



FALL/WINTER
2024

NGA NATURAL *mag*

Drug-Free Athletes of America

TESTING THE LIMITS

WHERE DOES DRUG-FREE END?

MENU

HOW TO REVERSE
DIET AFTER A
BODYBUILDING
COMPETITION

TRAINING

DO MALES AND FEMALES
NEED TO TRAIN DIFFERENTLY

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MEN'S PRO PHYSIQUE
WOMEN'S PRO PHYSIQUE
WOMEN'S PRO FIGURE
WOMEN'S PRO BIKINI
WOMEN'S PRO BIKINI MODEL

TIME AND TICKETS:
Prejudging: **9am**
Finals: **4pm**

Ticket info and purchase on-line

Host Hotel:
Holiday Inn
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1200 34th St N
St. Petersburg, FL 33713
727.322.0770
Check In At Host Hotel:
September 13, 2024
3:00 PM- 7:00 PM

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Welcome

Letter from the Editor

Congratulations to NGA NATURALmag as we celebrate eight years of publishing and making this magazine our 16th issue. We pride ourselves on being the oldest, most reputable natural organization, and being able to offer this magazine for FREE.

This issue is packed with informative articles ranging from "Where Does Drug-Free Competition End" to "How to Reverse Diet after a Competition." We have new authors with innovative ideas and thoughts presented in this issue.

Featured on the cover is our NGA PRO Bikini 2023 NGA Universe winner Adiva McKensie with an American flag. With our NGA Founder Andy Bostinto being a WWII veteran, the crisis of this upcoming election is important to us and that is why we chose to feature Adiva with the American flag behind her. Whatever the results, we hope to see our community and country come together.

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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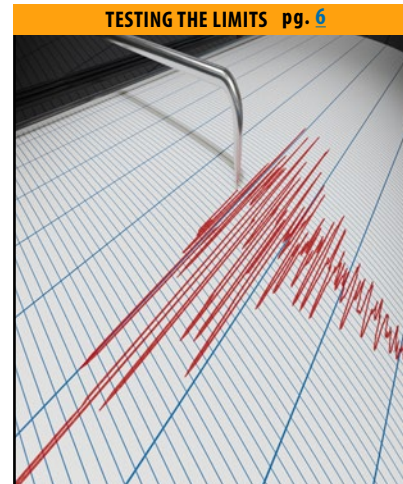
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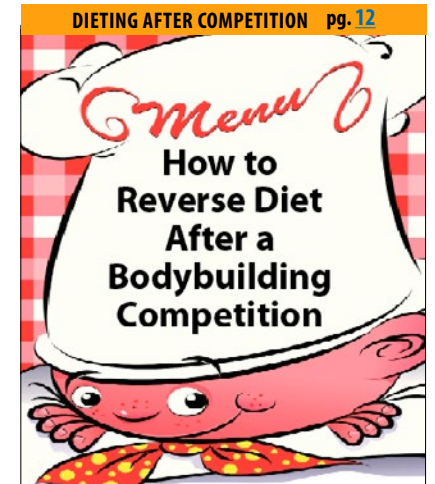
ON THE COVER: Adiva McKensie
 NGA PRO Bikini - Open
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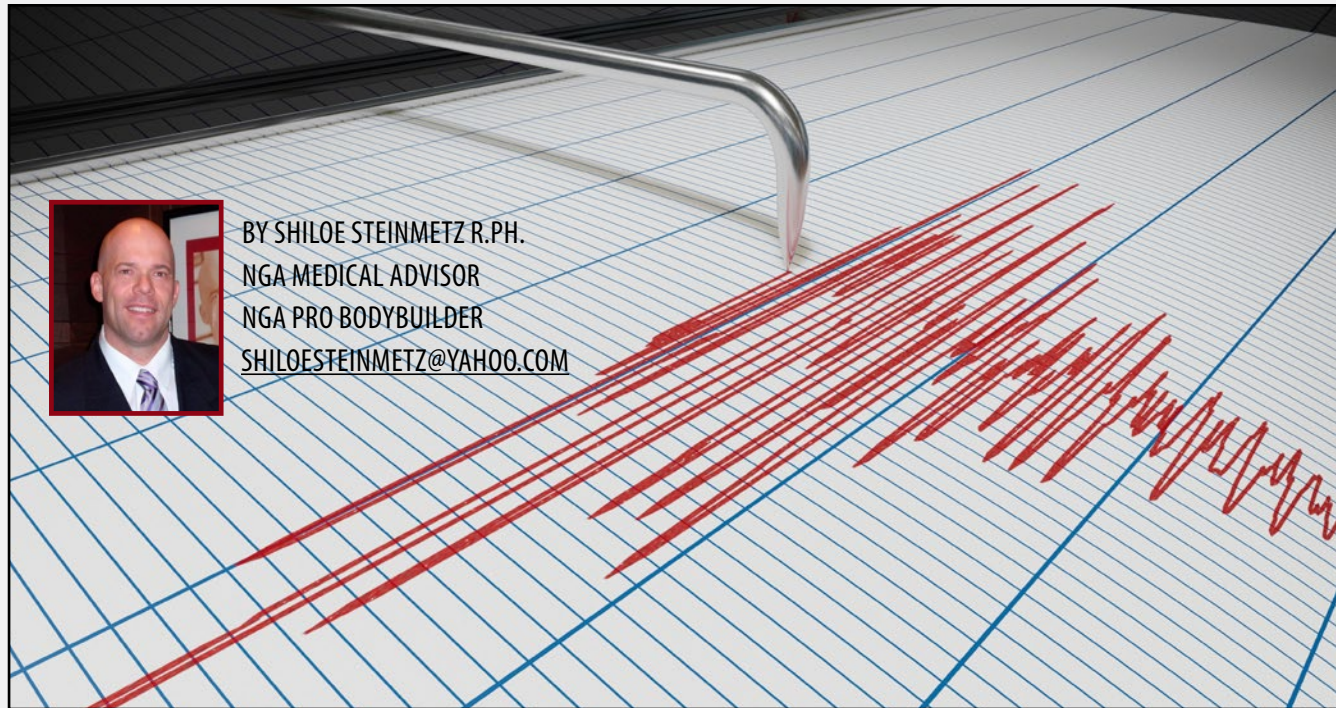
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Testing The Limits: Where Does Drug-Free Competition End?



BY SHILOE STEINMETZ R.PH.
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As the Greek philosopher Heraclitus once said, "Changing it remains the same." There is nothing permanent except change. This is self-evident as we live longer and are able to see more. As with all things in life, the sport of physique competition is no different when it comes to change. This article will piggyback off an article I wrote for the Summer 2023 edition of NGA NATURALmag entitled, [A Changing Sport In A Changing World](#). If you have not had the chance to read it, I feel it would be worth your time to check it out.

I have been around in the sport for a very long time and have been blessed to meet some incredible people along the way including great people such as Francine and Andy Bostinto who worked hard to establish and grow one of the best physique competition organizations in the world. I have also met some very questionable characters along the way, as the bad also comes along with the good. Due to this

fact, we will be looking at drug-free competition and discussing the fine line that separates drug-free from drug tested only.

Being involved in the sport for over 25 years as an athlete, head judge, promoter, and spectator, I have witnessed vast changes in the sport and even more changes when it comes to drug testing. For the sake of keeping the peace and avoiding controversy, I will not mention the names of any organizations. It has always been the standard in drug-free competition to first polygraph and then drug test via urinalysis competition winners. If not polygraphed, some competitions run urinalysis of every contestant coupled with a more detailed analysis of the winners.

It has come to my attention that some "so-called" natural organizations are no longer enforcing strict testing and forgoing polygraphs altogether. Some organizations only drug test class winners and some only randomly test a few people. What is happening is the waters of natural competition are now becoming muddied. These organizations are testing the limits

of natural competition, and you can no longer easily decipher between drug-free and drug tested. Where does drug-free competition end?

It is no surprise that there are those who willingly enter a drug-free contest attempting to win the show, but have been using performance enhancing drugs (PEDs) for many years. They know and study how PEDs work and can time exactly when to stop them before entering a contest. They are willing to take a chance that either they will not be tested at all, or if tested, will pass because they have been off their PED long enough for it to not show in a result. This is why the credibility of the organization matters and why drug testing policies are in place. Without strict guidelines and testing, drug-free is no longer drug-free and the contests become unfair.

Luckily, the NGA has never wavered in its commitment to drug-free competition and has an extensive set of NGA by-laws that are continually updated and revised. An advisory board oversees the organization and ensures every aspect of it is consistent as a world-class organization. The board members and the by-laws may be viewed on the website at www.nationalgym.com.

I want to share a small sample of the things I have personally witnessed in other organizations outside of the NGA. Throughout the years, I have seen urinalysis tests being dumped backstage, athletes using PEDs at drug tested events the day of the event, and athletes whom I have known personally that use PEDs and still enter drug tested events. The most shocking of all occurred when I was on the judging panel of one of the biggest amateur events in the United States in which athletes from all over the world were in house. The show was the first year for the woman's bikini division and we had passed our decision down for the overall winner. The president of the organization did not use our results and hand-picked the winner of the show independently. I was shocked to say the least!

Why did I share all this? To say that the NGA has not and never will have these types of things occur within its organization. You can compete with confidence and know that each show is fair and honest with no politics or chicanery. The NGA will never test the limits and drug-free competition will always be the standard. Thank you for reading and God Bless! ■





NGA 23rd Annual PRO/AM Mr. & Ms. Natural Philadelphia Championships

Trevoze, PA
April 13, 2024

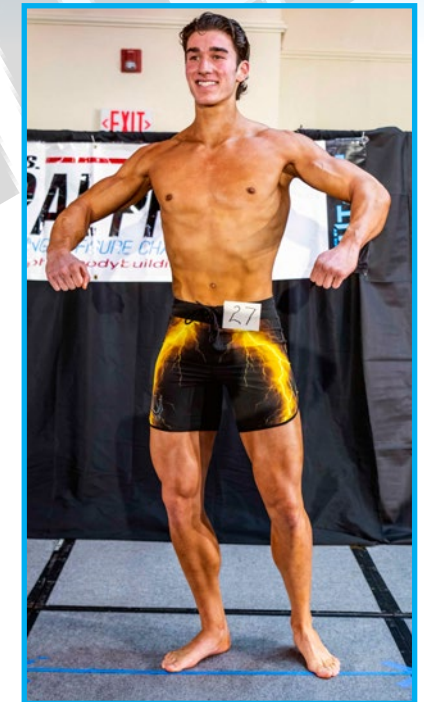
NGA Promoter & Chairman: Rev. Warren I. Egebo
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Alexander Puhalla
BB - Open MW
NGA PRO Card & Overall



Sung Jun Lee
Physique - Open MW
NGA PRO Card & Overall
Classic Physique - Open MW
NGA PRO Card



Caleb Nathanson
Physique - Open HW
NGA PRO Card

The NGA 23rd Annual PRO/AM Natural Philly show was held for the third year in a row in the ballroom of the Radisson Hotel Philadelphia in Trevoze, PA, a NE suburb of Philly.

The MC all the way from Cincinnati, Ohio, David Jones, handled the MC work adroitly. No stranger to other NGA shows, it was Davey's first time in Philly. A new Head Judge and a top NGA Promoter and NGA PRO competitor, Josh Miller of Lexington, Kentucky sat at the center of the judge's table. He was assisted by Head Female Judge, Dr. Lorraine DePass and judges Clint Brackbill, Jason Robinson, and Bryan Snyder.

All in all, six NGA promoters were either on the panel, competed in the show, or attended the show. DAHC images was the official photographer, DJ Frank

On April 13, 2024, professional and amateur competitors from six states and two foreign countries vied for \$3900 in NGA PRO money and the chance for amateurs to earn their coveted NGA PRO Card. When the dust settled, six men earned their NGA PRO cards in various divisions.

was the official sound and lights person, and Paula Franklin handled spray tanning.

