



SPRING/SUMMER
2023

NGA NATURAL *mag*

Drug-Free Athletes of America

NGA PRO/AM UNIVERSE

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Welcome

Letter from the Editor

Happy 2023!!! Our first issue of the year is packed with great content intended to enhance and educate natural athletes along with presenting our winners and outstanding athletes throughout the season. We pride ourselves on being the oldest, most reputable natural organization, and being able to offer this FREE magazine.

This issue features our premier show, the 2022 NGA PRO/AM Universe along with our 2022 NGA Hall of Fame inductee, Craig Toth. Craig is our cover model and his amazing story of triumph is one you surely want to read.

I am truly excited for the 2023 NGA PRO/AM Universe as I bring it to a new venue located in central Florida just 45 minutes from Disney World. We hope to see you there on November 18, 2023, as we announce our new 2023 NGA Hall of Fame Inductee and disperse \$40,400 of guaranteed cash!

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



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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 2022 NGA Hall of Fame Inductee

COVER PHOTO BY: Luis Battistini (LuisX.com Studios)

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NGA 2nd Annual PRO/AM Green Bay Natural Hardbodies Championships

Green Bay, WI
May 7, 2022

NGA Promoters:

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www.naturalphillybodybuilding.com



Allison Mann
Bikini - Open "Short"
Overall & NGA PRO Card



Benedict Janowski
Physique - Open HW
Overall & NGA PRO Card



Dayshawn Taylor
BB - Open HW
Overall & NGA PRO Card



Taylor Frederick
Bikini - Open "Tall"
NGA PRO Card

The NGA PRO/AM 2nd Annual Green Bay Natural Hardbodies Championships was held at a new venue on May 7, 2022. The historic Meyer Theatre in downtown Green Bay built in 1931 and remodeled to its former art deco glory was the site of the 2022 contest. Thirty-two professional and amateur contestants competed from eight states. The emcee and Head Judge was Earl Snyder from Daytona Beach, FL. Sound was by DJ Frank from New Jersey. The official spray tanner was OJ Studio from Green Bay and the official photographer was Rosebud Photography from Chicago, Illinois.

Wayne Palmer from Durham, North Carolina took

the 1st place win and prize of \$1000 in both the PRO Bodybuilding Open and Master divisions. Taking 2nd place in both the PRO Bodybuilding and PRO Masters Bodybuilding classes was Sixto Fermin, from Columbus, Ohio, earning \$800 in cash.

In the Bikini Open "Short" class winning her NGA PRO Card and the Bikini Overall division was Allison Mann followed by and in order Deenaz Bedmar, Tierney Cushman, and Amanda Kapugi. Winning her NGA PRO Card in the Bikini Open "Tall" division (since there were five or more in her class in this Super PRO qualifier show) was Taylor Frederickson. She was followed by Deirdre Smith, Molly Tynan, Jamie Parrett, Lindsay Bencher, and Brittany Simpson. Bikini Masters 40+ winner was Amanda Kapugi. The Bikini Novice class was won by Deenaz Bedmar, followed by Amanda Kapugi, Taylor Frederickson, Deirdre Smith, Jamie Parrett, and Brittany Simpson.

The Figure Open class winner and getting her NGA

PRO Card was Monika Allen. She had been in the 2021 show and this was a reward for her hard work in her second year of competition in the NGA Green Bay show. Placements in order 2nd through 5th in the Figure Open division were Molly Tynan, Jaimie Parrett, Camille Sowly, and Lindsay Bencher. The Figure 40+ winner was Monika Allen. The Figure Novice winner was Jaimie Parrett.

The Men's Physique Open Lightweight winner and receiving his NGA PRO Card was Orlando Anderson from Green Bay. He also was much improved from his first competition in 2021. The 2nd through 5th place in Men's Physique Open Lightweight class were Juan Ramirez, Chris Brandenburg, Nick Houser, and Leighton Serrano. The Men's Physique Open MW winner was Josef Kleba of Neenah, WI. The Overall winner and Open Heavyweight winner who received his NGA PRO Card at the show was the very symmetrical Benedick Janowski from the University of Green Bay. The runner-up was Brandon Baker who again came back a second year with a stupendous six pack. The Men's Physique Novice division was won by Juan Ramirez with Nick Hooser taking the 2nd place position.

The Classic Physique division was one of the most competitive of the afternoon finals. Winning the Open Lightweight and his NGA PRO Card on his first competition was the inspirational Carson Molle from Seymour, WI. He was followed in order by Jon Forshier, Nick Hooser, Jacob Hospelhorn, Juan Ramirez, and Leighton Serrano. The Open Middleweight winner was Matt Kline, a seasoned competitor from Chicago, followed by Josef Kieba. The Classic Physique Open Heavyweight winner for a second year in a row was Dayshawn Taylor, followed by William Tess.

In the Bodybuilding Open Lightweight class, the 1st place spot and winning his NGA PRO Card was Jon Forshier. In the 2nd through 5th place spots in order were Jacob Hospelhorn, Nick Hooser, Juan Ramirez, and Leighton Serrano.

The Men's Bodybuilding Open Middleweight winner was Matt Kline, in 2nd place was Andrew Woodard, and in 3rd place was Josef Kleba. The Open Light Heavyweight class winner all the way from Florida was Sean Maloney, followed by William Tess. Winning his NGA PRO Card for the Overall and Heavyweight class was former Green Bay Blizzards Football player Dayshawn Taylor. The runner-up in the Heavyweight Open Bodybuilding class was big Wayland Weiler from Stevens Point, WI.

The Men's Bodybuilding Masters winner was Jon Forshier followed by David Wilkerson. Dave also won the Grandmaster's Bodybuilding trophy. Andrew Woodard, all the way from Tennessee, won the Bodybuilding Novice class followed by first-time competitors Juan Ramirez and Nick Hooser.

The show was promoted by Rev. Warren Egebo of Green Bay and NGA PRO Master Bodybuilder Paul Hadler of Gastonia, NC. Acoustical Guitar Rocker, Paul Hannah of Green Bay, performed the National Anthem to open the show followed by Paul Hadler's very entertaining posing routine. An after party was held at the St. Brenden's Hotel in downtown Green Bay where Paul Hadler also entertained. The 2023 show will be back at the Meyer Theatre in Green Bay and is slated for May 6th, 2023. ■

Photos by: Rosebud Photography



BY SHILOE STEINMETZ R.PH.
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A Changing Sport In A Changing World

*"To improve is to change;
to be perfect is to change often."*

- Winston Churchill

Winston Churchill made a great observation when he spoke these words. Change is always needed if a person really wants to advance forward and improve. Without change, things can grow stagnant. For example, if a business does not evolve, it

may not survive and be left behind because it does not meet the changing demands of the world. Is change always a good thing? Does change always improve things? I would argue in most cases it does, but not necessarily in the sport of Physique competition.

With over 25 years in the bodybuilding/physique competition world, I have seen a few changes indeed. I have been a fan, athlete, judge, promotor, and advisor in the sport. I have a wide range of experiences when it comes to physique competition. As an athlete, I have

competed and won many professional bodybuilding cards in several natural organizations and I have also won many overalls and national placings in the untested organizations. As a judge, I have critiqued many classes of physique competitors ranging from amateur to professional. Through it all, I have seen a ton of change and I can tell you it has not all been for the better or improvement of the sport.

The sport has changed often and unlike what Churchill says, the sport is by no means perfect. Some of the things that I have witnessed for the good is the addition of more bodybuilding classes which brings more athletes to the stage. The sport has grown tremendously because of this change and many athletes who previously may have not competed have now had their experience on stage. With that said, there are far more changes that have made the sport worse than it was 25 years ago. I have personally seen politics, greed, perversion, and drugs take a heavy toll on the sport over the years.

