



FALL/WINTER
2023

NGA NATURAL *mag*

Drug-Free Athletes of America

PLANT PROTEIN

THE GOOD, THE BAD, THE UGLY

SLEEP

MOST
ANABOLIC
SUPPLEMENT
PART 3

NATURAL BODYBUILDING

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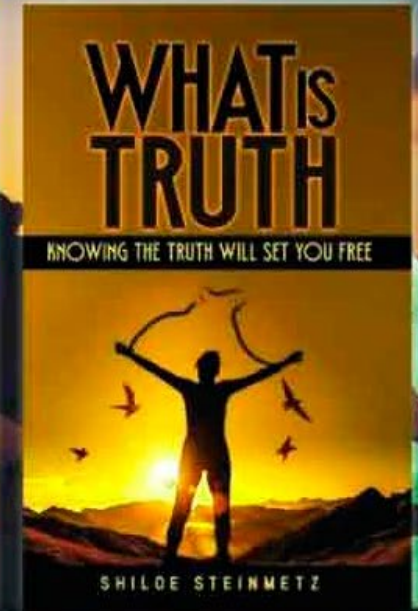
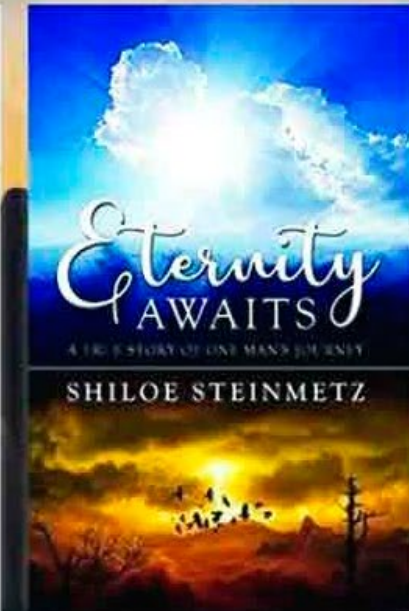
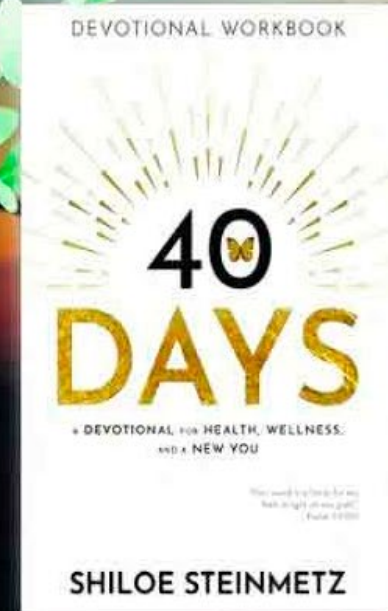
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Welcome

Letter from the Editor

Congratulations to NGA NATURALmag as we celebrate seven years of publishing and making this magazine our 14th issue. We pride ourselves on being the oldest, most reputable natural organization, and being able to offer this magazine for FREE.

This issue features informative articles ranging from plant protein to posture to several inspiring stories. Also included in this issue are highlights from NGA shows that occurred from April - July 2023.

NGA Promoters have joined forces to help promote the 2023 NGA PRO/AM Universe by encouraging athletes to make their way up the STAIRWAY TO THE UNIVERSE!! We are expecting a record number of participants as we bring the NGA PRO/AM Universe to a new venue located in central Florida just 45 minutes away from Disney World. We hope to see you there on November 18, 2023, as we announce our new 2023 NGA Hall of Fame Inductee and disperse \$40,900 guaranteed in cash!

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



Francine Bostinto
 NGA NATURALmag
 Publisher & Editor-in-Chief
 NGA President

"NGA, the oldest and most reputable natural bodybuilding organization, established in 1979".

- Andrew Bostinto, Founder & CEO, The National Gym Association, Inc.

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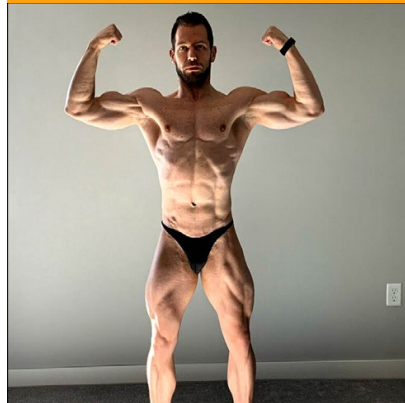
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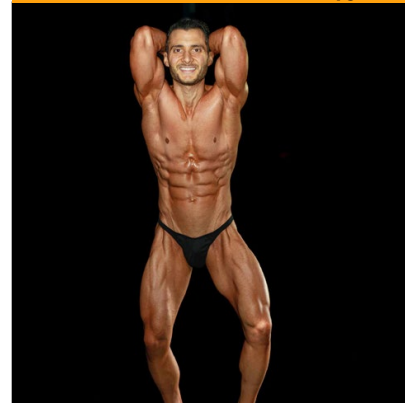
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COVER PHOTO BY: Lacey Oakey
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Nutrition and Bodybuilding: Building the Foundation for Success



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Bodybuilding is more than just a sport; it's a lifestyle that demands dedication, discipline, and a keen focus on nutrition. Achieving peak performance and building a strong, sculpted physique goes beyond lifting weights in the gym. It is intrinsically linked to a well-balanced and carefully curated diet that supports muscle growth, enhances recovery, and optimizes overall health. Nutrition is the cornerstone of success in the world of bodybuilding.

The Role of Macros and Micros

Macronutrients, or "macros," are the essential nutrients that provide the body with energy and are crucial for muscle growth and repair. They include proteins, carbohydrates, and fats.

1. Proteins

Often referred to as the building blocks of muscles, proteins are paramount for bodybuilders. They aid in muscle repair and synthesis, ensuring that the body can recover and grow after intense workouts. Sources

of high-quality proteins include lean meats, poultry, fish, eggs, dairy products, and plant-based options like tofu, tempeh, and legumes.

2. Carbohydrates

Carbs are the primary source of energy for the body, fueling workouts and replenishing glycogen stores. Complex carbohydrates, found in whole grains, fruits, vegetables, and legumes, provide sustained energy and aid in maintaining stable blood sugar levels.

3. Fats

Healthy fats are essential for hormone production, including testosterone, which plays a vital role in muscle building. Sources of healthy fats include avocados, nuts, seeds, olive oil, and fatty fish like salmon.

In addition to macros, bodybuilders also need to pay attention to micronutrients, or "micros," which are essential vitamins and minerals that support various physiological processes in the body. These include calcium, magnesium, zinc, vitamins A, C, D, E, and B-complex vitamins. A well-rounded diet that includes a variety of colorful fruits and vegetables, whole grains, and nuts can help meet micronutrient needs.

Meal Timing and Frequency

Bodybuilders often practice strategic meal timing and frequency to optimize nutrient uptake and fuel their workouts effectively. Eating smaller, protein-rich meals every 3-4 hours helps maintain a steady supply of amino acids for muscle repair and growth.

Pre-workout meals should be balanced, containing both protein and carbs to provide energy and prevent muscle breakdown during exercise.

Post-workout nutrition is crucial for recovery, and consuming a combination of protein and fast-digesting carbohydrates helps replenish glycogen stores and kickstarts the muscle repair process.

Supplementation

While a well-balanced diet should be the foundation of a bodybuilder's nutrition plan, supplementation can play a supportive role in meeting specific nutrient needs. Popular supplements among bodybuilders include whey protein powder, creatine, branched-chain amino acids (BCAAs), and beta-alanine. However, it's essential to approach supplementation with caution and consult with a healthcare professional or a registered dietitian to ensure safety and efficacy.

Hydration

Staying hydrated is vital for overall health and athletic performance. Water is involved in nearly every bodily process, including nutrient transport, temperature regulation, and waste elimination.

Dehydration can lead to decreased exercise performance, impaired recovery, and increased risk of injury. Bodybuilders should aim to drink plenty of water throughout the day and increase their intake during intense workouts.

The Importance of Rest and Recovery

Proper nutrition in bodybuilding is not just about what is consumed; it's also about what happens during rest and recovery. Adequate sleep is essential for muscle repair and growth, as well as hormone regulation. Additionally, taking rest days to allow muscles to recover is crucial for preventing overtraining and reducing the risk of injury.

Individualized Approach

Every bodybuilder is unique, and what works for one person may not work for another. It's essential for athletes to experiment with different nutrition strategies and find what best suits their goals, preferences, and body's response.

Consulting with a qualified sports nutritionist or registered dietitian can be invaluable in creating a personalized nutrition plan to optimize performance and achieve success in bodybuilding.

In Conclusion

Nutrition is the backbone of bodybuilding success. Fueling the body with the right combination of macros, micros, and hydration ensures that athletes have the energy and building blocks needed for muscle growth, recovery, and overall health. With a strategic approach to meal timing, supplementation, and individualized planning, bodybuilders can unlock their true potential and achieve their goals in the pursuit of a sculpted and powerful physique. ■

"Bodybuilding... demands dedication, discipline, and a keen focus on nutrition."





NGA 2nd Annual Amateur Extreme PRO/AM



Promoter: Matt Ammann
Co-Promoter: Katherine Cabo
www.ngagatorproductions.com
 @ngagatorproductions
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 @kittys_bikinis

Tampa, FL
April 1, 2023



NGA 2nd Annual Amateur Extreme PRO/AM



MadFit Physique
Team Award



Matt Ammann & Kitty Cabo
NGA Promoters



Sage Sweat
Bikini - Open Tall
1st Place & Overall
Wellness - Open
2nd Place
2 NGA PRO Cards

Melanie Marlatt
Wellness - Open
1st Place
NGA PRO Card

The NGA 2nd Annual Amateur Extreme PRO/AM was held April 1, 2023 at its new venue, The Center at Deltona in Deltona, FL. Thank you to all of the athletes, judges, staff, friends, and families that helped make the NGA Amateur Extreme an awesome show!

A special thanks goes out to my co-promoter, Kitty Cabo, who did a great job and I look forward to promoting this show with her for many more years to come! This was the first show of

the season to offer the new NGA sanctioned division, Women's Wellness. There was a great turnout for this class and we welcomed two new NGA PRO's to the organization.

This has turned out to be a great show to start the Gator Productions season and a fun warm-up show for the NGA Gator Classic which always follows a few weeks later. We look forward to seeing you there! ■

Photos by: Jorge L. Gutierrez, Jr.



Plant Protein: The Good, The Bad, and The Ugly (Part 1)



BY SHILOE STEINMETZ, R.PH.
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Health and nutrition trends have been around for a long time and continue to shape the way we eat and take care of our bodies. Fads come and go depending on what is trending and will most likely continue till the end of time.

So, what is trending around nutrition in 2023? This article will be in two parts. Part one will look at some of the current trends with a primary focus on plant proteins and their

benefits. Part two will cover the drawbacks of plant proteins and how they impact muscle mass and strength. Finally, there will be one last look at the ugly just for fun.

Today, we will briefly look at some of the top nutritional trends and examine plant-based diets, specifically plant proteins.

There are a few nutritional trends I would like to briefly mention that are now popular in 2023. One is sustainable nutrition; sustainable diets are those diets with a low environmental impact which contribute to

food and nutrition security and to a healthy life for future and present generations.¹

Another trend is focused on gut health. Because our immune system is getting more attention post Covid-19, researchers have discovered a link between gut health and the immune system and an interest in prebiotics and probiotics has spiked as a result.

Of course, vegan diets are still popular as well as personalized nutrition, digital nutrition, mindful nutrition, and healthy food “to go”.² But one of the biggest nutritional trends of 2023 is plant-based diets. Plant-based diets are dietary patterns that have a greater focus on foods derived from fruits and vegetables, wholegrains, pulses, nuts, seeds, and oils. Plant-based diets do not completely exclude animal foods (meat, poultry, eggs, fish), but proportionally more foods are chosen from plant sources.³

Although not everyone is willing to switch over to plant-based diets, it is estimated that in 2022, 22% of the global population was vegetarian, 5% of the United States population was vegetarian, with vegans representing an even smaller percentage.⁴

So when it comes to plant-based diets and competing in physique competition, we all have an interest in the protein content. Protein is a vital nutrient responsible for the growth, maintenance, and repair of our bodies. In a nutshell, protein is fundamental to the basic structure of our bodies and one of the keys to building and maintaining muscle. As a physique competitor, it is crucial to get enough protein to help us recover and build new muscle.

Let’s look a little deeper into the plant-based diet trend specifically looking at plant protein since that is of greatest importance to us as competitors.

We all know that when it comes to protein, not all protein is created equal. There are 9 essential amino

acids and animal proteins are considered ‘complete’ because they contain all 9 essential amino acids. Plant protein on the other hand, except for quinoa and soya, are ‘incomplete’ and lack at least 1 of the 9 essential amino acids.⁵

Now let us look at some of the benefits and drawbacks of plant-based proteins. Hopefully, this will help when trying to decide on whether a plant-based diet may be right for you and your goals.

Most likely you will need to determine how much daily protein you need then decide if you can achieve that through a plant-based diet or if you will need to incorporate a hybrid plant-animal protein diet.

So, what are the benefits?

As mentioned previously, sustainable diets provided by plant-based nutrition and plant protein have a lower environmental impact. They also provide more fiber and antioxidants and are lower in saturated fats, sodium, and cholesterol when compared to animal proteins. This plays a role in why research shows people who eat more plant-based tend to have a lower risk of heart disease and type 2 diabetes.⁶ Plant proteins can also reduce the content of harmful bacteria such as Salmonella. Animal proteins can be toxic to the body with all the added antibodies and hormones that get absorbed when consuming them. Because plant protein is higher in fiber, it can help detox your body and keep your gut healthy. The previously mentioned antioxidants can fight off free radicals that cause aging thus making the skin supple, so we look younger and remain healthier. There is some research as well showing plant protein can improve athletic performance by increasing energy levels and reducing recovery time.⁷

Next time, we will look at the drawbacks of plant proteins. Until then, stay blessed! ■

1 <https://www.nutrition-hub.com/post/nutrition-trends-report-2023>

2 Ibid.

3 British Nutrition Foundation, 2023.

4 <https://omegaquant.com/12-nutrition-trends-for-2023/>

5 <https://birdseye.co.uk> (What is Plant-Based Protein?)

6 <https://www.eufic.org> (Plant-Based Protein: All you Need To Know To Get Enough Of It)

7 Sharma, Ruchi, Grazia India: The Benefits and Drawbacks of Plant Based Proteins, January 5, 2021.

NGA 22nd Annual PRO/AM Mr. & Ms. Natural Philadelphia Championships



**Trevose, PA
April 1, 2023**

**NGA Promoter: Rev. Warren I. Egebo
www.naturalphillybodybuilding.com
ufta567@gmail.com**



**Umar Jones
PRO BB - Open
1st Place**



**Neil Peters
Classic Physique - Open MW
1st Place
BB - Open HW
1st Place
2 NGA PRO Cards**

The NGA 22nd Annual PRO/AM Mr. & Mrs. Natural Philadelphia Championships show was back for a second year in a row at the Radisson Hotel Philadelphia Northeast. Thirty contestants competed for NGA PRO Cards and cash awards.

In the NGA PRO division for bodybuilding, long time contestant Umar Jones of Norristown, PA came in first over last year's Mr. Natural Philly and new NGA PRO, Eric "Fitman" Brown of Philadelphia. In the PRO Classic Physique division, Jason Robinson of Philly bested Eric "Fitman" Brown of Philly. Umar Jones picked up more cash awards when he won the 1st place spot in the NGA PRO Masters division over Carlos Marin of Moscow, PA who came in 2nd and Paul Hadler of Gastonia, North Carolina who took the 3rd place position.

The Bikini Open "Short" division was won by Stacey Linton over Julia Puricelli. The Bikini Open "Tall" winner and Bikini Overall winner was Skylar Karpf with 2nd place going to Ella Williard in her very first competition. Bikini Masters winner was Stacey Linton and in 2nd place was Julia Puricelli. The Figure Open "Short" winner was Barbara Casper and the Figure Open "Tall" winner was Addison Talone followed by Gina McDonnell. Addison also won the Overall in the division. The Figure Masters division winner was Gina McDonnell with Barbara Casper as the runner-up.

The Men's Physique Open LW winner and Best Abs winner was a very tight David Battle. Shawn Everhart, who came all the way from Ohio, took the 2nd place spot with Shawn's workout partner Robert McKeown also from Ohio coming in at the 3rd place position. Fernando Hernandez of Shillington, PA won the Men's Physique Open MW division and he also won the "Best Poser" in the show. Runner-up to Fernando was David Robidoux. The Men's Physique Open HW winner was military veteran Jacob Takeda with runner-up Paul Hadler. Taking the first NGA PRO Card of the competition was Jacob Takeda of Philadelphia. The Men's Physique Masters winner was Robert McKeown.

The Classic Physique Open LW and Overall was a super symmetrical Brandon Fry who also took home an NGA PRO Card with Shawn Everhart as the runner-up. In perhaps one of the closest match ups in the whole show, Anthony Casale won the Classic Open MW division over former Mr. Natural Philly Fernando Hernandez. Third place in this division was the very enthusiastic Janyl Galen from Reading, PA. The Classic Open HW division was the largest division in the show. First timer Neil Peters of Philly won his first of two NGA PRO Cards in the show followed by and in this order, Spencer Sivco, second; Paul Hadler, third; Luke Mastruseio, fourth; LaRoi Thomson fifth; and Stanley Anderson, sixth. Stanley also lost fifty pounds just to compete in this outstanding show! Jason Robinson picked up another NGA PRO Card by beating four others in the Bodybuilding Masters division. The over 50 winner was Mark Hawkins, over 60 winner was Roger Young. Lastly, in only his second contest, was the ageless John Fulton of Philly who was the Bodybuilding Masters over 70 winner.

Among the novice winners were Skylar Karpf in Bikini, Addison Talone in Figure, Jacob Takeda in Men's Physique, Shawn Everhart in Classic Physique, and in Men's Bodybuilding was Spencer Sivco.

