to accomplish - a better understanding of

yourself, going back to school, or even becoming a world champion – the time to start is now. As long as you maintain the ability to persevere, the discipline to stay committed, the strength to overcome your fears, the will to succeed, and keep your eyes, heart, and spirit on your purpose, you will accomplish everything that you set your mind to.

I didn't know how I was going to graduate from college when everything started going wrong. All I knew was that I was going to earn my degree, and that was all that mattered. I believe that's exactly what happened in the movie Rocky. All he knew was that he was going to become a world champion and that he was not going to quit. Although Rocky is a character in a movie, there is a bit of Rocky in everyone. So, along your personal journey, you will get knocked down, but just remember when those moments happen, *Just Keep Knockin'.* ■

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*Awakening the Beauty in You*





# NGA 3rd Annual Thunder Classic

**Deland, FL**  
**September 21, 2019**

**NGA Promoter: Tracy Simonds**

[www.ngathunderclassic.com](http://www.ngathunderclassic.com)

[tracysimonds7@gmail.com](mailto:tracysimonds7@gmail.com)



2019 NGA Thunder Classic Athletes

The 3rd Annual NGA Thunder Classic was rescheduled due to Hurricane Dorian, but after everything settled down, everyone regrouped, the athletes killed it, and the NGA Thunder Classic was a huge success! Everyone had an absolutely amazing time and nine NGA PRO Cards were awarded at The Gateway Center of the Arts in Debarry, Florida. The new venue was the perfect place for this year's show. What an event it was with such fierce competition! There were 30 different divisions and the show ended in the evening by awarding winners of the overall for both men and women athletes with Thor Hammers. The event ran incredibly smooth and the competitors, staff, and audience were full of enthusiasm for the sport of natural

bodybuilding. Thank you to everyone that participated in this year's event. We couldn't do it without you!

Here are a few quotes about what people are saying about our 2019 Thunder Classic show.

"I was glad to participate in a well-organized event and ending my competition career on a positive note." - Dale Szaflarski

"I had a great time. You put your heart in everything you do and it shows...Thank you from my whole heart." - Teri Hansen

"You put on one hell of a show! Thank you for such a great event." - Ariel Cleary

"Yesterday was the most fun I've had at any of my competitions. The other competitors were awesome and I made a lot of new friends." - Mark Dellorto

"Thank you so much for giving us this amazing experience and opportunity to allow us to show our



Jessica Cruz  
Guest Poser  
NGA PRO Figure



Joshua Williams  
Bodybuilding - Open HW  
NGA PRO Card & Overall  
Hammer Award provided by Thor Hammers



2019 NGA Thunder Classic Staff

hard work and dedication. I will definitely be doing your shows again." - Dolores Leza

Next year's event will be held a little earlier. I hope you can join us on Saturday July 18, 2020 for the 4th installment of the Thunder Classic. Check out our website at [www.ngathunderclassic.com](http://www.ngathunderclassic.com).

We will also be hosting the NGA 2020 Hurricane Classic on Labor Day weekend which will be Saturday, September 5, 2020.

It's going to be an amazing 2020 NGA competition schedule here in Central Florida! ■



# Learning to Love Myself: Inside and Out

BY MITZI HERNANDEZ

A few years ago, I completely let myself go. Dealing with severe depression, stress from working two jobs and being a single parent became too much for me to handle. I didn't know how to control my emotions, so I turned to food for comfort. I would eat so much to the point I would make myself sick and I completely stopped caring about my physical image. I started to have health issues. I would run out of breath doing simple things, like walking up the stairs.



Food only gave me temporary comfort, but at the end of the day, I was still sad and depressed and before I knew it, I had gained 50 pounds. I remember looking at myself in the mirror and hating my own reflection. I finally reached the point where I realized that I was not a woman who simply had a few extra pounds, I was a woman of deteriorating health and I knew that something had to change. When I started my fitness journey, I didn't realize the emotional roller coaster that comes with weight loss. There are various emotional stages of weight loss which are not discussed very much. So, I will share the stages that I went through.

- First is the initial shock. I kept thinking, "WTF am I doing??? I'm so hungry! I want a cheeseburger! How am I going to stick with this? I can't do this! This is too hard, I hate vegetables!" I began to have negative thoughts that started to discourage me and had me second guessing myself.

- Then comes the excitement after losing a few pounds and people notice. Then I started to think, "Hell Yeah, I GOT THIS!" But eventually, I hit a plateau. I was still working out, and was watching as I was eating, but stopped losing pounds. As the weight loss slows down, you start to get feelings of frustration and anger, which is what I experienced.

- Eventually things turn around and the goal is achieved, but it is with mixed emotions of joy and sorrow. The most challenging part of this journey was being strong enough to walk away from the people and things that were holding me back. I had to learn very quickly that if someone isn't in your corner, then you just must let them go. The people who truly care for you want you to succeed! I also had to sacrifice having a social life in the beginning when I knew I wasn't mentally ready to be around food and drinks without losing control. Not everyone understood this, but I had to do what was best for me and that wasn't easy. Losing 50 pounds made me realize that it wasn't just my body I was unhappy with, I was unhappy with myself.

My body had become overweight because I was insecure, so I ate to feel better about myself. My body had become a reflection of those feelings and how I was treating my body showed in my weight. I was unhappy with myself. I didn't like who I was. Actually, I had no sense of who I was. I realized I had been living an emotionless life and was just going through the motions of what I thought I should be. I believed the size of my body was what was holding me back from bigger and better things when in fact it was my mind holding me back. Often, we think that if we lose the weight, we will be happy, but we are forgetting about all the other things that go with weight gain, like the development of bad habits, the emotional baggage, fear of change, and lowered self-esteem. Weight loss is not just external. It's internal. As you work the internal stuff, you come to realize the external stuff doesn't matter as much. What truly matters is how you feel about yourself and how healthy you are.

Weight loss can be a happy result – but it shouldn't be the main focus. You should always work on your inner self as well. As proud of myself as I am of my physical transformation, I am prouder of my mental and spiritual transformation. Losing weight can have a lot to do with gaining mental strength, understanding, and self-acceptance. Yes, I am 50 pounds lighter again, but I am still me. I still struggle with negative thoughts



and I still sometimes dislike what I see in the mirror, but life is a journey and even though I am not where I want to be in life, I am faster, stronger, and most importantly, healthier. I have changed my outlook on life, and I am focused on being the best possible version of myself. ■





# The NGA PRO/AM Bluegrass Bodybuilding Championships

Lexington, KY  
September 29, 2019

Promoters: Josh & Melissa Miller  
[www.kentuckynaturalbodybuilding.com](http://www.kentuckynaturalbodybuilding.com)  
[josh@transformationpersonaltraining.com](mailto:josh@transformationpersonaltraining.com)



**Figure - Masters**

L-R: Chasity Young, Rachel Dowling, Lindsey Stoner, Amanda Kreitler, Carolyn Paul



**Stu Dapper**

**Classic Physique & Bodybuilding - Open MW  
2 NGA PRO Cards & Overall**

At pre-judging, class-by-class entered the stage, each competitor fought fiercely, making their case as to why they should be crowned champion. The judges had their work cut out in deciding how each competitor would place.

At the opening of the evening show, all competitors entered the stage together as Pat Mathewson wowed the crowd with her amazing rendition of the national anthem. Guest poser Jimbo Collins mesmerized the crowd with one of the most creative posing routines ever performed as he was accompanied on stage by Josh Harris who performed a solo violin piece as Jimbo Collins performed his routine.



**Bikini - Novice**

L-R: Tiffany Clonch, Charissa Phillips, Tianna Miller, Mallory Waldman, Amber Crabtree, Kendra Eubank



**Physique - Open**

L-R: Boston Gowan, Elamin Assaid

The NGA 2019 PRO/AM Bluegrass Bodybuilding Championships show awarded 7 NGA PRO Cards.

The Bikini Open class awarded 2 NGA PRO Cards, which were Overall winner Mattea Swain and Bikini Open "B" winner Tianna Miller. Figure Open awarded an NGA PRO Card to Overall champion, Amanda Kreitler and Figure Master awarded an NGA PRO Card to Lindsey Stoner.

Bodybuilding Open awarded 1 NGA PRO Card which went to Stu Dapper. Men's Physique Open awarded 1 Open NGA PRO Card which went to Elamin Assaid. Classic Physique Open awarded 1 NGA PRO Card which went to Stu Dapper.

All the competitors at this event were amazing!

They all brought their very best and battled it out in epic fashion. Discipline, commitment, and a lot of sacrifice went into this show and everyone was a winner.

Kentucky is home to 3 NGA events, the NGA PRO/AM Kentucky Natural Classic, in Lexington, Kentucky, the NGA PRO/AM River City Classic in Louisville, Kentucky, and the NGA PRO/AM Bluegrass Bodybuilding Championships in Lexington, Kentucky.

We are very happy to bring the NGA and natural bodybuilding to Kentucky. The NGA has given natural competitors in Kentucky and surrounding states a stage and a platform to be seen and recognized for their commitment to stay natural. On behalf of all the NGA competitors in this region of the nation, we say, "Thank You NGA!" ■

The build-up for the NGA PRO/AM Bluegrass Bodybuilding Championships was unmatched! The commitments received from the competitors let me know that this was going to be a special show. The week of September 28th was finally here. Friday check-in had arrived and great energy was present!

Finally, the competition day had arrived. Great anticipation filled the air! Each competitor came to win. The look in each competitor's eyes exemplified confidence. The competition was a Super PRO-Qualifier offering Junior, Novice, Open, Master, and PRO Open & Master categories.