An NGA PRO competitor who has been in all of the NGA Natural Philly shows since 2013, Umar Jones of Norristown, PA, won the coveted "Spirit of Philly" award. Best Male Abs was won by PRO Men's Physique competitor all the way from Ohio, Shawn Everhart. Best Poser for the third time was Alexander Puhalla, a Doctor of Psychology from Philly. PRO BB 1st place winner and the 2023 NGA Mr. Natural Philly, Anthony Casale, capped \$500 cash award. He was followed by Umar Jones (\$400), Eric "Fitman"

Brown (\$300), Vince Wood (\$200) and Richard Widmer (\$100). The PRO Classic Physique winner was Umar Jones (\$500), followed by Alexander Puhalla (\$400), Eric "Fitman" Brown, (\$300), and Brandon Fry (\$200). The Men's Pro Master's division was the largest class in NGA Natural Philly history. First place went again to Umar Jones (\$500), and second through sixth place: Vince Wood (\$400), Richard Widmer (\$300), Kevin Whaley (\$200) Paul Hadler (\$100) and Carlos Martin (\$100). The sole PRO Men's Physique competitor Shawn Everhart from Orrville, Ohio won (\$300). Mr. Natural Philly for 2024 was won by Alexander Puhalla, who was also the middleweight winner



NGA 23rd Annual PRO/AM Mr. & Ms. Natural Philadelphia Championships

Trevose, PA
April 13, 2024

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



Dave Battle
Physique - Open LW
NGA PRO Card



Jiejun Tan
Classic Physique - Open LW
NGA PRO Card & Overall



Alexander Puhalla
BB - Open MW
NGA PRO Card & Overall



Kingsley Deslorieux
BB - Open HW
NGA PRO Card

in Men's BB Open. He bested Kingsley Deslorieux (BB HW winner) and Denzel Schuller (LW winner). Kingsley (a former Mr. Natural Philly) won back his NGA PRO BB Card but in his heavyweight class were four former NGA PROs battling it out to earn back an NGA PRO Card. In the Men's Physique Open division, the three division winners won their NGA PRO Men's Physique Card as there were five in the LW division won by Dave Battle, owner of the new Scale Tippers Gym in Oaks, PA. The HW winner had five in that division as well with first timer Caleb Nathanson winning his NGA

PRO Card. Then when the MW winner Sung Jun Lee of Korea, who is going to school at the University of PA, went against Dave and Caleb for the overall, he won an NGA PRO Card in this Super PRO Qualifier show.

The Classic Physique division had only LW and MW competitors. Two NGA PRO Cards were given out: middleweight winner was Sung Jun Lee whose division had five in the class. But when he went up against the LW winner Jiejun Tan from China out of New Jersey, Jiejun won the overall and his NGA PRO

Card. Some of the other winners were Master's winner and Grandmaster's Gary Haines out of Michigan. The Grandmaster 60+ winner was Thomas Burns of Emmaus, PA who took this top spot in his first show. The BB Novice and junior winner was Caleb Nathanson and the Classic Physique Junior winner was Mason Bonsall. The Classic Physique Novice winner, Sung Jun Lee, bested six others in this highly contested class. The Men's Physique Novice winner was TJ Quelet. The Bikini Open, Masters and Novice winner was Suzanne Fral. She also won the Female Best Abs award. Justine

Heydorn was the Figure Open, Masters, and Novice winner. The Men's Physique Master winner for the second year in a row was Robert McKeown from Ohio.

The sponsors of this phenomenal show were Kut Up Fitness Wear of Hegins, PA and Gallina Italian Foods of Alburtis, PA. This Pump Promotions show was promoted again by Rev. Warren I. Egebo.

The 2025 edition will be back in Trevose, PA on March 29, 2025. Circle the date! ■

Photo Credits: dahcimages.com



How to Reverse Diet After a Bodybuilding Competition



BY JOSH MILLER, BS, NSCA, CPT
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Participating in a bodybuilding competition demands extreme discipline, dedication, and meticulous attention to diet and exercise. However, the period following the competition, often referred to as the reverse dieting phase, is equally crucial. Reverse dieting involves gradually increasing caloric intake after a prolonged period of caloric deficit, aiming to restore metabolic rate, prevent excessive

fat gain, and promote overall well-being. Here's a comprehensive guide on how to effectively reverse diet after a bodybuilding competition.

UNDERSTANDING THE NEED FOR REVERSE DIETING

After months of stringent dieting, the body's metabolism adapts to the lower caloric intake. This adaptation can lead to a decrease in metabolic rate,

making it easier to gain weight if normal eating habits are resumed abruptly. Reverse dieting helps in readjusting the metabolism by gradually increasing caloric intake, allowing the body to adapt without significant fat gain.

STEP-BY-STEP GUIDE TO REVERSE DIETING

Calculate Baseline Caloric Intake:

Start by determining your maintenance calories—the number of calories needed to maintain your current weight. This can be estimated using online calculators or by tracking your intake and weight over a few weeks.

Gradual Increase in Calories:

Begin by adding a small number of calories to your daily intake, typically 5-10% above your current caloric intake. For instance, if you are consuming 1,800 calories, increase this by 90-180 calories per day.

Macronutrient Distribution:

Focus on balanced macronutrient distribution. Protein should remain high to support muscle recovery and maintenance, while the increase in calories can primarily come from carbohydrates and fats.

Monitor Progress:

Keep track of your weight, body measurements, and overall well-being. Adjustments should be made based on how your body responds. If weight gain is minimal, continue increasing calories. If fat gain is excessive, slow down the rate of increase.

Maintain Consistent Training:

Continue with strength training and incorporate some cardiovascular exercise to maintain muscle mass and support metabolic health. Adjust the intensity and volume based on your recovery and energy levels.

Focus on Nutrient-Dense Foods:

Prioritize whole, nutrient-dense foods to ensure you're getting adequate vitamins and minerals. This helps in recovery and supports overall health during the transition.

Stay Hydrated:

Proper hydration is essential for recovery, muscle function, and overall health. Aim to drink plenty of

water throughout the day.

Listen to Your Body:

Pay attention to hunger cues, energy levels, and mood. The goal is to reach a sustainable eating pattern that supports both physical and mental well-being.

PSYCHOLOGICAL ASPECTS OF REVERSE DIETING

The psychological aspect of post-competition dieting is often overlooked. After the strict regimen of competition prep, there might be a tendency to binge eat or feel lost without the structure. It's important to establish a positive relationship with food and avoid extreme behaviors.

Set New Goals:

Having post-competition goals can provide structure and motivation. These can be performance-based, such as improving strength, or aesthetic goals like achieving a lean but sustainable physique.

Seek Support:

Engage with a coach or join a community of like-minded individuals who understand the challenges of post-competition phases. This support can be invaluable in navigating the reverse dieting process.

Mindfulness and Moderation:

Practice mindful eating and allow yourself to enjoy foods in moderation. This can help prevent feelings of deprivation and reduce the risk of binge eating.

CONCLUSION

Reverse dieting is a critical phase following a bodybuilding competition, aimed at restoring metabolic health, preventing excessive fat gain, and promoting overall well-being. By gradually increasing caloric intake, maintaining a balanced macronutrient distribution, and focusing on both physical and psychological health, bodybuilders can transition smoothly from competition prep to a sustainable and healthy lifestyle. Remember, the key to successful reverse dieting lies in patience, consistency, and listening to your body. ■



NGA 3rd Annual Amateur Extreme PRO/AM



Deltona, FL
April 13, 2024

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



Ruth Quijada
Bikini - Open "Short"
NGA PRO Card & Overall



L: Matt Ammann (NGA Promoter)
R: Christian Just
Classic Physique - Open
NGA PRO Card



Bikini Open
Esmeralda Mendoza, Kim Davenport, Ruth Quijada, Brooke Huling,
Ysabel Colon



Christian Just
Classic Physique - Open HW
NGA PRO Card & Overall



L: Matt Ammann (NGA Promoter)
R: Michael Borde
Physique - Open LW
NGA PRO Card & Overall



L: Matt Ammann (NGA Promoter)
R: Chris Hill (Head Expetitor)
Who has the craziest socks?

We hope to see you
at one of this years shows:

NGA West Coast Classic
9/14/24
St. Petersburg, FL

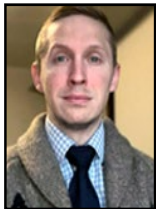
NGA East Coast Classic
11/9/24
Deltona, FL

The NGA 3rd Annual Amateur Extreme, held at The Center at Deltona, took place on April 19, 2024 on a beautiful, sunny day in Deltona, Florida.

This show turned out some new NGA PROs in several divisions which included Christian Just in Classic Physique, Michael Borde in Men's Physique, and Ruth Quijada in Bikini. Congratulations to all the new NGA PROs and to all the athletes that came out to show their hard work and made the show an enormous success. We are looking forward to a fun and exciting year at Gator Productions. We hope to see you at one of our future shows. ■

Photos by: JLG Media Group

The Double Edged Sword of Bodybuilding: Esteem Boosting or Shame Inducing?



BY ALEXANDER A. PUHALLA, PH.D
NGA PRO CLASSIC PHYSIQUE & PRO BB
ALEXPUHALLA@GMAIL.COM

Talk to any other bodybuilder you know and they will be more than happy to tell you about the positive impact weight training and bodybuilding has on their life. In fact, most bodybuilders will give you their entire life story on it, starting from how they had low self-esteem, were skin and bone, or were the “weird kid” (or) “outcast” in school before they started. Others will bring up how it started with “hitting the weights” for some type of sport in school, but eventually the sport had ended and the weight training remained.

In reality, I am no different. I am happy to go over my relationship with weight training and bodybuilding with anyone who would listen, which is part of the reason I am writing this article. Bodybuilding can be,

and for many, is a healthy lifestyle and outlet, but for those entering its world, especially on the younger side, I heed a warning of how it can also lead to a great deal of pain and unnecessary distress that can lead to drastic consequences (e.g., eating disorders, body dysmorphia, and depression).

It is well documented that exercising more globally is associated with increases in self-esteem¹ and worth², as well as self-compassion³. The issue with bodybuilding is that the goal of it can be different than becoming “healthier” or “in better shape.” Specifically, one of the main goals of bodybuilding is to be critical of one’s physical self and strive to improve those areas of one’s body. So, it is completely natural to be critical of our muscles as bodybuilders. I mean, that is what the judges are doing at a bodybuilding show, judging your physique! The issue arises when it begins to affect

one’s physical health, mood, self-worth, and relationship with others. In particular, there is evidence that being a competitive bodybuilder is related to greater body dysmorphia, and that body dysmorphia can be related to increased anxiety and depression, while also related to lower self-concept & self-esteem⁴. One reason for this is when bodybuilders begin to tip the scale from self-esteem boosting to shame inducing.

Here are five signs to look out for to have bodybuilding remain a healthy and positive activity throughout your life and avoid being on the shame side of the blade.

1. Instead of having a positive outlook on your body and feeling hopeful, you are chronically shaming yourself and being overly self-critical. Yes, it is normal to judge your muscular development or changes as a bodybuilder, but are you chronically talking down to yourself to the point that you are becoming depressed or angry?
2. You are spending more and more time looking at your body in the mirror, not for posing preparation, but to find defects or issues. When you look in the mirror, do even small issues seem to jump out at you? When you find these issues, do you notice that you are thinking about them throughout the entire day?
3. Your relationship with weight training and food is becoming chronically strict. Yes, it is normal to have

an exercise routine and to stick to your diet, especially when you are prepping for a show. However, do you notice that you won’t eat anything outside your plan (even in the off season)? Are you turning down events or social gatherings because there will be food there? Are you binge eating when you do have a “cheat day?”

4. You have increased anxiety and obsessive thoughts about exercising when you have to take a break or you are unable to take a break. What is the longest you can go without weight training? Are you giving up other joyful and meaningful activities because you cannot take a break?
5. Your family and loved ones are concerned for you. Yes, it is normal to hear some comments, either sincere or joking, when you’re prepping for a show. However, are they concerned about how strict your diet is, or how many hours you exercise? Are they concerned about your shift in mood or how overly focused you are on your body? Finally, are people who also weight train and bodybuild concerned about you?

Look, I get it. We all want to win the next show, get more followers, and feel confident at the beach. But at what cost? The above signs, which are not all inclusive, are just to check-in to make sure that the cost isn’t becoming too high, so that you can have a long and happy relationship with the gym, yourself, and bodybuilding. ■

About The Author: Dr. Alexander Puhalla is the 2024 NGA Mr. Philly Bodybuilding Open winner and the 2019 PRO Classic Physique winner (runner-up in 2022 & 2024). He has been competing in natural bodybuilding for the past decade and has been weightlifting for 20 years. He is excited to combine his knowledge of mindfulness, compassion, and psychology with bodybuilding and exercise. The above is not medical advice and should be construed as such. If you believe that you are developing a psychological condition associated with your body image or eating behavior, please consult with a mental health professional for advice.

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NGA 4th Annual PRO/AM Green Bay Hardbodies Championships

**Green Bay, WI
May 4, 2024**

NGA Promoters:

Rev. Warren I. Egebo

www.naturalphillybodybuilding.com

ufta567@gmail.com

Paul Hadler

hardscapeoasis@gmail.com



Tom Alaimo (76) and Hunter Bougie (17)
Youngest and Oldest competitors

The NGA 4th Annual PRO/AM Green Bay Hardbodies Natural Championships was held on May 4th at the historic Meyer Theatre in downtown Green Bay, WI.