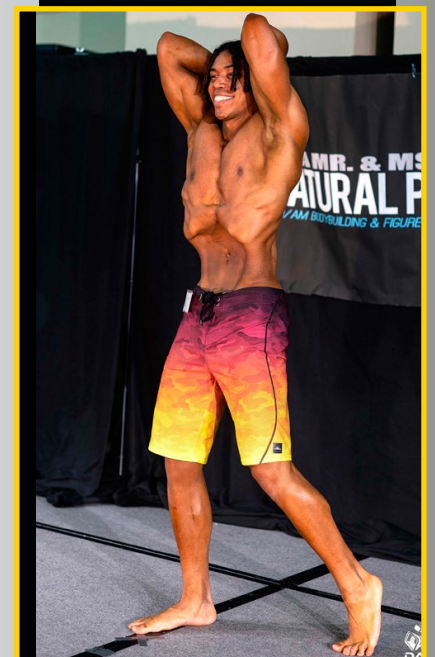
In the Bodybuilding Open divisions and the coveted title of Mr. Natural Philly, the LW winner was Orlando Figueroa and runner-up was Carlos Martin. Anthony Casale from New Jersey was the MW winner over the two other competitors which he had battled out in the Classic division with Fernando Hernandez coming in the 2nd place spot and Janyl Galen coming in 3rd place. Jason Robinson won the LHW class followed by runner-ups Spencer Sivco and Roger Young. Neil Peters picked up a second NGA PRO Card in this show when there were five in his class. Seasoned competitor Paul Hadler was the second place winner, followed by Luke Mastruserio in third, Stanley Anderson in fourth and Mark Hawkins in fifth. When the dust settled, Anthony Casale won the title of NGA Mr. Natural Philadelphia for 2023 and his NGA PRO Card. ■

Congratulations to all the athletes!!

Photos by: DAHC Images of Philadelphia

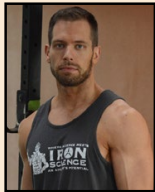


**Jason Robinson
PRO Classic Physique - Open
1st Place
BB - Masters 40-49
1st Place
NGA PRO Card & Overall**



**Jacob Takeda
Physique - Open HW
1st Place
NGA PRO Card & Overall**

Two Massive Mistakes To Avoid For Contest Prep



BY CHAD ADAMOVICH, CSCS
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There are important factors to consider before you begin contest prep regardless if you are an experienced competitor or a rookie. As an educated and experienced coach in the field, I understand that contest is the most exciting time of the entire process. The problem is, if you are not prepared and plan well, it can turn into a poor performance or even worse, it can lead you to quit the sport altogether.

Below are the two biggest mistakes I've seen made by experienced competitors and rookies when it comes to contest prep. There are several other considerations beyond what is mentioned below, but if you don't consider at least these, you most likely will have a negative outcome or experience.

TIMELINE SINCE LAST CONTEST SEASON

One of the biggest mistakes I see being made in the industry is how much time some competitors take for the "off season" or development phases. If you want a fast track to never having a better package on the stage or burn out completely, constantly compete. I've seen awesome competitors compete too frequently and disappear because of burn out. Additionally, you need time to grow and this takes more than just a couple months. As a natural competitor, it takes a long time to recover from a contest season. In fact, if you were truly stage lean, according



Chad Adamovich
 Photo Taken During Contest Prep

to published data, it takes about 4-7 months for hormones and metabolic rate to normalize. This is also if you are practicing a solid post show plan to build calories back up intelligently.

If you are looking to stay in the sport a long time and become a better natural competitor, you need to take time off from contest. Intelligent coaches and athletes will recommend at the very minimum a solid year of development between seasons and this is in addition to what is needed outside of your recovery post show. In fact, the

longer you can stay in a surplus in your development phase, the better. If you go back to cutting too soon, it's much harder to come in leaner each time and the process will soon become miserable. In addition, the more advanced you are can almost guarantee zero progress from season to season by going back too soon. I recommend most athletes to take 2+ years to focus on development until they reach their genetic potential.

TIME COMMITTED TO PREP

The other biggest mistake is how much time some coaches/competitors commit to a prep. What I mean by this, is the timeline from when you officially start cutting for a show as a natural athlete and hitting the stage. Nothing drives an intelligent coach crazier than when we hear about the typical "bro-coach" timeline of 8-12 weeks. This is a blanket plan that is a recipe for disaster.

Most athletes are not lean enough going into prep for a timeline like this to work well. A lot of times when competitors are given this timeline, they typically need to cut very aggressively to reach the stage leading to a ton of negative outcomes. These negative outcomes are most commonly severe losses in muscle tissue, extreme fatigue/exhaustion, high stress, large decrements in performance and the list goes on.

An intelligent approach is a longer prep. In fact, research shows the longer the prep, the better. In my personal experience for myself and athletes, it is far better to have a longer contest prep for numerous reasons. A prep should be planned around your current body composition, not the other way around. A smart approach, to keep as much lean tissue as possible, is to try not to lose more than 1% of bodyweight

per week. To be even safer, go for 0.4%-0.8% loss of bodyweight per week. This will put your targets at a great place for a healthy rate of loss to negate a ton of negative outcomes from a "bro-cut" and minimize stress.

Another reason to plan for more time than what you think you need is because life happens. You are human and things will happen out of your control like illness or even injuries. Especially as you get closer to stage lean, your immune system won't be as strong as it normally is. Illness can cause some setbacks in the process along with other life factors like family/work matters outside of your control.

Lastly, it's normal for your body to adapt over time and not lose as much as you targeted to lose that week, or you accidentally measured something wrong, along with other factors. This gives you and your coach time to adjust to keep things moving without panicking. If you plan and give yourself some cushion for this, the stress level of the athlete is drastically lowered.

If you are serious about improving each time you compete and bringing your best package to the stage, you will not want to make the mistakes above. Most of us want to love the sport and compete for as long as we possibly can as a natural athlete. Not being intelligent with your prep can not only cause negative effects to you physiologically and psychologically, but ultimately take away your love for the sport causing you to quit and leave bodybuilding altogether.

Your goal should be to bring your best package to the stage in a healthy way every time you prep for a show and enjoy the process. Remember this, to bring your best, prep smarter, not harder. ■

About the Author:

Chad Adamovich is owner of IRONSCIENCE; a bodybuilding-focused coaching business for prep and "off-season" development. He is also the Director of Training and Development for over 35 clubs across the US, developing other professionals in the field. 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, included being a Director for Athletic Republic and more. To get additional free professional training advice, follow on Instagram @ironscience_pro web: www.iron-science.com email: chad@iron-science.com



NGA PRO/AM Kentucky Natural Classic



Lexington, KY
April 8, 2023

Promoters: Josh & Melissa Miller
josh@transformationpersonaltraining.com
www.kentuckynaturalbodybuilding.com

The NGA PRO/AM Kentucky Natural Classic: A Triumph of Determination and Inspiration. The "Bluegrass State" was set to witness another spectacular event as competitors from eight different states gathered to battle it out in the NGA PRO/AM Kentucky Natural Classic. Representing Ohio, Kentucky, Indiana, Illinois, Wisconsin, Virginia, Florida, and Pennsylvania, athletes arrived at Rupp Arena with hearts filled with determination and a fierce competitive spirit!

The atmosphere crackled with electric energy as the competitors prepared to take the stage for the ultimate showdown. The classes were packed, and every athlete was ready to give their all, making it a challenging day for the judges who had the daunting task of selecting the best among the best. Class by class, competitors stepped onto the stage, pouring their heart and soul into every pose, leaving no stone unturned to make every moment count.

The evening show began at 4 pm, with an opening prayer to set the tone. The competitors united on stage for the National Anthem, performed with electrifying power by Pay Mathison, who captivated the spectators and set the stage for the thrilling performances to come. The routines and T-walks were nothing short of captivating and kept the audience entertained and engaged throughout the event.

During the intermission, a special moment awaited the audience as the "Jim Young Inspiration Award" recipient was honored. The award was presented to Sunny Yang, whose life journey embodied the true essence of inspiration and resilience. Sunny's story began as a police officer in China, and his pursuit of freedom led him to the United States, where he became an elite rock climber. However, fate had other plans when he was struck by a distracted driver, resulting in a severe spinal cord injury.



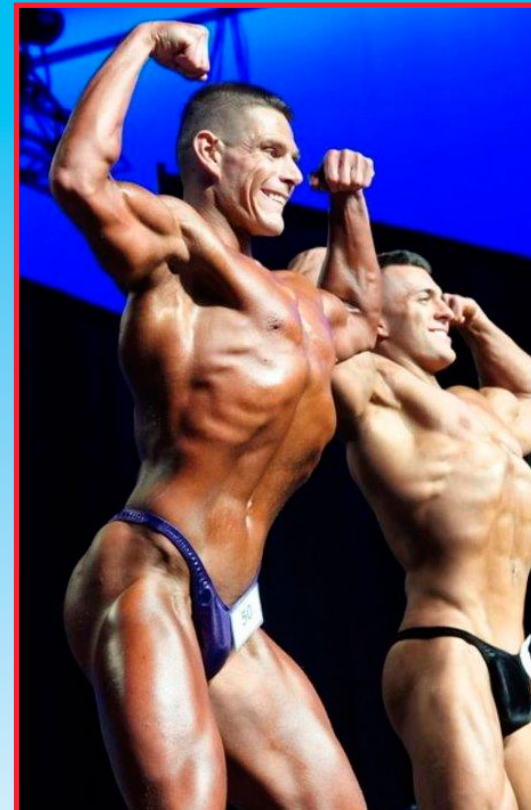
NGA Promoter Josh Miller with athletes



NGA PRO/AM Kentucky Natural Classic



Lexington, KY
April 8, 2023



Jacob Burroughs (top left)
Classic Physique - Open LW
1st Place
BB - Open LW
1st Place
2 NGA PRO Cards & 2 Overalls

Ashton Lawler (top right)
BB - Open MW
1st Place
NGA PRO Card

David Moore
BB - Open HW
1st Place
BB - Masters 40-49 & 50-59
Two 1st Places
NGA PRO Card & Overall

Jada Lang
Bikini - Open "Tall"
1st Place
NGA PRO Card & Overall

Michael Phelps
BB - Open LHW
NGA PRO Card

Kyle Smith
BB - Open LHW
3rd Place

Martha Williams
Physique - Open
1st Place
NGA PRO Card

Sunny's determination and love for his family fueled his fight to overcome the odds. Refusing to succumb to the grim possibility of paralysis, he embraced rock climbing as his path to recovery. His story touched the hearts of everyone present, leaving an indelible impact on the audience as they witnessed the strength of the human spirit in its purest form. (Sunny 34)

Following the emotional presentation of the "Jim Young Inspiration Award," it was time for the highly anticipated award ceremony. The NGA PRO/AM Kentucky Natural Classic saw 18 NGA PRO Card recipients rise to victory, each representing excellence and dedication in their respective categories.

The NGA PRO classes showcased extraordinary talent, with Peter Fitschen taking the crown in PRO

Bodybuilding, while PRO Bodybuilding Masters was won by Jason Robinson. The PRO Physique class was claimed by Shawn Greenlea, and PRO Classic Physique was dominated by Jason Robinson. PRO Bikini witnessed the victory of Ashlee LeCompte Lazic, and PRO Figure was conquered by Tanya Dahl.

The event also celebrated remarkable champions in the amateur classes, with each winner embodying the essence of dedication and passion for their craft.

There were 18 NGA PRO Cards awarded:

- Kyle Walters (Classic Physique - Masters)
- Larry Peyton (Physique - Masters)
- Ketrell Greenlea (Figure - Masters)
- David Moore (Bodybuilding - Masters)
- Martha Williams (Women's Physique - Open 1st Place)

- Ketrell Greenlea (Women's Physique - Open 2nd Place)
- Jacob Burroughs (Classic Physique - Open Overall)
- Bryson Sykes (Classic Physique - Open HW)
- Jada Land (Bikini - Open)
- Jade Stamper (Wellness - Open 1st Place)
- Darla Holston (Wellness - Open 2nd Place)
- Shawn Everhart (Physique - Open Overall)
- Jordan Ramey (Physique - Open MW)
- Ketrell Greenlea (Figure - Overall)
- Tawny Copas (Figure - Open "A")
- Jacob Burroughs (Bodybuilding - Open Overall)
- Ashton Lawler (Bodybuilding - Open MW)
- Michael Phelps (Bodybuilding - Open LHW)

The NGA PRO/AM Kentucky Natural Classic proved to be more than just a bodybuilding competition; it was a celebration of human spirit, resilience, and

inspiration. Athletes from diverse backgrounds united in their pursuit of excellence, making the event a true testament to the power of dedication and determination.

The event's success was a testament to the collaboration between the athletes, organizers, and the NGA, providing a platform for athletes to shine and inspiring individuals across the nation. The NGA PRO/AM Kentucky Natural Classic stands as a beacon of hope and inspiration, reminding us all that with hard work, passion, and unwavering spirit, we can conquer any challenge and achieve greatness in our chosen paths. ■

*Photos by: JC Norton (Musclehead Graphics)
Kris Dryden (Triple Play Productions)*

Physical Therapy Misconceptions Part 1: The Core



BY DR. NICHOLAS M. LICAMELI, PT, DPT
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NGA PRO BODYBUILDER
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Nicholas Licameli
Photo Taken During Contest Prep

As a physical therapist and professional natural bodybuilder, it is essential to shed light on misconceptions and guide individuals toward a more informed approach to training. In this article, we will address the ambiguous definition of the core, the challenges of measuring core strength objectively, and its actual role in pain reduction and injury prevention. Ultimately, we will advocate for a balanced perspective that prioritizes workload management and intelligent training for a prolonged and rewarding lifting career.

The Elusive Definition of the Core in Scientific Literature

The scientific literature offers no definitive and universally agreed-upon definition of the core. This lack of a standardized definition makes it challenging to develop a comprehensive understanding of what the core is and how it functions, as well as objectively measure core strength. Many fitness assessments claim to measure core strength, but the lack of consensus on the ideal method contributes to the confusion.

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/UCAWFesBmaJ_WFAh2aqsOg8g

Instagram: <https://www.instagram.com/nicklicameli/>

Facebook: <https://www.facebook.com/nicholas.michael.58>

Without a universally accepted measurement tool, it is difficult to ascertain whether the core is genuinely weak or strong. As such, we must approach core training with caution and avoid making assumptions solely based on subjective assessments.

Core Training and Pain Reduction

Even if we could measure core strength, which we cannot, would it even be worth it? While core training has often been touted as a panacea for reducing pain and injury, particularly lower back pain, the evidence supporting this notion is inconclusive. Core exercises can act as a way to add load to the system, which may have a positive impact on pain management for some individuals, but they are certainly not a requirement. There is evidence that shows that a simple walking program can be equally as effective as a core-specific strengthening program at treating lower back pain. Keep in mind, pain and injury are multifaceted experiences influenced by various factors, such as lifestyle, stress, sleep, biomechanics, prior beliefs, pre-existing conditions, and much more. Therefore, solely relying on core training to alleviate pain oversimplifies the complexity of pain management and may cause us

to aggressively climb a ladder that is leaning on the wrong wall. In other words, we must avoid hyper-focusing on core training while overlooking other critical aspects of fitness. Workload management, proper technique, nutrition, sleep, and recovery strategies are exponentially more important for maintaining a long and fulfilling lifting career. Periodizing training, ensuring adequate rest, and seeking professional guidance when needed are all steps toward achieving sustained progress without compromising health and well-being.

Conclusion

In conclusion, core training remains a contentious topic in the fitness world. As a physical therapist and professional natural bodybuilder, I advise you to give the "core" a rest! Rather, invest your focus on workload management, proper lifting technique, sleep, nutrition, hydration, and overall recovery for a long and prosperous training career! ■



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NGA Pro Lex Kovacs
Photo by Kaycie Davis,
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The NGA 12th Annual Gator Classic PRO/AM



Promoter: Matt Ammann
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[@ngagatorproductions](https://twitter.com/ngagatorproductions)
[@mattammann1](https://twitter.com/mattammann1)

Deltona, FL
April 15, 2023



Matt Ammann
NGA Promoter



Larry Darnell, Meleik Carry, Anthony Arena, Shannon Dixon
PRO Physique - Open



NGA 12th Annual Gator Classic PRO/AM

April 15, 2023 was a great day at the NGA Gator Classic as it was also my birthday! I appreciated all the birthday wishes and songs. I am also thankful to the many athletes that always show up at the NGA Gator Classic. Many thanks to all those who helped and all those who attended.

It was a special honor to have the Gator Classic founder, Bill Mora, at the show. He gave the Gator

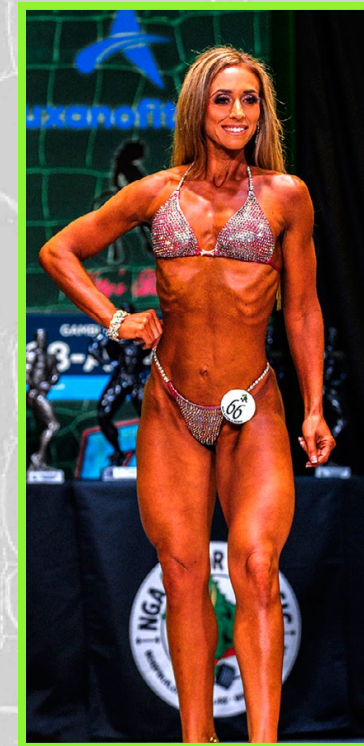
Head Award for Best Poser. It is my hope to see him at many more shows.