# NGA PRO/AM P4P Undefeated Natural Championships

Wisconsin Dells, WI  
October 5, 2019

Promoter: P4P Muscle, LLC  
[www.p4pundefeated.com](http://www.p4pundefeated.com)  
[joe@p4pmuscle.com](mailto:joe@p4pmuscle.com)



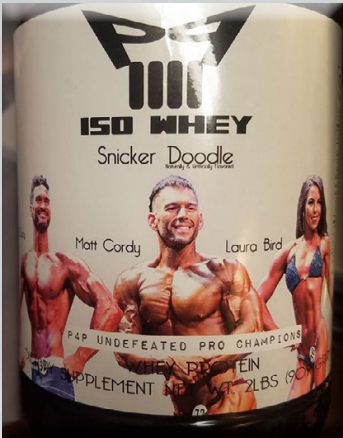
Laura Bird  
PRO Bikini - Open  
1st Place



PRO Bikini - Open  
L-R: Larissa Klemm, Laura Bird, Sabra Wilson



Bodybuilding - Masters 50+  
L-R: Harold Ferguson,  
Kailin Patterson



NGA PROS  
L-R: Matthew McClure, Matt Cordy, Laura Bird



Physique - Open  
L-R: Kerin Garcia, Dan Ogren, Kyle Lancala, Mike Ekberg, Mike Zagurski, Douglas Sharp, Leighton Serrano



Figure - Open  
L-R: Mary Drake, Rene Ferguson, Jodi Mallas, Wanda Joy Meeteer, Samantha Neery, Kristi Richmond, Krista Smith, Erika Sweeney, Jennifer Thorson, Jennifer Wulff, Larissa Klemm, Chris Puleo

The 2nd Annual NGA PRO/AM P4P Undefeated Natural Championships took place on Saturday, October 5th, 2019 at The Crystal Grande Theater in Wisconsin Dells, WI. This year, we had several very large and competitive classes and we were able to crown 7 NGA PRO champions and award 9 new NGA PRO Cards to very deserving athletes. Our athletes came from the Midwest, Kentucky, New Mexico, Oregon, and Georgia to compete on the best stage in natural bodybuilding. The production staff created an amazing stage atmosphere and

lighting that led to some of the most dramatic and incredible stage pictures that we have ever seen.

P4P continues to push the envelope in natural bodybuilding event production and this year we added another unique pro benefit to our show. Our professional videographer filmed green screen videos of all pro competitors at athlete check-in for introductions at finals. The final edited intro videos were shown to the audience on two jumbo screens on each side of the stage before the athletes came out for their routines. This is something we will continue for 2020 and beyond. We also continued our tradition of featuring our professional

champions on our product labels again this year.

After our first event, our NGA PRO Bikini champion, Misti Weatherford, graced the label of our Alter Ego pre-workout product. This year we featured our NGA PRO Men's Bodybuilding champion (Matt Cordy), NGA PRO Men's Physique champion (Matthew McClure), and NGA PRO Bikini champion (Laura Bird) on our Snicker Doodle Iso Whey protein supplement. Since the beginning, we have set out to be the best supporters of drug-free athletes through our high-quality supplements and our natural bodybuilding events. This is one way that we pay it forward and honor top natural athletes.

On October 3rd, 2020, we return to Ho-Chunk Casino in Wisconsin Dells, which hosted our first show. This venue is ultimately a better fit for our growing show because it can provide tons of backstage space for athletes and coaches and the atmosphere is like nothing else in natural bodybuilding. The host hotel is connected to the venue to make it easy for the athletes, there are numerous entertainment and dining options for friends and family of the competitors, and of course, we will bring the best lighting and production to the Ho-Chunk stage. You can get information on the show at: [www.p4pundefeated.com](http://www.p4pundefeated.com) ■



## An Intro to Blood Flow Restriction Training (BFR)



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



### What is BFR Training?

The goal of BFR training, or occlusion training, is to maintain arterial inflow of blood while occluding venous return during exercise. We want to get that nutrient, hormone, and oxygen-rich blood to the muscle, while delaying its escape. This is accomplished by the application of a blood pressure cuff, knee wrap, or anything that can be tightly secured around the most proximal (closest to the midline of the body) part of a limb.

### How Does It Work?

For muscle hypertrophy (muscle growth), 3 factors take precedence: mechanical tension (large amounts of force placed on a muscle through full range of motion), metabolic stress (the pump/burn), and muscle damage (micro-tears in the muscle/soreness). The exact mechanism by which BFR works is unclear, however, the most likely and agreed upon theory has to do with greater metabolic stress. Muscles release growth factors and metabolic by-products, such as lactic acid, into the bloodstream as a result of resistance training. The increase in acidity and the buildup of lactic acid ("the burn") create an anaerobic environment, which results in the recruitment of type II muscle fibers, which have the most potential for growth. By restricting venous return and allowing the blood to pool, we are increasing cell swelling and delaying the removal of these growth factors. BFR helps us reach an anaerobic environment faster and for a longer duration.

### Practical Tips

- With BFR, the goal is to induce fatigue, blood pooling, and muscle burning quicker and with less weight/work.
- Wrap at the most proximal area of your arms and legs (under your shoulder and high on your inner thigh) with a 7/10 self-rated tightness.
- Perform 3-5 sets to muscular failure using 20-50% of your 1 rep max with the muscle occluded the entire time.
- Rest periods should be 30-60 seconds between sets.
- After the final set, remove the wraps and restore blood flow to the muscle.
- While BFR has been shown to enhance hypertrophy and strength, it seems to have more of a positive impact on hypertrophy than strength. For strength, it may be more beneficial to stick to traditional heavy training.
- BFR seems to be safe, however, a qualified health-care practitioner should be consulted prior to implementing BFR.

For a more in depth look at this topic and the studies referenced, be sure to check out my podcast here: <https://www.youtube.com/watch?v=r3jwnOvWDX4> ■

**About the Author:** Nicholas M. Licameli - Doctor of Physical Therapy, NGA PRO Natural Bodybuilder: Every single thing he does, Nick believes in giving himself to others in an attempt to make the world a happier, healthier, and a more loving place. He wants to give people the power to change their lives. Nick graduated summa cum laude from Ramapo College of New Jersey with his bachelor's degree in biology, furthered his education by completing his doctoral degree in physical therapy from Rutgers School of Biomedical and Health Sciences (previously the University of Medicine and Dentistry of New Jersey) at the age of 24, and has earned professional status in natural bodybuilding. Love. Passion. Respect Humility. Never an expert. Always a student. Love your journey.  
Youtube: [https://www.youtube.com/channel/UCAWFe5BmaJ\\_WFAh2aqsOg8g](https://www.youtube.com/channel/UCAWFe5BmaJ_WFAh2aqsOg8g) Instagram: <https://www.instagram.com/nicklicameli/>  
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### FOR MORE INFORMATION CONTACT

ANTHONY BOULWARE 732.558.4078  
[www.ultimatefitnesschampionships.org](http://www.ultimatefitnesschampionships.org)





# NGA Natural Peoria Championships

Peoria, IL  
October 19, 2019

Promoter: Jonathon W. Aggen  
[www.nganpc.com](http://www.nganpc.com)  
[jon@midwestinsurance.co](mailto:jon@midwestinsurance.co)



**PRO Bodybuilding - Open**  
L-R: Isaiah Williams, Marof Montanary, Austin Kjergaard

The 2019 NGA Natural Peoria Championships was held at the Illinois Central College Performing Arts Theatre for the 2nd year. This year's NGA PRO classes included PRO Men's Physique for the first time, in addition to other PRO classes in Bodybuilding Open, Figure, and Bikini. A new offering for this year was the "Evening Gown" class. This was judged live by the audience during the night show, as was the Halloween division.

Austin Kjergaard returned to the show again to claim the PRO Men's Bodybuilding title, with Marof Montanary and Isaiah Williams taking 2nd and 3rd place respectively. Matt Lagrotta returned from winning his NGA PRO Card in 2018 to make his NGA PRO Men's Physique debut, beating out Kyle Lacanlale.

Carly Wendt returned to the NGA PRO Figure class since winning the 2017 NGA NPC to again take the title, beating out Nancy Troia in a close race, with Raquele Stanton rounding out the class.

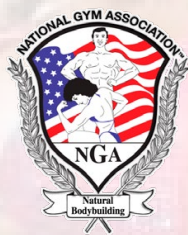


**PRO Bikini - Open**  
L-R: Larissa Klemm, Sabra Wilson, Taylor Kjergaard, Chantal Guererro



**PRO Figure - Open**  
L-R: Nancy Troia, Carly Wendt, Raquele Stanton





# NGA Natural Peoria Championships



**Tamra Christine Antenucci**  
"The Purple Warrior"

Taylor Kjergaard wins the NGA PRO Bikini Open class, in a stacked competition featuring Sabra Wilson, Chantal Guererro, and Larissa Klemm who won her NGA PRO Card at the 2018 NGA NPC. Kanisha Roberts won the Evening Gown live judging, along with Patti Stanford.

Sheri Wachala won the Bikini Novice division, with Kendra Eubanks giving her a run for her money, along with Patti Stanford. Kathi Troy won 1st place in Bikini Open Tall, along with the Bikini Overall. Kendra Eubanks won the Bikini Open Short. Erika Sweeney won Figure Open Short and her NGA PRO Card by beating out 4 other ladies.

A special thanks goes out to "Tamra the Purple Warrior" for her "Fire" performance. Tamra has been battling numerous health issues, including epilepsy, but she still managed to put on a dazzling display



**Kyle Lacanlale, Matt Lagrotta**  
PRO Physique - Open

of light and special effects.

Lighting and sound was once again rocked by Ryan Wyss, owner of Wyss Production Services. Unique Vision Productions Studio (Willie Little III) came back for backstage still shots of the NGA PRO classes, along with filming high-def video, and producing Hollywood-quality trailers. Matty Jacobson, owner of Magic Dreams Productions, came in to shoot the show from the audience, along with Carl Haar, and Rick Lagrotta. Last, but certainly not least, a special thanks is extended to our returning Special VIP guest, Mario Canon!

Thank you to everyone who was in any way connected and contributed to the success of the show! We look forward to seeing everyone for the best show yet held on October 17, 2020 at Illinois Central College! ■

## Lighting The Way To Fitness Success



BY LAMEESA MUHAMMAD, PHD  
[FRAGMENTALIST@YAHOO.COM](mailto:FRAGMENTALIST@YAHOO.COM)

Exercise has always been a part of my life. I remember as early as 13 or 14 years-old, being obsessed with my body. Most of this was because of the many images that I saw on MTV from my musical idols like Janet Jackson, Cyndi Lauper, and Whitney Houston. Although, I wasn't into bodybuilding at that time and knew very little about it, I have always been body and fit conscious.