This was the third year at the Meyer, a restored Art Deco theatre that hosts more than 200 events yearly in Packerland, USA. In this much anticipated show, 38 competitors vied for \$1600 in cash awards

and those coveted NGA PRO Cards. Four contestants won their NGA PRO Cards at this Super PRO qualifier show in the NGA Mr. Green Bay Hardbodies Natural for 2024. Jordan Arndt of Kaukauna, WI won BB Open HW, Holy Brecheen won Bikini Open overall, Josue' Nieves-Galan won Classic Physique Open, and Sam Manders won Men's Physique Open.

The contestant's age ranged from a 17 year-old

high school junior at Bonduel, WI high school, Hunter Bougie to 76 years young BB Open MW winner, Tom Alaimo from Oak Creek, Wisconsin. Tom had not competed in bodybuilding for 40 years and was in amazing condition! The Best Abs for Male competitors was won by seasoned NGA PRO competitor Dayshawn "Prince" Taylor of Pulaski, WI. The Best Abs for female competitors was won by Molly Tynan for the third year in a row! The Best Poser was Mike Weaver of Green Bay, in a much-improved shape for his second year in the NGA Green Bay show. The Head Judge and emcee for the show was Earl "The Pearl" Snyder. Head female judge was Deb Kaster. Other judges were Dale Jones, Jason Robinson, and Bryan Snyder. DJ Frank from New Jersey did the sound and Wicked Tan from the Twin Cities handled professional spray tanning.



Paul Hadler
NGA Promoter - Green Bay Hardbodies Championships

The six NGA PROs in the show winning cash awards were: PRO Bodybuilder Dayshawn "Prince" Taylor who owns Taylor Made Training of Pulaski in Green Bay, WI. In first place in PRO Men's Physique was Addison Pederson and in second place was Orlando Anderson. In PRO Wellness, the winner was Erin Rehn of Green Bay, and the PRO Bikini winner was Danielle Ebert.

The Bikini Open Short winner and overall winner was Holy Brecheen of Fon Du Lac, WI, second place was Samantha White, and third place was Kaye Koehoorn. In the Bikini Open Tall class the first place winner was Amy Yahnke and in second place was Brooke

Mylener. The Bikini Master winner was Kaye Koehoorn followed by Amy Yanke in second place.

The Figure Open winner was Molly Tynan followed by Jodi Jackson. Brooke Mylener, mother of four children and in her first show, won the Wellness Open award, followed by Heidi Bunch in second place and Danielle Ebert in third place. The Figure Master winner was Jodi Jackson.

In Men's Physique Open LW winner was Taku Watanabe from Green Bay and in second place was Derrick Bauswell. Men's Physique Open HW winner and Overall winner was Sam Manders, followed by Jaden Bemis and Jordan Arndt in second and third place. The Classic Physique division was perhaps the most competitive division in the whole show, especially

between two friends, Jesse VanEss and Josue' Nieves-Galan. They had met at posing practice sessions before the show and it came down to Josue' besting Jesse in both Classic Physique Open and Novice by a narrow margin. In Classic Physique Open MW Jesse VanEss was first followed by Skyler Fry in second and Addison Pederson in third. Josue' Nieves-Galan was first in Classic Open and won his NGA PRO Card, followed by Jordan Arndt in second place, and Jayden Bemis taking the third place position.

The Men's Bodybuilding Open LW was won by 17-year-old Hunter Bougie followed by Derrick



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Samuel Manders
Physique - Open HW
NGA PRO Card & Overall



Holy Brecheen
Bikini - Open Short
NGA PRO Card & Overall



Jordan Arndt
BB - Open HW
NGA PRO Card & Overall



Josue Nieves-Galan
Classic Physique - Open HW
NGA PRO Card & Overall

Bauswell. The Open MW winner was 76 year old Tom Alaimo. The HW winner, overall winner, and NGA PRO Card winner was Jordan Arndt, followed by a very thick Nick Wilkins out of Bradley, Illinois and in third place was Michael Weaver. The Bodybuilding Masters 40+ winner was Nick Wilkins, and the 60+ winner was David Wilkerson of Rio, WI.

The Bikini Novice winner was Samantha White, followed by Amy Yahnke and Brooke Mylener. The Wellness Novice winner was Heidi Bunch and Men's Physique Novice winner was Derrick Bauswell. The Classic Physique Novice winner was Josue' Nieves-Galan and in second place was Jesse VanEss who was one of the three finalists for "Best Abs" as well.

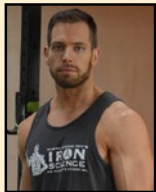
The Men's Bodybuilding Novice was won by Hunter Bougie, in second place was Nick Wilkens, third place was Michael Weaver, and in fourth place was Derrick Bauswell.

Sponsors of the show were The Village Companies, 9th St. Wellness, Foxx Fitness, Green Bay Strength Club,

Hardscape Oasis, Auto Haus, Brian's Home Services, Fair Muffler and Brake, Meta 365 Fitness, and Pichette Event Rentals. Co-Promoters were Paul Hadler, NGA PRO Bodybuilding and PRO Physique Master competitor and Rev. Warren I. Egebo, NGA [2023 Hall of Fame Inductee](#). ■

Photos by: Chris Ragowski of Chickenortheeggphotography.com

Placement In Bodybuilding: Controlling The Controllables



BY CHAD ADAMOVICH, CSCS
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One of the hardest concepts of bodybuilding for athletes to accept is that it's a subjective rather than an objective sport. This means you only have so much in your control for placement and just because you think you were the best; doesn't mean you will place the best. It depends on who showed up that day, the judging panel, the organization, and many other factors. You could place 1st at one show, bring the same package to the next and maybe not take the 1st place position. It's understandably tough mentally to accept, especially since bodybuilding athletes are very driven individuals. It's important to come to terms with this and know that placement is part of the sport you can't control 100% like in an objective sport. There are some things you absolutely can control to help your placement, which we are going to discuss.

CORRECT DIVISION

It might sound like common sense, but it's certainly a more common mistake than you might think. I've seen far too many athletes get frustrated because they didn't understand what division was best for them. Being at 100's of shows in my coaching career, I've seen this in all divisions. I want to give a male and female example of this to help this hit home more.

- In men's physique, I've seen athletes that were highly developed in muscularity and not place 1st when they thought they should just because they were bigger than everyone else. Size is just part of it and it's important to remember being the most muscular is not the most important thing for this division. These individuals are just going into a division they shouldn't be in to showcase their best package. They would place better in bodybuilding or classic when you get to that extreme level and this is dependent on the organization sponsoring the competition as well.

- In the bikini division, I've seen women come in far too muscular or too conditioned for the division. They looked great, but not for the division. They would have been better off doing figure based on their muscularity and conditioning. Once again, organizations vary on how much of this they let slide. The best thing to do is to make sure you understand what that organization is looking for in that particular division.

CORRECT CONDITIONING FOR DIVISION

Getting conditioned is probably the hardest part of the sport mentally and physically, especially as a natural competitor when you don't have drug assistance. A lot of titles are won because of this being the separating factor. With that being said, even if you are the most shredded, it doesn't guarantee you the best placement. In fact, it can hurt you depending on what division you are in. Sometimes, athletes get so caught up on conditioning that they miss the level that we are looking for in that division. On the other side of the coin, a decent amount of athletes don't get conditioned enough. Hence, it being the most demanding aspect of the sport. Once again, I want to give a female and male example for perspective.

- In men's classic bodybuilding, a common mistake is thinking that it's exactly like men's bodybuilding for judging criteria with the exception of a different type of posing and wearing shorts. Technically, if you are too conditioned in this division, you will lose points and position. Men's bodybuilding is for the extreme look, where in the classic division, we are looking for solid muscle and conditioning, but not on the extreme end.

- For females, I see the most frustration in bikini. This is another division where if you come in too lean, you will lose points and possible placements and if you are not lean enough, the same thing can happen. It's that fine balance of knowing what is expected in

each division and how lean should you be because being the leanest is not always the answer.

POSING

This can make or break any athlete. I can't stress enough to practice, practice, practice and practice some more. This is an area where you can have a phenomenal package but lose it all due to poor posing or you can have some weak points, that if you pose well, you can hide them and place better than someone who had a better package and didn't pose as well.

In addition to this, know the poses for the organizations. Some posing can be similar in a division, but can change in requirements based on what organization you are competing in. Always double check the posing standards for the organization, because if you don't pose their way, it will cost you. I personally had an athlete that judges told me was actually in the 1st place position, but lost some points due to missing that organization's specific requirements. This happened because the athlete had just competed in a different organization the prior week and met those requirements which were different than the current competition they were in which was sponsored by another organization. It was an honest slip and it happens, but I know now moving forward that this athlete will never make that mistake again because it cost them the placement.

Bodybuilding is very demanding, but also an extremely rewarding sport. It will challenge you mentally and physically like nothing else. This is why it's important to maximize your chances at success with the things you can control. This sport can be rough mentally for an athlete because it is a subjective sport, but if you apply the concepts above, you will increase your rate of success with what you can control. ■

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 49+ 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
May 11, 2024

Promoters: Josh & Melissa Miller
www.kentuckynaturalbodybuilding.com
KyNaturalBB@gmail.com



Bikini - Open Tall

L-R: Katie Bareford, Rose Howton, Brittany Ford, Isabella Simpkins, Samantha Howell, Sarah Proctor



Figure - Open Short

L-R: Alicia Frazier, Tanya Brown, Barbie Jackson



Classic Physique - Open

L-R: Breyson McKee, Branton Sanders, Jessee Holmberg, Mike Holmberg, Denzell Schuller, Mark Cecil, Whitney Davis

The atmosphere crackled with electric energy as the NGA PRO/AM Kentucky Natural Classic, a showcase of elite natural bodybuilding held on May 11th at the iconic Rupp Arena, was an unforgettable event that left a lasting impression on everyone in attendance. This prestigious competition, known for celebrating natural bodybuilding, drew a crowd that packed the venue to capacity, leaving only standing room available. The atmosphere was nothing short of electric and was filled with positive energy and anticipation for the incredible displays of physique and fitness.

overall experience for attendees. The energy in the room was palpable, creating an environment that was both charged and inspiring. Every cheer, every round of applause, and every moment of triumph added to the vibrant atmosphere that defined the NGA PRO/AM Kentucky Natural Classic.

The competition saw remarkable performances across various categories, with athletes showcasing their dedication, discipline, and impressive physiques. The winners in the professional categories were:

- PRO Bikini - Open: Ginny Woolridge
- PRO Figure - Open: Laura Hornish
- PRO Figure - Master: Laura Hornish
- PRO Women's Physique - Open: Laura Hornish
- PRO Wellness - Open: Erin Rehn

Rupp Arena was buzzing with excitement as fans, friends, and family gathered to support their favorite athletes. The event featured ten vendors offering a variety of products and services, enhancing the

- PRO Men's Physique - Open: Sungjun Lee
- PRO Classic Physique - Open: Sean Young
- PRO Bodybuilding - Master: Mark Cecil

The NGA PRO/AM Kentucky Natural Classic also served as a platform for aspiring athletes to earn their NGA PRO Cards, a significant milestone in their bodybuilding careers. Twelve PRO Cards were awarded across various categories, recognizing the exceptional talent and potential of the competitors which were the following:

Bikini

- Brook Broz (Open Short)
- Brittany Ford (Open Tall & Overall)
- Natasha Perry (Master)

Figure

Lindsey Pelfrey (Open Tall & Overall)

Wellness - Open

Lindsey Pelfrey (1st Place)
Emily Howton (2nd Place)

Men's Physique

Brion Thomas (Open LW)
Jiejun Tan (Open MW & Overall)
Gary Campbell (Masters 50+ Overall)

Classic Physique

Brion Thomas (Open LW)
Mark Cecil (Open MW & Overall)



NGA PRO/AM Kentucky Natural Classic



Lexington, KY
May 11, 2024

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Physique - Open LW

L-R: Danny Belcher, Gary Campbell, David Davis, Timothy Phillips, John Ferrell, Brenden Kelly, Brion Thomas



Lindsey Pelfrey
Figure - Open Tall
NGA PRO Card & Overall

Wellness - Open
1st Place
NGA PRO Card



PRO Classic Physique - Open

L-R: Jiejun Tan, Austin Baird, Sean Young, Sung Jun Lee, Stuart Weasner

Bodybuilding

Kendall Johnson (Open LW)
Mark Cecil (Open MW & Overall)

An honorable mention goes to Tanya Brown, who had a significant night by winning Figure Open Short, Figure Master, and Women's Physique. However, these classes were just short of the minimum needed to award an NGA PRO Card.

Mark Cecil demonstrated exceptional prowess by winning both the Classic Middleweight and the Overall, as well as securing the overall Bodybuilding title.