The politics are worse in some organizations than others and greed has taken the sport from an athlete centered competition to a money-making machine at the expense of the athlete. I can tell you from experience what I personally witnessed when I was on a judging panel of a high-level organization and contest (I won't mention the organization or contest). The winner of the brand-new bikini division was hand-picked by the organization president and the judges' scorecards were not even tabulated or considered. Yes, that is politics at the worst. I have also been on the receiving end of politics when being judged both for the good and the bad. Without going into story after story of the things I have witnessed, I want to focus primarily on the changes in the sport when it comes to the use of drugs to enhance the body.

Thank goodness for drug tested organizations like the NGA. Without organizations like the NGA, athletes today would have nowhere to go other than the non-tested arena. This would put them at a huge disadvantage. The biggest change I have seen over the years is the advancement of performance enhancing drugs (PEDs) which have taken over the sport and almost have become a normal part of competition. Even the leadership in the non-tested organizations knew that PED use was becoming

problematic at the onset and the hope was that some of the newer divisions would curve the problem. Well, that didn't happen. It got worse and now even the Physique divisions are rampant with drugs. Women's divisions have become so competitive that they even dabble into the male hormones to gain an advantage. Drugs to help better condition the athlete are used by males and females alike.

The sad part of all this is that the health and wellness of the athlete is at stake. I think by now we are all aware of the ever-growing death toll of athletes (mostly male bodybuilders). They seem to drop like flies year after year and almost all of these deaths are related to the short- and long-term effects of the PEDs. Athletes in pursuit of some short-term fame or title will do almost anything to chase that ever-elusive dangling carrot. Once an athlete starts the vicious cycle, where does it end? For some, this will sadly end in death.

Again, thank goodness for events like those held in the NGA. Athletes can make a choice and not have to give in to the pressure and perils of untested shows. When the sport started to take off and really grow back in the "Golden Era" of Arnold and the like, steroids and diuretics seemed to be the only abused PEDs. Many years later, we now see those same drugs as "introductory" or those taken by beginners. Today, the list of drugs goes way beyond the steroids and diuretics of yesteryear. They include classes such as Human Chorionic Gonadotropin (HCG), Human Growth Hormone (HGH), Insulin, Prohormones, Selective Androgen Receptor Modulators (SARMs), Insulin like Growth Factor (IGF-1), and many others as this list is not exhaustive. It would probably blow your mind to know all the types of drugs people will try to have an advantage.

The problem with all these drugs is that there is a price that comes along with them. In the past when steroids were the main drugs abused in the sport, the risk usually consisted of unwanted side effects such as aggression and acne which extended to more serious effects such as sudden cardiac death (SCD), myocardial infarction, altered serum lipoproteins, and cardiac myopathy. Diuretics can cause dehydration and electrolyte imbalances and extend to permanent organ, tissue damage, or even death.

The drugs of today compound to this list and lead to insulin resistance, diabetes, depression, mental illness, and a list of things yet to be determined. I believe this is one of the major reasons athletes are dropping like flies. So, as you can see, change is not always for improvement as the use of PEDs in Physique competitions is evidence of that.

Why did I share all this with you? One reason is to show the progression and change of the sport moving in the wrong direction. Another reason is to show the seriousness of drug abuse that exists today in the sport and the resulting consequences. However, the main reason why I am sharing this is to show athletes there is always an alternative to the path of PEDs. The NGA is one of those paths and has been around for many years.

Although the NGA has evolved and changed over the years and will continue to do so to improve, this natural bodybuilding association is consistent in its efforts to provide an athlete centered competition

without politics and drugs. The NGA's focus has been and will continue to be athlete safety first. Remember, there is always a choice when it comes to competing, so why not compete with the best and longest drug tested organization in the world? The NGA strives to always grow and create a fun and memorable event that focuses on the overall well-being of the athlete that levels the playing field for everyone.

As always, if you ever have questions, feel free to reach out and send us an email. SHILOESTEINMETZ@YAHOO.COM

God bless! ■



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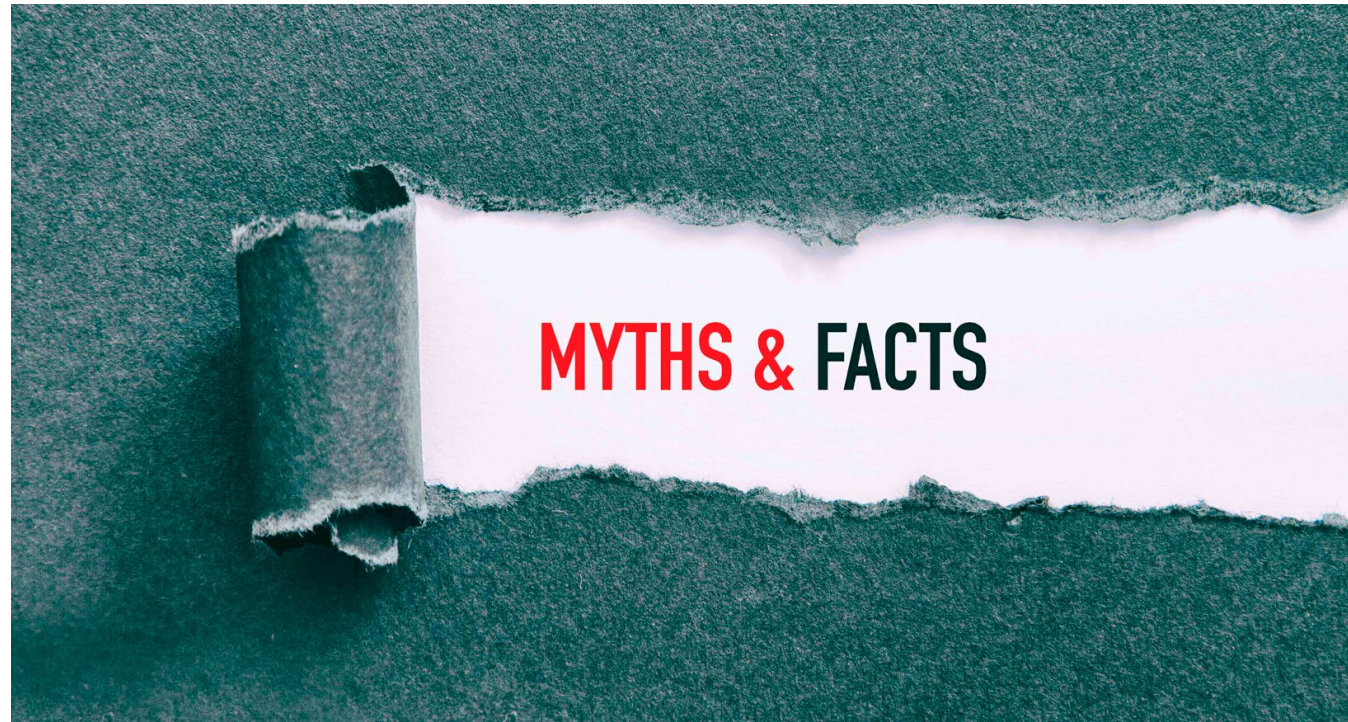
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Bodybuilding Myths That Need to Go Away



BY CHAD ADAMOVICH, CSCS
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Bodybuilding is a science driven sport and has come a long way since the 70's when it really started to pick up in popularity. Research has also come a very long way since then, leading to more intelligent and healthier practices. Despite this, very old myths continue to live in the culture. This is due to the fact that people tend to think if someone looks the part, they must know what they are doing. In reality, this couldn't be further from the truth in the sport of bodybuilding. Participation does not equal qualifications. Because of this false dichotomy, these myths are leading to misinformed practice and in some extreme

cases, it could lead to health issues or death. In this article, I want to discuss a few of those myths that need to go away.

MYTH: FISH THINS THE SKIN

This myth began when a really popular IFBB bodybuilder made a YouTube video talking about how he prepares for a contest. One of the things he said in the video that gained a lot of traction was that he chose to eat a lot of fish in prep because "it thins the skin". This is a perfect example of someone looking the part, but has a very limited understanding of nutrition and human physiology. The statement that he made is completely false. Fish does not have any magical property to thin your skin or even to lower water levels in the skin. What actually took place for this bodybuilder was that he was in a caloric deficit

and he got leaner over time which created the illusion that his skin was thinning.