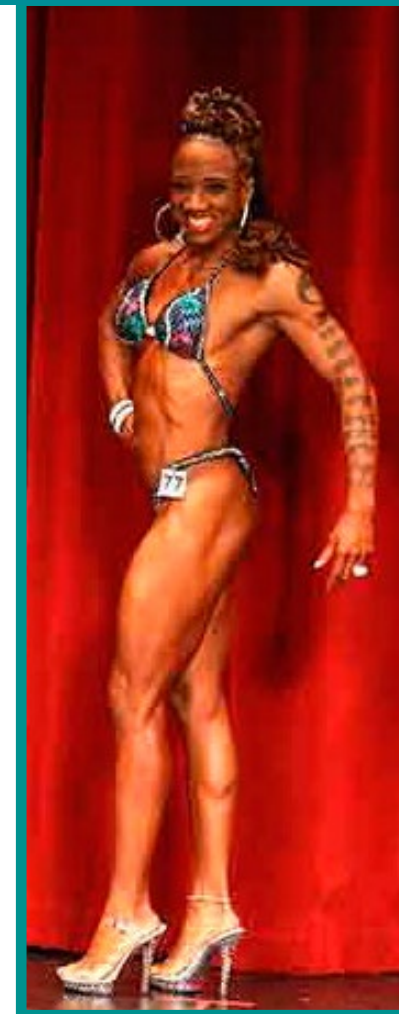
As I got older and began bodybuilding, most people began to see my transformation and would often comment about how impressed they were with the changes. Occasionally, I would receive negative comments asking me why I was "still working out" because I was "already small." Over time, I ignored those comments, and continued the path to fitness. While I was doing this, many of my family and friends would seek me out as a person to get fitness advice and suggestions on how to improve their health and their bodies. Sometimes, I would bring friends to workout with me at the gym or develop a workout routine for those seeking support and assistance.

Over time, I began to receive less and less negative comments about me working out "all the time" and more positive comments and personal testimonies of commitments to living healthier and more fit lives which let me know that my commitment, despite people not understanding why I continue and refuse to let anyone or anything get in the way of my fitness journey, was finally understood and accepted.

It is always a great feeling to know that you have inspired someone to begin their personal

fitness journey, but, there is no better feeling than knowing that you have inspired someone close to you to make a commitment to fitness and then actually witness their personal transformation first hand. I was able to see this with my 22 year-old daughter who has now began her own fitness journey which includes a mixture of cardiovascular conditioning, yoga, and strength training. Having lost more than 40 lbs., she is not only healthier, but more confident in herself as a person and follows much of my strength conditioning program.

Sometimes, our path to fitness becomes an inspiration for another person's journey. Though two journeys are not the same and the motives and reasons why we begin, continue, or end a course of action are quite different, what we set out to do just for ourselves, may be the catalyst that gets another person started. Ultimately, our personal commitment to do better and live healthier lives may light the way for someone else to do the same. ■



**About the Author:** 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 homeschoolers.





# NGA PRO/AM Universe NGA American Natural Championships

November 16, 2019 • Coral Springs, FL

[www.nationalgym.com](http://www.nationalgym.com)

**Promoters:**

**Andrew Bostinto, President and Founder & Francine Bostinto, Vice President**

**By: Francine Bostinto**

Photos By: Roger Lister || Live Streaming By: Francine Bostinto

Videos: 2019 NGA PRO/AM UNIVERSE

The NGA PRO/AM Universe & American Natural Championships has once again proven to be the ultimate NGA top show. After an exciting day of athlete registration, the annual NGA Promoters Meeting was held at the host hotel. Seventeen NGA Promoters, including several remote from Washington State, Ohio, Kentucky, and Pennsylvania joined our NGA President and Vice President to discuss important issues that could affect the future of the NGA.

There was history in the making for this year's NGA Universe. The Founder and President, Andrew Bostinto, introduced the newest inductee to the NGA Hall of Fame. This year's recipient went to NGA Vice President Francine Bostinto. She has been working for the NGA for the past 27 years and has brought the NGA to a new level since its inception 40 years ago. Read what she had to say upon her acceptance of induction to the [NGA Hall Of Fame](#).



**Francine & Andrew Bostinto  
Hall of Fame Award**





# NGA PRO Universe



Lacie Oakey  
PRO Bikini & Masters - Open  
1st Place



Michelle Buggs  
PRO Figure - Open  
1st Place



Beth Medina  
PRO Physique - Open  
1st Place



# NGA PRO Universe



Choi Byoung Hyun  
PRO Physique - Open  
1st Place



Al Acevedo  
PRO Classic Physique - Open  
2nd Place  
PRO Classic Physique - Master  
1st Place



Andrea Ferrante  
PRO Classic Physique - Open  
1st Place

Once again, the entire show was streamed live worldwide which is great for the bodybuilding community because friends and family that were not able to attend the show, could watch how their athlete performed. Athletes came to compete from around the globe, including as far away as Italy, South Korea, and Portugal to do battle in this astounding event. All of the 2019 shows have led to the NGA PRO Universe, and what a finale it was.

The PRO Bikini Open and Master divisions were stacked. Antionette Bagley was in her best condition yet and came in 3rd and in the money in the Master class. Elizabeth Barney all the way from Pennsylvania took a very well deserved 1st place

in the Open class. But it was Lacie Oakey and Whitney Spence who battled out the top two placing in both divisions. Lacie rose to the top taking 1st place in both divisions.

The PRO Figure Open class consisted of two very prepared ladies. Michelle Buggs brought her top physique from Michigan, to edge out Jessica Cruz.

Making its debut at the NGA PRO Universe was the PRO Women's Physique Open class. Teresa Bobo brought a lot of muscle and came in at the 3rd place position. Brandy Hollis took 2nd place and Beth Medina took a very well deserved 1st place. The PRO Men's Physique Open division was stacked

and one of the toughest divisions to judge. The battle for the top three places for the money included Cole Falzone who took the 3rd place position. Just two points separating the top two, it was Peterson Jean taking 2nd place and Choi Byoung Hyun from South Korea claiming the title.

In the PRO Classic Physique Master division, Al Acevedo and Michael Medina battled it out with Al taking home "the Gold." In the PRO Classic Physique Open division, 3rd place went to Anthony Carter, Al Acevedo was the runner up, and Andrea Ferrante from Italy claimed the title.

The PRO Men's Bodybuilding Masters division

was small with four competitors, and competition was tough. Marlo Diana who is familiar with the NGA PRO Universe stage, came in the 3rd place position. Joe Daily, making his NGA PRO debut, took 2nd place, but it was Matthew Otero who took home the top prize.

Matthew would continue his victory and take home 1st place in the PRO Bodybuilding Open division also. But the competition was tough for Matthew in the Open division. Ki Seung Hoo, making his NGA PRO debut from South Korea, came in 2nd with only a one-point difference. Jeremiah Wright placed in a very well deserved 3rd place.





# NGA PRO Universe



**PRO Bikini - Open**

L-R: Nicole Ratley, Elizabeth-Barney, Tayloor Kjergaard, Brianna Swift, Whitney Spence, Antionette Bagley, Julie Gregory, Lacie Oakey, Chance Schwartz, Charity-Strunc



**PRO Bikini - Masters**

L-R: Christy Barnette, Antoinette Bagley, Whitney Spence, Lacie Oakey, Chance Schwartz, Park Ja Min



**PRO Classic Physique - Open**

L-R: Stu Dapper, Anthony Carter, Al Acevedo, Andrea Ferrante, Michael Medina



**PRO Classic Physique - Masters**

L-R: Michael Medina, Al Acevedo



**PRO Physique - Open**

L-R: Nick Young, Choi Byoung Hyun, Angel Villegas, Peterson Jean, James Hunt, William Velazquez, Jacoby Moore, Larry Stevens Jr., Jontai McQueen, Cole Falzone, Josh Stoneking



# NGA PRO Universe



**PRO Physique - Open**

L-R: Perpetua Piechaczek, Beth Medina, Brandy Hollis, Teresa Bobo



**PRO Figure - Open**

L-R: Michelle Buggs, Jessica Cruz



**PRO Bodybuilding - Open**

L-R: Joe Daily, Dan Serota, Matthew Cordy, Austin Kjergaar, Ki Seung Hoo, Jeremiah Wright, Marlo Diana, William Sharpe, Matthew Otero



**PRO Bodybuilding - Masters**

L-R: Joe Daily, Marlo Diana, Matthew Otero, William Sharpe





# NGA Amateur Universe

Congratulations goes out to all the Open class winners who qualified for their NGA PRO status. We are proud of the quality of our natural NGA athletes.

Isabel Lowry won the Bikini Open and Master classes to earn herself two NGA PRO Cards.

Caitlin Leach dominated the Figure Open and walked away with her NGA PRO Card. I first saw Caitlin at another NGA show in the transformation division. She exemplifies what fitness is all about.

In the Women's Physique division it was Amber Zuniga against Caitlin Leach. It was Amber who would take home first place. Amber might be small but she sure is mighty.



**Caitlin Leach**  
**Bikini Model - Open**  
**1st Place**



**Isabel Lowry**  
**Bikini - Open & Master**  
**2 NGA PRO Cards**



**Caitlin Leach**  
**Figure - Open**  
**NGA PRO Card**



**Amber Zuniga**  
**Physique - Open**  
**1st Place**



# NGA Amateur Universe



**Chan Oh Kim**  
**Physique - Open LW**  
**NGA PRO Card & Overall**  
**Classic Physique - Open LW**  
**NGA PRO Card & Overall**



**Dino Carosello**  
**Physique - Open MW**  
**1st Place**



**Park Dong Kyu**  
**Classic Physique - Open LW**  
**2nd Place**  
**Classic Physique - Open MW**  
**1st Place**



**Karel Dejong**  
**Physique - Open HW**  
**1st Place**  
**Physique Master 40+**  
**1st Place**

In the men's amateur categories, five NGA PRO Cards were awarded.

In the Classic Physique Open division, 1st place from the three weight divisions, were Chan Oh Kim, Park Dong Kyu, and Simone Cusenza. The NGA PRO Card and Overall was presented once again to Chan.

First place winners in the Men's Physique Open division were Chan Oh Kim, Dino Carosella, and Karel Dejong. The Overall winner and new NGA PRO was rewarded to Chan from South Korea.