His victories highlighted his versatility and dominance in multiple categories.

The NGA PRO/AM Kentucky Natural Classic was not just a competition, but it was a celebration of natural bodybuilding. The NGA's commitment to promoting natural bodybuilding was evident in the organization and execution of the event. Athletes competed in a drug-free environment, showcasing the results of their hard work, nutrition, and training without the use of performance-enhancing substances. This dedication to maintaining the integrity of the sport was appreciated by both competitors and fans alike.

The success of the NGA PRO/AM Kentucky Natural Classic was a testament to the NGA's exceptional organization and dedication to natural bodybuilding. The NGA has been a pillar in the bodybuilding community and has consistently provided a platform for athletes to compete and achieve recognition in a fair and drug-free environment. The NGA's efforts in promoting natural bodybuilding have significantly contributed to the growth and popularity of the sport.

The NGA PRO/AM Kentucky Natural Classic at Rupp Arena was a resounding success, filled with unforgettable moments, outstanding performances, and a

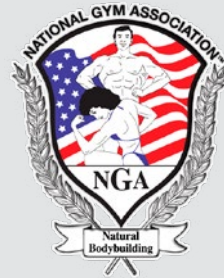
charged atmosphere that celebrated the essence of natural bodybuilding. The event highlighted the incredible talent and dedication of the athletes, while also underscoring the importance of maintaining a drug-free competitive environment. Congratulations to all the winners and NGA PRO Card recipients. Additionally, we offer a heartfelt thank you to the NGA for their unwavering support and organization of this remarkable event. The future of natural bodybuilding looks brighter than ever, and the NGA PRO/AM Kentucky Natural Classic has set a high standard for competitions to come. ■

Photos by: JC Norton (Musclehead Graphics), Ken Montgomery

DO FEMALES AND MALES NEED TO TRAIN DIFFERENTLY?



BY DR. CHRISTOPH KLUEPPEL
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Often female fitness enthusiasts can be seen performing their exercises in the gym just going through the motions with too light weights and unnecessarily high repetitions, hardly ever taking any of their sets close to the point of momentary muscle failure. They often try to justify their failure to work hard with the excuse that they just want to get “toned” and don’t want to get “too bulky”. However, the term “toning” is merely a made-up term which does not have any scientific basis and cannot be found in any physiology book. The fact is muscles either shrink or grow, but they do not tone.

When examining a muscle cell under an electron microscope, it is not possible to discern whether this particular cell comes from a female or a male organism. As there is obviously no difference in the anatomic make-up of female and male muscle cells, there is also no reason to believe that they need to be trained differently. Training principles are universal and not

based on gender. Training programs and concepts for women and men should therefore generally be quite identical in order to be effective. To provide any muscle with the optimum training stimulus to promote continuous adaptation requires to progressively overload that muscle over time. Striving to challenge and slightly exceed yourself in each subsequent work-out by either increasing weight-resistance where possible, adding some reps, shortening rest periods between sets, or occasionally including one or the other additional exercise in your work-out routine, is the way to go in order to make gains. This applies to women as well as to men, especially if they are serious about achieving their fitness goals.

Women may not be able to handle as much weight as men, as they usually have less lean body mass than men. However, on a basis of lean body mass, many women are capable of proportionally becoming as strong as many men. Interestingly, the effect

of weight training on men’s and women’s physical



Devon Atkins
NGA PRO Classic Physique



Tivisay Briceno
NGA PRO Figure & Bikini Model

appearance is entirely different. Although male and female muscle-cells are anatomically identical and therefore ought to be trained according to the same training principles, the achieved training effect in males and females is very different due to their physiological differences.

Women produce 10 to 35 times less testosterone than men, and as testosterone, the “male” hormone, is mainly responsible for increases in muscle size, it becomes apparent that some females, who are afraid of becoming too muscular, have nothing to worry about. Although women become stronger in response to systematic weight-training with progressive overload and high intensity, their muscles do not tend to increase much in size due to the naturally low levels of testosterone present in the female organism. Weight-training rather tends to make women’s muscles stronger, firmer, and tighter, and over time usually leads to a reduction in the circumference of their body-parts and limbs, due to gradual fat-loss throughout the body. As muscle tissue is much denser than fat tissue, women are soon able to wear smaller clothing sizes as a consequence of sincere weight-training efforts. Such reshaping of their physique is what females should generally look forward to achieving, as it makes them look slimmer, healthier and more attractive. Increased muscle development also brings about a valuable increase of metabolism, which prevents any potential future fat accumulation on their bodies.

The excessive muscular development of certain competitive female bodybuilders, as seen in

bodybuilding magazines, can only be achieved by very few genetically gifted female athletes. Apart from exceptional genetics, it takes them many years of dedicated training, strict nutritional discipline, and the use of performance enhancing supplements, drugs and chemicals to build such extraordinary physiques. It is completely impossible for any woman to accomplish such excessive muscle development unintentionally or accidentally merely by following a sensibly designed weight-training routine as part of a healthy fitness lifestyle.

Whether male or female, and whether you may just want to “tone-up” your physique or may have other fitness-goals, you should always challenge yourself in the gym and adhere to an effective work-out program designed in accordance with your individual goals and your current training level. If your goal is to just generate a “well-toned” physique, performing your sets with 10-15 repetitions for most exercises may be an option, as long as you take your sets close to momentary muscle-failure and keep your intensity high with just as much rest between sets that your heart rate stays elevated throughout your entire work-out. Relying predominantly on “heavy” compound-movements will allow you to use sufficient weight-resistance to make an impact and will also be most suitable to achieve a “toned appearance”, as they burn far more calories than “easy” isolation movements; this will contribute to shedding the fat-layer covering your muscles.

Remember, a low intensity/high volume “toning” approach is an ineffective training-method, as it hardly affects any muscular adaptation. The result of such exercise is a waste of time and energy and will not significantly improve your physical appearance but may at the most slightly improve your muscular endurance. ■

Photos by: Lacie Oakey (Creating a Figure Photography)



The NGA 14th Annual Gator Classic PRO/AM

Deltona, FL
May 11, 2024

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



The 14th Annual NGA Gator Classic was a wonderful success! We welcomed athletes from all over the world including Thierry and Julie Mbae from France and Ray Scholten from the Netherlands. We love seeing these athletes come together to enjoy this phenomenal show!

Congratulations to our new NGA PROS that were made, PRO Classic Physique Jean Bossous, PRO Bikini Masters Aileen Reyes, and PRO Bikini Open, Kim Davenport. We hope to see them on stage at the NGA PRO Universe held on November 16, 2024.

We are looking forward to seeing you all at one of the following NGA Gator Productions fall shows. ■

Photos by: JLG Media Group

NGA West Coast Classic

9/14/24

St. Petersburg, FL

NGA East Coast Classic

11/9/24

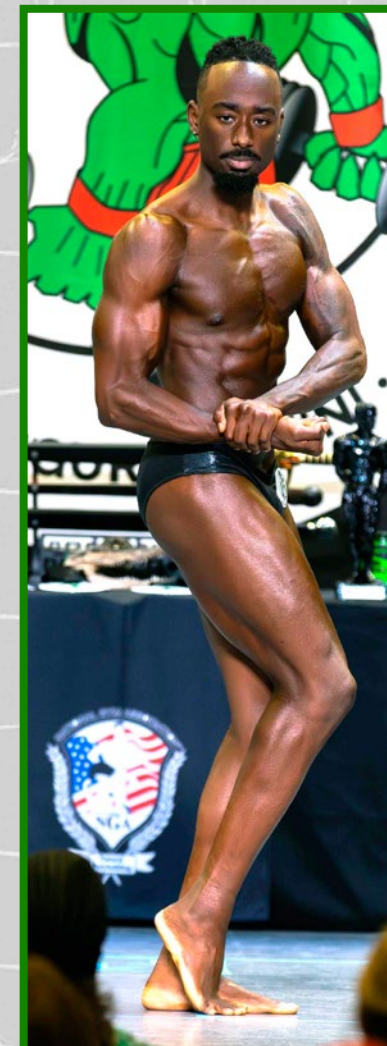
Deltona, FL



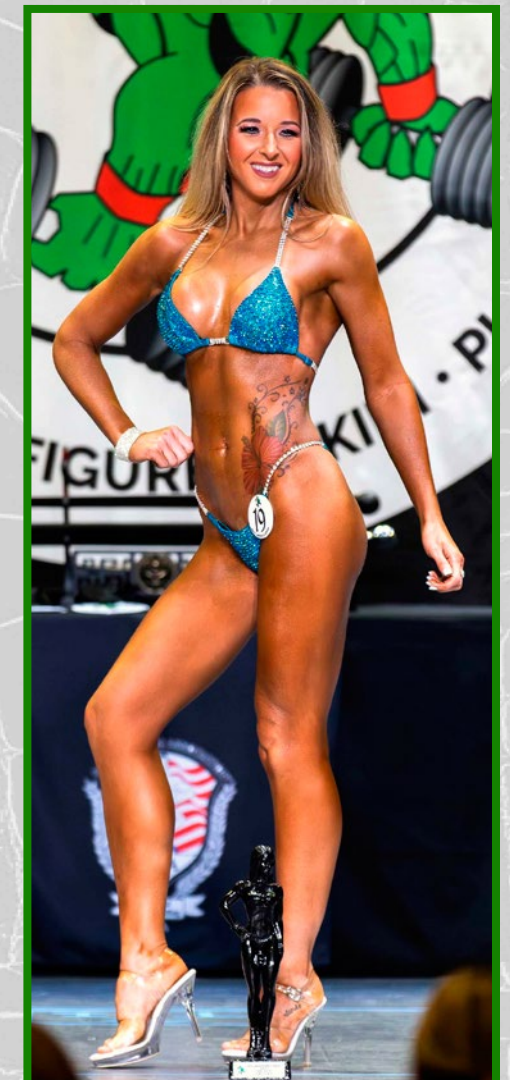
Matt Ammann (NGA Promoter) and Ruth Quijada
Best Poser



Aileen Reyes
Bikini - Masters 40+
NGA PRO Card & Overall

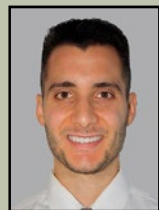


Jean Bossous
Classic Physique - Open HW
NGA PRO Card & Overall



Kim Davenport
Bikini - Open Short
NGA PRO Card & Overall

Credentials: What They Mean and What They Don't Mean



BY DR. NICHOLAS M. LICAMELI, PT, DPT
 DOCTOR OF PHYSICAL THERAPY
 NGA PRO BODYBUILDER
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Credentials are important as they increase the likelihood of expertise and professionalism. However, it is a mistake to overemphasize the letters surrounding a name rather than the heart and mind of the one possessing the name.

Credentials simply mean that the person holding them has completed the necessary undergraduate, graduate, and clinical coursework from an accredited physical therapy program and passed a licensing exam. It says nothing about the individual's performance in school or the clinic. Does having the title of "Doctor" make someone better

than anyone else? OF COURSE NOT! Many seasoned physical therapists without doctorates have knowledge and skills that are light years ahead of mine. Adopting a growth mindset and providing an excellent service to others are what is important, not the title itself.

Formal education does not make an expert; it teaches how to become one. Real learning happens after school hours, when no one is watching, and you are pursuing a burning passion within yourself. Much like bodybuilding, no one sees the daily grind. My knowledge of exercise, nutrition, and bodybuilding was obtained through hours of furthering my education outside the classroom. It is important to learn from experts, and more importantly to apply that information to your passions.

For example, a physical therapist passionate about animals might research therapy dogs extensively. He would have unique knowledge on therapy dogs that others might not. This person has made his degree his own by blending his passions with his profession.

In bodybuilding, turning pro can be similar to earning a doctoral degree. In both instances, it is important to remember while the status may seem cool on social media (or a dating profile, perhaps!),

it is simply just a title. A pro card does not mean that athlete is better than competitors without a pro card. The placing in a competition depends on who shows up that day. A PRO CARD does not always equal a quality physique. Just like a degree, professional status in bodybuilding is all about what is done with that title and how the athlete chooses to represent the sport, carry themselves, and inspire others.

Conclusion

Judging someone's worth based on credentials is like judging a quarterback by the number of Super Bowls won. It's an inaccurate measure of talent, ability, experience, and expertise. Titles do not create passion or expertise...that comes from hard work, dedication to a craft, and an unending passion for growth and self-mastery.