MYTH: TRAINING YOUR TIE-IN'S

You may have heard in the industry the term "tie-in". First, let's debunk this word. There is no such thing as a "tie-in". When you hear this word, what is actually being referred to is the place where two muscles connect or intersect at a certain point in the body. For example, "glute ham tie-in" is a very popular term that you may have heard. However, the fact is the word "tie-in" doesn't exist in human anatomy. Your muscles have what is referred to as an origin and insertion point. The origin is typically where the muscle attaches to the bone and is the least mobile. The insertion point is the more flexible end that usually connects to tendons with the tendons connecting to the bone. As you can see, muscle groups are separated and do not "tie-in" together so training your "tie-ins" is not possible.

Now that part is clear, let's bring more clarity in how the term "tie-in's" is used in training. You may hear in the industry people talk about training tie-ins in order to improve a particular area. Well, I'm sorry to tell you, but it's impossible to do this. Your body insertion and origin points are genetically determined, there is no changing this. That is why you see so many different shapes to the same muscle groups in different athletes. A perfect example are the glutes. Everyone has them and trains them, but all will look different depending on where these points are attached on the body. The only thing you can do here is make that muscle itself bigger by proper training. Glutes may also be improved through better conditioning in order to make that point more visible or distinct in a contest. You will never be able to "isolate" that area for training to improve it, so "tie-in's" as it pertains to training is an impossibility.

MYTH: YOU NEED TO DEHYDRATE IN PEAK WEEK

In practice, we see athletes look phenomenal by drinking plenty of water prior to a contest and on contest day. It may baffle some to hear this, but the well-informed coaches do not dehydrate their athletes. This myth is once again popular because it's what they

use to do, and sadly, some still prescribe this practice without any solid education. The dehydration theory comes from zero scientific evidence and is just an idea with no solid claims to establish it. The thought behind this is that it will help you look more "peeled" or "dry" or any other term you may use to describe it. However, the problem is, that this can actually have an adverse effect in achieving the look that some are striving for once you learn about human physiology. In addition, dehydrating during peak week is very unhealthy and can lead to severe side effects and even to death.

Let me explain further why this practice makes no sense. The goal of "peak week" is to prepare an athlete for the stage looking their best. Typically, you will load carbohydrates and sodium at different levels given the personal needs for each athlete. This is done to fill the muscle glycogen stores which will make muscles look larger and push against the skin. Sodium also helps with glucose transport, blood pressure and vascularity. Water is very important because for every 1g of carbohydrate stored as glycogen, it pulls 3-4g of water in the muscle (making the muscle larger). Water is inside the cells, in blood and in the space between the cells. The idea behind dehydrating is to lower water levels outside the muscle, but you can't selectively remove water from one area. If you dehydrate, you lose water from ALL areas of the body. This will make you actually look smaller and flatter. Your vascularity will also go down and make it harder to get a "pump" before you hit the stage. In addition, not only is it potentially damaging the look you are going for, but is extremely risky for your health. By not providing your body with enough water, you are at severe risk of passing out, having kidney problems, seizures, and much more including death.

By reading this, I am hoping you walk away with a better understanding of bodybuilding science. This will help you clarify some of the misinformation that is so widely spread in this sport and abundant. In addition, it will keep your bodybuilding process done in a much more intelligent and safe manner. ■

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 30 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 or visit www.iron-science.com Contact Email: chad@iron-science.com



NGA PRO/AM Lee Banks Natural Championships

Jacksonville, FL
May 14, 2022

Promoters: Lee & Lafayette Banks

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Ryan Beck
Classic Physique - Open
NGA PRO Card



Shaquille Whitmore
Physique - Open LW
NGA PRO Card



Vanessa Reed
Figure - Open & Masters 50+
1st Place



Derrick White
Physique - Open MW & Masters 50+
2 NGA PRO Cards & 2 Overall



Emily Blake
Bikini - Open & Masters 40+
2 NGA PRO Cards & 2 Overall

The NGA PRO/AM Lee Banks Natural Championships (LBNC) has returned, and we must say that it was all we expected it to be. The quality of the natural athletes onstage was amazing! Each of our newly awarded NGA PROS displayed the physique and poise worthy to gain the PRO status. Starting with our youngest competitor, 16 year-old Ryan Beck who completely dominated the Classic Physique division and took home the 1st place position in the Novice, Open, Best Poser, and Overall divisions. This allowed him to earn NGA PRO Status in his first show ever. We are proud that he chose the NGA LBNC as his first show and will continue following him as he excels in the sport.

Photos by: John Hawley

The Figure division was also very competitive; however, Vanessa Reed took the division winning in Figure Debut, Novice, Open, Masters 50+, and the Overall. This was a very impressive job for a debut show. In the Bikini Open division, Emily Blake earned her NGA PRO Card status in both Bikini Open and Bikini Masters 40+ and she also won the Overall in Bikini and the Masters 40+ division.

The Men's Physique Open division was the most competitive in this phenomenal show. Starting with Derrick White, who has been shooting for his NGA PRO Card for some time, earned the PRO status in both the Physique Open Middleweight and Physique Masters 50+ division. Derrick lit up the stage with his enthusiasm and he also stated that the Lee Banks Natural Championship was the best show he's ever competed in.

Lastly, there was Shaquille Whitmore who traveled all the way from Arkansas to Florida with his family because his coach said he needed to compete at the NGA Lee Banks Natural Championships. That turned out to be great advice because he ended up taking the 1st place position in the Physique Open Lightweight class and Overall, earning his NGA PRO Card with a physique that will definitely be awarded in the NGA PRO ranks.

We are very proud of all our competitors and want to say thank you to all that came out and supported the NGA LBNC! Don't forget to follow the encouraging words spoken by Lee and Lafayette Banks that you don't have to take drugs to be a competitive fitness athlete and that it's best to stay natural and healthy. We will be back with an even greater show and we are looking forward to seeing you all there May 13, 2023. ■

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NGA Florida PRO & NGA Florida State Natural Championships

Altamonte Springs, FL
June 4-5, 2022

NGA Promoter: Darrell DeVor
dwdevor@gmail.com



Team 20/20 Nutrition



PRO Bikini - Masters 40+
L-R: Katie Arnold, Evelyn VanOrmer, Lina Wilburn, Brandi Young (1st Place), Anett McPhee, Angela Bosch, Cynthia Dunskey



Jamaal Williams
PRO Classic Physique - Open
1st Place



Teddy Simmons
Physique - Open LW
NGA PRO Card

The 2nd Annual 2022 NGA Florida PRO & NGA Florida State Natural Championships is in the books! This contest drew NGA PROS and amateurs from around the country and as far away as Paris, France to be recorded as one of the largest and most talked about natural bodybuilding events of 2022.

Athletes from Alaska, Oregon, Michigan, Maryland, Wisconsin, New York, New Jersey, Pennsylvania, Kentucky, North Carolina, Virginia, Texas, Missouri, Maryland, and from all over the State of Florida

came to take their shot at becoming an NGA Florida State Champion.

The 2-day event was held on June 4th and 5th in the Grand Ballroom of the Hilton of Altamonte Springs, Florida. This was a stay where athletes competed in the venue along with participating in the PRO Athlete Press Conference Friday night and two Athlete After-Party events following the competitions. We were honored to have 127 athletes from across the NGA and from our recognized organizations around the world.

On Saturday, June 4, 2022, there were 60 amateur athletes on stage at the NGA Florida State Natural

Championships. There were 13 athletes who were awarded brand new NGA PRO Cards and crowned from 28 hard fought individual divisions.

The NGA Florida PRO Division held on Sunday, June 5th had one of the largest collections of professional talent from across the nation with 67 PROS competing for over \$16,000.00 in guaranteed prize money.

The Best PRO in Show Award was taken home by NGA PRO Marcus Harris, who also took home the PRO Men's Physique Overall title besting 18 other competitors.