# NGA Amateur Universe

The Men's Bodybuilding four weight class winners were Carlos Martin, Simone Maccarone, Simone Cusenza, and Andrea Ferrante. Andrea was the clear winner and was crowned the title winning his second NGA PRO Card (he has one in Classic Physique) and the Overall.



**Simone Maccarone**  
**Bodybuilding - Open MW**  
**1st Place**  
**Classic Physique - Open MW**  
**2nd Place**



**Simone Cusenza**  
**Classic Physique - Open HW**  
**1st Place**  
**Bodybuilding - Open LHW**  
**1st Place**



**Andrea Ferrante**  
**Bodybuilding - Open HW**  
**1st Place**  
**NGA PRO Card**



# NGA Amateur Universe

The Men's Bodybuilding Master division was broken down into four age groups (40-49, 50-59, 60-69, and 70+).

The winners were Paul Hadler, Carlos Martin, Alvis Vaughan, Jr., and Richard Rabin. NGA PRO Cards were awarded to Paul Hadler taking the Overall and Carlos Martin with five athletes in the 50-59 category.

All of these athletes will be tough competitors in the next level of competition.



**Paul Hadler**  
**Bodybuilding - Master 40-49**  
**1st Place & Overall**  
**NGA PRO Card**



**Carlos Martin**  
**Bodybuilding - Master 50-59**  
**1st Place**  
**NGA PRO Card**



**Alvis Vaughan, Jr.**  
**Bodybuilding - Master 60-69**  
**1st Place**



**Richard Rabin**  
**Bodybuilding - Master 70+**  
**1st Place**





# NGA American Natural Championships



**Bikini - Novice**

L-R: Maria Malva-Torterolo & Michelle Frankhauser



**Amanda Latherow  
Figure - Debut  
1st Place**



**Elijah Davis  
Kids Fitness  
1st Place**

The NGA American Natural Championships opened up with 9-year-old Elijah Davis. All the way from South Carolina, this was not his first time on stage and it showed with his confidence. It's great seeing our youth involved in fitness.

Next up was the Bikini Novice division. Both girls, Maria Malva Torterolo and Michelle Frankhauser, came to win, but it was Maria who would take the title. Amanda Latherow looked great in the Figure Debut division and took home the title.

The 2019 NGA PRO/AM Universe & American Championships is always an unforgettable show and this one set the bar higher for 2020. So, get ready for November when all of the top winners from across the globe will gather together once again to showcase the epitome of natural physiques in the world of bodybuilding!

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

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NGA Tahoe International PRO/AM

Lake Tahoe, CA  
 July 20, 2019  
 Promoter: Bing Saez

PRO Bikini - Open

- Alona Zaharkina
- Gillian Barkalow

PRO Men's Physique - Open

- Brad Duncan
- Joey Cheadle

PRO Classic Physique - Open

- Lorenzo Elder
- Brad Duncan
- Joey Cheadle

PRO Men's BB - Open

- Lorenzo Elder
- Myles Miller
- Blayne Steffen

Bikini - Open Short

- Roxana Moz
- Tara Barnes
- Janice Burt
- Jacquelynn Villalva
- Catrice Jaramillo
- Michelle Cano

Bikini - Open Tall

- Grace Cyphert
- Lacy Gil
- Fiala Chepelkina
- Agne Danileviciute
- Shayna Stockton

Bikini - Masters 35+

- Janice Burt
- Shayna Stockton

Figure - Open

- Emilia Lopez
- Kerry Ordoins
- Catrice Jaramillo
- Diorella Mae
- Heidi Hallenberg
- Angela Ryan
- Lourdes Giovannini

Figure - Masters 35+

- Heidi Hallenberg
- Kerry Ordoins

Figure - Grandmasters 50+

- Barbara Rollag
- Angela Ryan
- Lourdes Giovannini

Men's Physique - Open

- Rodel Devera

NGA PRO Card

- Thomas Xiong
- Andrew Rodriguez
- Charan Anbalagan
- Mike Vanterpool
- John Martinez

Classic Physique - Open

- Myles Miller
- Willie Twumasi
- TJ Kangas
- Rick Haynes
- Estaban Gonzalez

Men's BB - Open

- Joe Daily
- Willie Twumasi
- TJ Kangas
- Rick Hayes
- Estaban Gonzalez

Men's BB - Masters 40+

- Joe Daily
- TJ Kangas
- Rick Haynes

NGA South Carolina  
 Hub City Classic

Spartanburg, SC  
 July 27, 2019  
 Promoter: Ronnie Kirby

Bikini - Open Short

- Brynne Guzman

NGA PRO Card & Overall

- Alexis Thompson
- Sherri Clouse

Bikini - Open Tall

- Sydney Peniston
- Tianna Miller
- Amy Bourguignon
- Lizeth Rodriguez

Bikini - Masters 35+

- Amy Bourguignon
- Lizeth Rodriguez
- Sherri Clouse

Figure - Open Short

- Billie Davis
- Brynne Guzman
- Laura Weisser

Figure - Open Tall

- Melissa Williams
- Monica Clinkscales
- LoRease Johnson
- Julie Rokala

Figure - Masters 35+

- Billie Davis

NGA PRO Card & Overall

- Laura Weisser
- Melissa Williams
- Monica Clinkscales

Figure - Masters 50+

- LoRease Johnson
- Julie Rokala

Women's Phys - Open

- Kelly Garrett

Women's BB - Open

- Kelly Garrett

Men's Physique - Open LW

- Roger Godsey
- Stacy Jones
- Samuel Maldonado

Men's Physique - Open MW

- Jacob Jones
- Gabriel Weisser

NGA PRO Card & Overall

- Josh Kirby

Men's Physique - Masters 40+

- Roger Godsey
- Stacy Jones
- Samuel Maldonado

Classic Physique - Open LW

- Alex Walker
- Chue Thao
- Stacy Jones

Classic Physique - Open MW

- Jacob Jones
- Josh Kirby
- DeJuan Shell
- Gabriel Weisser

Men's BB - Open LW

- William Sharpe
- Alex Walker
- Chue Thao
- Roger Godsey

Men's BB - Open MW

- DeJuan Shell
- Gabriel Weisser

Men's BB - Open LHW

- Raymond Dumit

Men's BB - Masters 40+

- William Sharpe
- Raymond Dumit

Men's BB - Masters 60+

- Roger Godsey
- Alexis Thompson
- Tianna Miller
- Lizeth Rodriguez

Bikini - Novice

- Alexis Thompson
- Sydney Peniston
- Tianna Miller
- Lizeth Rodriguez
- Sherri Clous

Figure - Debut

- Laura Weisser
- Monica Clinkscales
- Julie Rokala

Figure - Novice

- Laura Weisser
- Monica Clinscales
- Julie Rokala

Men's Physique - Debut

- Gabriel Weisser

Men's Physique - Novice

- Gabriel Weisser
- Josh Kirby
- Samuel Maldonado

Men's BB - Novice

- Gabriel Weisser

Men's BB - Teens

- Alex Walker

Mr. Body Sculptor

- William Sharpe
- DeJuan Shell
- Gabriel Weisser
- Alex Walker
- Chue Thao

Ms. Body Sculptor

- Billie Davis
- Laura Weisser
- Melissa Williams
- Brynne Guzman
- Julie Rokala
- Kelly Garrett
- Monica Clinkscales

NGA 1st Annual Melanie B's  
 Natural Bodybuilding  
 & Physique Championships

Houma, LA  
 August 3, 2019  
 Promoter: Sandel Bastian

Bikini - Open

- Rachael Robichaux
- Erica Boudreaux

Figure - Open

- Taryn Boudreaux
- Michelle Marcel

Figure - Masters 35+

- Michelle Marco

Men's Physique - Open

- Dominic Ordayne

Classic Physique - Open

- Austin Pham
- Christopher Hawkins

Men's BB - Open

- Larry Daigle
- Austin Pham
- Christopher Hawkins

Men's BB - Masters 40+

- Larry Daigle

Bikini - Novice

- Rachael Robichaux
- Erica Boudreaux

Figure - Novice

- Taryn Boudreaux
- Michelle Marcel

Men's Physique - Novice

- Dominic Ordayne

Classic Physique - Novice

- Christopher Hawkins

Men's BB - Novice

- Larry Daigle

NGA PRO/AM Steel Valley  
 Classic Championships

Warren, OH  
 August 3, 2019  
 Promoter: Roy Thomas

PRO Bikini - Open

- Chelsea Kamody

PRO Men's BB - Open

- Andrew Plumlee
- Blayne Steffen

PRO Men's BB - Masters 40+

- Gary Hinton
- Michael Hisle

Bikini - Open

- Jamie Jazwinski
- Deanne Phillips
- Nicole Landi-Scott
- Darlene Tommelleo

Bikini - Masters 35+

- Jamie Jazwinski
- Deanne Phillips
- Nicole Landi-Scott
- Darlene Tommelleo

Figure - Open

- Brittany Newman

Men's Physique - Open LW

- Gerald Daughtery
- Dayton Kolinski
- Michael Bodi

Men's Physique - Open MW

- Christian Baker
- Kelley Hill

Men's Physique - Open HW

- Darrin Johnson

NGA PRO CARD

- Dayton Kolinski

Men's Physique - Masters 40+

- Kelley Hill

Classic Physique - Open

- Stu Dapper
- Oham Williams

Men's BB - Open

- Michael Hisle
- Mark Galloway

Bikini - Novice

- Deanna Phillips
- Nicole Landi-Scott

Men's Physique - Novice

- Christian Baker
- Dayton Kolinski
- Michael Bodi

NGA PRO/AM River City Classic

Louisville, KY  
 August 17, 2019  
 Promoter: Kevin Allen Whaley

PRO Figure - Open

- Phyllis Hutchinson

PRO Men's Physique - Open

- Jontai McQueen

PRO Men's BB - Open

- Mike Porter
- Shelton Finch
- Ron Page

PRO Men's BB - Masters 35+

- Shelton Finch
- Mike Hisle
- Anthony Stinchcomb
- Ron Page

Bikini - Open "A"

- Elaina Carrera
- Sarah Wardley

Bikini - Open "B"