Always seek to understand, be humble, open, and never stop learning. The goal should be to earn respect through actions, heart, and knowledge, not titles. ■

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/UCAWF5BmaJ_WFAh2aqsOg8g

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

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



2024 NGA Natural PRO Olympian and Amateur Mr. & Ms. California

Folsom, CA
June 29, 2024

NGA Promoter: Johnny "The Motivator" Carrero

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The 2024 NGA True Natural Mr./Ms. California Pro Qualifier was held on June 29th at the Jill Solberg Performing Arts Center in beautiful Folsom, California. Bringing the silhouette back, our performance began with a wonderful Mixed Pairs routine from Nancy & Erik Erwin. Up next was the Black Dress Transformation division, which was created by Bing Saez, the promoter of the NGA Tahoe International PRO/AM. This division was designed to showcase the healthy changes people have made in their lives, for their body and mind, as well as to honor the trainer who helped them get there. Mikko Gilison presented 20 Black Dress Transformations on the NGA California stage that evening. This was an inspiration to all in attendance! Their team's name was Hustle, Muscle, and Heart which was definitely an appropriate name for this group of amazing individuals!

I've heard this so many times from people throughout my 31 years of promoting True Natural Bodybuilding, but Liz not only made it happen, she brought a great package to the stage to become the new NGA Ms. Bikini California and new NGA Bikini PRO Card winner! Second place went to Kristina Henrikson who was a strong runner-up. The 3rd place winner was awarded to Jessica Frazer, 4th place was Nancy Erwin, and 5th place went to Hersilia Perez who I watched transform week to week at Precise Posing classes.

clients to transform their bodies and minds for the Black Dress Transformation division.

The next division was Bodybuilding Open. The 1st place position went to a muscular and defined Manuel Carter. In the 2nd place position was Ralph Allen, Jr. who brought down the house with his posing routine that also awarded him Best Poser in the men's division. In 3rd place was Erik Erwin who appeared to have more fun on stage than anyone. Finally, the Team In Training segment ended this spectacular show. Team In Training is another creation of Bing Saez, the promoter of the NGA Tahoe International PRO/AM. This division was designed to highlight the trainers and/or gyms to have a team of individuals compete in a show. The requirements are that there must be 4 or more individual competitors to make up a team. Snap Fitness Shingle Springs, led by Angel Rader, brought a fun, energetic choreographed routine to end the show whose team was composed of Nancy, Bella & Erik Erwin, Rebecca La Bad, and Liz Alfaro.

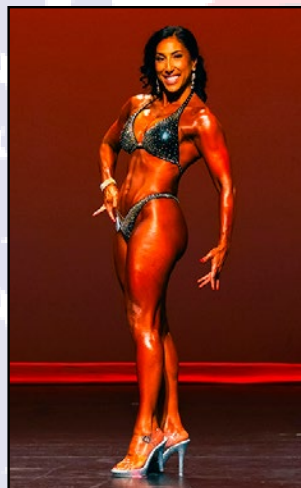
The next divisions are some of my favorites. In Women's Physique, the 1st place winner was awarded to a 24 year old Rebecca La Bad, who was a sprinter in junior high school all the way through college. She stole the show with her symmetry, muscularity, and amazing posing performance which also gave her the Best Poser award. In the 2nd place position, the only teenager Bella Erwin, won that spot. Bella has a great V-Taper, good muscularity, and is a future force to be reckoned with. In the 3rd place position, it was Elizabeth York, and at 50 years young, she gave these younger girls a run for their money! Fourth place went to Mikko Gilison. Mikko's accomplishments to make it to the stage were fantastic, not only did she motivate herself, but she also motivated 20 of her

Thank you to everyone who showed up. See you in 2025!! ■

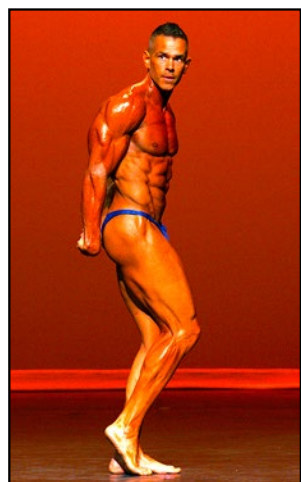
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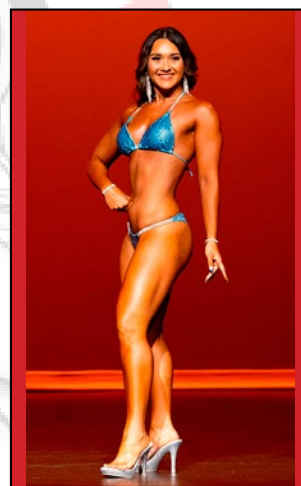
Rebecca La Bad
Figure & Physique Open
1st Place



Elizabeth York
Figure - Open
2nd Place
Physique - Open
3rd Place



Mauel Carter
BB - Open
1st Place



Liz Alfaro
Bikini - Open
NGA PRO Card

The Bodybuilding Master competitors hit the stage next with Ralph Allen, Jr. taking 1st place and Erik Erwin following in the 2nd place position. Figure Open was the next division to grace the stage. With three tough competitors, it was a hard one to judge, but it was Rebecca LaBad who took 1st place with her great symmetry and stage presence. The 2nd place winner went to Elizabeth York (50 years young) who strutted on the stage with confidence and nice definition that helped her win Best Presentation in the Figure division. In the 3rd place position, it was Mikko Gilison who dropped close to 100lbs. in the past year.

Next up was our Bikini Open division, with five competitors, which was also an NGA PRO Qualifier. In the 1st place position, the winner was a well deserving Liz Alfaro who told me one year out and 45lbs. heavier, that she would be competing in my show and that she did.





The Long and Winding Road: My Journey Through Life and Bodybuilding

By [Marco Dalabona](#), NGA PRO Bodybuilder

My understanding of physical activity and sports began at a very early age and like many people, I was influenced by someone else. My father accomplished much in his life, despite his humble beginnings. He was the youngest of five children in an Italian-Brazilian family and he was the only person in his family to become a professional athlete and earn rewards in sports. As the son of a professional soccer player, I was encouraged by him from a young age to play sports and through him, I learned one of my most important lessons which is that the strength and resilience of practice are limitless.

Years later in 2024, after spending my entire youth playing soccer, everything changed. During spring training while getting ready for an important competition, I had the misfortune of suffering a knee injury. I know that many people can relate to that kind of situation when we have almost everything planned out and there comes an obstacle which shifts us into uncertainty.

After the injury, I began to dip my toes into various sports in order to feel which one would not make my knee condition get worse. But the outcome and overall results weren't as I expected because of the complications in finding enough people to participate. Additionally, I continued to be faced with the reality that in order to play sports that would involve a pivot movement done over my knee would only aggravate my injury and make things worse.

I really needed something to not only challenge me, but also to fulfill my need to spend the amount of energy that I was used to by playing soccer. So, having my father as my inspiration to be a sports person, now who or what got me introduced to bodybuilding? For those who don't know me, I have a twin brother and he also competes in bodybuilding.

At the time of my injury, I was dedicated to becoming a pro soccer player and would often have many opportunities to watch my brother develop his body and that's how I began to learn about bodybuilding.

It is because of him that I've started weight training and changed my diet as well.

Sometime later, I spent nine years of increasing my knowledge about bodybuilding. Half of the time I spent studying Physical Education and another four years getting my Physical Therapy degree. This helped me to understand more about the theory part of the process. Within a few months of training, I couldn't see much difference in my body which can be a reason why some people quit at the very beginning of the journey. The bodybuilding tips I've learned I received from my brother and from what I learned from the university in the area of biomechanics and anatomy and physiology.

If I had a tip to give to those who are starting right now, I would tell them to find a good trainer and make sure to determine the right time to compete. I've seen so many people getting on stage without enough muscle maturity and then try to speed up things which can lead to injury or taking illegal substances. Prepping for shows has now become a lifestyle and it can be very stressful. For this reason, you must be mentally prepared to be able to achieve your goals.

This last year, I started my prep on January 1st and did my first show of the year on September 30th where I had my first two wins. I took 1st place in the PRO Bodybuilding Master class and 2nd place at PRO Bodybuilding Open. After that, I won the NGA East Coast Classic, the NGA Central Florida Fall Classic, and the NGA PRO Universe Bodybuilding Master. It is important that you have your prep planned ahead of time because this is the key to helping you make the right choices and not fall into despair at the last minute. Considering all the aspects in which a prep can be inserted, nothing is better than years of practice in getting to know your body better and being able to apply the new knowledge in order to achieve your goals.

In summary, no matter what your fitness goals may be whether that is to compete locally, nationally, earn an NGA PRO Card, build more muscle mass, or just to feel better about yourself, living the bodybuilding lifestyle can help you improve all aspects of your life, leading you towards your goals and helping you to achieve them faster. ■

Photo by: Lacie Oakey (Creating a Figure Photography)



NGA 11th Annual Mr. Anthracite NGA 7th Annual Mr. Coal Natural Championships

Pottsville, PA
July 13, 2024

NGA Promoter: Rev. Warren I. Egebo
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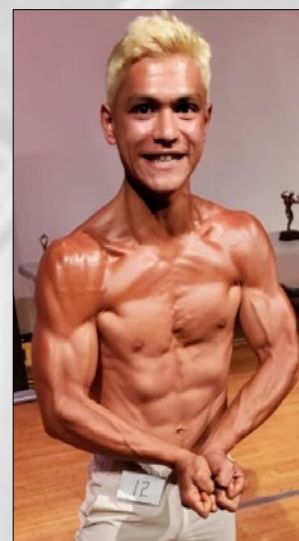


Anthony Diana
BB - Open HW
1st Place

The 2024 edition of the NGA Mr. Anthracite Natural and the NGA Mr. Coal Natural Championships was held for the second year in a row in the DHH Lengel Middle School Auditorium, Pottsville, PA. The NGA Mr. Anthracite Natural is a closed show open to those who live, work, or go to school in the five counties Anthracite Coal region of Lackawanna, Luzerne, Northumberland, Carbon, and Schuylkill Counties.



Chadwick Thomas
BB - Open MW
NGA PRO Card & Overall



Emmanuel Quintana
Physique - Open LW
NGA PRO Card & Overall

The winner of this year's title of NGA Mr. Anthracite Natural was Anthony "Tony Dee" Diana of Clark's Summit, PA. He is from Lackawanna County and he also won the title in 2021. The competitors at the NGA Coal can come from anywhere and the NGA Mr. Anthracite Natural competitors can also compete in the NGA Mr. Coal Natural. The show had a very international flavor and many of the competitors had quite a back story of what got them into natural bodybuilding competition. All three men who received their NGA PRO Cards at this show were unique competitors. The NGA Mr. Coal Men's Physique Overall winner was Emmanuel Quintana of Hawaii. He is a professional rock climber having just climbed a famous gorge in West Virginia right before the show.

Muhammad Jarvie won the top spot in the Classic Physique division. Muhammad grew up in Monrovia, Liberia, but went to college at Stockton State University in Stockton, New Jersey. He is now living in Philadelphia and working as an engineer and won his NGA PRO Card in the first show he competed in. Chadwick Thomas of Minersville, PA was no stranger to competitions since he had won the NGA Mr. Anthracite Natural show twice before in 2016 and 2022. This year he got his NGA PRO Card as the new NGA Mr. Coal Natural. He was a 3lb premie baby at birth and was life-lifted to Geisinger Hospital in Danville, PA where he was in the neo natal unit for many months. He regularly speaks at the hospital's Children's Miracle Network's week about his story as [Premie To Award Winning Bodybuilder](#).

The winner of the "Best Abs" award was Michael Trendowski from Philadelphia. He overcame Chron's Disease and showed the crowd his scar on his abdominal area that did not prevent him from competing



Muhammed Jarbie
Classic Physique - Open LW
NGA PRO Card & Overall



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and winning in bodybuilding. He was the Physique Open Heavyweight winner in the Coal division as well.

Richard Widmer, the oldest competitor in the competition, was a two-time NGA PRO Master and Bodybuilding Open winner. He was after a third NGA PRO Card in Classic Physique, but came up short in this show.

The youngest competitor was 18 year old Blaize Souder from Sunbury, PA in Northumberland County. It was his first show and he won the NGA Mr. Anthracite Natural Classic division and was second place in the Mr. Coal Natural division.

Denzell Schuller from Philadelphia won the coveted Best Poser award. This was Denzell's third show of the season and he competed in one additional show in July. He was also the winner in the NGA Mr. Coal Natural Bodybuilding Lightweight division.

This phenomenal show had great press coverage from the local paper: the Pottsville Republican – Herald which published a story the day of the show about a local competitor, Jake Bartol of Coal's Township, PA, who was training for the competition. Also, as a recap, Rev. Warren I. Egebo, the promoter of the show for the past eleven years, was inducted

into the [NGA Hall of Fame](#) last November at the NGA PRO/AM Universe Championships. The following Thursday after the show, there was a large article with pictures of the three competitors that received their NGA PRO Cards in the auditorium at the show.