Women's Wellness had another great turnout and awarded two more NGA PRO Cards for a total of four NGA PRO Cards from Gator Productions. We look forward to seeing you in the fall at the 2023 NGA West Coast Classic which will be held on September 23, 2023 in Gulfport, FL and at the 2023 NGA East Coast Classic held on November 11, 2023 in Deltona, FL just one week before the NGA Universe! ■

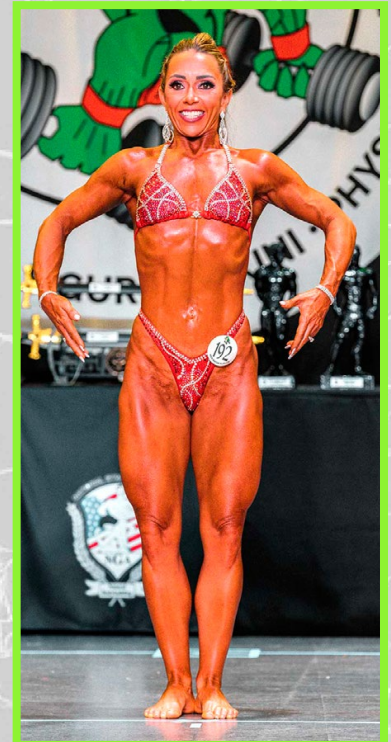
Photos by: Jorge L. Gutierrez, Jr.



Daron Monroe
PRO BB Open - 1st Place
Classic Physique - Open HW
1st Place
NGA PRO Card & Overall



Anna Tutak
Wellness - Open
2nd Place
NGA PRO Card



Shannon Barnwell-Ward
Figure - Open & Masters
Two 1st Places
Physique - Open
1st Place
2 NGA PRO Cards

SEPTEMBER 30/ LEXINGTON, KY



Show will be featured in
NGA Natural Mag



Bodybuilding

Figure

Physique

Bikini

Wellness

Classic Physique

Womens Physique



Location:
Rupp Arena /Central Bank
Center
430 W Vine St, Lexington,
KY 40507

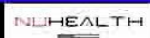
***Super Pro-Qualifying Event**

Contact: Josh Miller
(606) 424-7157
KyNaturalBB@gmail.com

Pre-Judging: 11am
Finals: 3pm



DCM ATHLETICS



Benefits of Weight Training for Individuals with Osteoporosis



BY BING SAEZ
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SOUTHTAHOENATURAL@GMAIL.COM



Weight training, also known as resistance training or strength training, offers several benefits for individuals with osteoporosis. Osteoporosis is a condition characterized by weak and brittle bones, making individuals more susceptible to fractures and bone injuries.

Weight training is exercise for your muscles and bones. When you do weight training, you lift and move weights which puts a bit of stress on your bones. You might be thinking, "Wait. Isn't stress bad?" Well, in this case, it's actually a good thing. When your bones experience the stress from weight training, they become stronger over time. It's like they're getting a workout too. This can be really helpful for people with osteoporosis, which is a condition in which bones become weak and fragile. Weight training gives your bones a chance to become tougher and less likely to break. It also gives them an armor to protect themselves. Therefore, the benefits of weight training for osteoporosis are that it can make your bones stronger and less prone to fractures or breaks.

The following are some additional benefits of weight training for individuals with osteoporosis:

Increased Bone Density: Weight training places stress on the bones which stimulates bone formation and helps to increase bone density. This can slow down the progression of osteoporosis and reduce the risk of fractures.

Improve Muscle Strength: Weight training not only strengthens bones but also builds and strengthens muscles. Strong muscles can provide better support to the bones and reduce the risk of falls, which is essential for people with osteoporosis.

Enhanced Balance and Stability: Weight training exercise that focuses on the lower body and core can improve balance and stability, reducing the risk of falls and related fractures in individuals with osteoporosis.

Increased Joint Flexibility and Range of Motion: Weight training involves performing various exercises that move the joints through their full range of motion. This can help maintain joint flexibility and reduce the risk of joint related problems in people with osteoporosis.

Better Posture: Weight training can help correct posture issues which is particularly important for individuals with osteoporosis who may be prone to developing spinal curvature (kyphosis).

Enhanced Overall Fitness: Engaging in weight training can improve cardiovascular health metabolism and overall physical fitness contribution to a better quality of life for individuals with osteoporosis.

Psychological Benefit: Regular exercise including weight training can have positive effects on mental health by reducing stress, anxiety, and depression, which can be beneficial for those coping with osteoporosis.

It's important to note that weight training for individuals with osteoporosis should be performed safely and with proper guidance. Before starting any exercise program, it's essential to consult with a qualified fitness trainer who has experience working with individuals with osteoporosis. They can create a personalized exercise plan that takes into account the individual's condition, fitness level, and specific needs while minimizing the risk of injury. ■



NGA Showtime Classic

Ponte Vedra, FL
April 29, 2023

NGA Promoters: Keith McIntosh & Josh Stoneking
Teamshowtimein5@gmail.com



L-R: PRO Bikini - Open
Marissa Martinez - 4th Place
Gabi Lanigan - 2nd Place
Jane Fleischman - 1st Place
Anett McPhee - 3rd Place



L: Keith McIntosh
R: Josh Stoneking

Phillip Meritt
Classic Physique - Open LW
NGA PRO Card & Overall



L: Keith McIntosh
R: Josh Stoneking

Don Desliens
Classic Physique - Open LW
2nd Place
BB - Open
1st Place
NGA PRO Card



L: Keith McIntosh
R: Josh Stoneking

L: AnnaBella Fernandez
Bikini Open - Short
2nd Place

R: Jennifer Bezerra
Bikini - Masters 40+
1st Place



Josh Stoneking & Keith McIntosh
NGA Promoters



NGA Judges & Staff

It's all about the athletes! Keith "Showtime" McIntosh and Josh "Ghost" Stoneking decided to take their on-stage talents to behind the stage and launch the NGA Showtime Classic. They have a combined 20+ professional bodybuilding wins and have competed in over 50 competitions. Keith and Josh used their competing experiences to launch an NGA PRO/AM competition focused on the athletes which they described as their "passion project."

The NGA Showtime Classic was held in Ponte Vedra, Florida at the prestigious TPC Sawgrass Golf Resort and Hotel boasting a Hollywood theme. One very special part of this competition is the night before

where the "Showtime Gala" was held. This is the athletes' meeting where all competitors dressed up in their best attire for the red-carpet event in formal wear. Numerous professional photographers were present as well as a DJ that kept the energy up. At the Showtime Gala, the athletes were given all necessary show information as well as resolved all of their Q&A's. This was a huge hit and the athletes were encouraged to bring all their family and friends for this new experience in the bodybuilding community! The photos turned out amazing!

On stage, Keith and Josh were able to award the Queen of the South for winning both the Open and

Masters NGA PRO Bikini categories. Crowns, sashes, trophies, and checks were awarded to the beautiful Jane Fleischman. For the amateur portion of the show, 8 NGA PRO Cards were awarded as the classes were full across all categories. It was great to see such a large turnout of athletes for the first time launching this competition. The athletes received NGA Showtime Classic custom medals and Hollywood themed awards. We at the NGA have received an overwhelming amount of positive feedback from the athletes that competed in the show and we can undoubtedly say that Keith and Josh achieved their goal of making their show "all about the athlete".

Showtime and Ghost have confirmed a second NGA Showtime Classic which will be held on May 19, 2024 at the University of North Florida. This event has moved to a bigger venue after the first year's success and will partner with the Sheraton Hotel to host the NGA Showtime Gala. We all know the show and gala will be bigger and better than the first and we are excited to see the bright future of competition promotion for Keith and Josh. The NGA is proud to see our past professional champions give back to the natural bodybuilding community and we look forward of more to come. ■

Photos by: Muscle Papa

Sleep

Your Most Anabolic Supplement (Part 3)



BY DR. CHRISTOPH KLUPEL
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 ULTIMATE FITNESS ACADEMY (THAILAND)
 HOLISTIC NATURAL HEALTH & NUTRITION CONSULTANT
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ULTIMATEFITNESSASIA@GMAIL.COM

Sleep is the time, when our muscles recover and grow; without a good quantity and quality of sleep, optimum muscle gains and improved performance can hardly be achieved. If sleep should just stay a “wishful dream” despite observing the best possible sleep hygiene practices, some of the underneath described natural supplements may help. They are not only proven to help with attaining a good night’s sleep, but are additionally confirmed to support good health, athletic performance, muscle development, an improved emotional state and a better mindset.

Glycine

One such most effective natural sleeping aid is the simple inexpensive calming amino-acid glycine, which is available in powder form and as capsules. Orally taking 3-5 g of glycine dissolved in some water on an empty stomach at bedtime will help you to fall asleep sooner and will promote a deeper more restful sleep by increasing restorative, slow-wave non-REM-3 deep sleep stage and REM sleep. Glycine induces sleep by slightly lowering the body’s core temperature, which facilitates progression into sleep and effects better sleep quality.

Glycine also increases the production of the neurotransmitter serotonin, which, in turn, helps with the production of the antioxidant sleep hormone melatonin.

Healthful “side-effects” of glycine include enhancing memory and improving brain-health, improving gut health, increasing insulin sensitivity (thereby preventing onset of Type II diabetes), supporting the immune system, also facilitating the production of the body’s master antioxidant glutathione, protecting the liver, decreasing heart disease risk-factors, relieving benign prostate hyperplasia, reducing inflammation, etc.

Gym enthusiasts may be specifically pleased to learn that glycine plays a key role in creatine production in the body and can boost growth hormone levels (at 6-7 g/day), both contributing to enhanced athletic performance.

Glycine further supports the body’s synthesis of collagen, which makes up the fascia, cartilage, ligaments, tendons, and bones. This helps to maintain joint, bone, and tissue strength, reduces joint deterioration in athletes with joint problems, prevents or alleviates osteoarthritis and osteoporosis, and supports tissue repair and healing.

Taurine

Another great sleep aid is the safe low-cost amino acid taurine, which likewise is available as a powder and in capsule form and is generally taken in amounts of 500 mg - 3000 mg per day; ingesting 2000 mg to 3000 mg of taurine powder dissolved in water on an empty stomach before bed will definitely mitigate sleeping problems. Taurine contributes to reducing Cortisol and promotes calmness and relaxation by boosting GABA, an inhibitory neurotransmitter soothing the central nervous system. This makes taurine not only great to induce a good night’s sleep, but also to improve sleep quality.

Some general health-promoting “side-effects” of taurine include decreasing the risk of cardiovascular disease by lowering high blood pressure and LDL cholesterol, reducing atherosclerosis and inflammation, plus regulating the heart rhythm and preventing heart failure; taurine further improves and supports the nervous system and mental functioning, improves blood sugar control in diabetics, improves liver function, fights free radicals as an antioxidant, slows down the aging process and increases life-span.

Athletes may be particularly pleased to know that taurine also supports post exercise recovery and helps

in protein synthesis, which supports muscle growth. Taurine helps to reduce the age-related decline of the anabolic hormone IGF-1 (Insulin-like Growth Factor 1) which is critically involved in achieving muscle hypertrophy and improving body composition. Taurine also works as a cell volumenizer by drawing water and other nutrients into muscle-cells and promotes proper electrolyte balance inside these cells, maintaining the adequate potassium/magnesium balance and keeping excessive sodium out.

Magnesium

Magnesium, best taken in the highly bioavailable forms of Magnesium Glycinate or Magnesium Taurate, supports deep, restorative sleep by promoting healthy GABA levels. Ingesting 400 to 600 mg of Magnesium Glycinate at bedtime has helped many people to fall asleep faster, stay asleep longer, and wake up refreshed and energized. Magnesium regulates stress hormones, keeping Cortisol release within its normal range, helps activate calming neurotransmitters and supports the healthy functioning of GABA receptors.

Some healthy “side-effects” of Magnesium intake include regulating blood pressure, relaxing blood vessels, lowering the risk of cardiovascular issues and promoting heart health. Magnesium further optimizes mental health, maintains muscle and bone strength, has strong anti-inflammatory benefits, regulates and improves blood sugar levels and plays an important role in hormone balance.

Athletes may be glad to know that Magnesium is a natural muscle relaxant and calms the nerves. It is involved in over 300 enzymatic reactions in the body, including energy metabolism and protein synthesis. Most interestingly, magnesium even increases free testosterone levels by binding to sex hormone binding globulin (SHBG), which prevents SHBG’s testosterone suppressing effect. This results in a significant rise of free and total testosterone levels, and higher testosterone levels generally bring about increases in strength and muscle size.

Zinc

Zinc is yet another calming mineral. To achieve better sleep, Zinc Picolinate or Zinc Glycinate are among the best forms to ingest before bed at a dose of approximately 30 mg. Zinc is an excellent safe sleep aid, which increases the amount of total sleep as well

as sleep-quality and -efficiency, enhances slow-wave deep sleep, and reduces wake-ups during the night. It works particularly well when ingested together with Magnesium at bedtime, because, when taken in the right dosages, these two minerals work synergistically: Zinc improves the absorption of Magnesium, and Magnesium regulates Zinc levels in the body.

Some of Zinc's general health benefits include supporting brain health, reducing cholesterol, boosting the immune system, protecting the liver, improving wound healing, stabilizing cell membranes and DNA, strengthening antioxidant defenses against free-radical cells and exhibiting anti-inflammatory properties.

Athletes may be pleased to hear that Zinc plays an important role in the production of anabolic IGF-1 and testosterone. Studies have shown that men, who took 30 mg of zinc per day, had significantly higher free testosterone levels after 4 weeks. Both, Zinc and Magnesium also enhance the effect of growth hormone. In short, Zinc is an anabolic element that is needed in adequate amounts to generate and increase the effect of anabolic hormones and to maintain proper hormone balance. It promotes healing, tissue repair and muscle growth.

Ashwagandha

One of the most interesting herbal supplements, which does not only support a restorative good night's sleep, but also significantly enhances athletic performance, is the adaptogenic herb Ashwagandha, also called Indian ginseng or winter cherry. It is usually taken on an empty stomach in the form of the scientifically-proven effective KSM-66 root-extract in two or three doses of 300 mg per day, with the last serving ingested at bedtime. The scientific name of Ashwagandha is "Withania Somnifera" with "Somnifera" meaning "sleep-inducing" in Latin. Ashwagandha's KSM-66 extract is exclusively gained from the roots of the plant, ensuring the highest concentration and the natural balance of all the various constituents of the plant's root, with the so-called "withanolides" being its predominant biochemicals. KSM-66 excels in naturally lowering stress and cortisol levels, which wreak havoc on testosterone production. Over time, KSM-66 improves sleep pattern, sleep quality and sleep efficiency, with significantly improved mental alertness on awakening. People, who have problems with falling asleep, may want to consider ingesting a Ashwagandha preparation, which does not exclusively

contain the root's constituents, but also includes a water-based extract of leaves or the whole herb at bedtime; water-based leaf- or whole-herb- extracts contain a higher content of triethylene glycol, which does not only help with actively inducing sleep, but also appears to significantly improve non-REM sleep time and to slightly increase REM-sleep.

Some beneficial health-effects of Ashwagandha extracts include anti- cancer activity and improved immune function, improved brain function and memory, support to the nervous system and adrenals, decreases inflammation, assists in anti-aging cellular repair processes, improves thyroid function, increases HDL cholesterol and DHEAS levels, while lowering LDL cholesterol, triglycerides and blood glucose.

Athletes particularly appreciate the scientifically proven Ashwagandha KSM-66 extract for its ability to reduce exercise-induced muscle-damage and speed up post-exercise recovery time, to boost energy, endurance and muscular strength, to discourage body-fat storage, and to improve cardio-respiratory endurance.

Ashwagandha KSM-66 extract will also significantly boost men's serum testosterone levels and luteinizing hormone (LH), which regulates testosterone production. This considerably improves muscle strength and muscle size, as well as body composition and sexual function. In fact, KSM-66 is one of the best all natural, testosterone- and strength- boosting herbal preparations available.

Valerian & Chamomile

Other natural herbal supplements and extracts that effectively promote a restful sleep include valerian and chamomile. Valerian boosts the production of the brain-calming and sleep- promoting neurochemical GABA; it helps you to fall asleep more quickly and increases the amount of total sleep. Chamomile has relaxing and sedative properties, anti-inflammatory effects and even works as a muscle relaxer.

Melatonin

Last, but not least, the "sleep-hormone" melatonin is available in supplement form to alleviate insomnia and sleeping problems, but it also has a wide range of other health benefits. It is the synthetic version of the endogenous sleep-hormone melatonin, produced

in our brain's pineal gland, which regulates sleep and wakefulness. Melatonin supplements are available in liquid form, as sublingual and time-released tablets, as well as capsules or tablets, providing anywhere from 300 mcg to 10 mg per pill.

While melatonin is not a sleeping pill, when taken one to two hours before bed on an empty stomach (not just shortly before bedtime!) and in dim lighting, it may promote relaxation and help you to fall asleep faster. It even appears to help some people to improve the duration and quality of sleep, but it does not work for everybody.

Often melatonin doesn't work well, when it is ingested in too large doses of more than 1 mg, which can cause nightmares, reduced overall quality of sleep, waking up a few hours after falling asleep, the inability to get back to sleep again, and grogginess or irritability in the morning.

Most notably, when it comes to melatonin supplementation, more doesn't necessarily work better; just the opposite is true. What apparently is most effective in the long term are micro-doses of less than 500 mcg, preferably of the time-released type, which are much more in line with our body's own physiological production and needs, and may gently improve our natural sleep pattern.

When taken at the recommended amount, melatonin can promote sleep onset, reduce nighttime


wakefulness, and extend the amount of time spent in restorative REM sleep.

General health benefits of melatonin include outstanding antioxidant properties; it reduces inflammation, helps the immune system, defends cells against toxins and harmful radiation, protects the mitochondria and inhibits cell-death; it may reduce the risk of cardiovascular disease, slow the onset of Alzheimer's and Parkinson's disease, and may mitigate other degenerative conditions.

Athletes may like to hear that melatonin's antioxidant properties reduce exercise-induced oxidative stress, which provides a better environment for muscle protection and growth. Taking melatonin before retiring can also increase nighttime blood levels of GH to boost muscle growth; however, this usually requires a higher intake of 5 mg/night, rather than the above suggested physiological amount. Yet, there is no harm in doing so, if it should not disturb your quality of sleep and shouldn't result in daytime sleepiness or grogginess.