- Mattea Swain
- Amber Crabtree

Bikini - Masters 35+

- Elaina Carrera
- Sarah Wardley
- Amber Crabtree

Figure - Open

- Chastity Young

Women's Physique - Open

- Phyllis Hutchinson
- Chasity Young

Men's Physique - Open LW

- Tanner Vandegriff
- Curtis Scott

Men's Physique - Open MW

- Troy Coop

Men's Physique - Open HW

- Toby Greene

NGA PRO Card & Overall

- Michael Raqlin

Men's Physique - Masters 40+

- Curtis Scott
- Troy Coop
- Rob Rhodes

Classic Physique - Open

- Toby Greene
- Anthony Stinchcomb
- Michael Shellenbarger
- Jontai McQueen

Men's BB - Open LW

- Mike Hisle

Men's BB - Open MW

- Jontai McQueen

Men's BB - Open LHW

- Michael Raqlin
- Terry James

Men's BB - Open HW

- Anthony Stinchcomb

NGA PRO Card & Overall

- Rob Rhodes

Men's BB - Masters 40+

- Rob Rhodes

Men's BB - Masters 50+

- Terry James
- Rob Rhodes

Bikini - Novice

- Elaina Carrera
- Mattea Sawin
- Sarah Wardley
- Amber Crabtree

Men's BB - Novice

- Jontai McQueen

NGA Texas Punisher  
 Bodybuilding Classic & Fit Expo

Mt. Pleasant, TX  
 August 17, 2019  
 Promoters:

David Hood & Brad Duncan

Bikini - Open Short

- Rachel Osmond

NGA PRO Card & Overall

- Karla Mercado
- Tonya Bush
- Bella Montez
- Daisy Pinales
- Karen Hale

Bikini - Open Tall

- Brittany Foster

- Kayla Allen

Bikini - Masters 35+

- Tonya Bush
- Karen Hale

Figure - Open Short

- Fahmida Sheuly

NGA PRO Card

- Beth Medina
- Angela Norman
- Tonya Bush
- Nicole Senence

Figure - Masters 35+

- Beth Medina
- Nicole Senence

Women's Physique - Open

- Beth Medina
- Cassandra Gann
- Nicole Senence

Women's Phys - Masters 35+

- Beth Medina
- Cassandra Gann
- Nicole Senence

Men's Physique - Open LW

- Estevan Chavez
- Melvin Franklin
- Garrett Augsburg
- Trevor Khor

Men's Physique - Open MW

- Wesley Ragle
- Eteve Gonzalez
- Jacob Hulsey

Men's Physique - Open HW



2. John Jones	3. Barran Stone	<b>PRO Classic Physique - Open</b>	1. James Odom
3. JC Harvey	<b>Bikini - Open</b>	1. Fernando Hernandez	<b>Classic Physique - Open LW</b>
<b>Men's BB - Open MW</b>	1. Jacquelynn Villalvazo	2. David Hood	1. Brandon Fry
1. Toddrick Perry	2. Haley Haws	<b>PRO Men's BB - Open</b>	2. Brendan Little
<b>NGA PRO Card &amp; Overall</b>	3. Alissa Volmer	1. Marlo Diana	<b>Classic Physique - Open MW</b>
2. Brett Folmar	4. August Ramirez	2. Edwin Lugo	1. Mark Tilden
3. Austin Pham	<b>Figure - Masters 40+</b>	<b>PRO Men's BB - Masters 40+</b>	<b>NGA PRO Card &amp; Overall</b>
4. John Jones	1. Kerry Ordoins	1. Marlo Diana	2. Josh Rickert
5. Eteve Gonzalez	2. Barbara Rollag	2. Edwin Lugo	3. Edwin Lugo
6. JC Harvey	3. Lourdes Giovannini	<b>Bikini - Open Short</b>	4. Ian Hook
<b>Men's BB - Open LHW</b>	<b>Men's Physique - Open</b>	1. Marissa Schmansky	5. Raj Bikkani
1. Blake Wallis	1. Qui Nguyen	<b>NGA PRO Card &amp; Overall</b>	<b>Classic Physique - Open HW</b>
2. Tillman Duthu	<b>NGA PRO Card</b>	2. Annie Sabatini-Hagenbuch	1. Garrett Miles
<b>Men's BB - Masters 40+</b>	2. TJ Kangas	3. Heather Christiana	2. Anthony Diana
1. John Jones	3. Mike Vanterpool	<b>Bikini - Open Tall</b>	<b>Classic Physique - Masters 40+</b>
<b>Bikini - Novice</b>	4. Ash Stockett	1. Lindsay Jones	1. Mark Tilden
1. Rachel Osmond	5. Tim Epying	2. Jessica Touras	<b>NGA PRO Card</b>
2. Karla Mercado	<b>Classic Physique - Open HW</b>	3. Heather McNichol	2. Edwin Lugo
3. Brittany Foster	1. TJ Kangas	<b>Bikini - Masters 35+</b>	3. Anthony Diana
4. Kayla Allen	<b>NGA PRO Card</b>	1. Marissa Schmansky	4. Raj Bikkani
5. Bella Montez	2. Dushawn White	<b>NGA PRO Card</b>	5. Art White
6. Daisy Pinales	3. Mike Vanterpool	2. Heather Christiana	<b>Men's BB - Open LW</b>
7. Karen Hale	4. Ash Stockett	3. Lindsay Jones	1. David Hood
<b>Figure - Novice</b>	5. Tim Epying	4. Heather McNichol	2. Carlos Martin
1. Fahmida Sheuly	<b>Men's BB - Open</b>	5. Jasmine Gonzalez	<b>Men's BB - Open MW</b>
2. Angela Norman	1. Dushawn White	<b>Bikini Model - Open</b>	1. Mark Tilden
<b>Men's Physique - Novice</b>	<b>NGA PRO Card</b>	1. Heather McNichol	<b>NGA PRO Card &amp; Overall</b>
1. Tavon Russell	2. Tom Hegarty	2. Jenn Frazier	<b>Men's BB - Open LHW</b>
2. Adam Rawlings	3. TJ Kangas	<b>Figure - Open</b>	1. Anthony Diana
3. Estevan Chavez	4. Ash Stockett	1. Shaun Bartlow	<b>Men's BB - Open HW</b>
4. Wesley Ragle	5. Mike Vanterpool	2. Linsey Houtz	1. Garrett Miles
5. Melvin Franklin	<b>NGA East Coast Natural</b>	3. Carmen Roman	<b>Men's BB - Masters 40+</b>
6. Garrett Augsburg	<b>PRO/AM Championships</b>	4. Jenn Frazier	1. Mark Tilden
7. Eteve Gonzalez	State College, PA	<b>Figure - Masters 35+</b>	2. Carlos Martin
8. Trevor Kohn Lucas Bryant	September 21, 2019	1. Shaun Bartlow	3. Anthony Diana
9. Jacob Hulsey	<b>Promoter:</b>	2. Carmen Roman	<b>Men's BB - Masters 60+</b>
<b>Classic Physique - Novice</b>	<b>Earl Snyder &amp; Terri Bollinger</b>	3. Jenn Frazier	1. Raj Bikkani
1. Steve Gonzalez	<b>PRO Bikini - Masters 35+</b>	1. Brooke Mayes	2. Art White
<b>Men's BB - Novice</b>	1. Annie Sabatini-Hagenbuch	2. Mary Printz	<b>Bikini - Debut</b>
1. Brett Folma	<b>PRO Figure - Open</b>	3. Lisa Lanzendorfer	1. Lindsay Jones
<b>NGA Natural Olympian PRO/AM</b>	1. Michelle Buggs	<b>Women's BB - Open</b>	2. Jessica Touras
Folsom, CA	2. Brooke Mayes	1. Mary Printz	3. Jasmine Gonzalez
September 14, 2019	3. Lisa Lanzendorfer	<b>Men's Physique - Open LW</b>	<b>Bikini - Novice</b>
<b>Promoter:</b>	<b>PRO Figure - Masters 35+</b>	1. David Hood	1. Marissa Schmansky
<b>Johnny "The Motivator" Carrero</b>	1. Brooke Mayes	2. Brandan Little	2. Lindsay Jones
<b>PRO Bikini - Open</b>	2. Lisa Lanzendorfer	<b>Men's Physique - Open MW</b>	3. Jessica Touras
1. Alona Zaharkina	<b>PRO Men's Physique - Open</b>	1. Peterson Jean	4. Heather McNichol
<b>PRO Figure - Open</b>	1. Larry Stevenson	<b>NGA PRO Card &amp; Overall</b>	<b>Figure - Debut</b>
1. Heidi Hallenberg	2. Brad Duncan	2. Josh Rickert	1. Linsey Houtz
<b>PRO Classic Physique - Open</b>	3. Ricky Goodall	3. Mark Tilden	2. Carmen Roman
1. Barran Stone	<b>PRO Men's Phys - Masters 40+</b>	<b>Men's Physique - Open HW</b>	3. Jenn Frazier
<b>PRO Men's BB - Open</b>	1. Larry Stevenson		<b>Figure - Novice</b>
1. Jeff Alberts	2. Brad Duncan		1. Linsey Houtz
2. Lorenzo Elder	3. Ricky Goodall		2. Carmen Roman