The title of NGA Mr. & Miss. Florida was awarded

to our Men's Bodybuilding Overall Champion Alek Pacocha, and our Bikini Overall Champion Margaret Williamson respectively.

The 2022 Team Award was taken home by Team 20/20 Nutrition with over 20 athletes registered for this competition.

In 2023, we are projecting over 170 athletes to compete in our 2-day event to be held on June 3rd and 4th in the Grand Ballroom of the Hilton of Altamonte Springs, Florida. We hope the see you all in attendance! ■

Photos by: John Hawley and Greg Walck

Sleep

Your Most Anabolic Supplement (Part 2)



BY DR. CHRISTOPH KLUPEL
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 ULTIMATE FITNESS ACADEMY (THAILAND)
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Getting a good night's sleep is indispensable, if you should want to improve your muscle-mass and -strength and should plan to hit the gym with proper intensity on the next day. During restorative sleep, anabolic hormones like growth hormone and testosterone are released, which increase protein synthesis and muscle recovery. Unfortunately, getting a good night's sleep is often easier said than done. The following suggestions and supplement recommendations may help you to attain more effective and restful sleep.

Recommended lifestyle alterations to improve the length and quality of restorative sleep include:

- 1) *Getting sun exposure during the day,*
- 2) *Getting between 7-9 hours of sleep at night,*
- 3) *Winding down at 9 p.m. and going to bed before 11 p.m.,*
- 4) *Keeping your bedroom dark and cool,*
- 5) *Turning off your phones and all other screens well before sleeping time,*
- 6) *Regularly engaging in exercise during the day,*
- 7) *Avoiding highly intense exercise sessions at night,*
- 8) *Avoiding caffeine within 8 hours of sleeping, and*
- 9) *Restricting alcohol consumption.*

Consuming alcohol at night disrupts the circadian rhythm, suppresses melatonin, and disrupts a healthy sleep architecture. The more and the closer you drink before going to bed, the more it will disturb a good night's sleep, particularly reducing the REM (Rapid Eye Movement) sleep periods.

While alcohol consumption may help to induce relaxation, to fall sleep quicker and to sleep more deeply for a while due to alcohol's sedative qualities, it will diminish sleep quality and duration, leading to lighter, more restless sleep in the second part of the night. Additionally, this may also make staying asleep prevent you from falling back to sleep again. In short,

alcohol consumption is not useful for improving sleep and should not be used as a sleep aid.

An even worse approach to invoking a good night's sleep is the use of pharmaceutical sleep medications, which comes at a major cost to health. Chemical sleeping pills may help you to fall asleep faster and reduce nighttime wakefulness but will not provide the same restorative benefits as natural sleep. Such sleeping pills tend to negatively impact normal sleep architecture by increasing the shallower non-REM-2 sleep and decreasing slow-wave deep sleep.

The worst side effect from using pharmaceutical sleep medications is that they often can cause dependency within days or weeks of use and withdrawal from these types of sleep aids can cause "rebound insomnia" which will make it even more difficult to fall asleep accompanied by a variety of other detrimental physical, psychiatric, or neurological symptoms. Therefore, regularly relying on pharmaceutical drugs to attain sleep is not advisable and should only be the very last resort such as in cases where pain or severe illness may render getting any natural sleep impossible.

What could you do if a recuperative good night's sleep yet fails to materialize despite your best efforts to establish an ideal sleep routine and you have implemented all the above suggestions to optimize your sleep hygiene?

Fortunately, there are a number of healthful natural supplements, which are not only proven to improve sleep efficiency and quality, but even provide various additional health benefits, are free of side effects at the specified dosages, and are safe for long term use without causing addiction. Although it almost sounds too good to be true, some of them will not only help you to sleep better and longer but are even well-known to support your athletic endeavors in the gym.

The final part of this article, which will be published next issue, will provide information on some of the healthiest natural sleep supplements, which will, without doubt, even put YOU to sleep!!! ■



NGA 6th Annual Thunder Classic

DeLand, FL
June 25, 2022

NGA Promoter: Tracy Simonds
tracysimonds@yahoo.com
www.NGAThunderclassic.com



Judge's Panel
L-R: LaDarrius Sanders, Christine Keefer Fulwood, Rick Pierre, Maggie Carbone, Lana McCullough (Test Judge), Toby Howard, Kristi Phillips



Figure - Masters 40+
L-R: Melissa Williams 4th, Tracy Rife 3rd, Alanna Payne 2nd, Vanessa Reed 1st (NGA PRO Card), Leslie Campbell 5th



L: Cooper Chaney
Classic Physique - Open HW
NGA PRO Card & Overall

R: William Baldwin
Classic Physique - Open LW
1st Place

The NGA 6th Annual Thunder Classic was a huge success! Everyone had an amazing time and we awarded almost a dozen NGA PRO Cards to a group of well-deserved athletes. The atmosphere at Deland High School was uplifting, competitive, and the audience was full of enthusiasm for the sport of natural bodybuilding. The athletes loved the swords, trophies, battle helmets, and tiaras. But the show down for the 15# Thor Hammer was the highlight of the evening. Vanessa Reed is the first woman to take home the hammer as the Best Athlete of the competition.

Here are a few things people had to say about this year's show:

"Another Awesome Experience."
- Griff Vittone, Amateur Classic Physique Competitor and PRO Bodybuilder Master

"I had a great time and an awesome experience competing for the first time. Thank you ALL!"
- Robert Gonzalez, Competitor

"I had such a great time! I learned so much and enjoyed seeing all the athletes display their hard work."
- Debra Bozeman, Competitor and expeditor for the Thunder Classic

"Best experience. So organized and so much for the athletes. So grateful for everything and all the crews!! Very well put on show."
- Perlas Punos, Bikini Competitor/
NGA PRO Card

"Literally the most amazing and surreal experience ever! Thank you so much for all you put in for us athletes!"
- Hannah Adams, Bikini Competitor/
NGA PRO Card

Thank you to everyone that participated and aided in this year's event. We could not run such a well-organized show without each and every one of you.

"The show was absolutely electric!"
- Chase Jefferys, Coach and owner of New Wave Physiques Bodybuilding Team

"Yesterday was hella fun at the NGA Thunder Classic."
- Shannon Dixon, Physique Competitor/
NGA PRO Card



Tracy Simonds with Vanessa Reed



Vanessa Reed
Hammer Winner (Best In Show)
Figure - Open & Masters 40+
2 NGA PRO Cards

Thank you to our sponsors for continuing to believe in the vision of The Thunder Classic and what an event like this does for our community. We could not do the Thunder Classic without your support. For full show results, please go to the National Gym Association website located at www.nationalgym.com/national-gym-past-contest-winners.html.

Our NGA 7th Annual Thunder Classic will be held June 24, 2023. I hope you will be able to join us. Check out our website www.NGAThunderClassic.com for more details. Visit www.TracySimonds.com if you would like to know more about Tracy Simonds the promoter for the NGA Thunder Classic. ■

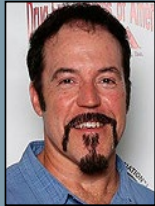
Photos by: Lacey Oakey (Creating a Figure Photography)



L: Hannah Adams
Bikini - Open "Short"
NGA PRO Card

R: Perlas Dang-Awan
Bikini - Open "Tall"
Overall
Bikini - Masters 40+
2 NGA PRO Cards

MOTIVATOR'S CORNER



BY JOHNNY "THE MOTIVATOR" CARRERO
 NGA CHAIRMAN, CA
 PROFESSIONAL FITNESS TRAINER
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What Was The Purpose of Natural BB?

Bodybuilding was supposed to be a healthy sport in which a person would create their perfect physique and then showcase that physique in an artistic form on stage. In the 50's, anabolic steroids entered the sport of bodybuilding and soon became the norm. If you wanted to compete in bodybuilding, the tools used to create this physique were weight training, cardio, healthy eating, water, and steroids. That is what we thought. As the sport grew, so did the athletes, who got bigger and bigger. Then we started finding out about the side effects of taking steroids. When the 70's hit, bodybuilding became chemical warfare amongst competitors. Many bodybuilders were having complications with their health which even led some of them to death!