It was led by Dr. Alexander Puhalla of Philadelphia, the current NGA Mr. Natural Philly and winner of five best posing awards at shows he has competed in. Head Judge was Bryan Snyder and the other judges were Marlo Diana, Dr. Lorraine DePass, Clint Brackbill, and Jason Robinson.

Sound was by Lou of DJ Productions out of New Jersey. Official Spray Tanner was Paula Franklin from Virginia. Tickets were sold by the Gallina family and backstage expeditor was AnnaMaria Gallina. T shirts were by Kut Up Fit Wear of Hagsin, PA whose owner and T-shirt

artist is Travis [Featherhawk](#) Snyder.

The 2025 NGA Mr. Anthracite Natural and the NGA Mr. Coal Natural Championships is slated for July 12, 2025 in Pottsville, PA. ■

Photos by: Rev. Warren I. Egebo



Jesse Kimmel
BB - Open MW
1st Place



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High School Athlete Injuries

If you are a parent and have children participating in high school athletics, it is important that you stay informed about the weight training programs that your child or children may be receiving.

There are many questions that are necessary to ask to ensure injury prevention like the following: Does one weight training program fit all sports? Are beginners doing the most advanced exercises like Olympic powerlifting? What is the manner in which you start lifting for a beginner in their sport? Do strength and conditioning coaches receive the necessary education in order to train our youth? Are strength and conditioning programs doing more damage than good?

Well, let me answer these very important questions. One weight training program DOES NOT fit all sports! Actually, in most sports, weight training would be very specific to the position of the athlete in that particular sport. For example, a wide receiver in football should have a totally different weight training program than a defensive lineman in football and they both should have different workouts than the quarterback.

With that being said, I am proud to announce that I am the new strength and conditioning coach for the Rio Americano High School water polo team! I went through several video training sessions including an 8-hour course on the fundamentals in coaching high school athletes. In this training, I learned that 2 million high school athletes are injured per year and there are 500,000 doctor visits and 30,000 hospitalizations per year! I understand there are injuries in full-contact sports, but 2 million? If we put 2 and 2 together, it should be easy to see the correlation.

In my opinion, about 50% of the injuries come from putting beginners on the most advanced lifts known to man! Olympic lifts should only be done by Olympic lifters! These young athletes do not know how to control or contract their muscles and to expect them to do the most complicated exercises in weightlifting is senseless.

Beginner training programs should start with pull-ups, pushups, and squats with just their bodyweight. Learning to do proper form and technique of these movements will help them learn how to contract and control their bodies. To support this aim, high school gyms should be filled with machines for circuit training with time under tension rather than power racks, free weights, benches, and dumbbells.

Most high school strength and conditioning coaches are volunteers and possess little knowledge about lifting. Perhaps, they played a sport or have some similar athletic experience and feel this is the qualifier to train young athletes, but it's not. This must change! In order to safely train high school athletes, it should be a requirement that coaches go through a training program for that sport in order to gain a better and more thorough understanding on how it should be taught!

The way that many high school strength and conditioning programs are designed is doing more damage than good! It is impossible to safely and attentively train 15-25 teenage athletes with one coach and require that they do advanced lifts which is beyond their capabilities. These young athletes are paying for it with their ligaments and tendons which can be easily injured. If you are a coach for high school or college sports, please feel free to contact me at (916) 201-2922. ■



The NGA Tahoe International PRO/AM



South Lake Tahoe, CA
July 27, 2024

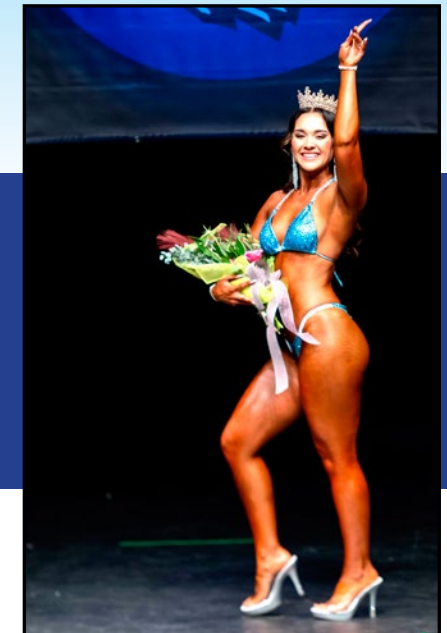
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Patrick Traynor
Physique - Master 40+



Elizabeth Alfaro
Bikini - Open
NGA PRO Card

Another great show in the books for the NGA Tahoe International PRO/AM. All amateurs competed with the chance of winning an NGA PRO Card and all NGA PROs were showcased in NGA PRO divisions. The Black Dress Transformation groups were showcased and the new Team and Training group their coaches and gym were awarded the NGA Cali Championship Cup.

The evening finals began with a posing routine showcasing NGA PRO Classic Physique athlete Denzel Carter from Bloomington, Illinois. The national anthem was sung beautifully by bodybuilding competitor Erik Erwin from Cameron Park, California, followed by a prayer led by one of the judges, Chris Brackett, from South Lake Tahoe.

The first divisions of this show were the Bikini and Men's Physique Teen divisions. In the Bikini Teen division was Emma Pardue (age 18) and Ashlyn Cranston (age 19), both of whom crossed over to Bikini Open. In the Men's Physique Teen division was Chino Igarashi (age 18) and Carter Schultz (age 19) whom also crossed over to the Bodybuilding Open division. All of the teen competitors looked fabulous and many of them competed for the NGA PRO Card in their respective divisions.

In the Bikini Masters 40+ and 50+ of age were Nancy Erwin, Elizabeth York, Jessica Durate, and Heidi Hall. It was Elizabeth York that took the 1st place spot.

Next up is our newest NGA PRO Bodybuilder, Joey Fanjul, who is also an NGA PRO in the Physique division. Sponsor and Physique Master competitor, Dr. Patrick Traynor, locked in 1st place in this division.

Showcasing Figure Masters 50+ was Elizabeth York who crossed over from Bikini Masters to both Figure Open and Masters and she looked amazing!

In the Figure Open division were the following five competitors making this division an NGA PRO Qualifier: Tylor Cilion, Rebecca La Bad, Sarah Nolte, Bella Erwin, and Elizabeth York. It was Tylor Cilion from Klamath Falls, Oregon taking the 1st place spot and winning her NGA PRO Card.

The Black Dress Transformation Group who came from Snap Fitness Shingle Springs were the following: Cindy Wake, Bobbie Jarrett, and Madison Datus. They had inspiring stories of their fitness journey and coaches, Angel Rader and Liz Alfaro, were able to congratulate their clients on stage!

In the PRO Classic Physique division was NGA PRO Athlete Denzel Carter who gave another

mesmerizing routine and reminded us that we have the tools to be the best!

Ending the first half of the show, teen competitor, Carter Schultz, presented a Classic Physique routine which was an inspiration to all young athletes.

The 2nd half of the show started with the Mighty Mini Shredders and it was Leighton, our youngest age 3 (Tylor's daughter) who walked on stage with her binky in mouth and toy weights in hand.. Sharing the stage with the Mighty Mini was Analeah age 5 (Andrea's niece) showing off the cute poses she learned from her Auntie Andrea.

Nancy and Eric Erwin did their rendition from the movie Grease "You're the One that I Want" (featuring John Travolta and Olivia Newton-John) which was enjoyable to watch!



The NGA Tahoe International PRO/AM



South Lake Tahoe, CA
July 27, 2024

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Bodybuilding - Open

Ralph Allen, Matthew Ortiz, Carter Shultz, Chino Igarshi, Erik Erwin



Physique - Open

Bella Erwin, Elizabeth York, Rebecca La Bad, Sarah Nolte

Teen competitor Bella Erin (daughter of Nancy and Eric Erwin) presented her Physique posing routine. The Erwin Family also took this opportunity to smile and pose together on stage.

In the Women's Physique Open were four amazing women: Elizabeth York, Sarah Nolte, Bella Erwin, and Rebecca La Bad. It was Rebecca who came in on top!

The Black Dress Challenge transformation group came from the gym, Auburn Fit 1. Brandy Belding and Deverie Gehlen had a great time on stage and shared their story and fitness journey.

As a funny twist to the show, NGA PRO Team in Training (Denzel, Joey, Josh, and Lorenzo) joined me to present a fun routine where they took off only their shirts and exposed their shredded abs with the song

"It's Raining Men" playing in the background. This had the audience laughing!

In the Bodybuilding Masters division was Eric Erwin and Ralph Allen, Jr., but it was Ralph who took home the 1st place trophy!

The Bikini Open Short and Tall was next. In the Bikini Open Short class was Nancy Erwin, Emma Pardue, and Kristin Henrikson, but it was teen competitor Emma Pardue taking the 1st place spot. In the Bikini Open Tall class it was Elizabeth Alfaro, Andrea Cerillo, Tylor Cillion, and Ashlyn Cranston with Elizabeth Alfaro coming in on top!

Overall competitors Elizabeth Alfaro and Emma Pardue went through some grueling stage comparisons, but the winner and NGA PRO Card winner went

to Snap Fitness Coach and first year competitor, Elizabeth Alfaro who was crowned by our Royalty Nevada Princesses.

Opening our last competitive division was Denzel Carter who did a phenomenal NGA PRO Bodybuilding posing routine. In the Bodybuilding Open division were five competitors: Chino Igarashi, Carter Schultz, Matthew Ortiz, Erik Erwin, and Ralph Allen, Jr. The 1st place spot and NGA PRO Card winner went to teen and first-time competitor Carter Schultz whose bodybuilding posing routine was flawless!

Former 1st place 2019 Bikini winner, Melissa Castillo, joined in the Black Dress Challenge and shared her story of pregnancy and recent childbirth. Melissa is living the life of a natural competitor!

Ending the show was the two Team in Training groups from Snap Fitness Shingle Springs led by head trainer Angel Rader and Auburn Fit 1 led by head trainer Dee Evans. It was Snap Fitness who won the NGA Cali Team in Training Championship Cup two years in a row!

At the close of the show, everyone joined in for group bows which turned into a pose off!

Thank you to David Jones the MC and Josh (Head Judge) and Melissa Miller who came all the way from Kentucky to tabulate scores. I also want to thank the athletes and their families for supporting the show! Without you, there wouldn't be a show!

Until next time..... ■

Photos by: Tony Nguyen

Bodybuilding for Health

BY SHERWOOD MINOR
IRONBYWOOD@GMAIL.COM



Though bodybuilding is known for the beauty of aesthetics and muscles which can become extreme in both areas, bodybuilding can also be used for health. Let me explain.

In the sport of bodybuilding, we have become accustomed to what we have seen over the course of many years which comes mostly from legendary figures like Arnold Schwarzenegger, Lou Ferrigno, and in news, print, and magazines.

Sometimes, we may see a competitive bodybuilder at a gym or a person that looked the part, but I am here to declare unto you that bodybuilding can and is so much more. For me, bodybuilding went from being a sport about how one looks on the outside to transforming how great it made me feel on the inside and in everyday life. Although one component of bodybuilding is about how big and strong one can get, it is also about developing symmetry and muscularity. Things changed for me when I did my

last bodybuilding show in 2000 and I will explain what happened.

At this time, I loved the way my body felt from the inside, meaning, I felt refreshed and full of vitality while at the same time, I felt strong with plenty of stamina. I went from just wanting to get in shape to competing to wanting to stay in shape for life. You may ask, "What did I do when not preparing for competition?" I basically lived an active lifestyle in terms of what I did and nutritionally, I ate what would be known as "SAD" or the Standard American Diet. The main difference is that I strove to get protein in every meal so I could keep getting stronger and build muscle.

However, what I should have been doing was to eat a more Paleo, Flexitarian, or Omnivore style of diet and then switch this during competition periods to a Flexitarian, Keto, Carnivore style of diet. (However, it is important to note that each person must find the best way of eating for themselves be it for competition, for life, or both). When it came to working

out, my bodybuilding training was unorthodox, while very similar to most typical bodybuilding training regimens. The only difference with me is that I also cross-trained. This consisted of playing recreational basketball, swimming, jogging, racquetball, and doing track work (100m, 200m, and 400m). The track work really helped bring out the detail in my hamstrings and in my nutritional plan.

From 2000 into the present, I have dealt with a combination of how I felt after my last competition and other situations like having developed cavities in my teeth and seasonal allergies. But despite this, I decided to keep my diet more whole food oriented, with less sugars and less processed foods. This also gave me a stronger immune system which meant I got sick less often and when I did get sick, I was able to fight off the sickness and recover a lot faster. When it came to working out, I still strove to train my body in a balanced symmetrical way. While I was still working to gain strength and muscle, I focused on nutrition as the standard for longevity and vitality.