Conclusion

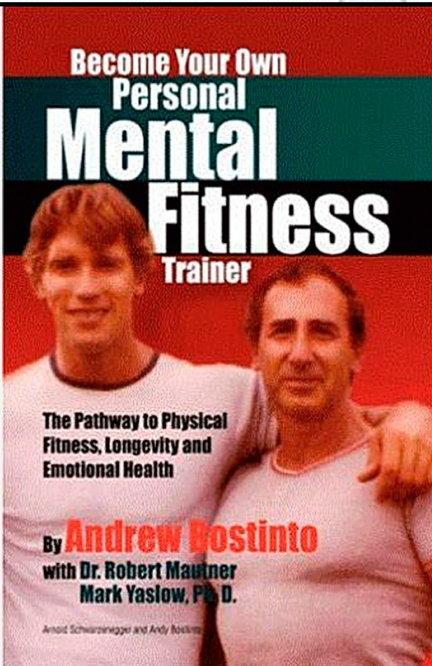
As all the above recommended supplements are safe, provide lots of health benefits, and are basically side-effect free at the recommended doses, you can most certainly experiment with them, fine-tune your intake in accordance with your individual needs, and combine them for a synergistic effect. ■



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Trainer**

**The Pathway to Physical Fitness,
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by Andrew Bostinto**

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— from the Introduction

“*I have known Andy Bostinto for many years. There should be more people in the Physical Fitness profession that are as dedicated. I'm proud to recommend Mr. Bostinto's knowledge and teachings.*

— Jack LaLanne

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NGA 3rd Annual PRO/AM Green Bay Hardbodies Championships

Green Bay, WI
May 6, 2023

NGA Promoters: **Rev. Warren I. Egebo**
ufta567@gmail.com
www.naturalphillybodybuilding.com

Paul Hadler
hardscapeoasis@gmail.com



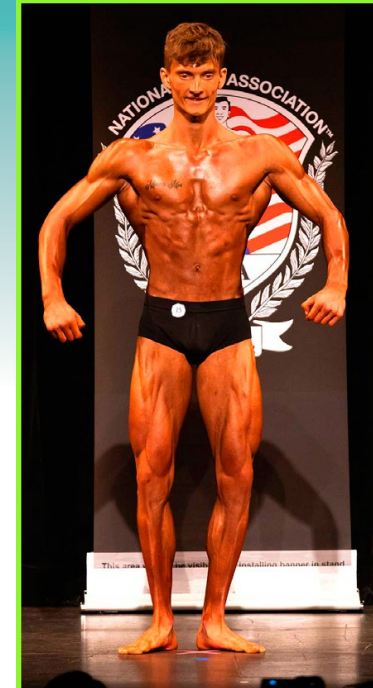
Addison Pederson
Physique - Open LW
1st Place
NGA PRO Card & Overall



Benedict Janowski
PRO Physique - Open
1st Place
Classic Physique - Open HW
1st Place



Dayshawn Taylor
PRO BB - Open
1st Place
Classic Physique - Open HW
2nd Place



Caden Freeman
Classic Physique - Open LW
BB - Open LW
Two 1st Places
2 NGA PRO Cards & Overalls
Best Poser



Sarah Smyrk
Bikini - Masters 40+
1st Place
NGA PRO Card



Danielle Seim
Bikini - Open "B"
1st Place
NGA PRO Card

The NGA 3rd Annual PRO/AM Green Bay Hardbodies Natural Championship was held on May 6, 2023 at the Historic Meyer Theatre in downtown Green Bay. Promoters were Rev. Warren I. Egebo of Pump Promotions and Paul Hadler of Hardscape Oasis. There were 41 professional and amateur competitors in this Super Pro Qualifier show.

This year there were six NGA PRO competitors. Winning \$400 in the PRO Men's Physique competition was Benedict Janowski from Green Bay. Winning \$400 in the PRO Classic Physique was Jason Robinson from Philadelphia. Jason also won \$300 in the PRO Men's Bodybuilding Masters division. Dayshawn Taylor won the NGA PRO BB Open class.

The NGA PRO Bikini 1st place winner of \$400 was Raya Clements and the NGA PRO Bikini 2nd place winner of \$300 was Camille Sowle. Winning \$400 in the PRO Figure division was Scarlett Dornbrook.

The Bikini Open "A" Division winner and receiving her NGA PRO Bikini Card was Danielle Beck. Placements in this division are as follows and in order were Holly Brecheen, Stephanie Bradley, Andrea Brossard, Erin Rehn, and Libby Schuessler. The Bikini Open "B" division winner was Danielle Seim who also won her NGA PRO Bikini Card. Placements in this division are as follows and in order were Sarah Smyk, Kristine Custer, Megan Koski, Kaye Koehoom, Molly Tynan, and Tiffany Green. The Bikini Open "C" division winner and receiving her NGA PRO Bikini Card was Juliana Bennin-Nair. Placements in this division are as follows and in order were Brittany Simpson, Ashley

Gisenas, Kristi Richmond, and Stephanie MacIntyre. The Bikini Masters 35-39 division order was 1st place, Danielle Seim, 2nd place Holy Brecheen, and 3rd place Stefanie Bradley. Bikini Masters 40+ and winning her NGA PRO Card was Sarah Smyk. In the 2nd through 5th place positions in the Bikini Master 40+ division was Kristine Custer, Andrea Brossard, Kaye Koehoom, and Kristi Richmond.

Figure Open was won by Molly Tynan followed in order by Chris Puleo, Kristi Richmond, and Jodi Jackson. For a second year in a row, Molly Tynan won "Best Abs" and the Figure Masters 40+ was won by Kristi Richmond.

A new category for women was Women's Wellness which drew 6 competitors. According to NGA rules for 2023, the top two Wellness placings would win their

NGA PRO Cards. The lucky women in this division were Ashley Gisenas who took the 1st place position and in 2nd place was Erin Rehn. Placements for the Wellness Open division in 3rd through 6th places were Tiffany Green, Niclole Drees, Jessica Wygant, and Brittany Simpson.

The 1st place winner in the Women's Physique division was Chris Puleo. In the Bikini Novice division winning 1st place with 10 competitors was Holy Brecheen. Figure Novice was won by Jodi Jackson. The Wellness Novice winner with 6 others in her class was Ashley Gisenas.

Next, we had the very competitive men's divisions. In Physique Open LW and winning his NGA PRO Card by winning the Overall was Addison Pederson. In 2nd through 4th place were Sam Manders, Austin Beth,



NGA 3rd Annual PRO/AM Green Bay Hardbodies Championships

Green Bay, WI
May 6, 2023



Juliana Bennin-Nair
Bikini - Open "C"
1st Place
NGA PRO Card



Ashley Gisenas
Wellness - Open
1st Place
NGA PRO Card

and Kylar Green. Kylar was also the Junior winner in Men's Physique.

Sam won the "Best Abs" award among the male competitors and the Men's Physique Open HW winner was Nick Spartichino.

The Classic Physique Open LW winner and capping the Overall in a very competitive division was first time competitor Caden Freeman. He also won the "Best Poser" award in the show. First place in the Heavyweight division was Benedict Janowski, followed in order by Dayshawn Taylor, Nick Spartichino, and Dante Schumacher.

Winning his second NGA PRO Card and the Bodybuilding Open LW class and Overall was Caden Freeman. The 2nd place winner was a very thickly muscled Robert Sobieck. The Open MW winner was first timer Skyler Berk. The Open LHW winner was Jason

Robinson. In 2nd place was high school senior Shaden Vandenhuevel. The Open HW winner was Wayland Weiler from Steven's Point, WI with Green Bay competitor Mike Weaver taking the 2nd place position.

The Most Representative Gym award went to Aaron Kurtz's Meta 365 Fitness of Menominee, Michigan. The emcee and head judge was Earl "The Pearl" Snyder. Sound for the show was by Vinnie of DJ Frank productions. The Quality Hotel of downtown Green Bay was the official hotel for the show and the site of the "After Party" was at St. Brenden's Restaurant of downtown Green Bay. The trophy presenter performing the national anthem on her violin was Miss Green Bay Area 2023 Brooklyn Heyn.

We thank everyone who participated in this outstanding competition and we look forward to seeing you at our next event! ■

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From Chinese Police Officer to Paraclimbing Champion: The Inspirational Journey of Sunny Yang



BY JOSH MILLER, BS, NSCA, CPT
 NGA CHAIRMAN, KY & TN
 NGA PRO BODYBUILDER & PRO PHYSIQUE
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Red River Gorge, Kentucky, has been witness to the extraordinary life of Sunny Yang, an awe-inspiring individual who has defied the odds and achieved greatness against all adversity. From being a young police officer in Nanjing, China, to becoming a paraclimbing champion on the USA National Team, Sunny's journey is one of determination, resilience, and passion.

A Leap Towards Freedom

Sunny Yang was born in China and served as a young police officer in Nanjing city. However, deep

within him, he yearned for something more - the freedom to pursue his dreams and discover his true calling. In 1993, he seized a golden opportunity to start anew and embarked on a life-changing journey to the United States. It was there that he reinvented himself as a street portrait artist and embraced his artistic talents.

Embracing the Vertical World

In 2004, while living in New York City, Sunny discovered bouldering, a style of rock-climbing that involves scaling relatively short, but challenging routes without ropes. Bouldering quickly captured his heart and became his favorite sport, sparking a lifelong passion for rock-climbing.

Serving the Nation and Pursuing Art

Driven by a desire to serve his newly adopted homeland, Sunny Yang joined the US Army in 2007 and became a soldier of the 101st Aviation Regiment, stationed at Fort Campbell, KY. During his deployment to Afghanistan in 2009, alongside his duties working on Chinook helicopters, Sunny continued to nurture his artistic spirit. He sketched almost daily, capturing the essence of life amidst the complexities of the combat zone. His sketches gained recognition and in 2010, Trafford Company published his book, "Inside Afghanistan - Sunny Yang's Sketches in the Combat Zone." The same year, he was honored with the prestigious "Iron Soldier" award.

A Climbing Journey of Triumph

After an honorable discharge from the Army, Sunny moved to Red River Gorge in 2013, where his love for climbing flourished. Spending five days a week on the rocks, he swiftly rose to become a 5.13 elite climber in less than a year, a remarkable achievement in the climbing world.

A Fateful Turn of Events

However, life had a test in store for Sunny. On July 15, 2015, while jogging along Route 213, he was struck by a distracted driver operating a big truck. The accident left Sunny with a severe C1-C2 spinal cord injury, and he faced the grim possibility of being paralyzed neck down for the rest of his life. The road ahead seemed insurmountable, but Sunny's love for his family and the indomitable spirit within him refused to give in.

A Rock Climbing Road to Recovery

In a testament to his strength and determination, Sunny turned to his beloved sport of rock-climbing for rehabilitation. For 4-6 hours a day, five days a week, he climbed at LEF Climbing in Lexington, KY, using the very sport that defined him to rebuild his strength and regain control of his body. With relentless perseverance, Sunny made incredible progress in just a year of training.

From Tragedy to Triumph - A Champion is Born

Not one to be held back, Sunny Yang defied all expectations and embarked on a new journey as a paraclimber. In 2019, he started competing in Paraclimbing National competitions, representing the USA with pride. His passion and dedication paid off when he competed in the World Cup in 2022, securing a remarkable silver medal.

Inspiration and Recognition

Sunny Yang's unwavering determination and inspiring journey have touched the lives of countless individuals



Josh Miller, NGA Promoter & Sunny Yang
 "Inspiration Award"
 2023 NGA Kentucky Natural Classic

worldwide. In recognition of his perseverance and positive impact, he was honored with the NGA Kentucky Natural Classic "Inspiration Award" in June 2023.

Looking Ahead with Gratitude

Sunny Yang's life has been a rollercoaster of experiences, from a young police officer in China to a celebrated paraclimbing champion in the USA. His story exemplifies the power of determination, the importance of embracing one's passions, and the resilience of the human spirit. Sunny's unwavering faith and belief that, even in the face of adversity, a new door of opportunity can open, is a testament to his strong spirit and positive outlook on life.

As Sunny continues his journey, he serves as an inspiration to everyone, reminding us that no matter how difficult life may seem, the power to overcome lies within us. His story teaches us to embrace change, stay resilient, and find solace in the pursuit of our passions.

Sunny Yang's legacy is etched not only in the world of climbing but in the hearts of all who have had the privilege to hear his incredible tale of triumph. So, let us open our hearts, praise the journey, and learn from the remarkable life of Sunny Yang. ■



NGA 3rd Annual Florida State Natural Championships & The NGA Florida PRO

Altamonte Springs, FL

June 3-4, 2023

Promoters:

Darrell DeVor & Rick Pierre

dwdevor@gmail.com

rick@onthemovefitnessfl.com



Dr. Jay Wright

PRO BB - Open

PRO Classic Physique - Open

Two 1st Places

Michael Chidozie

PRO BB - Open

PRO Classic Physique

Two 2nd Places



PRO Bikini Model - Open

Tivisay Briceno

2nd Place

Leisa Howard

1st Place

Kristina Warford

3rd Place



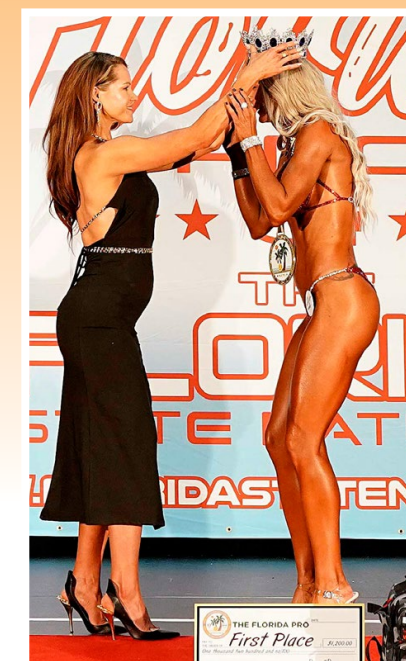
Jason Robinson

with NGA Promoter Darrell DeVor

BB - Open LHW

1st Place

NGA PRO Card & Overall



Brandi Young crowning

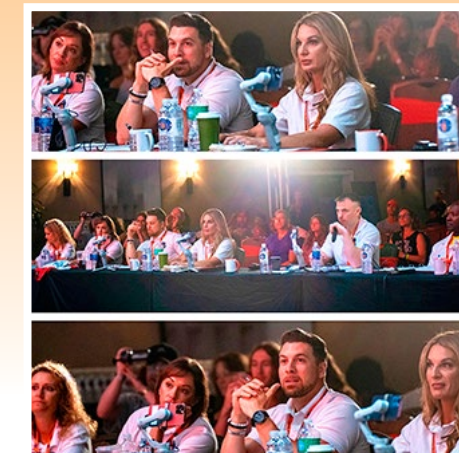
Jane Fleischman

PRO Bikini - Open

3rd Place

PRO Bikini - Masters 40+

1st Place



Judges

**Cat Burke, Shonda Gibson,
Josh Stoneking, Chance Schwartz,
Josh Miller, and Rick Pierre**

The NGA 3rd Annual Florida State Natural Championships & The NGA Florida PRO is in the books! This year drew NGA PROs and amateurs from around the country and as far away as Paris, France and Okinawa, Japan. With a year-over-year increase of 25% and 152 registered athletes not including crossovers, NGA Championship Weekend is now one of the biggest and best natural events in the nation.

Athletes from Alaska, Oregon, Michigan, Maryland,

Wisconsin, New York, New Jersey, Pennsylvania, Kentucky, North Carolina, South Carolina, Virginia, Texas, Missouri, Maryland, and from all over the state of Florida came to take their shot at becoming an NGA Florida State Champion.

The 2-day event was held on June 3rd and 4th in the Grand Ballroom of the Hilton of Altamonte Springs, Florida. This was a stay where you compete venue with every service located under one roof and was concluded by our catered Pro Athlete After Party following Sunday's competition. We were honored to have 78 amateur athletes and 74 professional athletes competing!

On Saturday June 3rd for The NGA Florida State

Natural Championships, our amateur athletes were awarded 16 NGA PRO Cards in 30 hard fought individual divisions.

The NGA Florida PRO division held on Sunday, June 4th had one of the largest collections of professional talent from across the nation with 74 NGA PROs competing for over \$20,000.00 in guaranteed prize money and our one of a kind Championship Ring.

The Best Male PRO in Show Award was taken home by NGA PRO, Dr. Jay Wright, who also took home the NGA PRO Classic and Bodybuilding titles besting 21 other competitors. The Best Female PRO in Show went to our NGA PRO Figure champion Stacey Sanchez.

The 2023 Mr. & Ms. Florida took home our championship belts and the titles were awarded to our Men's Bodybuilding Overall champion Jason Robinson, and our Bikini Overall champion Victoria Guleilmi respectively.

The 2023 Team Award was taken home by Team Rarebreed from New York with 23 athletes registered.

For 2024, we are projecting over 175 athletes in our 2-day event to be held on June 1st and 2nd in the Grand Ballroom of the Hilton of Altamonte Springs, FL.

We hope to see you all in attendance at NGA Championship Weekend! ■

Photos by: Greg Diesel-Walck



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Bodybuilding means life and freedom to me, but before I get ahead of myself, let me help you understand where that comes from.

At the age of thirty-one, I really felt I had control of my life. I was a member of the United States Air Force and had traveled all over the world. I had owned and sold a company dealing with 22 NFL, NBA, and CFL players and two Harlem Globetrotters. I bought a dream home on a golf course and fell in love with my best friend and asked her to marry me. However, I had been having terrible headaches, but I blamed it on post-traumatic stress due to my time in Dhahran, Saudi Arabia in June of 1996 when I was involved in a terrorist bombing that killed nineteen and wounded 498 airmen.

While serving in the Illinois Air National Guard, I did a six-mile run, even with a constant headache. After the run, I could hear my heartbeat in my ears and the pressure building in my head felt like my ears were going to pop. I showered and walked through the hospital to get to my job. It was there that I asked a doctor for something stronger. He asked about my symptoms and from that, he immediately sent me off base to a hospital for a thorough examination.

When I arrived at the hospital, I had a CT scan that gave me the answers I needed. He told me that the headache that I had was actually a cerebral hemorrhage and he couldn't believe that I was not dead. From there, I was taken to the University of Illinois-Chicago Medical Center and underwent surgery. When I woke up afterwards, I knew that something was wrong. That's when the surgeon informed my fiancé, mom, and I that I had a massive stroke during the surgery and may never speak clearly, walk without aid, have children, drive, or read clearly due to possible eye problems.