In 1979, a couple of natural bodybuilding organizations were created which was the National Gym Association (NGA) founded by Andy Bostinto and the American Bodybuilding Coordinating Committee (ABCC) founded by Jack O'Bleness. These two men are the reason why there is natural bodybuilding today! These men started these two organizations so that

they could clean up the sport of bodybuilding and help save lives by giving natural competitors the opportunity to get clean and healthy as the sport was intended to be. Back then, natural bodybuilding to me was a form of bodybuilding rehab. The shows were drug-tested by requiring competitors to submit to a polygraph test or urinalyses. At first, competitors were required to have 5 years clean (drug-free) in order to ensure that the competition was natural so that the playing field was even and fair. Many competitors that decided that steroids was not the path for them, stopped doing the drugs and created a healthier lifestyle. Since then, many more so-called natural organizations have come out of the woodworks and this has watered down the sport of natural bodybuilding! Some organizations drug test the athletes while others only test only the winners.

In 1993, I promoted the first natural bodybuilding show in the Sacramento area. I LOVE bodybuilding, it's my life and because I felt natural bodybuilding was a fantastic idea, I decided to put my passion of bodybuilding to work by helping to educate the youth on the harmful side effects of steroids and other drugs! In my opinion, educating our youth will help us create true natural competitors for the future. Since there are untested shows, why should we even have to test? Anyone who chooses to enhance their body with drugs or banned substances should just

compete in a non-tested event. Unfortunately, that is not the case! Some competitors believe that if they haven't taken steroids, that they are natural while they may be using other banned and harmful drugs to enhance their bodies. Because of my passion and integrity for this sport, one of my main goals is to prevent unnatural competitors from competing in natural body building events, but it's difficult because many natural organizations, promoters, and athletes are putting a blind eye to this situation. Some say, "Well, they passed the test!" But, in reality, they still may be using drugs. I can tell if someone is natural or not just by looking at their physique 99% of the time because I wasn't born yesterday! I decided to ask a few people the following question:

What is natural bodybuilding to you?

"What does natural bodybuilding mean to me; bodybuilding is how it should be; natural. Eventually, the body will shut down if it doesn't recognize substances that it doesn't need."

~ Bing Saez, NGA Promotor

"I'll be 70 this year so, it's all about longevity and health, in my opinion... that's what bodybuilding should be about!"

~ Mike Kelly, PRO Natural Bodybuilder

"I support you 100% in your efforts to make drug-free bodybuilding a sport that is taken very seriously and gives an outlet for people who do not want to do the drugs."

~ Jay Robb, The Diet Guru

"Natural bodybuilding is no drugs or supplement that enhance your body for growth, hardness, or shreds!"

~ Johnny "The Motivator" Carrera

So, let's keep it going and make natural bodybuilding the most dominant form of bodybuilding. It's healthier, it's safer, and it is the most honest way for a competitor to build their body and compete on a fair and even platform. ■




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NGA 9th Annual Mr. Anthracite NGA 5th Annual Mr. Coal Natural Championships

Pottsville, PA
July 9, 2022



The NGA 9th Annual Mr. Anthracite Natural and the NGA 5th Annual Mr. Coal Natural Bodybuilding Championships were held on July 9, 2022, at the Ramada Inn Ballroom in Pottsville, PA. The NGA Anthracite Natural is a closed show open to bodybuilders, classic physique and men's physique competitors who reside, go to school or work in the Anthracite Coal region of Pennsylvania. The area encompasses the counties of Lackawanna, Luzerne, Northumberland, Carbon, and Schuylkill.

Winning the NGA Mr. Anthracite title for the

second time (he won in 2016) was Chadwick Thomas of Minersville, PA. He also won the Open Middleweight class. The Lightweight Open class was won by Robert Kliska of Willkes-Barre, PA and the runner-up was veteran competitor Carlos Martin of Moscow, PA. The Open Light Heavyweight winner was Jake Honse of Tower City, PA. He had been in the first NGA Mr. Anthracite show in 2013 and was making a comeback.

In the NGA Coal contest, (open to anyone) the Men's Physique winner was Brent Christie from Philadelphia, and the runner-up was Bryce Felgenhauer of Paoli, PA.

The Classic Physique Open Lightweight winner was veteran competitor and gym owner Gordon Brodecki followed by Jamyl Galen taking the 2nd place position. The Classic Physique Middleweight winner was

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

L-R:
Gordon Brodecki
"NGA Mr. Coal Natural"
Classic Physique - Open LW
1st Place
BB - Open LW & 40+
Two 1st Places

Austin Sphar
"NGA Mr. Coal Natural"
BB - Open LHW
Classic Physique - Open HW
2 NGA PRO Card & Overalls

Chadwick Thomas
"NGA Anthracite Natural"
BB - Open MW
1st Place

Brent Christie
"NGA Mr. Coal Natural"
Physique - Open
1st Place
BB - Open LHW
3rd Place

Cory Rockwell of Salamanca, NY. This was his second year in a row winning in this category. The Classic Physique Heavyweight winner and Overall winner was Austin Sphar who won the first of two NGA PRO Cards awarded in this show. Andrew Sorton, a first-time competitor, presented a very symmetrical body and came in 2nd place. Third place went to Edward Wells who is also a first-time competitor and Bryce Felgenhauer took 4th place.

The Men's Bodybuilding Open was the largest division in the show. Gordon Brodecki took 1st place followed in order by Robert Kiska, Antonio Bongiovanni, Carlos Martin, and Jamyl Galen. The Men's Bodybuilding Open division winner was Chadwick Thomas, The Men's Light Heavyweight Open winner was Austin Sphar followed by Jacob Honse, and Brent Christie. The lone Heavyweight in Bodybuilding Open was huge Stanley Anderson. Austin Sphar took the Overall in



L-R:
Eric "Fitman" Brown
2022 NGA Mr. Natural Philly

Jamyl Galen
Best Abs and Best Poser

the Coal contest and won his second NGA PRO Card. The Men's Bodybuilding Masters winner was Gordon Brodecki.

The very enthusiastic competitor Jamyl Galen of Reading, PA won both the Best Abs and Best Poser awards. The NGA 2022 Mr. Natural Philly Eric "Fitman" Brown was the guest poser and trophy presenter for the show. Head Judge was Bryan Snyder and other judges were Marlo Diana, Clint Brackbill, and Dr. Lorraine DePlass. The show emcee and promoter was Rev. Warren I. Egebo and the major sponsor was Kut-Up Fit wear of Hegins, PA.

The 2023 dual show will be July 15th at a new venue - Pottsville Middle School Auditorium in Pottsville, PA. Hope to see you there!! ■

Photos by: Rev. Warren I. Egebo



BY DR. NICHOLAS M. LICAMELI, PT, DPT
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What Are Injuries and How Do We Manage Them?

What is an injury? How do we define it? Is it the presence of pain? Is it the presence of tissue damage? Is it pain and tissue damage? Is it time off from training? If so, how much time off? Is it only an injury if the individual seeks medical attention? If we cannot define what an injury is, how can we possibly begin to tease out how to prevent it?

It is important to remember that injuries, like pain, are multifactorial, poorly defined in the scientific literature, extremely variable from activity to activity,

and rarely are simply due to a single traumatic tissue-damaging event. Not understanding the nuances behind injuries can result in confusion and poor outcomes at best, and injury at worst.

It is important to keep in mind that we cannot prevent injuries, but we can reduce our risk in being injured. Risk factors for injury include, but are not limited to, prior injury, fear of injury, spike in workload, sleep quality, age, stress level, nutrition, hydration, bodyweight, training age, daily activity level, and emotional resilience.

One of the most impactful ways to reduce injury lies in our ability to manage the balance between load and capacity...and that is where a qualified healthcare practitioner, like a physical therapist, can help.