Lately, muscle has been touted as a big part of wellness, longevity, and vitality and this can easily be noted just by doing a simple search online. You will see

that there are certain aspects of health and wellness that are trending which are the following:

1. Eating whole foods.
2. Resistance training and building muscle.
3. General movement which is not just running and aerobic classes, but includes walking, hiking, completing daily chores, and engaging in recreational activities.

As a matter of fact, a doctor by the name of Dr. Gabrielle Lyon has written a book detailing how muscle helps to increase longevity and other varied aspects of health. Tom Nikkola, a fitness coach, has also written a book expressing a similar message. I've read Nikkola's book which is a very good read, in my opinion, and look forward to reading Dr. Lyon's book which I am blessed to own a copy.

So, yes, what bodybuilders have been doing for years is now trending. As we can see, bodybuilding can be used for far more than just appearances, the stage and sport, but bodybuilding can also be used for longevity and health. ■



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Making Time For Fitness



BY LAMEESA MUHAMMAD, PHD
FRAGMENTALIST@YAHOO.COM



Life has a way of presenting challenges that can impose on our ability to take care of ourselves. Often times, we can become so overwhelmed with work, family, and other responsibilities that physical fitness is the last thing we attend to. When this happens, our bodies become neglected and we begin to not feel and look like the best versions of ourselves.

The following are a few tips that can help when our schedules are extremely busy and it seems like we can't seem to take the time to make fitness a priority:

Find The Best Time

Find the best time to workout in the day without distraction. This may mean waking up a little bit earlier in the morning. Even if you can only get in 30 minutes of cardio in the morning, that's better than not doing any cardio at all and your body will thank you for it.

Make A Schedule

After you determine the best time to workout, schedule it. Stay consistent. Although things may come up, do your best to keep your schedule and make adjustments for unexpected or unanticipated interruptions. Consistency in fitness not only has physical benefits, but it will also help you to feel better mentally.

Workout At Home

Maybe you can't make it to the gym due to interruptions like meetings after work or family obligations. In cases like this, work out at home. This may require a small investment in dumbbells, a bench, bands or other equipment, but this gives you the ability to get a workout in when you can't make it to the gym. Also, research or ask a personal trainer about how

to use your bodyweight or calisthenics to "tap" certain muscles groups for home workouts. You can definitely "break a sweat" working out at home when you learn what to do and how to do it effectively.

Multitask

Use your time wisely when in a crunch. During that work phone call, or lunch break, take a walk or do some stationary exercises. This allows you to accomplish two tasks at once rather than extending time unnecessarily.

Change Your Mindset

Change your mindset and make fitness a priority. The body is not meant to be idle and we are supposed to be taking care of it. The more we take care of our bodies, we extend the possibility of living longer and healthier lives.

Instead of dreading the thought of working out when life overwhelms us, keep in mind that a healthy and fit body can help us deal with the overwhelming challenges we sometimes face. Make time for fitness even with a busy schedule, it's possible and achievable when you make it a priority. ■

About the Author: Lameesa W. Muhammad, PhD is a certified NGA Personal Trainer, NGA PRO Figure Master competitor, School Administrator at Cincinnati Public Schools, and an Assistant Adjunct Professor at the University of Cincinnati.

How to Flourish on Your Wellness Journey

BY BRAD KRAUSE
BRADK@SELF-CARING.INFO



Wellness and self-care are pivotal for personal growth, influencing every aspect of life from mental health to physical well-being. Consistency is vital in transforming these goals from aspirations into integral parts of daily life. The excitement of weaving self-care routines into your schedule promises a more fulfilled and balanced existence.

This article explores strategies to effectively maintain your wellness and self-care goals.

Define Your Wellness Goals

Begin by breaking down your wellness objectives into specific, achievable tasks. This approach makes long-term success more manageable. Tailor these goals to match your personal preferences and lifestyle, ensuring they enrich your life rather than become a source of stress.

Customization is essential for sustainable practice and true wellness.

Squeeze in Exercise during Busy Days

Seek opportunities to include physical activity in your daily schedule, regardless of how packed it may seem. Simple adjustments, like opting for a walk during lunch breaks, can integrate exercise seamlessly into your day.

Look for ways to add movement to routine tasks, turning mundane activities into opportunities for health. These small, consistent efforts can cumulatively lead to substantial benefits.

Share Goals for Support and Accountability

Share your aspirations with friends and family to garner support and encouragement. Establishing accountability partnerships can significantly bolster your motivation, making it easier

to stick to your plans. Cultivating a community of like-minded individuals can provide a sense of belonging and support throughout your wellness journey. This network becomes a cornerstone of encouragement and understanding.

Design Motivational Tools for Progress Tracking

Create visually appealing posters featuring motivational quotes and vibrant imagery to spur progress. With online templates, you can design your invitations in minutes, making the process seamless and enjoyable.

All it takes is to choose a pre-made template and incorporate your desired fonts, logo, and images.

These posters remind you daily of your goals, keeping you motivated and focused. This creative approach to tracking progress ensures you stay committed to your wellness journey, celebrating every achievement.

Make Self-Care a Daily Habit

Incorporate self-care routines into your daily activities to cultivate wellness as a habit. Integrating quick and straightforward self-care tasks can make a significant difference even during the busiest days. A mindful approach enhances these practices' effectiveness and ensures they become a non-negotiable part of your routine. Consistency in self-care cultivates a resilient and nurturing relationship with oneself.

Experiment with Wellness Activities

Explore various wellness activities to keep your routine enjoyable and engaging. Whether trying new exercise forms, picking up hobbies, or practicing relaxation techniques, diversity can renew your enthusiasm for self-care. Finding joy in these activities encourages a more profound commitment to your wellness journey. Experimentation leads to discovering what truly resonates with you and keeps the process exciting.

Be Kind to Yourself When Facing Setbacks

Treat yourself with kindness and understanding when things don't go as planned. Embracing imperfection and viewing setbacks as learning opportunities can significantly ease the pressure of relentless goal pursuit. Accepting that progress is not always linear allows for a more flexible and forgiving approach to wellness. This self-compassion paves the way for resilience and continued effort despite challenges.


Celebrate Every Achievement Along the Way

Acknowledging and celebrating every success in your wellness journey, regardless of scale is crucial. This recognition practice bolsters a positive mindset and underscores the significance of your endeavors toward better health.

By fostering an attitude of gratitude for each step forward, you heighten your overall sense of happiness and fulfillment. Indeed, celebrating both the monumental and the modest victories keeps you driven toward continuous growth and diligent self-care, ensuring that every effort, irrespective of its size, is valued and acted upon as a stepping stone toward your overarching wellness goals.

Maintaining wellness and self-care goals requires consistency, community support, and kindness to oneself. Encourage yourself to appreciate each step of this fulfilling journey, recognizing the transformative power of self-care practices. Celebrating your progress underscores the significant impact of these efforts on your overall well-being. Engage wholeheartedly in this rewarding pursuit, and witness its profound influence on your life.

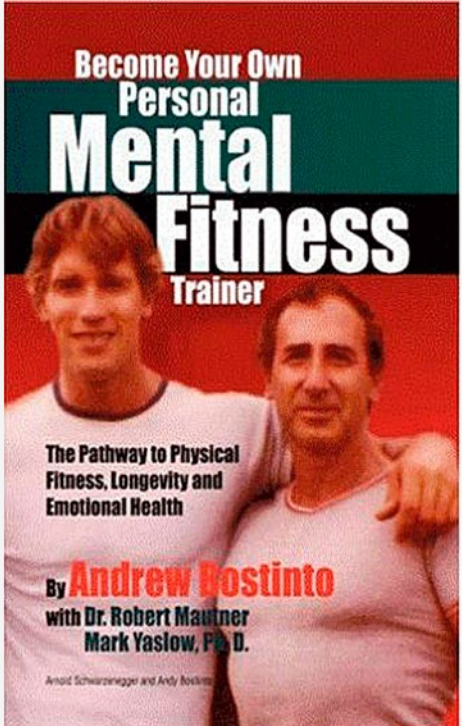
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— from the Introduction

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— Jack LaLanne

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2024 NGA Amateur Extreme Natural Championships

Deltona, FL
April 13, 2024

Promoter: Matt Ammann

Bikini - Open "Short"

1. Ruth Quijada
NGA PRO Card & Overall

2. Kim Davenport
3. Esmeralda Mendoza

Bikini - Open "Tall"

1. Brooke Huling
2. Ysabel Colon
3. Summer Galvin

Figure - Open

1. Natalie Conde

Wellness - Open

1. Esmeralda Mendoza
2. Summer Galvin
3. Marenia Thompson

Men's Physique - Open LW

1. Michael Borde
NGA PRO Card & Overall

Men's Physique - Open MW

1. Derek Pelose
2. Jay Watson
3. Connor Smith

Men's Physique - Masters 40+

1. Jay Watson
2. Raymond Dumit

Classic Physique - Open LW

1. Edward Hart
2. Arrick Kennedy
3. Joseph Lach

Classic Physique - Open HW

1. Christian Just
NGA PRO Card & Overall

2. Nathan Parker

Classic Physique - Masters 40+

1. Raymond Dumit
2. Brad Feller

Men's BB - Open LW

1. Nathan Parker
NGA PRO Card & Overall

Men's BB - Open HW

1. Christian Just
2. Raymond Dumit

Men's BB - Masters 40+

1. Raymond Dumit

Men's BB - Masters 50+

1. Raymond Dumit

Bikini - Novice

1. Ruth Quijada
2. Brooke Huling
3. Kim Davenport
4. Ysabel Colon
5. Esmeralda Mendoza

Figure - Novice

1. Natalie Conde

Evening Gowns

1. Lisa Foor
2. Ysabel Colon
3. Summer Galvin
4. Stephanie Weiss
5. Marenia Thompson

Evening Gowns - Masters 40+

1. Lisa Foor

Evening Gowns - Masters 50+

1. Lisa Foor
2. Christy Young

Evening Gowns - Masters 60+

1. Stephanie Weiss
2. Michael Borde

Men's Physique - Novice

1. Michael Borde
2. Jay Watson
3. Jean Bossous
4. Connor Smith
5. Derek Pelose

Men's BB - Novice

1. Nathan Parker
2. Christian Just

2024 NGA 23rd Annual PRO/AM Mr. & Ms. Natural Philadelphia Championships

Treose, PA
April 13, 2024

Promoter: Rev. Warren I. Egebo

PRO Men's Physique - Open

1. Shawn Everhart
PRO Classic Physique - Open
1. Umar Jones
2. Alexander Puhalla
3. Eric "Fitman" Brown
4. Brandon Fry

PRO Men's BB - Open

1. Anthony Casale
2. Umar Jones
3. Eric "Fitman" Brown
4. Vince Wood
5. Richard Widmer

PRO Men's BB - Masters 40+

1. Umar Jones
2. Vince Wood
3. Paul Hadler
4. Richard Widmer
5. Kevin Whaley

6. Paul Hadler
7. Carlos Martin

Bikini - Open

1. Suzanne Fral

Bikini - Masters 40+

1. Suzanne Fral

Figure - Open

1. Justine Heydom

Figure - Masters 40+

1. Justine Heydom

Men's Physique - Open LW

1. Dave Battle
NGA PRO Card

2. Mike Walsh
3. Janyl Galan
4. Robert McKeown
5. Luck Hives

Men's Physique - Open MW

1. Sung Jun Lee
NGA PRO Card & Overall

Men's Physique - Open HW

1. Caleb Nathanson
NGA PRO Card

2. Dustin Harris
3. Chad Custer
4. Paul Hadler
5. Scott Rooney

Men's Physique - Masters 40+

1. Robert McKeown

Classic Physique - Open LW

1. Jiejun Tan
NGA PRO Card & Overall

2. Janyl Galan
3. Denzel Schuler
4. Trevor Watson

Classic Physique - Open MW

1. Sung Jun Lee
NGA PRO Card

2. Mason Bonsall
3. Michael Bardo
4. Samuel Shunk
5. Noah Hilbmann

Classic Physique - Open HW

1. Denzell Schuler
2. Janyl Galan
3. Thomas Burns

Men's BB - Open LW

1. Denzell Schuler
2. Janyl Galan
3. Thomas Burns

Men's BB - Open MW

1. Alexander Puhalla
NGA PRO Card & Overall

Men's BB - Open HW

1. Kingsley Deslorieux
NGA PRO Card

2. Gabriel McLaughlin
3. Duane Townsend
4. Gary Haines
5. TJ Quelet
6. Marc Howahall
7. Paul Hadler

Men's BB - Masters 40+

1. Gary Haines
2. Thomas Burnes

Men's BB - Masters 50+

1. Gary Haines
2. Marc Howahall
3. Thomas Burns

Men's BB - Masters 60+

1. Thomas Burns

Bikini - Novice

1. Suzanne Fral
Figure - Novice

1. Justine Heydom
Men's Physique - Novice

1. TJ Quelet
2. Chad Custer
3. Caleb Nathanson

Men's Physique - Juniors

1. Caleb Nathanson
Classic Physique - Novice

1. Sung Jun Lee
2. Samuel Shunk
3. Mason Bonsall
4. Caleb Nathanson
5. Noah Hilbmann
6. Denzell Schuler
7. TJ Quelet

Classic Physique - Juniors

1. Mason Bonsall
2. Caleb Nathanson

Men's BB - Novice

1. Caleb Nathanson
2. Denzell Schuler

Men's BB - Juniors

1. Caleb Nathanson

2024 NGA 82nd Annual Cincinnati Natural

Middletown, OH
May 4, 2024

Promoter: Jared Weitzel

Bikini - Open "Short"

