

DEAR ROSA

MAKING A COMEBACK

Hi Rosa,
I just wanted to let you know that after having a break from competing for three years, I've decided to give it another go in women's heavyweight bodybuilding. I've competed in two competitions over the last two weeks and came first in both as well as taking the best posing award. It's thanks to you and all

your information and knowledge I've picked up from reading Muscle & Fitness that I've reached my goal at last. Thank you Rosa, you are a true athlete and a compliment to our country.

Allison Eaton,
NSW

Dear Allison,
How nice it is to hear stories like yours. After hard work, determination and commitment you finally achieved something you have always wanted.



GREG WRIGHT

That must be a wonderful feeling. It's stories like these that confirm anything is possible when you work hard for it.

I would also like to point out that you are a mother of two and you work full time, so it just goes to show there really are no excuses when it comes to feeling and looking good. You should be so proud of yourself because not only have you proved to yourself just how competitive you are, but you've managed to inspire many other women whilst getting in the best shape of your life. I sure hope to see you on stage again in the near future and I wish you much luck and success in all that you do. Three cheers for Allison!

Love,

Rosa

P.S. Muscle & Fitness magazine is also my bible! In actual fact, there is really no other fitness magazine out there that offers as much information.

EXCESS WATER

Dear Rosa,
I am just three weeks out of my first Figure competition and I am not sure if I am actually going to be ready in time! I have replaced all my vegetables with asparagus and have cut out all carbs. Physically I'm okay but I just can't seem to get rid of the excess water. My legs are also huge compared to the upper half of my body.

What do you suggest I do or should I pull out of this show and aim for a later one?

Fiona Garrido,
NSW

Dear Fiona,
As you know, asparagus is a natural diuretic which will help reduce the amount of water stored in your body. First of all it is totally normal to be

JULIO ARENAS

holding water three weeks out of a show and I don't recommend consuming asparagus this far out. It is too soon to be worrying about that. It's not until the final week of your preparation that you should really be concerned about getting rid of the excess water.

At this stage of your preparation you should be keeping your muscles nice and full. I do not recommend eliminating carbohydrates from your diet either. Your body needs fuel in order for you to be able to train effectively. I wonder where you are getting the energy from to get through your workouts. Are you at least incorporating fats such as peanut butter and fish oil into your diet? How about salmon and avocado? Lean red meat such as fillet mignon? Either way, I recommend at least two carbohydrate meals per day. Basmati rice, sweet potato and oatmeal are all fine. Eliminate sauces from now until after the show. However, still add salt to your meals. You will eliminate the salt in the last week of preparation.

With regards to the size of your legs, I recommend sprinting and plyometric jumps as well as the stationary bike. Make sure you are performing your cardio at high intensity and try interval training to shock the body and get things moving. Try not to stress either, as we all know stress has negative effects on the body including holding water! Good luck with your final preparation Fiona. Stay focused and train hard.

Love,
Rosa

THE BEST IS YET TO COME

Dear Rosa,
Congratulations on your 8th place finish at the 2009 Houston Pro Figure. I see there was a one-point difference between 6th, 7th and 8th places! Wow, that was really close! What are your plans for 2010? You are such an

inspiration to all us 'figure gals' here in Australia. I always refer back to your web site and especially Muscle & Fitness magazine for guidance. Thanks Rosa.

Ginelle,
QLD

Hi Ginelle,

Thank you! Yes, it was a very close show indeed. I was happy with how I presented myself on the day. I love what I do and always look forward to stepping out on stage.

I'm actually preparing for my next show right now, the Fort Lauderdale Pro Figure Cup in

Florida. I'm really looking forward to competing there. I've never been but have heard it is absolutely beautiful. I will also be competing with friends that I haven't seen for a while so it should be a lot of fun. Depending on my placing in Florida I may compete in the Kentucky Pro but I will make my final decision in a few weeks time.

I hope to compete once again in the California Pro and I believe that Australia may be holding it's first pro figure event! Nothing is set in concrete just yet but should it go ahead, there is a big possibility I will do that show; after all, it will be in my hometown and the only opportunity to compete in front of all my friends and family.

So as you see I have no intentions of slowing down. I believe my best is yet to come. Thank you for your support and stay tuned!

Love,
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

DAVID BECKER