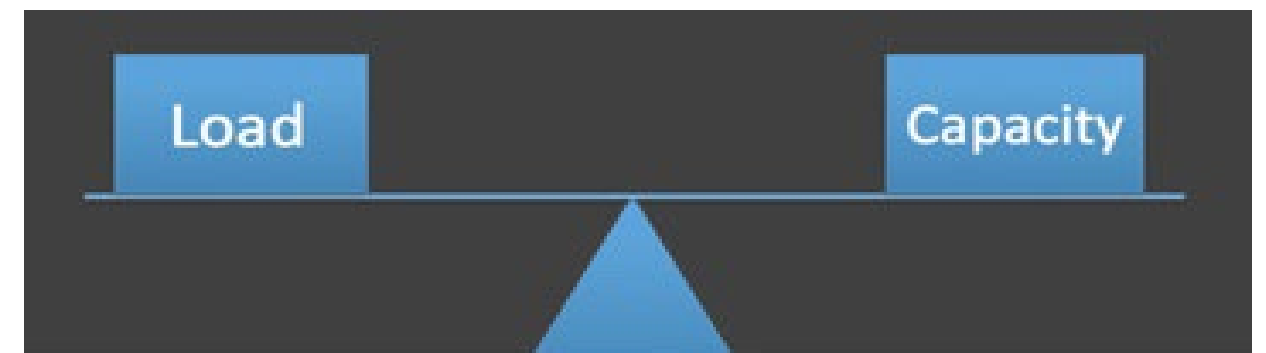
About the Author: Nicholas M. Licameli, Doctor of Physical Therapy, NGA PRO Natural Bodybuilder. Every single thing he does, Nick believes in giving himself to others in an attempt to make the world a happier, healthier, and a more loving place. He wants to give people the power to change their lives. 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/UCAWFe5BmaJ_WFAh2aqsOg8g
Facebook: <https://www.facebook.com/nicholas.michael.58>
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Workload management is the management of the load we expose ourselves to and our bodies' capacity to recover from it (see below).

In order to gain a better understanding of how to properly monitor workload, let's quickly define load and capacity. Load includes physical stress such as miles run, weight lifted, daily step count, duration of a sporting bout, and gardening/yard work. Capacity is impacted by things like sleep quality/duration, mental stress, anxiety, depression, prior beliefs, expectations, past experiences, illness, training age, muscle strength, endurance, bone density, tendon resilience, skill, coordination, comorbidities that impact recovery such as diabetes, preparedness for a specific activity, and mental resilience.

we'll slowly progress back to where we want to be, in a stepwise fashion. The painful area can be compared to an over-sensitive alarm system. Basically, we want to desensitize the system through graded exposure by repeatedly bringing the body to the edge of discomfort until the alarm system is desensitized. The initial plan is not always the best plan, but that's ok! Modifying week by week is to be expected.

Let's use the example of back pain during a barbell back squat. Rather than starting one step down from the desired activity (in this case, a barbell back squat) with something like a box squat, it is often recommended to start at the lowest possible step with things like pelvic tilts, planks, bird dogs, and clamshells. While those things may have their place



For the most part, the goal should be to increase load in a strategic way that allows capacity to adapt and increase in a similar fashion. Progressively increasing load is a good thing so long as we respect the time it takes for our capacity to adapt. Over time, our load and capacity should increase side by side.

Managing Injuries

Now that we have a basic understanding of what injuries are and why they happen, the approach to managing injuries will be much clearer. After ruling out red flags, we approach pain and injury by gradually exposing the body to the edge of discomfort to desensitize the system to the desired movements while maintaining a training effect. The goal is to find a pain-sensitizing variable such as load, volume, RPE, range of motion, exercise selection, sleep quality, stress management, hydration, recovery, etc. then offer modifications to keep the athlete training as close to the desired level as possible. Once we load and train the system with the modifications in place,

with some athletes who simply cannot tolerate any other variation of the desired movement, we most certainly should not be starting there. They should be a last resort. A bird dog has much less carry over to a barbell back squat than a box squat at 50% 1RM. We want to train as close as possible to the specifics required of the desired task.

So, while this is not a step-by-step approach to injury prevention (I would suggest using some sort of magic, perhaps from a Hogwarts strength and conditioning class, if that's what you're looking for), it is a North Star approach that can be applied to the vast majority of situations in which physique and strength sport athletes find themselves. The main takeaway is that we cannot prevent injuries due to their multifactorial nature, but we can reduce injury risk and one of our most powerful tools in injury reduction is workload management: balancing load and capacity. When managing an existing injury, remember to take a graded approach under the guidance of a qualified healthcare practitioner. ■



South Lake Tahoe, CA
July 23, 2022

NGA Tahoe International PRO/AM



NGA Promoter: Bing Saez
southtaohenatural@gmail.com
www.bingfit.com



PRO Classic Physique - Open
 Denzel Carter, Lorenzo Elder, Mark Tilden



Denzel Carter
PRO BB - Open
1st Place
PRO Classic Physique - Open
3rd Place



Darron McIntosh
Men's BB - Open
NGA PRO Card



Robert Green
PRO BB - Masters 40+
2nd Place



Kim Wharehim
PRO Figure - Open

This year's show had a whole different feel to it. Being the promoter of this show, it was difficult to really focus on what needed to be set in place. Losing my Mom to cancer recently took my life to a dark place and I physically and mentally couldn't stay motivated. During this difficult time in my life, I was receiving calls and registration entries from athletes near and far that were very interested in competing on this stage. Athlete and coach Lourdes des Giovanni and her family were also suffering from a devastating murder of her granddaughter, Leilani Beaucham. It was evident that there is much despair in this world and people are suffering. We partnered up and decided to face the loss and embrace those around us that are keeping us going.

I honored my mother by dedicating the show to her and giving her flowers at the beginning of the show (received from my daughter, Anna Saez). We also honored Leilani with a special mixed pair's tribute performance by NGA PRO Bikini Alona Zaharkina and Figure Grandmaster competitor and coach Lourdes Giovaninni. I felt it was important to acknowledge the sadness and complicated world we are living in now.

It was the perseverance of the athletes who motivated me to keep living and keep doing things I'm passionate about and that is health and fitness. Staying on track during uncertain times is a difficult journey for anyone. The athletes that graced my stage this year did just that!

PRO Bodybuilder Master competitors and old friends from previous competitions, Robert Green and Mark Tilden, reunited on stage and showed everyone that age is just number.

PRO Bodybuilders Open - Denzel Carter and Lorenzo Elder met up again to battle through another powerful pose down. Lorenzo defended his title as the undefeated NGA PRO winner of the NGA Tahoe.

PRO Classic Physique Lake Tahoe, CA did not disappoint. There were some amazing fluid and creative poses from Mark Tilden, Lorenzo Elder and another amazing performance from Denzel Carter.

Our newest NGA PROS debuting on this stage were Kim Wharehim representing NGA PRO Figure and Joey Fanjul representing NGA PRO Physique who also crossed over to compete in amateur divisions knowing that it just gets better from here.

Undefeated PRO Bikini athlete Alona Zarahkini crossed over to Women's Physique which is a division I want build more to represent Women's Bodybuilding. Alona won 1st place and earned her NGA PRO Card in

Women's Physique.

Amateur Winners Circle:

- 1st Place Figure - Dee Evans
- 1st Place Bikini - Melissa Castillo
- 1st Place Women's Physique - Alona Zaharkina (NGA PRO Card)
- 1st Place Physique - Darron McIntosh
- 1st Place Classic Physique - Darron McIntosh
- 1st Place Bodybuilding - Darron McIntosh

It was clear that Darron McIntosh was on fire on this incredible show day. He brought out his best package and he clearly knew it too! As a 2nd year returning athlete, he took what he wanted from this show and with ease. At least, that's what he made everyone think by earning his NGA PRO Card. Congratulations to Darron and all the athletes in the winner's circle! ■

Photos by: Tony Nguyen

BUILDING MUSCLE WITH DIETARY FATS



BY JOSH MILLER, BS, NSCA, CPT
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Whether you want to reduce body fat or increase muscle mass, a moderate intake of the right types of dietary fats can help build muscle and, in many cases, trim you down. In general, bodybuilders whether they are in a cutting or growth phase should strive to take in about 20% of their calories from fat, emphasizing the healthy sources listed below:

#1 Whole Eggs

One of the best sources of protein are eggs. Eggs are easy to digest and they provide an excellent amino acid profile. Both the yolks and the egg whites provide protein, but the whites are more readily digested.