He then asked if we had any questions and I had a lot of questions, but because of my suffering from aphasia, I just cried.

I didn't let any of that stop me, so while I was in rehab, I regained the ability to talk and walk with a cane. I was able to go home after a few months and I had outpatient rehab for another eight months. I went back to work for the government, got married, and had a son (today, I have two sons). I thought things were slowly getting back to normal. However, I realized I was getting a lot bigger. One day, while sitting in my kitchen, I told my wife something didn't feel right. She immediately called 911 and after arriving to the ER, that's when we found out that I had another stroke.

After some time in rehabilitation and working for the government, I was asked to retire and I didn't know what was next. So, I spent time writing a book, *A Life of Commas: A Soldier's Story*. I also became active in church and spent more time with my family. But, when I stood in the mirror looking at myself at 5'5" tall and 237lbs, I knew that I needed a change.

I started by walking and eating better. I thought about lifting weights and I wanted to compete in bodybuilding, but my doctor was skeptical. I kept pushing this idea around and was introduced to the natural bodybuilding coach, Peter Fitschen.

I began studying more about improving my eating habits and starting jogging. I got down to 201lbs and was feeling free again! I competed in a few Physique 40+ competitions and though I was last in every competition, I decided to compete every year. Bodybuilding made me feel like I was home!

In 2022, after losing thirty more pounds, I won three times, and was third in the NGA Kentucky Natural Bodybuilding Championships Physique 40+ competition. I am the only fifty percent disabled bodybuilding competitor that competes with everyone. Some promoters are even planning to create an Adaptive Class for people like me.



2022 NGA Kentucky Natural Bodybuilding Championships
Brady Johnson
Physique - Masters 40+

So, back to my original statement that bodybuilding is life and freedom. I am feeling free in my own body regardless of my disability. Bodybuilding is giving me my life back and a purpose and I intend to not waste a minute of it! ■



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Another River City Classic is in the books. The 2023 River City Classic didn't disappoint. There was a positive vibe and a level of energy that rivaled previous River City Classics. In addition to that, we had James Ward "The Black Panther" came and presented as a Guest Poser. The competitors were awesome!



Kevin Whaley & Lisa Smart
Bikini - Open "Short" Overall

All-around female competitor and Pikeville native, Natasha Tackett, competed in multiple classes and brought an attitude and energy that set the stage for the show. Adam Martin from Lexington, KY brought a solid and progressing package to the stage with a splash of western flavor. Reigning from Ohio, Shannon Oesterle, brought grace to the stage and took the top spot in the Wellness division. The elder of the class, Tennessee native, Scott Hudleston, who just so happened to be celebrating his birthday with us, brought a complete, impressive, and mature package to the stage. Scott, a master level competitor, dipped into the Open division and won his class.



James Ward & Kevin Whaley
Guest Poser

I can't say enough about Louisville native Collin Palmer, who went through a 90lb transformation and brought a fundamentally pleasing package to the stage with tremendous potential. Then, we had Lisa Smart from Union, KY, a returning River City competitor, who brought her usual graceful charm and smooth presentation to the stage that resulted in a Figure Overall win.

stage, Matthew Hughes, had the most complete male physique in the entire show. Matthew brought the definition and symmetry that most competitors strive to achieve. Matthew was the Classic Physique champion in the show, not to mention that his outstanding body has the seamless ability to transition into the bodybuilding division. Another Ohio native, Heather Goodman, impressed us with her stage presence and elegance. Heather took 1st place in the Bikini Open division and was the Overall champion.

In addition to these awesome competitors, we had a great supporting staff. I'd like to thank David Jones who did a fascinating job as the Master of Ceremony. DJ EB "Empty Beats" kept the place rocking and the energy level high. The judges for this outstanding show were led by Roy Thomas and his supporting cast Joanne Lewis and Troy Coop. The show expeditors, Melvin Keyes and Randy Chilling, kept everybody organized and on point. Shannon Waltz handled the concessions along with Melissa Mattingly and Chance Smalley who managed and supervised admissions and security. Lastly, the show photographer, JC Norton, deserves much thanks for his continued unwavering support.

And a special thanks goes out to NGA Regional Chairman Josh Miller and his wife Melissa for always being there to support and encourage success from show to show. ■

Another Ohio native who graced our competition

Photos by: JC Norton (Musclehead Graphic)

What Is Natural Bodybuilding?

BY ERIC BROWN "FITMAN"

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FITMANCLASSICBODYBUILDING.COM

Natural bodybuilding is the original form of the sport of bodybuilding. Natural bodybuilding is the practice of building and developing a symmetrical and steroid-free physique that is fit for the stage. A natural bodybuilder, who is looking to develop a classic physique, has to try to build the illusion of:

- Wide shoulders and lats
- Thick overall upper/middle/lower back
- Small waist
- Squarish pecs
- Big arms
- Sweeping thighs
- Round calves
- Thick hamstrings
- High and tight glutes

Anabolic Steroids

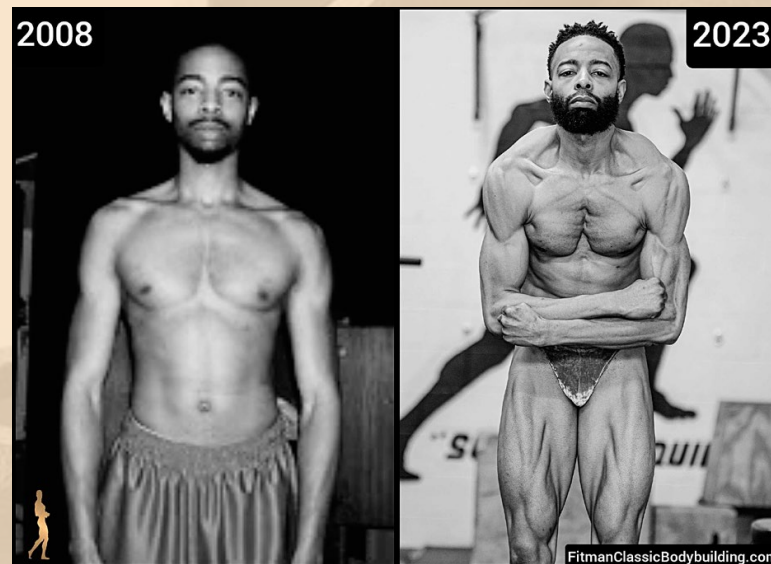
Before steroids were introduced to the world in the 1930's, the only way to build your body was through quality training, nutrition, and recovery. Natural bodybuilders of those eras like Eugen Sandow, Bobby Pandour, and Vince Gironda, were able to build incredible physiques without steroids.

True natural bodybuilders do not engage in the usage of steroids, pro-hormones, or SARMS to improve their physique. While most natural bodybuilders could easily get access to steroids or pro-hormones, we refrain from using them. The whole point of doing bodybuilding naturally is to do it without using steroids.

I don't judge other athletes or bodybuilders for

using steroids because I know that steroids are a part of all sports, not just bodybuilding and they aren't going anywhere anytime soon.

My only gripe with steroid users is with those who try to perpetrate as if they are actually natural athletes when they are not. The fitness industry is filled to the brim with these types of unsavory characters. A



"natural" bodybuilder showing up to compete at an NGA show on steroids, pro-hormones, or SARMS is the absolute definition of a charlatan.

Differences

It's important to note that steroid-free and drug-free are not the same thing. Anabolic steroids, pro-hormones, and SARMS used for the purposes of dramatically increasing muscle mass and lowering body fat is what natural bodybuilders refrain from using.

However, drug usage itself is common in not just natural bodybuilding, but it's common in the world in

general. For example, caffeine is a natural drug. And almost every single natural bodybuilder, including me, has consumed caffeine in some form to improve their performance.

Other natural drugs like yohimbine hcl and synephrine can possibly help natural bodybuilders look better. The aforementioned natural drugs are also legal and not on any banned substances list.

The same line of thinking can be applied to supplements like creatine and glutamine. All of these natural supplements can possibly help your performance, but there is no supplement in the world that will give you the results that anabolic steroids will give you.

Some supplements have a place in your cabinet, but ultimately your consistency and effort with your training, diet, recovery, and mindset are the true keys to success. You'll go nowhere fast in natural bodybuilding if those four things are out of whack.

Why Use Steroids?

It's easy to see why many athletes and bodybuilders would take steroids. The allure of money, power, respect, and fame can be extremely seductive and almost irresistible to some people.

In bodybuilding, steroids allow you to get bigger, stronger, and leaner in a way that is far past your natural limitations. Steroids also allow bodybuilders to recover from training at a significantly faster rate than if they were natural.

This sounds great to many bodybuilders, but steroids also have a litany of bad side effects if they are abused in the way that most athletes use them. We are seeing this in the modern world with many enhanced professional bodybuilders dying before they are even 50, 40, and sometimes 30 years old.

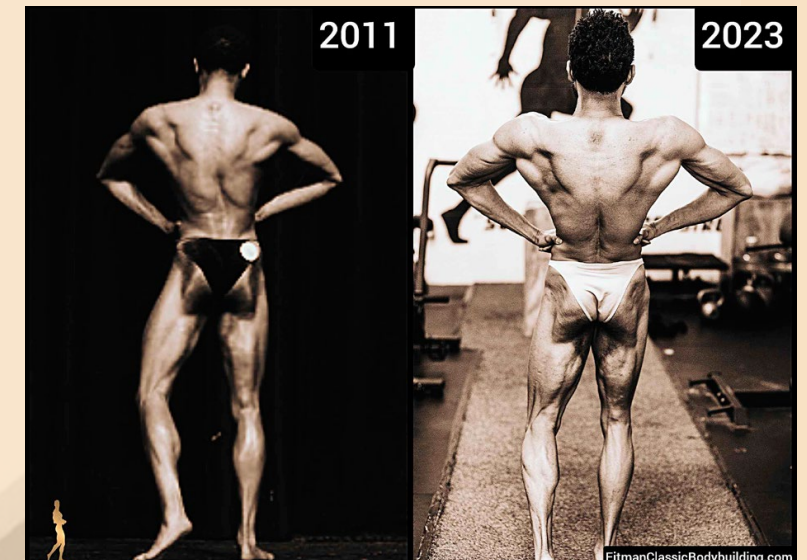
Steroids truly became commonplace during the Golden Era of bodybuilding in the late 1960s and 1970s. It was during this time that physiques began to get decidedly bigger and leaner. This trend continues today in the ranks of professional bodybuilding.

Presently, in professional natural bodybuilding, physiques have gotten leaner over time due to better

dieting principles. Many professional natural bodybuilders, including myself, compete at less than 160lbs. Even if we did everything perfectly, which is impossible, we just do not have the ability to retain all of our muscle size during a rigorous contest prep.

Conclusion

You have the power to build an incredible physique



without the use of anabolic steroids. It took me 12 years to earn my pro card in natural bodybuilding and I did it without the use of steroids.

The journey to building an elite, natural physique will absolutely take longer and be harder. But you will always know that all of your results are only a result of your discipline, determination, and dedication to your craft.

I'll holla at you next time.
The People's Trainer,
Fitman ■

About the Author:
Eric Brown "Fitman" is an NGA PRO Natural Bodybuilder, a Classic Physique PRO, and Lifetime Natural Bodybuilder. He is the owner of the Fitman Performance & Physique Center in Roslyn, PA and is NASM Certified.

2022 Mr. Natural Philadelphia
Classic Physique - Open MW
NGA PRO Card & Overall
Men's BB - Open MW
NGA PRO Card & Overall



The NGA Tahoe International PRO/AM

South Lake Tahoe, CA
July 24, 2023

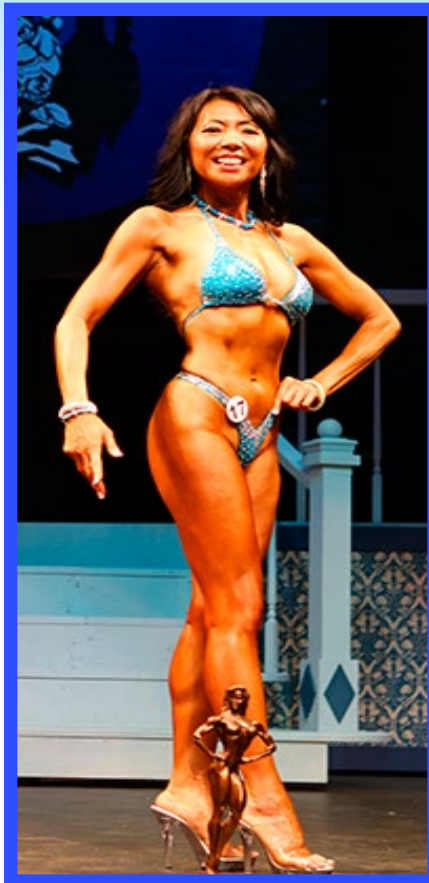
NGA Promoter: Bing Saez

www.bingfit.com

southtahoenatural@gmail.com



The NGA Tahoe International PRO/AM took place at the High Sierras in South Lake Tahoe during the bright and sunny, but chilly month of June right at the beginning of summer. Blue skies and crisp pine air always sets the tone for a perfect atmosphere for a natural bodybuilding show. This year male Bodybuilding and Classic Physique competitors dominated the stage. There were many classes from Grand Masters, Masters, Open, and Teen Bodybuilding. What really stood out was the stacked classes of Classic Physique with 15+ athletes showing their best lines in some very creative poses.



Audrey Hovannesian
Bikini - Open
1st Place

This was the year with outstanding sportsmanship and camaraderie. The entire day was filled with positive energy, laughter, and smiles all day long! Tribal Stone, Inc. (PRO Classic Physique Denzel Carter's small business) helped create and set the stage with a theme of tribal warrior and hero athletes who proudly wore the handmade necklaces that Denzel made for everyone and anyone who wanted to wear one.

This was the year to showcase and recognize the gyms who produce these outstanding competitors and to give a shoutout to all the trainers for guiding the group division of 'Team in Training' and to acknowledge progress, determination and gratitude

in the new 'Transformation' and 'Black Dress Challenge' division. In this division, men and women working towards health goals were showcased which inspired and motivated everyone in attendance. What really shocked the audience was the transformation of athlete Kaliki Campbell, who provided a before picture for the show program for the audience to see what he looked like at almost 400 lbs. last year and then revealing his 175 lbs. of weight loss on stage this year which surprised everyone. Congratulations Kaliki for an outstanding weight loss journey!

The evening finals this year also consisted of non-competitive fitness divisions including 'Transformation', single or group 'Team in Training', and the 'Black Dress Challenge' group which even

had a group of 'Team in Training' athletes who are competitors working out together in the same gym. The team who took home the championship cup was awarded to Snap Fitness in Shingle Springs, CA who had a team of 5 athletes. These athletes placed in the following order: Angel Rader (Figure Open and Masters, Physique Open - three 1st places) and David Rader (1st place winner in Masters Physique), Nancy Erwin (2nd place winner in Bikini Open) and Erik Erwin (3rd place winner in Bodybuilding Masters) and Jenny Houck (2nd place winner in Figure Masters). Congratulations Snap Fitness!



Angel Rader
Figure - Open
Figure Masters 40+
Physique - Open
Three 1st Places

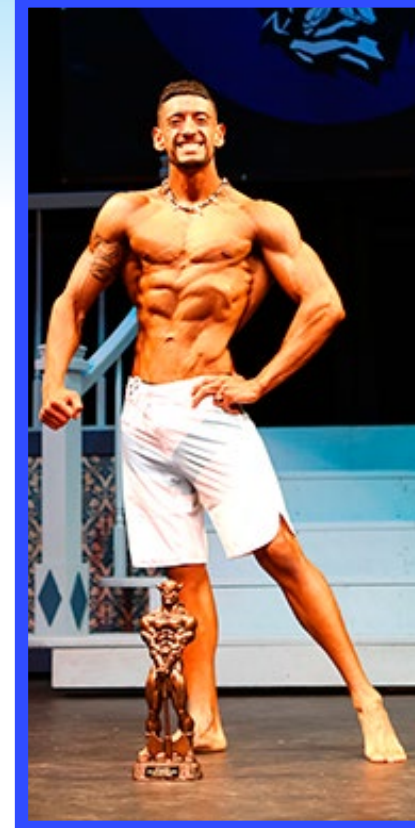
showing everyone his hard work and dedication. Not knowing what to expect, Raul took 1st place in Physique, winning his NGA PRO Card and then competing in the crossover stacked classes of Classic Physique. Raul was able to win another 1st place in his class qualifying to compete in the Overall. Raul showed he was in it to win it. Again, he took 1st place in the Overall and took home another NGA PRO Card in the Classic Physique division. Congratulations Raul for winning two NGA PRO Cards in one night on your very first competition stage! Incredible!

Things got intense when Bodybuilding Master

Mixed pairs routines were definite crowd pleasers from a creative and technical tango by David and Angel Rader, to a nostalgic dirty dancing routine by Erik and Nancy Erwin. Both of these showcases were fun and witty! The winner of the mixed pairs went to the dirty dancing couple Erik and Nancy Erwin. Congratulations! Both mixed pairs couples are also part of the Snap Fitness Gym!

Included in the winner's circle is first time NGA Bikini competitor the beautiful Mrs. Audrey Hovannesian who won 1st place in Bikini Open. Congratulations Audrey!

First time competitor Raul Garcia-Lopez came in super conditioned,



Raul Garcia-Lopez
Physique - Open
1st Place
NGA PRO Card
Classic Phys - Open LW/MW
1st Place
NGA PRO Card & Overall

ultimately this is the level all amateur competitors whether they are young or old, strives to be.

Again, the sportsmanship and camaraderie were impeccable. The athletes supporting one another and genuinely congratulating each other was something I've never seen before at a bodybuilding competition and this created memories that will last forever! ■

Photos by: Carl Thygesen

NGA PRO Card winner Manuel Carter (seasoned athlete returning to stage after a 9 year hiatus from competing) and NGA PRO Physique athlete Joey Fanjul stood side by side in the Bodybuilding Open Overall. Everyone was at the edge of their seats! This was a very close competition with a gnarly pose down. It was Joey Fanjul who won the Overall earning his NGA PRO Card in Bodybuilding Open. Congratulations Joey!