3. Jenn Frazier	<b>Figure - Masters 35+</b>	5. Nancy Beth Craig	<b>Bikini - Open "B"</b>
<b>Men's Physique - Debut</b>	1. Latoya Moody	<b>Men's Physique - Novice</b>	1. Tianna Miller
1. James Odom	2. Teri Hansen	1. William Velasquez	<b>NGA PRO Card &amp; Overall</b>
<b>Men's Physique - Novice</b>	3. Nancy Beth Craig	2. Tony Arnold	2. Megan Heiland
1. Peterson Jean	<b>Women's Physique - Open</b>	3. Carlos Velazquez	3. Jennifer Raisley
2. Brendan Little	1. Latoya Moody	4. Andrew Clough	4. Elaina Carrera
<b>Classic Physique - Debut</b>	2. Darcel Tinner	5. Nick Griffin	5. Martha Williams
1. Brandon Fry	<b>Men's Physique - Open LW</b>	6. Artero Ramaro	6. Tiffany Clonch
2. Brendan Little	1. William Valesquez	<b>Classic Physique - Novice</b>	7. Carolyn Paul
<b>Classic Physique - Novice</b>	<b>NGA PRO Card &amp; Overall</b>	1. Jorge De La Rosa	<b>Bikini - Masters 35+</b>
1. Josh Rickert	2. Tony Arnold	<b>Men's BB - Novice</b>	1. Charissa Phillips
2. Ian Hook	3. Carlos Velazquez	1. Dan Dickerson	2. Elaina Carrera
3. Brendan Little	4. Gerry Mansolill	<b>Transformation</b>	3. Martha Williams
<b>Transformation</b>	5. Artero Ramaro	1. Ariel Cleary	4. Amber Crabtree
1. Jasmine Gonzalez	<b>Men's Physique - Open MW</b>	2. Lara Buck	<b>Bikini - Masters 40+</b>
2. Linsey Houtz	1. Andrew Clough	3. Liva Rivera	1. Megan Heiland
3. Jenn Frazier	2. Cayle Rajkumar	<b>NGA Bluegrass BB</b>	2. Jennifer Raisley
4. Carmen Roman	3. Nick Griffin	<b>Championships</b>	3. Elaina Carrera
<b>NGA Thunder Classic</b>	<b>Men's Physique - Masters 40+</b>	Lexington, KY	<b>Bikini - Masters 50+</b>
September 21, 2019	1. Carlos Velazquez	September 28, 2019	1. Carolyn Paul
Deland, FL	2. Gerry Mansolill	<b>Promoters:</b>	2. Teresa Latiolais
<b>Promoter: Tracy Simonds</b>	<b>Men's Physique - Masters 50+</b>	<b>Josh &amp; Melissa Miller</b>	<b>Figure - Open "A"</b>
<b>Bikini - Open Short</b>	1. Carlos Velazquez	<b>PRO Bikini - Open</b>	1. Amanda Kreitter
1. Ariel Cleary	<b>Classic Physique - Open LW</b>	1. Annie Hudson	<b>NGA PRO Card &amp; Overall</b>
<b>NGA PRO Card &amp; Overall</b>	1. Artero Ramaro	2. Christy Barnette	2. Rachel Dowling
2. Lara Buck	<b>Classic Physique - Open MW</b>	<b>PRO Figure - Open</b>	3. Chasity Young
3. Dolores Leza	1. Jorge De La Rosa	1. Michelle Buggs	<b>Figure - Open "B"</b>
<b>Bikini - Open Tall</b>	2. Dan Dickinson	2. Phyllis Hutchison	1. Lindsey Stoner
1. Jessica Foster	<b>Classic Physique - Open HW</b>	<b>PRO Figure – Masters 35+</b>	2. Carolyn Paul
2. Ashley Northway	1. Mark Dellorto	1. Phyllis Hutchison	3. Maya Fleck
3. Liva Rivera	2. Dennis Hobart	<b>PRO Men's Physique - Open</b>	<b>Figure - Masters 35+</b>
<b>Bikini - Masters 35+</b>	<b>Men's BB - Open LW</b>	1. Dan McCarthy	1. Lindsey Stoner
1. Lara Buck	1. Ajana Brown	2. Toby Greene	<b>NGA PRO Card</b>
<b>NGA PRO Card</b>	2. Dale Szaflarski	<b>PRO Men's BB - Open</b>	2. Amanda Kreitter
2. Dolores Leza	<b>Men's BB - Open MW</b>	1. Isaiah Williams	3. Carolyn Paul
3. Latoya Moody	1. Dan Dickerson	2. Doug VanDyke	4. Rachel Dowling
4. Nancy Beth Craig	<b>Men's BB - Open HW</b>	3. Ron Page	5. Chasity Young
5. Liva Rivera	1. Joshua Williams	<b>PRO Men's BB - Masters 40+</b>	<b>Women's Physique - Open</b>
<b>Bikini Model - Open</b>	<b>NGA PRO Card &amp; Overall</b>	1. Doug VanDyke	1. Carolyn Paul
1. Ariel Cleary	2. Mark Dellorto	2. Ron Page	2. Phyllis Hutchison
<b>NGA PRO Card</b>	3. Gus Torres	<b>PRO Men's BB - Masters 50+</b>	3. Chasity Young
2. Jessica Foster	<b>Men's BB - Masters 40-49</b>	1. Ron Page	4. Maya Fleck
<b>NGA PRO Card</b>	1. Dan Dickerson	<b>PRO Men's BB - Grandmasters 60+</b>	<b>Men's Physique - Open LW</b>
3. Dolores Leza	<b>Men's BB - Masters 50-59</b>	1. David Weinstock	1. Thay Htoo
4. Lara Buck	1. Dennis Hobart	2. Ron Page	2. Troy Coop
5. Liva Rivera	<b>Men's BB - Masters 60-69</b>	<b>Bikini - Open "A"</b>	<b>Men's Physique - Open MW</b>
<b>Figure - Open Short</b>	1. Dale Szaflarski	1. Mattea Swain	1. Boston Gowan
1. Sierra E. Smith	<b>NGA PRO Card &amp; Overall</b>	<b>NGA PRO Card &amp; Overall</b>	2. Matt Warner
<b>NGA PRO Card &amp; Overall</b>	2. Gus Torres Sr		<b>Men's Physique - Open HW</b>
2. Nancy Beth Craig	<b>Bikini - Novice</b>	2. Lexi Engle	<b>NGA PRO Card &amp; Overall</b>
3. Darcel Tinner	1. Jessica Foster	3. Mallory Waldman	2. Matt Schaffer
<b>Figure - Open Tall</b>	2. Ashley Northway	4. Charissa Phillips	3. Rob Rhodes
1. Latoya Moody	3. Lara Buck	5. Kendra Eubank	<b>Men's Physique - Masters 40+</b>
2. Teri Hansen	4. Dolores Leza	6. Amber Crabtree	1. Troy Coop
		7. Teresa Latiolais	



2. Rob Rhodes	1. Morgan Clark	<b>Bikini - Masters 35+</b>	1. Courtney Spaeth
<b>Classic Physique - Open LW</b>	<b>Men's BB - Juniors</b>		<b>Women's BB - Open</b>
1. Troy Coop	1. Roger Mayne	1. Angie Kauffman	1. Kris Cleven
<b>Classic Physique - Open MW</b>	2. Zachary Owsley	<b>NGA PRO Card</b>	<b>Women's BB - Masters 35+</b>
1. Stu Dapper		2. Stefanie Bradley	1. Kris Cleven
<b>NGA PRO Card &amp; Overall</b>	<b>2019 NGA PRO/AM P4P</b>	3. Kristi Richmond	<b>Women's BB - Masters 50+</b>
2. Roger Mayne	<b>Undefeated Natural</b>	4. Jennifer Raisley	1. Kris Cleven
<b>Classic Physique - Open HW</b>	<b>Bodybuilding Championships</b>	5. Trisha Schroeder	<b>Men's Physique - Open LW</b>
1. Elamin Assaid	Baraboo, WI	6. Mollie Wegner	1. Kyle Lacanlale
2. Morgan Clark	October 5, 2019	<b>Bikini - Masters 50+</b>	<b>NGA PRO Card</b>
3. Toby Greene	<b>Promoter: P4P Muscle LLC</b>	1. Tammy Giese	2. Erik Cabral
4. Zachary Owsley		2. Lori McConochie	3. Mike Ekberg
<b>Classic Physique - Masters 40+</b>	<b>PRO Bikini - Open</b>	<b>Bikini Model - Open</b>	4. Dan Ogren
1. Rob Rhodes	1. Laura Bird	1. Jamie Voight	5. Leighton Serrano
<b>Men's BB - Open LW</b>	2. Sabra Wilson	<b>Figure - Open Short</b>	6. Kerin Garcia
1. David Weinstock	3. Larissa Klemm	1. Courtney Spaeth	<b>Men's Physique - Open MW</b>
2. Troy Coop	<b>PRO Bikini - Masters 35+</b>	<b>NGA PRO Card &amp; Overall</b>	1. Junior Ayala
<b>Men's BB - Open MW</b>	1. Vicki Pizzolato	2. Gina Castellano	<b>Men's Physique - Open HW</b>
1. Stu Dapper	<b>PRO Figure - Open</b>	3. Erika Sweeney	1. Mike Zagurski
<b>NGA PRO Card &amp; Overall</b>	1. Amanda Kreitler	4. Samantha Neary	<b>NGA PRO Card</b>
2. Roger Mayne	2. Kaila Pooler	5. Chris Peluo	2. Paul Hadler
<b>Men's BB - Open LHW</b>	<b>PRO Figure - Masters 35+</b>	6. Jennifer Thorson	3. Doug Sharp
1. Morgan Clark	1. Amanda Kreitler	7. Jodi Mallas	<b>Classic Physique - Open MW</b>
2. Terry James	<b>PRO Women's Physique - Open</b>	8. Jennifer Wulff	1. Mathew Kline
3. Zachary Owsley	1. Karen Woodland	<b>Figure - Open Tall</b>	2. Torrance Cooper
<b>Men's BB - Open HW</b>	2. Kris Cleven	1. Wanda Meeteer	<b>Classic Physique - Open HW</b>
1. Rob Rhodes	<b>PRO Men's Physique - Open</b>	<b>NGA PRO Card</b>	1. Jason Jones
<b>Men's BB - Masters 40+</b>	1. Mathew McClure	2. Larissa Klemm	<b>NGA PRO Card</b>
1. Terry James	2. Mathew Kline	3. Kristi Richmond	2. Paul Hadler
2. Troy Coop	<b>PRO Classic Physique - Open</b>	4. Krista Smith	3. Ryan Cunningham
3. Rob Rhodes	1. Vincent Johnson	5. Renee Ferguson	<b>Men's BB - Open LW</b>
<b>Bikini - Debut</b>	2. Chris Osborn	<b>Figure - Masters 35+</b>	1. Harold Ferguson
1. Mallory Waldman	<b>PRO Men's BB - Open</b>	1. Courtney Spaeth	2. Jacob Wagler
2. Charissa Phillips	1. Matt Cordy	<b>NGA PRO Card</b>	3. Rene Antrop-Gonzalez
3. Tiffany Clonch	2. Jerome Drakeford	2. Gina Castellano	<b>Men's BB - Open MW</b>
<b>Bikini - Novice</b>	3. Torrance Cooper	3. Erika Sweeney	1. Zouhair Aiouqui
1. Tianna Miller	<b>PRO Men's BB - Masters 40+</b>	4. Samantha Neary	<b>NGA PRO Card &amp; Overall</b>
2. Mallory Waldman	1. Jerome Drakeford	5. Chris Peluo	<b>Men's BB - Open LHW</b>
3. Tiffany Clonch	2. Torrance Cooper	6. Kristi Richmond	1. Jason Jones
4. Charissa Phillips	<b>Bikini - Open Short</b>	7. Jennifer Thorson	2. Chris Osborn
5. Kendra Eubank	1. Stefanie Bradley	8. Krista Smith	3. Paul Hadler
6. Amber Crabtree	<b>NGA PRO Card</b>	9. Renee Ferguson	<b>Men's BB - Open HW</b>
<b>Bikini - Juniors</b>	2. Alana Kuhlman	10. Jodi Mallas	1. Kaelin Patterson
1. Lexi Engle	3. Jamie Voight	11. Jennifer Wulff	<b>Men's BB - Masters 40+</b>
<b>Figure - Juniors</b>	4. Katelyn Schiltz	<b>Figure - Masters 50+</b>	1. Jason Jones
1. Maya Fleck	5. Kayla Zenner	1. Wanda Meeteer	<b>NGA PRO Card</b>
<b>Men's Physique - Debut</b>	6. Stephanie Hahn	<b>NGA PRO Card</b>	2. Harold Ferguson
1. Thay Htoo	<b>Bikini - Open Tall</b>	2. Chris Peluo	3. Zouhair Aiouqui
2. Boston Gowan	1. Angie Kauffman	3. Mary Drake	4. Kaelin Patterson
3. Matt Warner	<b>NGA PRO Card &amp; Overall</b>	4. Renee Ferguson	5. Paul Hadler
<b>Men's Physique - Juniors</b>	2. Tammy Giese	5. Jennifer Wulff	6. Rene Antrop-Gonzalez
1. Elamin Assaid	3. Lori McConochie	<b>Women's Physique - Open</b>	<b>Men's BB - Masters 50+</b>
2. Thay Htoo	4. Jennifer Raisley	1. Courtney Spaeth	1. Harold Ferguson
3. Boston Gowan	5. Amanda Hintz	2. Myra Edwards	2. Kaelin Patterson
<b>Men's BB - Novice</b>	6. Trisha Schroeder	3. Kaila Pooler	<b>Men's BB - Masters 60+</b>
	7. Mollie Wegner	<b>Women's Phys - Masters 35+</b>	