The yolk contains dietary fat, which slows digestion, providing a more sustained source of protein. A single egg yolk has 6 grams (g) of fat (half of it saturated), so eating six to eight yolks a day would yield too much saturated fat for many bodybuilders. The solution is to reduce, not eliminate, the number of yolks.

For every five or six egg whites you eat, add one yolk, not exceeding three daily. Six whites and one yolk yield 24 g of protein and 6 g of fat, much of it healthy.

#2 Salmon

Salmon is an excellent source of omega-3 fatty acids. Omega-3s are a special type of dietary fat that help spare the loss of glutamine, thereby supporting the

immune system while indirectly supporting growth. Omega-3s fatty acids also help fight muscle inflammation and lead to enhanced glycogen storage. There's even some indication this particular type of fatty acid promotes the loss of body fat and retention of muscle during dieting phases. Six ounces of salmon give you approximately 34 g of protein and 12 g of fat. That may seem like a lot, but there's no need to worry about this level of fat. Much of it will be used for the benefits previously listed before your body has the ability to store it as body fat. If you notice a greater increase in body fat than you might want, you're better off expending more energy (via cardio) than reducing healthy fats too much.

#3 Flaxseed Oil

This is the best source of omega-3s, aside from fish. However, some research suggests that omega-3s from fish may be superior. Still, supplementing with flaxseed oil (or adding it to salads or protein shakes) is important because the body converts it into two compounds that are responsible for muscle-building and fat-liberating properties. The conversion process has a few limitations, so opting for supplemental fish oil and fish consumption over flaxseed might be the best way to go. Still, bodybuilders can benefit by taking two tablespoons of flaxseed oil a day, yielding up to 22 g of fat while in a mass-gaining phase. Dieters can reduce dosage to one tablespoon per day.

#4 Red Meat

Sure, you need to reduce calories to cut up, but omitting too much fat might compromise your testosterone levels. Simply put, when you cut out too much dietary fat, and especially when also cutting carbs or total calories, your testosterone levels can drop. When that occurs, you can bid farewell to muscle mass.

Red meat contains fats that support testosterone levels, including conjugated linoleic acid (CLA), a special fat that shows real promise in allowing the body

to tap into fat stores as an energy source as well as promoting protein synthesis and muscle growth. Six ounces of a leaner cut of meat provides 32 g of protein and 9-14 g of fat. Mass seekers can eat red meat twice daily and even dieters can do the same, provided they do not consume more calories than their daily target.

#5 Low-Fat Cheese

Cheese gets a bum rap! Many myths surround dairy products as a definitive fattening food which have proven to not be true. Low-fat cheese contains small amounts of CLA, the fat-fighting muscle-building compound also found in red meat. Furthermore, dairy products contain many unique anabolism-promoting peptides, as well as calcium and other vitamins and minerals. Recent research has also shown the presence of calcitriol, a substance that may help burn fat during low-calorie diets.

Low-fat cheese is also excellent for its content (about 7 g per ounce) as well as its type (casein) of protein. You can't go wrong with low-fat cheese as a mass-building staple or as a beneficial protein for a dieter.

The Bottom Line

Many bodybuilders fear fatty foods, but they shouldn't. The basics for muscle growth and keeping body fat within reason are calorie control and a proper provision of nutrients. Although fatty foods can be caloric, they provide nutrients that many other bodybuilding foods do not. These healthful fatty foods can be excellent choices during mass-gaining cycles and, by making some adjustments in total calorie consumption, they can even be a crucial part of a cutting cycle.

If you want to provide your body with all it needs to stay anabolic and keep body fat in check, you should make certain you're taking in the proper balance of all the fatty foods you need. ■



NGA PRO/AM Bluegrass Bodybuilding Championships

Lexington, KY
September 17, 2022

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



Josh Miller, Elaina Carrera, Melissa Miller

Kasey Keeney
Receiving the Jim Young Inspiration Award

The NGA PRO/AM Bluegrass Bodybuilding Championships proved to be another spectacular event in the Bluegrass State! Competitors came from eight different states to battle it out! The following states were represented: Ohio, Kentucky, Indiana, Illinois, Georgia, Virginia, Florida, and Pennsylvania.

The atmosphere was set, and the energy was electric as all of the competitors arrived at Rupp Arena for the showdown. The classes were full and every competitor came to battle. It would not be an easy

day for the judges. Class by class the competitors entered the stage putting their heart and soul into every pose! They made every moment on stage count.

The evening show came and was nothing short of incredible! The finals started at 4pm. As always, we opened with prayer and then we brought all of the competitors on stage for the National Anthem which was performed by the electrifying and powerful voice of Pay Mathison! At that point, all the spectators sat back and were entertained by the competitors performing routines and T-Walks. Intermission took place just after the routines.

After returning from intermission, it was time to recognize Jim Young. Jim Young was a bodybuilder that was always present at the NGA Kentucky shows. He was a great supporter of all who competed from his home gym, which is Gympo's Fitness Center in Cincinnati, Ohio. A few months ago, the bodybuilding community within the Kentucky and southern Ohio region received the sad news that Jim Young passed away unexpectedly. Because Jim Young played such a supportive role in supporting all competitors, I decided to honor his name by naming our Inspiration Award after him which is now called the "Jim Young Inspiration Award."

Jim Young had two daughters that were present at the show. I asked them to present the very first "Jim Young Inspiration Award" to the first recipient. This award is presented to the person who has overcome great odds in life. This first recipient was presented to Kasey Keeney whose story is on [page 39](#).

After the presentation of the Jim Young Inspiration Award, it was now time for the award ceremony. There was a total of 11 NGA PRO Card recipients at this event:

Elaina Carrera, Bikini - Open
Adrienne Southerland, Figure - & Physique - Open



NGA PRO/AM Bluegrass Bodybuilding Championships

Lexington, KY
September 17, 2022

Promoters: Josh & Melissa Miller

josh@transformationpersonaltraining.com

www.kentuckynaturalbodybuilding.com



BB Masters 40+

L-R:
Greasy Belcher,
Stephen Rose,
Steve Thomas,
Onam Williams,
Steve Blue,
Gary Burchfield,
Paul Webb



Elaina Carrera
Bikini - Open
NGA PRO Card
Bikini - Masters 40+
1st Place

Bikini - Open

L-R:
Natasha Tackett,
Sarah Wardley,
Jennifer Raisley,
Elaina Carrera,
Julie Holloway



Classic Physique - Open MW

L-R:
Brian Bohman,
Keon Alexander,
Devin Bowling,
Nico DeBellis,
Mason Mletzko,
Timothy McQueen



Best of Show Posedown

L-R:
Elaina Carrera,
Onam Williams,
Adrienne Southerland,
Brandon Griffin,
Shawn Greenlea

Drew Sarihan, Physique - Open LW
Shawn Greenlea, Physique - Open MW Overall
& Masters 40+
Mason Mietzko, Classic Physique - Open MW
Brandon Griffin, Classic Physique - Open HW &
Overall
Steve Thomas, Bodybuilding - Open LW
Onam Williams, BB - Open HW & Overall,
Masters 40+

The NGA PRO Classes were very impressive! There was a total of 6 NGA PRO Bodybuilders Open with Brandon Griffin winning the class. The NGA PRO Bodybuilding Masters division was won by Sixto Fermin. The NGA PRO Physique class was won by Bruce Cotton out of Cincinnati, Ohio.

The NGA PRO Classic Physique was won by Kwami Shorter out of Marietta, Georgia. The NGA PRO Bikini

was won by Kelly Adams, and the NGA PRO Figure Open and Master divisions were both won by Carmen Glover.