Taking the First Steps to Improve Your Posture

BY BRAD KRAUSE
BRADK@SELF-CARING.INFO



Poor posture can lead to many health problems, including chronic pain and fatigue. Whether you are standing or sitting, Southern California Orthopedic Institute notes that it is important to maintain good posture in order to protect your spine and reduce stress on the body. This article brings you some tips on how to start improving your posture and the benefits of doing so.

How Posture Is Affected by Standing Tall

Height plays an important role in maintaining good posture. If you are shorter than average, it can be difficult to maintain proper alignment when standing or sitting for long periods of time. Investing in insoles can help give you extra height while providing support for your feet as well as helping you maintain proper posture while standing or walking. Do you want evidence that being tall matters? Check out <https://howtallheight.com/> to learn about the heights of some of your favorite celebrities.

Chiropractor Visits

Chiropractic care is an effective and often overlooked way to improve your posture and reduce any pain caused by poor alignment. Regular visits to a chiropractor ensure that your spine and the rest of your posture are correctly aligned, preventing any areas of tension or tightness from causing further discomfort. Research has shown that even after a few simple treatments, many people have found significant relief from their postural issues.

If your current health insurance doesn't cover chiropractic visits, consider changing policies. Fortunately, there are many options to choose from if you're a freelancer, including those through the Affordable Care Act and Freelancers Union.

Keeping Track of Your Medical Records

Keeping track of your chiropractor visits can be simplified by keeping all your medical information in one place. Using PDFs to organize your medical records is an easy way to keep track of your health information in a secure, convenient format. This type of proactive organizational system makes it simpler for you to share your medical information without having to search through various documents.

The Benefits of Reducing Stress

Loma Linda University Health points out that stress can contribute to chronic pain, as it causes muscles to tense up due to anxiety. Practicing mindfulness meditation or yoga is a good step for reducing stress and helping manage posture-related chronic pain over time. Taking regular breaks from stressful activities can help build better habits and a healthier lifestyle in the long run.

Switch to Ergonomic Office Furniture

Switch out old office furniture for ergonomic versions such as adjustable desks/chairs to improve posture and reduce stress levels. Ergonomic furniture can help improve your posture by providing support for all parts of the body including your back, neck, shoulders and arms. This type of furniture is designed to promote a healthy sitting position, reducing fatigue and risk of injury caused by improper posture.

Go for a Walk

Walking is a great way to improve your posture and overall health. By engaging your core muscles, walking can help you stand taller and appear more confident. Additionally, it helps train your body to maintain good posture while sitting or standing. Taking regular walks also increases flexibility in the hips and shoulders, which reduces tension that leads to poor posture. Find a pedestrian-friendly area in your town to get your steps in.

Choose the Right Mattress

Sleeping on an old mattress? Consider investing in a firmer version as these provide better support for the spine and alleviate pressure points, ultimately leading to improved sleep quality and increased energy reserves. Additionally, replacing older mattresses every 7-10 years helps prevent any aches or pains associated with sleeping on less comfortable materials over time.

Improving your posture doesn't have to be complicated. Just take small steps like investing in ergonomic furniture, reducing stress, and scheduling chiropractor visits. If chiropractic visits aren't covered by your insurance, explore and compare different policies. These small changes can improve your posture and your overall health and well-being. By taking these steps, you are ensuring a happy and healthy life ahead.

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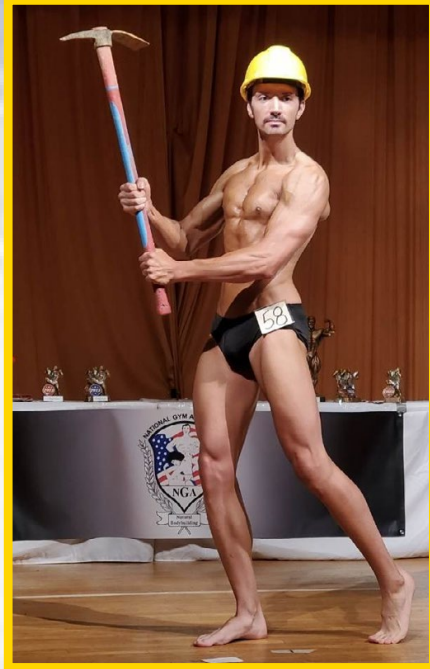
Brad Krause created [Self Caring](#) after years spent putting his own self-care on the back burner. His goal now is to educate people on the importance of self-care by providing tips and tricks that are easy to implement. ■



NGA 10th Annual Mr. Anthracite NGA 6th Annual Mr. Coal Natural Championships

**Pottsville, PA
July 15, 2023**

**NGA Promoter: Rev. Warren I. Egebo
ufta567@gmail.com
www.naturalphillybodybuilding.com**



**L: Dante Picarelli
"NGA Anthracite Natural
of the Decade 2013-2023"
Classic Physique
Best Poser**



**R: C.J. Sewack
Classic Physique - Open LW
1st Place**



**L: Biagio Bonanno
Physique - Open MW
NGA PRO Card & Overall**



**R: Darian Reaves
Physique - Open HW
1st Place
BB - Open HW
1st Place & Overall**

The NGA 10th Annual Mr. Anthracite Natural and the NGA 6th Annual Mr. Coal Natural was held on July 15, 2023 in Pottsville, PA. This year the two contests in one day show moved over to the DH Lengel Middle School auditorium after having been for many years at the downtown Ramada Inn ballroom in Pottsville.

Mr. Anthracite is a closed show open to those who live, work, or go to school in the Anthracite Coal region counties in Pennsylvania of Carbon, Northumberland, Luzerne, Lackawanna and Schuylkill counties in North-east, Pennsylvania.

Before the show began, NGA PRO Classic competitor Alexander Puhalla of Philadelphia offered a posing seminar for contestants and fans. Alexander has

been the winner of five "Best Poser" awards over the years he has competed in including three "Best Poser" awards at the NGA PRO/AM Natural Philly shows also promoted by Pump Promotions.

For this anniversary year, a Mr. Anthracite of the decade was chosen. Mr. Anthracite of 2016 and 2022 Chadwick Thomas of Minersville went against Dante Picarelli of Coal Township who was the Mr. Anthracite of 2018 and 2023. At the end of this contest within a contest, Dante Picarelli won "Mr. Anthracite of the Decade". Dante also won Best Poser and picked up the Anthracite Classic win. Chadwick was the Mr. Coal Natural winner in Bodybuilding Open MW.

First timer CJ Sewack of Eynon, PA won the Men's Physique Open class in the Anthracite Natural contest. Jerry Donahoe of Taylor, PA won the Physique Masters Over 50 and 60 classes in the Anthracite Natural contest.

An NGA PRO Card was on the line for the Mr. Coal Natural Men's Physique contest. The Lightweight division winners were 1st place C.J. Sewack, 2nd place Jamyl Galen of Reading, PA, and 3rd place Jerry Donahoe of Taylor, PA. The MW winner was Biagio Bonanno of Clark, New Jersey. The HW winner was Darian Reaves of Dover, Delaware. When the dust settled, it was Biagio Bonanno who won the NGA PRO Card in Men's Physique.

In the Classic Physique Open division for Mr. Coal Natural, it was Andres Penagos, a military man, at the Dover Air Force Base in Delaware, who came out on top. Andres trains with his military buddy Darian Reaves in Dover. Jamyl Galen won the Bodybuilding Open LW division in the Coal Natural contest and he went up against Chadwick Thomas the MW winner and the HW winner Darian Reaves for the Overall Coal Natural title.

Tall Darian Reaves, an Air Force officer from the

Dover Air Force base, won the title of NGA Mr. Coal Natural for 2023. Jerry Donahoe repeated his wins in the Anthracite Natural in the Coal Natural contest in the Grandmaster's Over 50 and Over 60 divisions. The Best Abs winner for the second year in a row was the super ripped Jamyl Galen of Reading, PA.

The Head Judge for this outstanding show was Bryan Snyder who was accompanied by the following other judges: Dr. Lorraine DePass, Marlo Diana, Clint Brackbill, and Dmitri McKamey. Dmitri, an NGA PRO Men's Physique competitor, was also the Guest Poser at the show. T-shirts were provided by Kut Up Fitwear of Hegins, PA and the DJ was Vinne of DJ Frank productions. Next year's contests will again be at the DH Lengel Middle School auditorium slated for July 13, 2024! ■

*Photos by: Rev. Warren I. Egebo
Alexander Puhalla*

NGA PRO/AM UNIVERSAL NGA AMERICAN NATURAL

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Photos By
Creating a Figure
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Gym Etiquette for Dummies

Proper gym etiquette is essential for creating a positive and respectful environment for everyone using the facility. The following gym etiquette tips helps ensure a safe and pleasant experience for all members. Here are my top 10:

1. Always clean up after yourself. Wipe down machines, benches, and equipment after use with disinfectant wipes and/or sprays.
2. Respect the personal space of others by providing adequate room to workout comfortably without creating crowding. Avoid standing too close to someone using equipment, especially if they are performing exercises with a wide range of motion.
3. When someone is waiting to use the equipment that you are using, while you are resting in between sets, allow them to work in with you or finish your sets in a timely manner.
4. Learn how to properly use the equipment for each machine to avoid potential damage or accidents. If you are unsure, ask a staff member or trainer to teach you.
5. Re-rack all your weights, dumbbells, and barbells after use and return to the proper racks. Not returning weights back to the proper location and leaving them around creates hazards for others and may damage equipment.



6. Do not drop dumbbells or barbells as this will loosen the dumbbells and make it harder to tighten them due to being stripped. Do not slam plates on the equipment. This will cause the plates to crack. If you can't place the weight that you are lifting down with ease, it is too heavy for you.

7. Discontinue texting or answering phone calls in the gym as this causes others to have to wait to use the equipment that you are training on until the text or call is finished. Phone calls should be private and not open for everyone to hear. Step outside of the gym floor to use your phone.
8. Maintain good personal hygiene! Use deodorant and avoid overusing perfumes or colognes. Also, bring a towel to wipe off sweat and perspiration during your workout.
9. Avoid walking in front of mirrors in front of someone while they are concentrating on a set or watching their form. Go around them so you don't break their concentration.
10. Follow the rules of the gym you are training in.

Happy Training! ■

2023 NGA 22nd Annual PRO/AM
Mr. & Ms. Natural Philadelphia
Bodybuilding and Figure
Championships

Trevose, PA
April 1, 2023

Promoter: Rev. Warren Egebo

PRO Classic Physique - Open

- 1. Jason Robinson
- 2. Eric Brown

PRO Men's BB - Open

- 1. Umar Jones
- 2. Eric Brown

PRO Men's BB - Masters 40+

- 1. Umar Jones
- 2. Carlos Martin
- 3. Paul Hadler

Bikini - Open "A"

- 1. Stacey Linton
- 2. Julia Puricelli

Bikini - Open "A" Overall

- 1. Skylar Karpf
- 2. Ella Williard

Bikini - Masters 40+

- 1. Stacey Linton
- 2. Julia Puricelli

Figure - Open "A"

- 1. Barbara Casper

Figure - Open "B" Overall

- 1. Addison Talone
- 2. Gina McDonnell

Figure - Masters 40+

- 1. Gina McDonnell
- 2. Barbara Casper

Men's Physique - Open LW

- 1. David Battle
- 2. Shawn Everhart
- 3. Robert McKeown

Best Abs

Men's Physique - Open HW

- 1. Fernando Hernandez

Best Poser

- 2. David Robidoux

Men's Physique - Open HW

- 1. Jacob Takeda
- 2. Paul Hadler

NGA PRO Card & Overall

Men's Physique - Masters 40+

- 1. Robert McKeown

Classic Physique - Open LW

- 1. Brandon Fry
- 2. Shawn Everhart

NGA PRO Card & Overall

Classic Physique - Open MW

- 1. Anthony Casale
- 2. Fernando Hernandez
- 3. Jamyl Galan

Classic Physique - Open HW

- 1. Neil Peters
- 2. Spencer Sivco

NGA PRO Card

- 3. Paul Hadler
- 4. Luke Mastruserio
- 5. LaRoi Thompson
- 6. Stanley Anderson

Men's BB - Open LW

- 1. Orlando Figueroa
- 2. Carlos Martin

Men's BB - Open MW

- 1. Anthony Casale

NGA PRO Card & Overall

- 2. Fernando Hernandez
- 3. Jamyl Galan

Men's BB - Open LHW

- 1. Jason Robinson
- 2. Spencer Sivco
- 3. Roger Young

Men's BB - Open HW

- 1. Neil Peters
- 2. Paul Hadler

NGA PRO Card

- 3. Luke Mastruserio
- 4. Stanley Anderson
- 5. Mark Hawkins

Men's BB - Masters 40-49

- 1. Jason Robinson

NGA PRO Card & Overall

- 2. LaRoi Thompson
- 3. John Fulton
- 4. Roger Young

Men's BB - Masters 50-59

- 1. Mark Hawkins

Men's BB - Masters 60-69

- 1. Roger Young

Men's BB - Masters 70+

- 1. John Fulton
- 2. Stacey Linton

Bikini - Novice

- 3. Ella Williard
- 4. Julia Puricelli

Figure - Novice

- 1. Addison Talone
- 2. Gina McDonnell

Men's Physique - Novice

- 1. Gerald Shafer

Men's Physique - Novice HW

- 1. Jacob Takeda

- 2. David Battle
- 3. Robert McKeown
- 4. David Robidoux

Classic Physique - Novice

- 1. Shawn Everhart
- 2. LaRoi Thompson
- 3. Stanley Anderson

Men's BB - Novice

- 1. Spencer Sivco
- 2. Orlando Figueroa

2023 NGA

Amateur Extreme PRO/AM

Deltona, FL
April 1, 2023

Promoter: Matt Ammann

PRO Men's Physique - Open

- 1. Meleik Carry
- 2. Antony Arena
- 3. Shannon Dixon

Bikini - Open "Short"

- 1. Taylor Robins
- 2. Spencer Sivco
- 3. Roger Young

NGA PRO Card

- 2. Kayla Duart
- 3. Megan Redd
- 4. Austin Tarlini
- 5. Lisa Briggs

Bikini - Open "Tall"

- 1. Sage Sweatt
- 2. Brooke Huling
- 3. Allison Vick
- 4. Autumn Demarest
- 5. Milene Edmond

Bikini Model - Open

- 1. Lisa Briggs
- 2. Shannon Barnwell-Ward
- 3. Milene Edmond

Bikini - Masters 40+

- 1. Lisa Briggs
- 2. Camy Leagas

Figure - Open

- 1. Shannon Barnwell-Ward
- 2. Tabitha Medina

Figure - Masters 40+

- 1. Shannon Barnwell-Ward
- 2. Katarina Stermensky

Women's Physique - Open

- 1. Shannon Barnwell-Ward
- 2. Sage Sweatt

Bikini - Novice "Tall"

- 1. Sage Sweatt
- 2. Brooke Huling
- 3. Allison Vick
- 4. Milene Edmond

NGA PRO Card

- 2. Joyce Fendley
- 3. Tabitha Medina

Wellness - Open

- 1. Melanie Marlatt
- 2. Sage Sweatt

NGA PRO Card

- 3. Austin Tarlini
- 4. Taylor Robins
- 5. Anna Tutak
- 6. Megan Redd
- 7. Ebony Cooke

Men's Physique - Open LW

- 1. Gerald Shafer

Men's Physique - Open HW Overall

- 1. Robert Bell
- 2. Jacob Scarff
- 3. Gabriele Pegoran

Men's Phys - Masters 40+

- 1. Gerald Shafer
- 2. Raymond Dumit

Classic Physique - Open

- 1. Jacob Scarff
- 2. Gabriele Pegoran
- 3. Omar Oquendo

Classic Physique - Masters 40+

- 1. Raymond Dumit

Men's BB - Open LHW

- 1. Alvis Vaughn
- 2. Raymond Dumit
- 3. Alvis Vaughn

Men's BB - Masters 40-49

- 1. Alvis Vaughn
- 2. Raymond Dumit

Men's BB - Masters 50-59

- 1. Alvis Vaughn

Men's BB - Masters 60-69

- 1. Alvis Vaughn

Men's BB - Masters 70+

- 1. Taylor Robins
- 2. Kayla Duart
- 3. Megan Redd
- 4. Austin Tarlini
- 5. Lisa Briggs
- 6. Gina Sylvestre
- 7. Anna Tutak
- 8. Melanie Marlatt
- 9. Shannon Barnett-Ward

Bikini - Novice "Short"

- 1. Taylor Robins
- 2. Kayla Duart
- 3. Megan Redd
- 4. Austin Tarlini
- 5. Lisa Briggs
- 6. Gina Sylvestre
- 7. Anna Tutak
- 8. Melanie Marlatt
- 9. Shannon Barnett-Ward

Bikini - Novice "Tall"

- 1. Sage Sweatt
- 2. Brooke Huling
- 3. Allison Vick
- 4. Autumn Demarest
- 5. Milene Edmond

Women's Physique - Open

- 1. Shannon Barnwell-Ward
- 2. Tabitha Medina

Figure - Masters 40+

- 1. Shannon Barnwell-Ward
- 2. Katarina Stermensky

Bikini - Novice "Tall"

- 1. Sage Sweatt
- 2. Brooke Huling
- 3. Allison Vick
- 4. Milene Edmond

Bikini - Teen

- 1. Kayla Duart
- 2. Autumn Demarest

Figure - Novice

- 1. Shannon Barnett-Ward
- 2. Katarina Stermensky

Evening Gown

- 1. Sage Sweatt
- 2. Austin Tarlini
- 3. Megan Redd
- 4. Melanie Marlatt
- 5. Camy Leagas
- 6. Taylor Robins

