



DEAR ROSA

MOTIVATIONAL HELP

Hi Rosa,

This might seem like a silly question but I find it hard to get motivated to train during the wintertime. How do you keep yourself motivated? Do you have any tips for getting out of the house when it's cold?

Jessica,
NSW

Hi Jessica,

I know exactly where you are coming from! I find it helpful to switch around my training and set new goals to keep myself motivated. I look at the aerobics schedule, try new class, go to a different gym to change the routine and see new faces. Sometimes a new environment will help get your motivation back during the winter season.

I also use the holiday season as a motivational tool to stay in decent shape. While everyone else is splurging day in and day out throughout the holidays I will limit myself to not one, not two, but three cheat meals per week if I am not getting ready for a show. This helps me enjoy the holiday food but also retain my figure. We all find the cold season an obstacle on our way to obtaining our fitness goals, but we have to find ways to keep ourselves motivated. I've been known to listen to different music, attend a variety of aerobic and training classes, or just change my whole routine, just to keep things interesting. I think that is why people lay off the gym in the first place, a lack of variety. Try to put some

variety into your workouts and your training schedule and you might just find the motivation you were looking for.

When it is cold outside and you just don't want to get out of the house, put your workout clothes on and you will have no excuse not to go. Say no to the cosy bed, and no to the holiday food. It really can be easy, just lock yourself in a closet full of weights!!! I hope this helps, but if it doesn't, just put a picture of me on your refrigerator and you will be motivated for life!

Good luck,
Love,

Rosa

HOW DO I GROW?

Hi Rosa,

I am trying to put muscle on to my tiny frame and not having much luck! What do you suggest?

Tina,
NSW

Hi Tina,

In order to put on some serious muscle I strongly recommend you eat at least six to eight meals per day (carbs, fats and proteins). Your body needs as many nutrients as possible for it to grow, as well a good range of supplements. Never starve yourself and make sure your diet is well-balanced. It is hard for me to say what foods and amounts you should be consuming without seeing you or without knowing any of your stats, but I have put together a sample diet that may assist you in

achieving your goals. Please do let me know how you go. It brings great joy to me when clients or fans achieve what they thought was never possible so I am always anxious to hear back.

Love,

Rosa

Follow this diet six days per week. Sunday is a free day to enjoy all the yummy foods you crave during the week!

8:00 am MEAL 1

10 egg whites
4 slices of Rye toast with sugar-free jam

10 almonds or cashews

Feel free to add fruit to this meal i.e.: banana, blueberries, strawberries and apple

11:00 am MEAL 2

185 g tuna and 100 g basmati rice
Add tomato and/or vegetables/salad to this meal and 1/2 avocado

2:00 pm MEAL 3

150 g lean red meat
100 g sweet potato or brown rice or 1 large white potato
180 g green vegetables

WEIGHT TRAIN

Post workout take 1 scoop (5 g L-glutamine, amino acids)

5:00 pm MEAL 4

Whey protein shake (40 g of protein) and 1 table spoon peanut butter, 4 rice cakes.



8:00 pm MEAL 5

175 g white fish three times a week (orange roughly, halibut, sole or red snapper) the other three days have salmon, 180 g green vegetables or mixed salad. Feel free to have some fat-free yoghurt for dessert if you wish.

Make sure that you have L-glutamine in the morning after weights, and before bedtime – 5 g in total. I also recommend plenty of glucosamine, whey protein isolate, multi vitamins, antioxidants, HMB and fish oil.

MY FIRST COMPETITION

Hi Rosa,

So glad your writing in this magazine! It's



hard to find a magazine on figure competitions for women other than bodybuilding. Although I think it's great, us girls need a bit of time in the magazines, so good stuff!

I just decided to commit myself to my first ever competition for next year and I am going to try a two-week trial food plan so that I know what is ahead of me. Do you think that this is a good idea? Also, I want to make sure that I am always mentally prepared for this type of competition. In saying this, how do you make sure that you are mentally ready for this? Without stressing about the 'look' or 'feel' after competition. How do you ensure that you do it right if that makes sense? Also, when bulking do you notice your body shape and how symmetric it's going to be?

Sorry for all the questions but I am really excited about doing this and I am just meeting people who are doing this now and it's all new to me.

Thanks,

Marisa,
BNE

Hi Marisa,

It's nice to hear from you and happy that you love my monthly column in M&F. I can also feel the excitement within you regarding competing and just how eager you are to commence. Awesome!

It is important you understand the huge journey you are about to embark on and the impact this will have on your life. I suggest taking baby steps, one day at a time. Try not to race ahead or you may find yourself falling behind as the weeks progress and you are well into your programme. I would suggest giving yourself at least six months to prepare for a show. Remember you need a good off-season as well as on-season. The off-season can be the most important part of your preparation, as this is where you will shape your body and work on the weak areas in order for it to appear more balanced and complete. Many competitors neglect to put in the hard yards during this time and then find they are lacking in certain areas of their physique come show time.

With regards to your diet, you will need to follow strict guidelines. Have a look at the diet outlined in the second letter. This is a good example of the types of foods you should be consuming in the off-season in order for your body to grow. Make sure you eat every two to three hours, and drink plenty of water. Don't forget to include a good range of supplements as well. Supplements are a must in every bodybuilders diet.

There is no guarantee that things will go as



planned or that you will get the results you are after for your first competition. I have competed in over 15 shows and I can honestly say that my condition and shape has been different every single time! This is a learning experience and you will learn a lot about your body and yourself as time progresses. What works for others may not work for you.

Over time you will figure out the techniques that most suit you, your lifestyle and your body. All athletes have a coach so I recommend you find someone that can guide you through the entire process. There are many different ways to get in shape and prepare for a show, but you need someone to put together programmes designed for you and your needs.

I hope I have been able to help somewhat point you in the right direction. Follow your heart girl, work hard and the results will come.

Best of luck!

Love,

Rosa **M&F**

Rosa-Maria is Australia's most successful figure competitor and looks forward to answering all your questions! Email your questions now to: rose@fitrose.com