1. Harold Ferguson	<b>PRO Figure - Open</b>	2. Kendra Eubanks	3. Erica Wessel
2. Tim Hardyman	1. Carly Wendt	3. Patti Stanford	<b>Bikini - Masters 35+</b>
<b>Bikini - Novice</b>	2. Nancy Troia	<b>Figure - Debut</b>	1. Diane Werle
1. Stephanie Bradley	3. Raquele Stanton	1. Cynthia Montoya	<b>NGA PRO Card &amp; Overall</b>
2. Alana Kuhlman	<b>PRO Men's Physique - Open</b>	<b>Figure - Novice</b>	2. Sheryl Thompson
3. Tammy Giese	1. Matt Lagrotta	1. Erika Sweeney	3. Elaina Carrera
4. Lori McConochie	2. Kyle Lacanale	2. Larissa Klemm	4. Nicole Stanley
5. Amanda Hintz	<b>PRO Men's BB - Open</b>	3. Kay Stinson	5. Darlene Tommelleo
6. Kristi Richmond	1. Austin Kjergaard	4. Cynthia Montoya	6. Charissa Phillips
7. Katelyn Shiltz	2. Marof Montanary	<b>Men's Physique - Novice</b>	7. Martha Williams
8. Kayla Zenner	3. Isaiah Williams	1. Michael Ekberg	<b>Bikini - Masters 40+</b>
9. Trisha Schroeder	<b>Bikini - Open Short</b>	<b>Men's BB - Debut</b>	1. Diane Werle
10. Stephanie Hahn	1. Kendra Eubanks	1. Jonathan Bowman	2. Megan Heiland
11. Mollie Wegner	2. Katie Allison	2. Frank Keene	3. Jamie Jazwinski
<b>Figure - Novice</b>	3. Patti Stanford	<b>Men's BB - Novice</b>	4. Sheryl Thompson
1. Samantha Neary	<b>Bikini - Open Tall</b>	1. Jonathan Bowman	5. Darlene Tommelleo
2. Erika Sweeney	1. Kathi Troy	<b>HALLOWEEN</b>	6. Elaina Carrera
3. Chris Peluo	<b>NGA PRO Card &amp; Overall</b>	1. Kanisha Roberts	<b>Figure - Open "A"</b>
4. Wanda Joy Meeteer	2. Sheri Wachala	2. Patti Stanford	1. Darla Clark
5. Larissa Klemm	3. Jennifer Raisley	<b>Evening Gown</b>	2. Jodie Carr
6. Kristi Richmond	<b>Bikini - Masters 35+</b>	1. Kanisha Roberts	3. Robyn Torgrimson-Luke
7. Jennifer Thorson	1. Kathi Troy	2. Patti Stanford	4. Jennifer Close
8. Mary Drake	2. Jennifer Raisley		5. Gretchen Asbeck
9. Krista Smith	<b>Bikini - Masters 45+</b>	<b>NGA 22nd Annual</b>	6. Mary Dunaway
10. Renee Ferguson	1. Kathi Troy	<b>Monster Mash® Natural</b>	7. Amy Evert
11. Jodie Mallas	2. Sheri Wachala	Middletown, OH	8. Anna Stephens
12. Jennifer Wulff	3. Patti Stanford	October 26, 2019	9. Sarah Neeley
<b>Men's Physique - Novice</b>	<b>Figure - Open Short</b>	<b>Promoter: Jared Weitzel</b>	10. Mitzi Hernandez
1. Mike Zagurski	1. Erika Sweeney	<b>Bikini - Open "A"</b>	11. JoEllyn Swelbar
2. Kyle Lacanlale	<b>NGA PRO Card</b>	1. Mallory Waldman	12. Elizabeth Meyer
3. Mike Ekberg	2. Olivia Renner	2. Ashlee Cummins	13. Jolene Shepherd
4. Dan Ogren	3. Larissa Klemm	3. Natalie Witt	<b>Figure - Open "B"</b>
5. Doug Sharp	4. Kanisha Roberts	4. Lexi Engle	1. Cassandra Dunn
6. Leighton Serrano	5. Cynthia Montoya	5. Jamie Jazwinski	<b>NGA PRO Card &amp; Overall</b>
7. Kerin Garcia	<b>Figure - Masters 45+</b>	6. Janelle Vargo	2. Racquel Redwood
<b>Classic Physique - Novice</b>	1. Erika Sweeney	7. Darlene Tommelleo	3. Bethany Sweeney
1. Mathew Kline	2. Kay Stinson	8. Kiyawmi Thioub	4. Erin South
2. Ryan Cunningham	<b>Women's Physique - Open</b>	9. Amy Andrews	5. Tiffany Clonch
<b>Men's BB - Novice</b>	1. Letecha Haywood	10. Jessie Appling	<b>Figure - Open "C"</b>
1. Chris Osborn	<b>Men's Physique - Open LW</b>	<b>Bikini - Open "B"</b>	1. Krista Garbon
2. Jacob Wegler	1. Michael Ekberg	1. Sheryl Thompson	<b>Figure - Open "D"</b>
3. Renee Antrop-Gonzalez	<b>Classic Physique - Open HW</b>	2. Nicole Stanely	1. Carolyn Paul
<b>Men's BB - Teens</b>	1. Mathew Gubitz	3. Elaina Carrera	2. Brittany Hackworth
1. Jacob Wegler	<b>Men's BB - Open LW</b>	4. Maria Homer	<b>Figure - Masters 35+</b>
	1. Jonathan Bowman	5. Charissa Phillips	1. Darla Clark
<b>2019 NGA Natural Peoria</b>	<b>Men's BB - Open LHW</b>	6. Tiffany CVlonch	<b>NGA PRO Card &amp; Overall</b>
<b>Championships</b>	1. Sixto Fermin	7. Martha Williams	2. Robyn Torgrimson-Luke
Peoria, IL	<b>Men's BB - Open HW</b>	<b>Bikini - Open "C"</b>	3. Erin South
October 19, 2019	1. Frank Keene	1. Diane Werle	4. Jennifer Close
<b>Promoter: Jonathon Aggen</b>	<b>Men's BB - Masters 40+</b>	<b>NGA PRO Card &amp; Overall</b>	5. Amy Evert
<b>PRO Bikini - Open</b>	1. Sixto Fermin	2. Kendra West	6. Sarah Neeley
1. Taylor Kjergaard	<b>Bikini - Debut</b>	3. Casie Morris	7. Jolene Shepherd
2. Sabra Wilson	1. Sheri Wachala	<b>Bikini - Open "D"</b>	<b>Figure - Masters 40+</b>
3. Chantal Guerrero	<b>Bikini - Novice</b>	1. Megan Heiland	1. Jodie Carr
4. Larissa Klemm	1. Sheri Wachala	2. Kendra Elchert	2. Mary Dunnaway