Evening Gown - Masters 35+

- 1. Tabitha Medina

Evening Gown - Masters 50+

- 1. Selina Fields

Women's Transformation

- 1. Selina Fields

Men's Physique - Novice LW

- 1. Gerald Shafer

Men's Physique - Novice HW

- 1. Robert Bell
- 2. Jacob Scarff
- 3. Gabriele Pegoran
- 4. Jacob Henley

Classic Physique - Novice

- 1. Jacob Scarff
- 2. Gabriele Pegorani
- 3. Jacob Henley
- 4. Omar Oquendo

Men's BB - Novice

- 1. Sam Franklin

Men's Transformation

- 1. Omar Oquendo

Mixed Pairs

- 1. Megan Redd
- Jacob Scarff
- 2. Gabriele Pegoran
- Madison Shelite

2023 NGA

PRO/AM Kentucky Natural Classic

Lexington, KY
April 8, 2023

Promoter: Josh & Melissa Miller

PRO Bikini - Open

- 1. Ashlee LeCompte Lazic
- 2. DeAnna Hardeman

PRO Figure - Open

- 1. Tanya Dahl
- 2. Rachel Kuzma

PRO Men's Physique - Open

- 1. Shawn Greenlea

PRO Classic Physique - Open

- 1. Jason Robinson

PRO Men's BB - Open

- 1. Peter Fitschen
- 2. Ron Page

PRO Men's BB - Masters 40+

- 1. Jason Robinson
- 2. Ron Page

PRO Men's BB - Masters 60+

- 1. Ron Page

Bikini - Open "Short"

- 1. Cathya Franko
- 2. Emily Hiles
- 3. Natasha Tackett

Bikini - Open "Tall"

- 1. Jada Lang
- 2. Alisha Layman
- 3. Tara Frem
- 4. Anesa Blanton

NGA PRO Card & Overall

- 2. Alisha Layman
- 3. Tara Frem
- 4. Anesa Blanton

Bikini - Masters 40+

- 1. Cathya Frnako
- 2. Emily Hiles

Figure - Open "Short"

- 1. Tawny Copas
- 2. Tara Frem
- 3. Alicia Frazier
- 4. Julie Holloway
- 5. Marisela Randolph

NGA PRO Card

- 6. Amy Rutenberg

Figure - Open "Tall"

- 1. Ketrell Greenlea
- 2. Barbie Jackson
- 3. Shelly Ruberg
- 4. Crystal Ousley
- 5. Amy Rutenberg

NGA PRO Card & Overall

- 2. Barbie Jackson
- 3. Shelly Ruberg
- 4. Crystal Ousley
- 5. Amy Rutenberg

Figure - Masters 40+

- 1. Ketrell Greenlea
- 2. Barbie Jackson
- 3. Shelly Ruberg
- 4. Crystal Ousley
- 5. Marisela Randolph
- 6. Amy Rutenberg

NGA PRO Card

- 7. Marisela Randolph

Women's Physique - Open

- 1. Martha Williams

- 4. Shelly Ruberg
- 5. Lexi Baer
- 6. Crystal Ousley
- Men's Physique - Debut**
- 1. Logan Pike
- 2. Alpha Konate
- 3. Adam Martin
- 4. Andrew Cords
- 5. Kenneth Hagan
- 6. Charles Grimes
- Men's Physique - Novice**
- 1. Larry Peyton
- 2. Matthew Dickerson
- 3. Logan Pike
- 4. Ellis Stephens
- 5. Alpha Konate
- 6. Greasy Belcher
- Men's Physique - Juniors**
- 1. Alpha Konate
- 2. Kenneth Hagan
- 3. Charles Grimes
- Classic Physique - Novice**
- 1. Jacob Burroughs
- 2. Brady Vandiver
- Men's BB - Novice**
- 1. Jacob Burroughs
- 2. Ashton Lawler
- 3. Lloyd Jackson
- 4. Michael Lawrence
- 5. Brady Vandiver
- 6. Will Keeney
- Men's BB - Juniors**
- 1. Michael Phelps
- 2. Nico DeBellis
- 3. Ashton Lawler
- 4. Luke Mastruserio
- 5. Brady Vandiver
- 6. Will Keeney
- 2023 NGA 81st Annual Cincinnati Natural**
Middletown, OH
April 15, 2023
Promoter: Jared Weitzel
- Bikini - Open "Short"**
- 1. Julie Reese
- 2. Nena Taylor
- 3. Emily Hiles
- Bikini - Open "Tall"**
- 1. Maxine Scott
- 2. Kadie Wagner
- Bikini - Masters 40+**
- 1. Emily Hiles
- Figure - Open**
- 1. Michelle Renko
- 2. Bobbie Grigsby
- 3. Natalie Barger
- Figure - Masters 40+**
- 1. Bobbie Grisby
- 2. Natalie Barger
- Women's Physique - Open**
- 1. Martha Williams
- Women's Wellness - Open**
- 1. Nena Taylor
- NGA PRO Card**
- 2. Shannon Oesterle
- 3. Bobbie Grigby
- 4. Jade Stamper
- Men's Physique - Open LW**
- 1. Michael McDonley
- NGA PRO Card & Overall**
- 2. Brady Feldhaus
- 3. Danny Belcher
- Men's Physique - Open MW**
- 1. Owen Standley
- 2. Lei Qu
- Men's Physique - Masters 40+**
- 1. Danny Belcher
- Classic Physique - Open LW**
- 1. Michael Wynkoop
- NGA PRO Card & Overall**
- 2. Anthony Breitfelder
- 3. Steve Blue
- 4. Nathan Carter
- Classic Physique - Open MW**
- 1. Shawn Edwards
- 2. Timothy McQueen
- Classic Physique - Open HW**
- 1. Shawn Edwards
- 2. Timothy McQueen
- Classic Physique - Masters 40+**
- 1. Jason Robinson
- NGA PRO Card**
- 2. Stan Thomakos
- 3. Shawn Edwards
- 4. Steve Blue
- 5. Danny Belcher
- Men's BB - Open LW**
- 1. Donald Moore
- NGA PRO Card & Overall**
- 2. Stan Thomakos
- 3. Steve Blue
- 4. Danny Belcher
- Men's BB - Open MW**
- 1. Michael McDonley
- 2. Bob Berbeco
- Men's BB - Open LHW**
- 1. Timothy McQueen
- 2. Paul Henning

- Men's BB - Masters 40-49**
- 1. Donald Moore
- NGA PRO Card & Overall**
- 2. Steve Blue
- 3. Paul Henning
- Men's BB - Masters 50-59**
- 1. Bob Berbeco
- Men's BB - Masters 60+**
- 1. Stan Thomakos
- 2. Danny Belcher
- Bikini - Novice**
- 1. Julie Reese
- 2. Kadie Wagner
- Figure - Novice**
- 1. Michelle Renko
- 2. Natalie Barger
- Men's Physique - Novice**
- 1. Michael McDonley
- 2. Brady Feldhaus
- 3. Owen Standley
- 4. Lei Qu
- Classic Physique - Novice**
- 1. Michael Wynkoop
- 2. Shawn Edwards
- 3. Nathan Carter
- Men's BB - Novice**
- 1. Michael McDonley
- 2. Timothy McQueen
- 3. Paul Henning
- 2023 NGA Gator Classic PRO/AM**
Deltona, FL
April 15, 2023
Promoter: Matt Ammann
- PRO Men's Physique - Open**
- 1. Meleik Carry
- 2. Larry Darnell
- 3. Anthony Arena
- 4. Shannon Dixon
- PRO Classic Physique - Open**
- 1. Kerry Parks
- PRO Men's BB - Open**
- 1. Daron Monroe
- Bikini - Open "Short"**
- 1. Kayla Duart
- NGA PRO Card & Overall**
- 2. Camy Leagas
- 3. Annabella Fernandez
- 4. Marissa Mabry
- 5. Anna Tutak
- Bikini - Open "Tall"**
- 1. Melissa Lake
- NGA PRO Card**
- 2. Allison Vick
- 3. Megan Redd
- 4. Brooke Huling
- 5. Ahna Carry
- 6. Austin Tarlini
- Bikini - Masters 40+**
- 1. Annabella Fernandez
- Bikini Model - Open**
- 1. Tabitha Medina
- 2. Camy Leagas
- Figure - Open**
- 1. Shannon Barnwell-Ward
- NGA PRO Card**
- 2. Melissa Lake
- 3. Tabitha Medina
- 4. Sage Sweatt
- 5. Megan Menges
- Figure - Masters 40+**
- 1. Shannon Barnwell-Ward
- Women's Physique - Open**
- 1. Shannon Barnwell-Ward
- NGA PRO Card**
- 2. Melissa Lake
- 3. Joyce Fendley
- 4. Tabitha Medina
- 5. Megan Menges
- Wellness - Open**
- 1. Austin Tarlini
- NGA PRO Card**
- 2. Anna Tutak
- 3. Megan Redd
- 4. Camy Vegas
- 5. Annabella Fernandez
- 6. Kayla Duart
- Men's Physique - Open LW**
- 1. Gerald Shafer
- Men's Physique - Open MW**
- 1. Christopher Knight
- 2. Gabriele Pegoran
- Men's Physique - Open HW**
- 1. Robert Bell
- NGA PRO Card & Overall**
- 2. Kerry Parks
- 3. Jacob Scarff
- 4. Anthony Vincent
- 5. Jacob Henley
- Men's Phys - Masters 40+**
- 1. Kerry Parks
- 2. Gerald Shafer
- Classic Physique - Open LW**
- 1. Ed Hart
- Classic Physique - Open MW**
- 1. Anthony Arena
- NGA PRO Card**

- 2. Phillip Merritt
- 3. Kyle Smith
- 4. Gabriele Pegoran
- 5. Caleb Stigler
- Classic Physique - Open HW**
- 1. Daron Monroe
- NGA PRO Card & Overall**
- 2. Jacob Scarff
- Classic Physique - Masters 40+**
- 1. Ed Hart
- Men's BB - Open LW**
- 1. Juan Rodriguez
- Men's BB - Open MW**
- 1. Kyle Smith
- 2. Gabrielle Pegoran
- Men's BB - Open LHW**
- 1. Kerry Parks
- NGA PRO Card & Overall**
- 2. Jacob Scarff
- Men's BB - Open HW**
- 1. Gus Torres
- Men's BB - Masters 40-49**
- 1. Alvis Vaughn
- Men's BB - Masters 50-59**
- 1. Alvis Vaughn
- Men's BB - Masters 60-69**
- 1. Alvis Vaughn
- 2. Gus Torres
- Men's BB - Masters 70+**
- 1. Alvis Vaughn
- Bikini - Novice**
- 1. Kayla Duart
- 2. Melissa Lake
- 3. Allison Vick
- 4. Megan Redd
- 5. Brooke Huling
- 6. Annabella Fernandez
- 7. Ahna Carry
- 8. Marissa Mabry
- 9. Austin Tarlini
- 10. Anna Tutak
- Bikini - Teen**
- 1. Kayla Duart
- 2. Marissa Mabry
- Figure - Novice**
- 1. Shannon Barnett-Ward
- 2. Megan Menges
- Evening Gown**
- 1. Megan Redd
- 2. Sage Sweatt
- 3. Austin Tarlini
- 4. Camy Leagas
- 5. Shannon Barnett-Ward
- Evening Gown - Masters 35+**
- 1. Tabitha Medina
- Men's Physique - Novice**
- 1. Anthony Arena
- 2. Phillip Merritt
- 3. Jacob Scarff
- 4. Jacob Henley
- Men's BB - Novice**
- 1. Jacob Scarff
- 2. Juan Rodriguez
- 3. Gabriele Pegoran
- 4. Jacob Henley
- Men's Transformation**
- 1. Jacob Henley
- Mixed Pairs**
- 1. Megan Redd
- Jacob Scarff
- 2023 NGA World Bodybuilding Vegan Championships**
Fort Lauderdale, FL
April 15, 2023
Promoter: Tracy Simonds
- Bikini - Open**
- 1. Christa Bouchez
- 2. Danielle Mincey White
- 3. Becky Williams Gourley
- 4. Ramona Cadogan
- Bikini - Masters 40-49**
- 1. Christa Bouchez
- 2. Danielle Mincey White
- 3. Ramona Cadogan
- Bikini - Masters 50+**
- 1. Danielle Mincey White
- Bikini Model - Open**
- 1. Becky Williams Gourley
- Figure - Open**
- 1. Shelli Beecher Seitzler
- 2. Cora Butcher
- 3. Erinkate Morrison
- Figure - Masters 40+**
- 1. Shelli Beecher Seitzler
- 2. Erinkate Morrison
- Men's Physique - Open**
- 1. Jamal Collins
- NGA PRO Card**
- 2. Yates-Choice Cartwright
- 3. Shal Deandrade
- 4. Mark Portier
- 5. Dominick Faircloth
- Men's Physique - Masters 40+**
- 1. Jamal Collins
- Classic Physique - Open**
- 1. Craig Gilmore
- 2. Dan Vrba
- 3. Mark Portier

- 4. Dillon Davis
- Men's BB - Open**
- 1. Craig Gilmore
- Bikini - Novice**
- 1. Christa Bouchez
- 2. Becky Williams Gourley
- 3. Ramona Cadogan
- Figure - Debut**
- 1. Cora Butcher
- 2. Erinkate Morrison
- Figure - Novice**
- 1. Erinkate Morrison
- Men's Physique - Debut**
- 1. Sahl Deandrade
- 2. Dominick Faircloth
- Men's Physique - Novice**
- 1. Sahl Deandrade
- 2. Mark Portier
- Classic Physique - Debut**
- 1. Craig Gilmore
- 2. Mark Portier
- Men's BB - Debut**
- 1. Craig Gilmore
- Women's Beach Body**
- 1. Becky Williams-Gourley
- Men's Beach Body**
- 1. Dominick Faircloth
- Transformation**
- 1. Erinkate Morrison
- 2023 NGA Showtime Classic PRO/AM**
Ponte Vedra, FL
April 29, 2023
Promoters: Josh Stoneking & Keith McIntosh
- PRO Bikini - Open**
- 1. Jane Fleischman
- 2. Gabi Lanigan
- 3. Anett McPhee
- 4. Marissa Martinez
- PRO Bikini - Masters 40+**
- 1. Jane Fleishman
- 2. Anett McPhee
- 3. Angela Bosch
- Bikini - Open "Short"**
- 1. Jennifer Bezerra
- NGA PRO Card & Overall**
- 2. Annabella Fernandez
- 3. Megan Andrus
- 4. Gabriela Carreras
- 5. Lisa Briggs
- 6. Kristina Warford
- Bikini - Open "Tall"**
- 1. Anna Tutak
- NGA PRO Card**
- 2. Leisa Howard
- 3. Angela Bosch
- 4. Ahna Carry
- 5. Amber Elkins
- 6. Rebecca Williams
- Bikini - Masters 40+**
- 1. Annabella Fernandez
- 2. Leisa Howard
- 3. Megan Andrus
- Bikini Model - Open**
- 1. Leisa Howard
- NGA PRO Card**
- 2. Emily Black
- NGA PRO Card**
- 3. Angela Bosch
- 4. Ahna Carry
- 5. Rebecca Williams
- 6. Lisa Briggs
- 7. Megan Andrus
- Figure - Open**
- 1. Bria Blakely
- 2. MJ Lanni
- Figure - Masters 40+**
- 1. MJ Lanni
- Women's Wellness - Open**
- 1. Amanda Ward
- NGA PRO Card**
- 2. Gabriela Carreras
- NGA PRO Card**
- 3. Anna Tutak
- 4. Ahna Carry
- 5. Annabella Fernandez
- Men's Physique - Open LW**
- 1. Joe Howard
- NGA PRO Card & Overall**
- 2. Dave Henderson
- 3. Haziël Yisrael
- 4. Jesse Benedetti
- 5. Karim Hudani
- Men's Physique - Open MW**
- 1. Sebastian Maldonado
- 2. Jeff Vargas
- 3. Joe Angley
- 4. Jordan Ramey
- Men's Physique - Masters 40+**
- 1. Joe Howard
- 2. Jesse Benedetti
- 3. Karim Hudani
- 4. Joe Angley
- Classic Physique - Open LW**
- 1. Phillip Merritt
- NGA PRO Card & Overall**
- 2. Don Desliens
- 3. Sherman Reed

4. Aaron Will
 5. David Henderson
Classic Physique - Open MW
 1. Chauncey Graham
 2. Ray Ferguson
Men's BB - Open
 1. Don Desliens
NGA PRO Card
 2. Sherman Reed
 3. Ray Ferguson
 4. Phillip Merritt
 5. Aaron Will
 6. Joe Angley
Bikini - Novice
 1. Anna Tutak
 2. Leisa Howard
 3. Megan Andrus
 4. Lisa Briggs
 5. Amber Elkins
 6. Rebecca Williams
Figure - Novice
 1. Bria Blakely
 2. MJ Lanni
Wellness - Novice
 1. Amanda Ward
 2. Gabriela Carreras
 3. Anna Tutak
 4. Annabella Fernandez
Men's Physique - Novice
 1. Sebastian Maldonado
 2. Jeff Vargas
 3. Haziel Yisrael
 4. Karim Hudani

2023 NGA PRO/AM
Green Bay Natural Hardbodies
Championships
 Green Bay, WI
 May 6, 2023
 Promoters: Rev. Warren I. Egebo
 & Paul Hadler
PRO Men's Physique - Open
 1. Benedict Janowski
PRO Classic Physique - Open
 1. Jason Robinson
PRO Men's BB - Open
 1. Dayshawn Taylor
PRO Men's BB - Masters 40+
 1. Jason Robinson
PRO Bikini - Open
 1. Raya Clements
 2. Camille Sowle
PRO Figure - Open
 1. Scarlett Dornbrook
Bikini - Open "A"