1. Sara Coberly
2. Kristan Keller

Bikini - Open "Tall"

1. Kadie Wagner
NGA PRO Card & Overall

2. Lauren Pruter	NGA PRO Card	2. Gregory Chuck	1. Josue Nieves Galan
3. Natasha Perry	2. Shawn Edwards	3. Michel Stelzer	NGA PRO Card & Overall
Bikini - Masters 40+	3. James Simmons	Men's BB - Novice	2. Jordan Arndt
1. Natasha Perry	4. Adam Heenan	1. Jake Dill	3. Jayden Bemis
2. Kristan Keller	5. Danny Belcher	2. Michael Stelzer	Men's BB - Open LW
Figure - Open "Short"	6. Michael Stelzer		1. Hunter Bougie
1. Riana Baira	Men's BB - Open LW	2024 NGA PRO/AM	2. Derrick Bauswell
Figure - Open "Tall"	1. Steve Young	4th Annual Natural Green Bay	Men's BB - Open MW
1. Lindsey Pelfrey	NGA PRO Card & Overall	Hardbodies Championships	1. Tom Alaimo
2. Nicole Landy	2. Dustin Cook	Green Bay, WI	Men's BB - Open HW
3. Riana Baira	Men's BB - Open MW	May 4, 2024	1. Jordan Arndt
Women's Physique - Open	1. Mark Cecil	Promoters:	NGA PRO Card & Overall
1. Lorrie Loughridge	2. Chas Springmeyer	Rev. Warren I. Egebo & Paul Hadler	2. Nick Wilkens
Wellness - Open	Men's BB - Open LHW		3. Michael Weaver
1. Lindsey Pelfrey	1. William Baker	PRO Bikini - Open	Men's BB - Masters 40+
2. Lauren Pruter	2. Jake Dill	1. Danielle Ebert	1. Nick Wilkens
Men's Physique - Open LW	Men's BB - Open HW	PRO Wellness - Open	Men's BB - Masters 60+
1. Nicholas Kramer	1. Braxton Moragne	1. Erin Rehn	1. David Wilkerson
2. Adam Heenan	2. James Simmons	PRO Men's Physique - Open	Men's BB - Masters 70+
3. Danny Belcher	3. Michael Stelzer	1. Addison Pederson	1. Tom Alaimo
Men's Physique - Open MW	Men's BB - Masters 40+	2. Orlando Anderson	Bikini - Novice
1. Lukas Hagan	1. Steve Young	PRO Men's BB - Open	1. Samantha White
NGA PRO Card & Overall	Overall	1. Dayshawn Taylor	2. Amy Yahnke
Men's Physique - Open HW	2. James Simmons	Bikini - Open "Short"	3. Brooke Mylener
1. Owen Standley	3. Michael Stelzer	1. Holy Brecheen	Wellness - Novice
NGA PRO Card	Men's BB - Masters 50+	2. Samantha White	1. Heidi Bunch
2. Bob Muntis	1. James Simmons	3. Kaye Koehoorn	Men's Physique - Novice
3. Domenico Fumarola	2. Michael Stelzer	Bikini - Open "Tall"	1. Derrick Bauswell
4. Dvid Walcott	Men's BB - Masters 60+	1. Amy Yahnke	Classic Physique - Novice
5. Michael Stelzer	1. Danny Belcher	2. Brooke Mylener	1. Josue Nieves Galan
Men's Physique - Masters 40+	Bikini - Novice	Bikini - Masters 40+	2. Jesse Vaness
1. David Walcott	2. Kadie Wagner	1. Kaye Koehoorn	Men's BB - Novice
2. Adam Heenan	3. Natasha Perry	2. Amy Yahnke	1. Hunter Bougie
3. Danny Belcher	4. Sara Coberly	Figure - Open	2. Nick Wilkens
4. Michael Stelzer	5. Kristan Keller	1. Molly Tymn	3. Michael Weaver
Classic Physique - Open LW	Bikini - Novice	2. Jodi Jackson	4. Derrick Bauswell
1. Dustin Cook	1. Kadie Wagner	Figure - Masters 40+	
Classic Physique - Open MW	2. Natasha Perry	1. Jodi Jackson	2024 NGA Kentucky
1. Mark Cecil	3. Sara Coberly	Wellness - Open	Natural Classic
2. Chase Springmeyer	4. Kristan Keller	1. Brooke Mylener	Lexington, KY
3. Anthony Breifelder	Men's Physique - Novice "A"	2. Heidi Bunch	May 11, 2024
Classic Physique - Open HW	1. Lukas Hagan	3. Danielle Ebert	Promoters:
1. William Baker	2. Adam Heenan	Men's Physique - Open LW	Josh & Melissa Miller
NGA PRO Card & Overall	Men's Physique - Novice "B"	1. Taku Watanabe	PRO Bikini - Open
2. Gregory Chuck	1. Bob Muntis	2. Derrick Bauswell	1. Kadie Wagner
3. Domenico Fumarola	2. Domenico Fumarola	Men's Physique - Open HW	PRO Figure - Open
4. Chris Abbott	3. David Walcott	1. Sam Manders	1. Laura Hornish
5. Daniel Blaine	4. Michael Stelzer	NGA PRO Card & Overall	PRO Figure - Masters 40+
6. Braxton Moragne	Classic Physique - Novice "A"	2. Jaden Bernis	1. Laura Hornish
7. Shawn Edwards	1. Chris Abbott	3. Jordan Arndt	2. Angie Buehler
8. Owen Standley	2. Daniel Blaine	Classic Physique - Open MW	PRO Wellness - Open
9. James Simmons	3. Owen Standley	1. Jesse Vaness	1. Erin Rehn
10. Michael Stelzer	4. Dustin Cook	2. Skyler Fry	PRO Women's Phys - Open
Classic Phys - Masters 40+	Classic Physique - Novice "B"	3. Addison Pederson	1. Laura Hornish
1. Mark Cecil	1. Domenico Fumarola	Classic Physique - Open HW	2. Alicia Frazier

PRO Men's Physique - Open	2. Emily Howton	Classic Physique - Open HW	3. Mike Homberg
1. Sung Jun Lee	NGA PRO Card	1. Austin Whitley	4. Elijah Williams
2. Austin Whitley	3. Katie Bareford	2. Gregory Chuck	Men's Physique - Debut
PRO Classic Physique - Open	4. Sarah Threatt	3. Christopher Troxell	1. Branton Sanders
1. Sean Young	5. Natasha Tackett	Classic Phys - Masters 40+	2. Emmanuel Quintana
2. Austin Baird	Men's Physique - Open LW	1. Mark Cecil	3. John Ferrell
3. Sung Jun Lee	1. Brion Thomas	2. Mike Holmberg	Men's Physique - Juniors
4. Jiejun Tan	NGA PRO Card	3. Greasy Belcher	1. Brian Thomas
5. Stuart Weasner	2. Brendan Kelly	4. DeWayne Godsey	2. Whitney Davis
PRO Men's BB - Masters 40+	3. David Davis	Men's BB - Open LW	3. Alpha Konate
1. Mark Cecil	4. Gary Campbell	1. Kendall Johnson	4. Charles Grimes
Bikini - Open "Short"	5. John Ferrell	NGA PRO Card	Men's BB - Debut
1. Brooke Broz	6. Timothy Phillips	2. Tyler Lewis	1. Tyler Lewis
NGA PRO Card	7. Greasy Belcher	3. Gary Shoults	2. Christopher Lanier
2. Samantha Howell	Men's Physique - Open MW	4. Denzell Shuler	3. Nicholas Wilkins
3. Carol Lake	1. Jiejun Tan	5. Christopher Lanier	Men's BB - Juniors
4. Emily Hiles	NGA PRO Card & Overall	6. Gary Campbell	1. Christopher Lanier
5. Natasha Tackett	2. Braxton Sanders	Men's BB - Open MW	
Bikini - Open "Tall"	3. Christian Allen	1. Mark Cecil	2024 NGA Gator Classic
1. Brittany Ford	4. Daren Spartman	NGA PRO Card & Overall	Deltona, FL
NGA PRO Card & Overall	Men's Physique - Open HW	2. Austin Baird	May 11, 2024
2. Natasha Perry	1. Alpha Konate	3. Jessee Holmberg	Promoter: Matt Ammann
3. Sarah Proctor	2. Bob Muntis	4. Bob Berbeco	PRO Bikini - Open
4. Isabella Simpkins	3. James Perkins	Men's BB - Open HW	1. Ruth Quijada
5. Sarah Coberty	Men's Physique - Masters 40+	1. Nicholas Wilkins	Best Poser
6. Katie Barford	1. Lloyd Jackson	2. Greasy Belcher	2. Melissa Lake
Bikini - Masters 40+	2. Timothy Phillips	Men's BB - Masters 40+	3. Anett McPhee
1. Natasha Perry	3. Timothy Hiles	1. Nicholas Wilkins	PRO Bikini Model - Open
NGA PRO Card	4. James Perkins	2. Greasy Belcher	1. Julie MBae
2. Sarah Proctor	Men's Physique - Masters 50+	Men's BB - Masters 50+	PRO Men's Physique - Open
3. Carol Lake	1. Gary Campbell	1. Lloyd Jackson	1. Robert Bell
4. Emily Hiles	NGA PRO Card & Overall	2. Bob Berbeco	2. Thierry Mbae
5. Sarah Threatt	2. Lloyd Jackson	3. Greasy Belcher	PRO Men's BB - Open
Figure - Open "Short"	3. John Ferrell	Men's BB - Masters 60+	1. Sangar Majboor
1. Tanya Brown	4. Timothy Phillips	1. Gary Campbell	Bikini - Open "Short"
2. Alicia Frazier	5. Greasy Belcher	2. Greasy Belcher	1. Kim Davenport
3. Barbie Jackson	6. Daren Spartman	Men's BB - Masters 70+	NGA PRO Card & Overall
4. Victoria Gould	Classic Physique - Open LW	1. Greasy Belcher	2. Jeanine Norris
Figure - Open "Tall"	1. Brion Thomas	Bikini - Debut	3. Yasaman Holt
1. Lindsey Pelfrey	NGA PRO Card	1. Brittany Ford	4. Jennifer Kavensky
NGA PRO Card & Overall	2. Kendall Johnson	2. Isabella Simpkins	Bikini - Open "Tall"
2. Tracy Beall	3. Tyler Lewis	3. Samantha Howell	1. Aileen Reyes
3. Molly Tynan	4. Gary Shoults	4. Sarah Proctor	Bikini - Masters 40+
4. Angie Buchler	5. Brendan Kelly	5. Katie Bareford	1. Aileen Reyes
Figure - Masters 40+	6. Bryce Hebert	6. Rose Howton	NGA PRO Card & Overall
1. Tanya Brown	7. Elijah Williams	Bikini - Juniors	2. Yasaman Holt
2. Barbie Jackson	8. Greasy Belcher	1. Isabella Simpkins	3. Julie Mbae
3. Tracy Beall	Classic Physique - Open MW	Figure - Debut	4. Theresa Williams
Women's Physique - Open	1. Mark Cecil	1. Tanya Brown	Bikini - Masters 50+
1. Tanya Brown	NGA PRO Card & Overall	2. Tracy Beall	1. Jeanine Norris
2. Barbie Jackson	2. Branton Sanders	3. Victoria Gould	2. Jennifer Kavensky
3. Natasha Tuckett	3. Breyson McKee	Figure - Juniors	Bikini Model - Open
Wellness - Open	4. Jessee Holmberg	1. Victoria Gould	1. Ruth Quijada
1. Lindsey Pelfrey	5. Whitney Davis	Classic Physique - Debut	Figure - Open
NGA PRO Card	6. Mike Holmberg	1. Breyson McKee	1. Julie Mbae
		2. Tyler Lewis	

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