

DEAR ROSA

LOST MOTIVATION!

Hi Rosa,

Firstly, I'd just like to say how much of an inspiration you are. You've achieved so much in the sport of bodybuilding – I can only dream! Anyway, I'm entering my first competition and would like some diet advice. I have a trainer who has competed in and won a natural bodybuilding competition.

He's great although I am not sure I agree with his diet advice. I am being leaned down already; I am 159 cm and currently weigh 56 kg. I've been training for this day for over twelve months now and for some reason I have all of a sudden lost motivation. My husband is a bodybuilder going into his second year, he never seems to lose motivation! Can you help? I look forward to hearing from you.

Kristy,
NSW

Hi Kristy,

It is very exciting you will be stepping

requires much hard work and dedication, so you need to make sure you keep on top of things from the beginning.

I am proud to be Australia's number one IFBB Pro Figure competitor and trainer to some of our best amateurs. Recently both of my girls (Sara Picken-Brown and Stacey Walker) placed first and second in the Australia and Stacey took fifth at the Arnold Classic, being the only International competitor to make the top five. It brings me great joy to see my clients 'rock the stage' so to speak.

Being a competitor and NPFC/IFBB judge myself, I know exactly what to look out for. Having said this, I don't doubt your trainer. There are many ways to prepare for a show and the more shows you do, the more you will understand what's involved and what works best for you. But I can tell you that if you are not happy with the way you are being coached, you need to find someone who you do work well with and can trust entirely. This is an

GREG WRIGHT



the contest preparation. However, your trainer should also help you stay on track and ensure you focus on what's important. This is exactly what I do for my girls; after all they represent Fitrose.com and myself. Try and incorporate outdoor training as well as indoor into your routine. Change cardio programmes and exercises regularly including diet. Small things like these can make a huge difference to the way you tackle the week ahead in preparation for the show. Personally, I aim to improve every time I step out on stage. That satisfies me entirely. So focus on yourself, work hard and I'm sure your dreams will come true sooner than later!

Good luck,

Rosa

I WANT TO LOSE WEIGHT

Hi Rosa,

I am 65 years old, 77 kg and I've been involved in bodybuilding since 1988. I had a diving accident and since then I have not been able to train as I would like to. I eat breakfast, whey shake with water and five meals of chicken and lettuce with balsamic vinegar throughout the day. If I snack I normally have a protein bar.

My weight doesn't alter and I want to know what to do about it! I do weights in my own home as I would not get the benefit of joining a gym because of my health problems. I can feel that I am becoming arthritic with nodules forming on my fingers and my ankles are not very comfortable if I over do it. So, you can see what a dilemma I am faced with. The question that I am asking is what do I do to lower my bodyfat?

Kay Jacobson,
SA

DAVID BECKER



Hi Kay,

I am glad you wrote to me. Your body is screaming out for help and it is important you make some changes to your daily routine immediately.

Personally, I recommend you do go and see your doctor. It is clear to me that you are depriving your body of many important nutrients in order for it to heal and grow. By limiting yourself to the foods mentioned above, you are actually doing yourself harm and slowing down the weight loss process, if not deterring it. From what you have told me you are having no carbohydrates what so ever! How could you possibly function like this?

Even when I am preparing for a show, I'll have at least three carbohydrate meals in order to provide my body with the strength it needs to get through each day. I believe the best way to lose weight and to maintain a healthy looking physique is to eat a well-balanced diet and to train consistently, combining weights and cardio into a daily routine. I've created a sample diet to show you how I eat and the foods I consume in order to stay in shape. Don't be afraid to enjoy a day off or a cheat meal here and there. Your body needs nutrients in order for it to survive. I am certain that by changing your eating habits you will see changes like never before.



JUAN CARLOS LOPEZ

SAMPLE TRIM DOWN DIET

Be creative and use spices and herbs to enhance your meals! Follow this diet Monday through to Saturday and have Sunday free to enjoy all the foods you like.

MEAL 1

8 to 10 egg whites, almonds, oatmeal measured dry, blueberries.

MEAL 2

1 tablespoon flaxseed oil, whey protein shake.

MEAL 3

Steamed green veggies, chicken breast/ white meat, yam baked.

MEAL 4

Lean steak, steamed greens, basmati rice.

MEAL 5

Turkey, low fat tortilla bread, mixed salad.

MEAL 6 (3-times a week)

5 egg whites scrambled

Thanks Kay and please let me know how you go after seeing your doctor.

Good luck,

Rosa

SETTING THE STANDARD

Hi Rosa,

You are the bomb girl! It is so cool you are writing for Muscle & Fitness. I love this magazine and I admit your section is the first one I turn to! It's always nice to hear from others with situations we can all relate to and having your input is the 'icing on the cake' so to speak.

A lot of people look up to you and you've really set the standard. My question to you is, what got you interested in bodybuilding and when did you first start training to compete?

I am just curious to know how long it actually took you to be where you are now. I would like to compete but I am not sure if I am committed enough to go all

the way. I am an all-or-nothing girl but just not sure if I have what it takes. I am so excited to hear back from you.

Natasha,
ACT

Hey there Natasha,

Thanks girl, I appreciate it. First of all, don't question yourself. You either want it or you don't and if you do, then you need to go for it. Work hard, train hard and make the entire journey worthwhile. You can do it! I always tell people to follow their dreams because anything is possible if you work hard at it.

I lifted my first set of weights in 2003 after the birth of my two boys Dylan and Jaime. I competed that same year in October and to my surprise won the WNSO/ANB National Figure title. From that moment I was hooked and have not looked back since. I have pretty much competed full time since I started but more so after turning pro in 2007.

It took me three years to become professional. Placing 4th at the IFBB World Championships was definitely one of my greatest achievements, becoming the highest placed Aussie female at this event in the sports history. My advice to you is to set some goals and work towards achieving them. Take each show at a time and continue to believe in yourself. No doubt you will face obstacles along the way but learn to overcome them. Yes, you have what it takes but it's up to you to make it happen

Good luck,

Rosa M&F

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