1. Danielle Beck
NGA PRO Card & Overall
 2. Holy Brecheen
 3. Stefanie Bradley
 4. Andrea Brossard
 5. Erin Rehn
 6. Libby Schuessler
Bikini - Open "B"
 1. Danielle Seim
NGA PRO Card
 2. Sarah Smyrk
 3. Kristine Custer
 4. Megan Koski
 5. Kaye Koehoom
 6. Molly Tynan
Best Abs
 7. Tiffany Green
Bikini - Open "C"
 1. Juliana Bennin-Nair
NGA PRO Card
 2. Brittany Simpson
 3. Ashley Gisenas
 4. Kristi Richmond
 5. Stephanie MacIntyre
Bikini - Masters 35-39
 1. Danielle Seim
 2. Holy Brecheen
 3. Stefanie Bradley
Bikini - Masters 40+
 1. Sarah Smyrk
NGA PRO Card
 2. Kristine Custer
 3. Andrea Brossard
 4. Kaye Koehoom
 5. Kristi Richmond
Figure - Open
 1. Molly Tynan
 2. Chris Puleo
 3. Kristi Richmond
 4. Jodi Jackson
Figure - Masters 40+
 1. Kristi Richmond
Wellness - Open
 1. Ashley Gisenas
NGA PRO Card
 2. Erin Rehn
NGA PRO Card
 3. Tiffany Green
 4. Nicole Drees
 5. Jessica Wygant
 6. Brittany Simpson
Women's Physique - Open
 1. Chris Puleo
Men's Physique - Open LW
 1. Addison Pederson

NGA PRO Card & Overall
 2. Sam Manders
Best Abs
 3. Austin Beth
 4. Kylar Green
Men's Physique - Open
 1. Nick Spartichino
Classic Physique - Open LW
 1. Caden Freeman
NGA PRO Card & Overall
Best Poser
Classic Physique - Open HW
 1. Benedict Janowski
 2. Dashawn Taylor
 3. Nick Spartichino
 4. Dante Schumacher
Men's BB - Open LW
 1. Caden Freeman
NGA PRO Card & Overall
Best Poser
 2. Robert Sobieck
Men's BB - Open MW
 1. Skyler Berk
Men's BB - Open LHW
 1. Jason Robinson
 2. Shaden Vandenheubel
Men's BB - Open HW
 1. Wyland Weller
 2. Mike Weaver
Men's BB - Masters 40+
 1. David Wilkerson
 2. Wayland Weller
Bikini - Novice
 1. Holy Brecheen
 2. Juliana Bennin-Nair
 3. Kristine Custer
 4. Megan Koski
 5. Brittany Simpson
 6. Tiffany Green
 7. Libby Schuessler
 8. Erin Rehn
 9. Ashley Gisenas
 10. Stephanie MacIntrye
Figure - Novice
 1. Jodi Jackson
Wellness - Novice
 1. Ashley Gisenas
 2. Erin Rehn
 3. Tiffany Green
 4. Nicole Drees
 5. Jessica Wygant
 6. Brittany Simpson
Men's Physique - Novice
 1. Sam Manders
Best Abs

2. Kylar Green
Men's BB - Novice
 1. Robert Sobieck
 2. Skyler Berk
 3. Mike Weaver
Men's BB - Juniors
 1. Kylar Green

2023 NGA
Florida PRO & NGA Florida State
Natural Championships
 Orlando, FL
 June 3-4 2023
 Promoters: Darrell DeVor
 & Rick Pierre
PRO Bikini - Open
 1. Rachel Hughes
 2. Tracey Owens
 3. Jane Fleischman
 4. Tanoth Mason
 5. Katie Arnold
 6. Ariel Cleary
 7. Gabi Lanigan
 8. Victoria Gugliemi
 9. Jennifer Bezerra
 10. Anna Tutak
 11. Bri Rugolo
 12. Andrea Forero
 13. Anett McPhee
 14. Taylor Robins
PRO Bikini - Masters 40+
 1. Jane Fleischman
 2. Tracey Owens
 3. Katie Arnold
 4. Tanoth Mason
 5. Gigi Agostinelli
 6. Anett McPhee
PRO Bikini Model - Open
 1. Leisa Howard
 2. Tivisay Briceno
 3. Kristina Warford
 4. Ariel Cleary
 5. Julie Mbae
PRO Figure - Open
 1. Courtney Spaeth
 2. Tivisay Briceno
 3. Stacy Meister
 4. Vanessa Reed
 5. Larissa Isterabadi
 6. Kelly LaFrancis
 7. Rachel Ellison
 8. Robin Marion
 9. Janice Gilbert
 10. Glori Gaston
 11. Alanna Payne

12. Lydia Ferguson
PRO Figure - Masters 40+
 1. Courtney Spaeth
 2. Stacy Meister
 3. Vanessa Reed
 4. Larissa Isterabadi
 5. Tivisay Briceno
 6. Kelly LaFrancis
 7. Robin Marion
 8. Janice Gilbert
 9. Aimee Colletti
 10. Alanna Payne
 11. Lydia Ferguson
PRO Women's Phys - Open
 1. Stacy Meister
 2. Kelly LaFrancis
 3. Courtney Spaeth
 4. Alanna Payne
 5. Glori Gaston
 6. Tracey Marino
PRO Men's Phys - Open "A"
 1. Desario Smith
 2. Anderson Moise
 3. David McCatty
 4. Davonte Ruffin
 5. Anthony Carter
 6. Chris Spruell
 7. Brian Aitkens
 8. Jeff Kamber
 9. Larry Darnell
 10. Roldolfo Correa
 11. Derick White
 12. Brian Palone
PRO Men's Phys - Open "B"
 1. Ky McLeod
 2. Arius Norris
 3. Meliek Carry
 4. Frederick Thames, Jr.
 5. Cory Ball
 6. Teddy Simmonds
 7. Selwyn Lebron
 8. Bryan Mitchell
 9. Kendrick Fraizer
 10. Thomas Nguyen
PRO Men's Phys - OVERALL
 1. Desario Smith
 2. Frederick Thames
 3. Ky McLeod
 4. Meleik Carry
 5. Anderson Moise
 6. Cory Ball
 7. Anthony Carter
 8. Davante Ruffin
 9. David McCatty
PRO Men's Phys - Masters 40+

1. Desario Smith
 2. Rodolfo Correa
 3. Larry Darnell
 4. Michael Wittig
 5. Derrick White
 6. Brian Palone
 7. Paul Colletti
PRO Classic Physique - Open
 1. Jay Wright
 2. Michael Chidozie
 3. Alex Pococha
 4. Earl Mosely
 5. Kerry Parks
 6. Nehemiah Williams
 7. Daron Monroe
 8. Vernon Woodson
 9. Jason Robinson
PRO Men's BB - Open
 1. Jay Wright
 2. Michael Chidozie
 3. Alek Pococha
 4. Daron Monroe
 5. Kerry Parks
 6. Don Desliens
 7. David Minella
 8. Kent Bierly
 9. Jason Robinson
 10. Steve Scrocchi
PRO Men's BB - Masters 40+
 1. Daron Monroe
 2. Kerry Parks
 3. David Milella
 4. Kent Bierly
 5. Sherman Reed
 6. Jason Robinson
 7. Kevin Diana
 8. Paul Redmer
Bikini - Open "Short"
 1. Victoria Guglielmi
NGA PRO Card & Overall
 2. Gabriela Carreras
 3. AnnMarie O'Neil
 4. Annabella Fernandez
 5. Gigi Agostinelli
 6. Camy Leagas
 7. Casey Winters
 8. Amanda Johnson
 9. Kristina Warford
 10. Angel Hatch
Bikini - Open "Tall"
 1. Amanda Arnold
NGA PRO Card
 2. Allyson Ricci
 3. Jennifer Guerra
 4. Ahna Carry

5. Alexis Christie
 6. Alicia Proud
Bikini - Masters 40+
 1. Annabella Fernandez
NGA PRO Card
 2. Suzanne Llano
 3. Sandra Aranibar
 4. Amanda Johnson
 5. Angel Hatch
Bikini Model - Open
 1. Amanda Arnold
NGA PRO Card
 2. Camy Leagas
 3. Suzanne Llano
Figure - Open
 1. Courtney Gagner
NGA PRO Card
 2. Tracy Rife
 3. Julie Mbae
 4. Megan Denison
 5. Christie Lewis
 6. Angie Powers
Figure - Masters 40+
 1. Suzanne Llano
NGA PRO Card
 2. Tracy Rife
 3. Christie Lewis
 4. Julie Mbae
 5. Angie Powers
Wellness - Open
 1. Gabriela Carreras
NGA PRO Card
 2. Dakota Wilkinson
NGA PRO Card
 3. Victoria Gagleimi
 4. Zuriel Hernandez
 5. Tiffany Brea
 6. Joanna Poyssick
 7. Julie Mbae
Wellness - Masters 40+
 1. Julie Mbae
Men's Physique - Open LW
 1. Yanir Shriki
NGA PRO Card
 2. Adam Ward
 3. Suyash Gupta
 4. Zach Warner
 5. Adrian Rivera-Leon
Men's Physique - Open HW
 1. Jean Thierry Mbae
NGA PRO Card & Overall
 2. Joseph O'Neil
 3. Kevin Gibson
 4. Shermayah Fields
 5. Geovany Figueroa

Men's Physique - Masters 40+
 1. Jean Thierry Mbae
NGA PRO Card
 2. Jason Robinson
 3. Adam Ward
 4. Shermayah Fields
 5. Bradley Feller
 6. Robert Papuga
 7. Joe Angley
Classic Physique - Open LW
 1. Don Desliens
NGA PRO Card & Overall
 2. Johnnie Lumley
 3. Sherman Reed
 4. Mike Kiel
 5. Rodolfo Correa
Classic Physique - Open MW
 1. Chauncey Graham
NGA PRO Card
 2. Sedrick VAughner
 3. Kyle Smith
 4. Walker Andresky
 5. Geovany Figueroa
Classic Physique - Open HW
 1. Alexander Nicholson
NGA PRO Card
 2. Ben Larson
 3. Zack Foder
 4. Rory McCleod
 5. Lamar Joseph
 6. Daniel Adaramola
Classic Physique - Masters 40+
 1. Sherman Reed
NGA PRO Card
 2. Jean Thierry Mbae
 3. Ben Larson
 4. Rodolfo Correa
 5. Sihon Crutcher
 6. Bradley Feller
 7. Michael Danforth
Men's BB - Open LW
 1. Sherman Reed
 2. Johnnie Lemley
 3. Mike Kiel
Men's BB - Open MW
 1. Kyle Smith
 2. Shion Crutcher
Men's BB - Open LHW
 1. Jason Robinson
NGA PRO Card & Overall
 2. Angel Oquendo
 3. Rory McCleod
Men's BB - Open HW
 1. Ben Larson
 2. Travion Hoilett

Men's BB - Masters 40-49	June 24, 2023 <i>Promoter: Kevin Whaley</i>	2. Dee Evens Men's Physique - Open	<i>Promoter: Tracy Simonds</i> Bikini - Open "Short"
1. Jean Thierry Mbae NGA PRO Card & Overall	Bikini - Open "Short"	1. Raul Garcia-Lopez NGA PRO Card	1. Carly Ducote NGA PRO Card & Overall
2. Sedrick Vaughner	1. Lisa Smart Overall	2. Conor Jewell	2. Annabella Fernandez
3. Bradley Feller	Bikini - Open "Tall"	3. Ryland Roberts	3. Marissa Mabry
Men's BB - Masters 50+	1. Natasha Tackett	4. David Rader	Bikini - Open "Tall"
1. Ben Larson NGA PRO Card	Bikini - Masters 40+	5. Roger Benton	1. Aubrey McClendon NGA PRO Card
2. Mike Kiel	1. Lisa Smart	Men's Physique - Masters 40+	2. Julia Utz
3. Bradley Feller	Figure - Open "Short"	1. David Rader	3. Autumn Demarest
4. Michael Danforth	1. Heather Goodman Overall	2. Roger Benton	4. Emily Halverson
5. Joe Angley	Figure - Open "Tall"	Classic Physique - Open LW/MW	5. Glori Gaston
Bikini - Novice	1. Natasha Tackett	1. Raul Garcia-Lopez NGA PRO Card & Overall	6. Sandra Aranibar
1. Amanda Arnold	Wellness - Open	2. Joey Fangul	Bikini - Masters 40+
2. Allyson Ricci	1. Shannon Oesterle	3. Darron McIntoch	1. Annabella Fernandez
3. Alexis Christie	2. Natasha Tackett	4. Mark Adkins	2. Sandra Aranibar
4. Casey Winters	Men's Physique - Open LW	5. Chuck Gonzales	3. Liva Rivera
5. Alicia Proud	1. Scott Huddleston	6. David Rader	Bikini Model - Open
6. Angel Hatch	2. Adam Martin	Classic Physique - Open HW	1. Sandra Aranibar
Figure - Novice	Men's Physique - Open MW	1. Manuel Carter NGA PRO Card	Figure - Open
1. Christie Lewis	1. Matthew Hughes Overall	2. Conor Jewell	1. Carly Ducote
Wellness - Novice	2. Collin Palmer	3. Romear Campbell	2. Meagan Denison
1. Dakota Wilkenson	Men's Physique - Masters 40+	4. Simon Scott	3. Liva Rivera
2. Victoria Guglielmi	1. Scott Huddleston	5. Erik Erwin	Women's Physique - Open
3. Tiffany Brea	Classic Physique - Open	6. Roger Benton	1. Carly Ducote
4. Joanna Poyssick	1. Matthew Hughes	Men's BB - Open LW/MW	2. Robin Thompson
5. Zuriel Hernandez	Men's Physique - Novice	1. Joey Fangul NGA PRO Card & Overall	Wellness - Open
Men's Physique - Novice	1. Adam Martin	2. Mark Adkins	1. Kerridwyn Dugan
1. Joseph O'Neil	2023 NGA Tahoe International PRO/AM	3. Chuck Gonzales	2. Julia Utz
2. Yanir Shriki	South Lake Tahoe, CA	4. Simon Scott	3. Liva Rivera
3. Suyash Gupta	June 24, 2023	Men's BB - Open LHW/HW	Wellness - Masters 40+
4. Diego Perilla	<i>Promoter: Bing Saez</i>	1. Manuel Carter	1. Liva Rivera
5. Bryce Harless	PRO Men's Physique - Open	2. Romear Campbell	Men's Physique - Open MW
6. Zach Warner	1. Joey Fanjul	3. Conor Jewell	1. Benjamin Witkowski
7. Kevin Gibson	PRO Classic Physique - Open	4. Ralph Allen Jr.	2. James Vakhordjian
8. Adrian Rivera-Leon	1. Denzel Carter	Men's BB - Masters 40+	3. Ray Dumit
Classic Physique - Novice	PRO Men's Bodybuilding - Open	1. Manuel Carter NGA PRO Card & Overall	Men's Physique - Masters 40+
1. Jean Thierry Mbae	1. Darron McIntoch	2. Joey Fangul	1. Ra Dumit
2. Chauncey Graham	Bikini - Open	3. Erik Erwin	2. Timothy Ward
3. Rory McCleod	1. Audrey Hovannesian	Men's BB - Masters 50+	Classic Physique - Open LW
4. Sihon Crutcher	2. Nancy Erwin	1. Mark Adkins	1. Carter Swindel
5. Lamar Joseph	Figure - Open	2. Chuck Gonzales	2. Jonathan Holst
6. Bryce Harless	1. Angel Rader	3. Ralph Allen, Jr.	3. David Marquez
7. Michael Danforth	2. Dee Evens	4. Roger Benton	4. Alex Goldberg
8. Geovany Figueroa	3. Sarah Nolte	Mixed Pairs	Classic Physique - Open MW
Men's BB - Novice	4. Jenny Houck	1. Erik & Nancy Erwin	1. Benjamin Witkowski NGA PRO Card & Overall
1. Angel Oquendo	Figure - Masters 40+	2. David & Angel Rader	Classic Physique - Masters 40+
2. Rory McCleod	1. Angel Rader	2023 NGA Thunder Classic	1. Ray Dumit
3. Alex Grodzicki	2. Jenny Houck	Deland, FL	Men's BB - Masters 40+
4. Michael Danforth	Women's Physique - Open	June 24, 2023	1. Ray Dumit
5. Travion Holett	1. Angel Rader		Bikini - Debut
2023 NGA River City Classic			1. Emily Halverson
Louisville, KY			

2. Juliz Utz Bikini - Novice	Classic Physique - Novice	Men's Physique - Masters 60+	Men's BB - Open MW
1. Emily Halverson	1. Carter Swindle	1. Jerry Donahoe	1. Chadwick Thomas
2. Marissa Maybury	2. Alex Goldberg	Classic Physique - Open MW	Men's BB - Open HW
Bikini - Teens	Classic Physique - Teens	1. Dante Picarelli	1. Darian Reaves
1. Aubrey McClendon	1. Carter Swindle	Men's BB - Open MW	Overall
2. Autumn Demarest	2. David Marquez	1. Dante Picarelli	
3. Marissa Maybury	3. James Vakhordjian	Coal	
Bikini - Kids	4. Alex Goldberg	Men's Physique - Open LW	
1. Amerie Carry	2023 NGA 10th Annual Mr. Anthracite Natural Bodybuilding and Physique Championships (Closed Show)	1. CJ Sewack	
Women's Physique - Debut	NGA 6th Annual Mr. Coal Natural Championships (Open Show)	2. Jamyll Galen	
1. Robin Thompson	Pottsville, PA	3. Jerry Donahoe	
Wellness - Debut	July 15, 2023	Men's Physique - Open MW	
1. Kerrydwun Dugan	<i>Promoter: Rev. Warren I. Egebo</i>	1. Biagio Bonanno NGA PRO Card & Overall	
2. Julia Utz	Anthracite	Men's Physique - Open HW	
Wellness - Novice	Men's Physique - Open LW	1. Darian Reaves	
1. Kerridwyn Dugan	1. CJ Sewack	Men's Physique - Masters 50+	
Men's Physique - Debut	Men's Physique - Masters 50+	1. Jerry Donahoe	
1. Amir Busby	1. Jerry Donahoe	Men's Physique - Masters 60+	
2. Timothy Ward		1. Jerry Donahoe	
Men's Physique - Teens		Classic Physique - Open LW	
1. Amir Busby		1. Andreas Penagas	
Classic Physique - Debut		2. Jamyll Galen	
1. Benjamin Witkowski		Men's BB - Open LW	
2. Alex Goldberg		1. Jamyll Galen	



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