3. Gretchen Asbeck
**Figure - Masters 50+**
1. Darla Clark
2. Carolyn Paul
3. JoEllyn Swelbar
**Women's Physique - Open "A"**
1. Elizabeth Meyer
**Women's Physique - Open "B"**
1. Carolyn Paul
**Overall**
**Men's Physique - Open LW**
1. Trevor McDaniel
2. Eric Thayer
3. Aaron Bernard
**Men's Physique - Open MW**
1. Adam Locke
**Men's Physique - Open HW**
1. Casey Pollins
**NGA PRO Card & Overall**
2. Chris Shelton
3. Brian Hemmelgarn
**Men's Physique - Masters 40+**
1. Eric Thayer
2. Christopher Kidd
**Classic Physique - Open LW**
1. Kiel Wright
**Classic Physique - Open MW**
1. Davay Lamar
**NGA PRO Card & Overall**
2. Casey Pollins
3. Michael Shellenbarger
4. Drew Slay
**Classic Phys. - Masters 40+**
1. Lacey Adam
**Men's BB - Open LW**
1. Doug Salyers
2. Kendall Johnson
3. Eric Thayer
Men's BB - Open LHW
1. Sixto Fermin
**NGA PRO Card & Overall**
**Men's BB - Open HW**
1. Chris Shelton
2. Jeff Slaughter
3. Bryant Thomas
**Men's BB - Masters 40+**
1. Eric Thayer
**Men's BB - Masters 50+**
1. Sixto Fermin
2. Doug Salyers
3. Eric Thayer
**Bikini - Novice**
1. Diane Werle
2. Kendra West
3. Ashlee Cummins
4. Maria Homer

5. Sheryl Thompson
6. Emily Boston
7. Amy Andrews
8. Jessie Appling
9. Casie Morris
10. Kiyawmi Thioub
**Figure - Novice**
1. Krista Garbon
2. Jodie Carr
3. Robyn Torgrimson-Luke
4. Bethany Sweeney
5. Jennifer Close
6. Tiffany Clonch
7. JoEllyn Swelbar
8. Elizabeth Meyer
9. Jolene Shpherd
**Men's Physique - Novice**
1. Chris Shelton
2. Brian Hemmelgarn
3. Cory Lape
4. Adam Locke
**Classic Physique - Novice**
1. Casey Pollins
2. Adam Lacey
3. Drew Slay
**Men's BB - Novice**
1. Chris Shelton
2. Kendall Johnson
3. Bryant Thomas
**NGA PRO/AM**
**Central Florida Fall Classic**
Orlando, FL
October 26, 2019
Promoter: Rick Pierre
**PRO Bikini - Open**
1. Virginia Hatch
2. Ariel Clearly
**PRO Bikini - Masters 35+**
1. Virginia Hatch
**PRO Bikini - Model**
1. Ariel Clearly
2. Shelly Siedenber
**PRO Figure - Open**
1. Jessica Cruz
2. Sheila Baez-Torrez
**PRO Figure - Masters 35+**
1. Amanda Perron
2. Sheila Baez-Torres
**PRO Women's Phys - Open**
1. Jessica Cruz
**PRO Men's Physique - Open**
1. Joshua Stoneking
2. Tony Richburg
3. William Valesquez
**PRO Men's BB - Open**

1. Joshua Williams
2. Kevin Culpepper
**PRO Men's BB - Masters 40+**
1. Kevin Culpepper
**Bikini - Open**
1. Keara Murphy
2. Sophia Fernandez
3. Betsy Chance
4. Jennifer Bodner
5. Amanda Vogus
**Bikini - Masters 30+**
1. Betsy Chance
**Overall**
2. Amanda Vogus
3. Jennifer Bodner
**Bikini - Masters 40+**
1. Betsy Chance
2. Amanda Vogus
3. Jodi Moore
**Bikini - Masters 50+**
1. Mary Drake
**Bikini Model - Open**
1. Virginia Hatch
**Figure - Open "A"**
1. Amy Lademann
**NGA PRO Card & Overall**
2. Lana McCullough
3. Deshondra Brown
4. Alena Crawford
5. Carmen Fernandez
**Figure - Open "B"**
1. Daryl Sissman
2. Pam Chichester
**Figure - Masters 35+**
1. Daryl Sissman
**NGA PRO Card & Overall**
2. Amy Lademann
3. Alena Crawford
**Figure - Masters 40+**
1. Daryl Sissman
2. Amy Lademann
3. Deshondra Brown
**Figure - Masters 50+**
1. Mary Drake
2. Carmen Fernandez
**Figure - Master 60+**
1. Pam Chichester
**Women's Physique - Open**
1. Alena Crawford
2. Lori Sprinkle
3. Pam Chichester
**Women's Phys - Masters 50+**
1. Lori Sprinkle
2. Pam Chichester
**Women's BB - Open**

1. Lori Sprinkle
**Men's Physique - Open**
1. James Hunt
**NGA PRO Card**
2. Johann Alfaro
3. Tony Arnold
4. Judge Koenig
5. M'Bae Jean Thierry
**Men's Physique - Masters 35+**
1. James Hunt
2. Jud Koenig
3. M'Bae Jean Thierry
**Classic Physique - Open**
1. Flordy Jean
2. Keith Chester
**Classic Phys - Masters 40+**
1. Keith Chester
**Men's BB - Open**
1. Nick Ferguson
2. Keith Chester
3. Gus Torres
**Men's BB - Masters 30+**
1. Keith Chester
**Overall**
**Men's BB - Masters 60+**
1. Gus Torres
**Bikini - Novice**
1. Keara Murphy
2. Sophia Fernandez
3. Jennifer Bodner
**Bikini - Teen**
1. Franchse Kollhmon
**Figure - Novice**
1. Daryl Sissman
**Physique - Novice**
1. James Hunt
2. Tony Arnold
3. Judge Koenig
**Transformation**
1. Heather Moore
2. Joe Angley
3. Kevin Jugmohan
4. Chloe Lomel
**2019 PRO/AM Universe**
**American Natural**
**Championships**
Coral Springs, FL
November 16, 2019
Promoters:
Andrew & Francine Bostinto
**PRO Bikini - Open**
1. Lacie Oakey
2. Whitney Spence
3. Elizabeth Barney
4. Nicole Ratley

5. Shelly Seidenberg
6. Antoinette Bagley
7. Brianna Swift
8. Keara Murphy
9. Julie Gregory
10. Charity Strunc
11. Chance Schwartz
12. Taylor Kjergaard
**PRO Bikini - Masters 35+**
1. Lacie Oakey
2. Whitney Spence
3. Antoinette Bagley
4. Chance Schwartz
5. Christy Barnette
6. Park Ja Min
**PRO Figure - Open**
1. Michelle Buggs
2. Jessica Cruz
**PRO Women's Physique - Open**
1. Beth Medina
2. Brandy Hollis
3. Teresa Bobo
4. Perpetua Piechaczek
**PRO Men's Physique - Open**
1. Choi Byoung Hyun
2. Peterson Jean
3. Cole Falzone
4. James Hunt
5. Angel Villegas
6. Larry Stevenson, Jr
7. Josh Stoneking
8. Jacoby Moore
9. Nick Young
10. Jontai McQueen
11. William Velazquez
**PRO Classic Physique - Open**
1. Andrea Ferrante
2. Al Acevedo
3. Anthony Carter
4. Michael Medina

5. Stu Dapper
**PRO Classic Phys - Masters 40+**
1. Al Acevedo
2. Michael Medina
**PRO Men's BB - Open**
1. Matthew Ortero
2. Ki Seung Hoo
3. Jeremiah Wright
4. Matthew Cordy
5. Austin Kjergaard
6. Joe Daily
7. Dan Serota
8. Marlo Diana
9. William Sharpe
**PRO Men's BB - Masters 40+**
1. Matthew Otero
2. Joe Daily
3. Marlo Diana
4. William Sharpe
**Bikini - Open**
1. Isabel Lowry
**NGA PRO Card**
2. Maria Malva Torterolo
3. Luna DeSilvo
4. Maria Grazia Buonerba
5. You Seung Hee
6. Michelle Frankhauser
7. Caitlin Leach
8. Amanda Apfel
9. Ubalda DeAngelis
**Bikini - Masters 35+**
1. Isabel Lowry
**NGA PRO Card**
2. Maria Grazia Buonerba
3. Amanda Apfel
4. Ubalda DeAngelis
5. Maria Flores
**Bikini Model - Open**
1. Caitlin Leach
**Figure - Open**

1. Caitlin Leach
**NGA PRO Card**
2. Amanda Latherow
3. Shyan Watson
4. Rosa Schettino
5. Lisa Basinger
**Figure - Masters 35+**
1. Lisa Basinger
**Women's Physique - Open**
1. Amber Zuniga
2. Caitlin Leach
**Women's Phys - Masters 35+**
1. Amber Zuniga
**Women's BB - Open**
1. Beth Medina
**Men's Physique - Open LW**
1. Chan Oh Kim
**NGA PRO Card & Overall**
2. Park Dong Kyu
3. Gerry Mansollil
**Men's Physique - Open MW**
1. Dino Carosella
2. Volkens Milfort
**Men's Physique - Open HW**
1. Karel Dejong
2. Ron Mayhue
3. Paul Hadler
**Men's Physique - Masters 40+**
1. Karel Dejong
2. Ron Mayhue
3. Gerry Mansollil
**Classic Physique - Open LW**
1. Chan Oh Kim
**NGA PRO Card & Overall**
**Classic Physique - Open MW**
1. Park Dong Kyu
2. Simone Maccarone
**Classic Physique - Open HW**
1. Simone Cusenza
2. Jacoby Moore

3. Paul Hadler
4. Christopher "Flex" Hickman
**Classic Physique - Masters 40+**
1. Paul Hadler
2. William Campbell
**Men's BB - Open LW**
1. Carlos Martin
**Men's BB - Open MW**
1. Simone Maccarone
**Men's BB - Open LHW**
1. Simone Cusenza
2. Paul Hadler
3. Alvis Vaughan, Jr
4. Anthony Diana
**Men's BB - Open HW**
1. Andrea Ferrante
**NGA PRO Card & Overall**
2. Jacoby Moore
**Men's BB - Masters 40-49**
1. Paul Hadler
**NGA PRO Card & Overall**
**Men's BB - Masters 50-59**
1. Carlos Martin
**NGA PRO Card**
2. William Campbell
3. Kelvin Hunt
4. Alvis Vaughan, Jr
5. Anthony Diana
**Men's BB - Masters 60-69**
1. Alvis Vaughan, Jr
2. Gus Torres, Sr.
**Men's BB - Masters 70+**
1. Richard Rabin
**Bikini - Novice**
1. Maria Malva Torterolo
2. Michelle Frankhauser
**Figure - Debut**
1. Amanda Latherow
**Kid's Fitness**
1. Elijah Davis

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