The NGA PRO/AM Bluegrass Bodybuilding Championships was an honor to promote! I am very thankful to the NGA for giving NGA Promoters and athletes an opportunity to shine! ■

Photos by: Clinton Goss (Resurrected Media)





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Tampa, Florida



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WOMEN'S PRO BIKINI
WOMEN'S PRO BIKINI MODEL

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Finals: **4pm**

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Check in at Host Hotel 1:00 PM-6:00 PM



PROMOTER:
Matt Ammann
407.340.7929

@MattAmmann1



VENUE:
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Gulfport, FL 33707

HOST HOTEL:
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1200 34th St N
St. Petersburg, FL 33713
727.322.0770
Check In:
September 22, 2023



Through Pain, We Find Purpose, Through Purpose We Ultimately Find PEACE.

BY KASEY KEENEY
(WHEELCHAIR BODYBUILDER)

In April of 2020 on a warm breezy day, I headed to my farm to feed my animals as I do every day. I had almost arrived when I noticed a large tree blocking the road near the entrance to my farm. I got out to inspect the situation when I heard a loud pop and a crack. My brain screamed, "Run," but it was too late. At first, I wasn't sure what happened, but I soon realized that I was in for the fight of my life. My leg was crushed, ribs shattered, lungs collapsed, and 8 spinal vertebrae broken leaving me paralyzed and unable to move after a tree had fallen on top of me.

Over the next 3 months, I endured many surgeries that were necessary to repair my body and I had much uncertainty about what the quality of my life would be. At one point while at Cardinal Hill Rehab, I broke my back for a second time requiring yet another surgery that would fuse my tailbone to the T12. This would make almost half of my spine held together by medical equipment.

After returning home, I entered the worst mental state of my life. I found myself wondering from day to day if living was worth it anymore. I also found myself seeking my purpose in this world and asking why God would show me such mercy. I began to feel like I was more of a burden to my family than I did anything else. After all, I had already been told that I'd most likely never walk again and would need their assistance to help me through the rough road ahead.

As time passed, I realized that my purpose was to live and show everyone that hears or sees my story that life is greater than our own desires and that we all have a purpose in Christ. My purpose was to show that through faith miracles still happen. I realized that the only way this would ever happen was to become stronger mentally and physically than I had ever been before and this is



L-R: Josh Miller and Kasey Keeney
Kasey receiving the Jim Young Inspiration Award at the NGA PRO/AM Bluegrass Bodybuilding Championships



what began my fitness journey which started at Planet Fitness.

A year later of healing, praying and strength training, I met Mallory and her husband that put me in touch with Josh Miller, the local promoter of the NGA. I was asked to receive the Jim Young Inspiration Award at Josh's show and Josh became my personal trainer. We decided to offer a Wheelchair division in the NGA, which we believe will help others in a way that only bodybuilding can.

Through Pain, we find purpose, through Purpose we ultimately find PEACE. ■

Photos by: Clinton Goss (Resurrected Media)



NGA PRO/AM Universe NGA American Natural Championships

November 5, 2022 • Sunrise, FL

nga@nationalgym.com

www.nationalgym.com

Promoters:

Andrew Bostinto, NGA Founder & CEO, Francine Bostinto, NGA President

By: Francine Bostinto



Andrew Bostinto, Craig Toth, Francine Bostinto
NGA Hall of Fame Award

The 2022 NGA PRO/AM Universe Championships did prove again to be the ultimate NGA top show, not in the numbers, but because it included 46 of the best of the best natural athletes from across the nation. The new venue was a hit. The lighting was on point and the trophies and crowns were awesome. The NGA PROS were elated because even though the size of the show was smaller, top money was distributed.



NGA PRO Universe

November 5, 2022
Sunrise, FL



NGA PRO Universe

Promoters:
Andrew & Francine Bostinto
nga@nationalgym.com
www.nationalgym.com



Craig Toth
PRO BB - Masters 40+
1st Place
PRO BB - Open
2nd Place
2022 Hall of Fame



Enmanuel Fuenmayor
PRO Classic Physique - Open
1st Place



Aleksander Pacocha
PRO BB - Open
1st Place



Perpetua Piechaczek
PRO Physique - Open
1st Place



Tivisay Briceno
PRO Bikini Model - Open
1st Place



Samantha Roldan
PRO Bikini - Open
1st Place



Gigi Agostinelli
PRO Bikini - Master 40+
1st Place

Once again, history was in the making with the newest inductee into the NGA Hall of Fame. Our 2022 recipient went to a well-deserved Craig Toth. Congratulations to Craig who is also on the cover of this issue. Read all about Craig and his journey on [page 52](#).

The PRO Bikini Open division was a small but close division. The 3rd place position and in the money was Emily Thomas while 2nd place went to Anett McPhee who came in great shape. But it was Samantha Roldan all the way from California who graced the stage with

poise, beauty, a conditioned physique that walked away with 1st place.

PRO Bikini Masters division 40+, was also a small but close division. The 3rd place spot again went to the much-deserved Emily Thomas with Anett McPhee, again, taking the 2nd place position. Gigi Agostinelli came in a much-deserved 1st place.

PRO Figure Open and Masters 40+ divisions included two very competitive athletes. Vanessa Reggiardo came in shape as always, but it was Tivisay Briceno who would come out on top. This was Tivisay's 2nd consecutive year to win the title in PRO Figure. However, 2022 would bring her another 1st place win in the PRO Bikini Model division.

Once again, NGA PRO Physique Perpetua Piechaczek, all the way from California, graced our stage with her entertaining routine and received, for the 2nd consecutive year, 1st place.

The PRO Men's divisions were pretty stacked. PRO Men's Physique Open division had a very competitive division with seven amazing athletes. In the money, Melek Carry came in a well-earned 3rd place. Former NGA PRO Universe winner Antony Richburg was left to battle it out with newcomer Eric Murphy, but it was Eric who walked away with 1st place.

PRO Classic Physique Open division was not shabby with muscles! Aleksander Pacocha made

his pro debut with a lot of muscle and came in a well-deserved 3rd place. Alex Grit came in great shape and posed like a true classic, but it was Enmanuel Fuenmayor who would raise the win to a higher bar. Enmanuel also made his pro debut having won his NGA PRO Card at last year's event. Ralph Dunnigh, the only PRO Classic Physique Master, gave the audience a show and was happy to walk away with \$500.00.

The PRO Men's Bodybuilding Open division was nothing less than a spectacular lineup. Seven top pros gathered to win the prestigious title. Dayshawn Taylor, with his impressive thick muscle, took the 3rd place position. The top two battled it out and



NGA PRO Universe

November 5, 2022
Sunrise, FL



NGA PRO Universe

Promoters:
Andrew & Francine Bostinto
nga@nationalgym.com
www.nationalgym.com



PRO Figure - Open & Masters 40+
L-R: Tivisay Briceno, Vanessa Reggiardo



Tivisay Briceno
PRO Figure - Open & Masters 40+ & Two 1st Places



PRO Bikini - Open
L-R: Anett McPhee, Samantha Roldan, Emily Thomas



PRO Bikini - Masters 40+
L-R: Emily Thomas, Gigi Agostinelli, Anett McPhee

it was between newcomer 21-year-old Aleksander Pacocha and 51-year-old Craig Toth. Craig awed the audience with his comeback story and the maturity of the muscle mass he possessed. But it was the young Aleksander who would take the title.

The PRO Men's Bodybuilding Masters division wasn't shabby either with six well-conditioned NGA PROs. It was a tie for 3rd place, so the judges were in for a tough job having to judge it live. It was Alphonso Jones who walked away with the 3rd place win. The

2nd place spot went to Wayne Palmer from North Carolina. But it was our 2022 Hall of Fame inductee who would take the win and receive his second standing ovation that evening.

We look forward to seeing everyone November 18th at the NGA PRO Universe where \$40,400 guaranteed money will be up for grabs. ■



NGA PRO Universe

November 5, 2022
Sunrise, FL



PRO Physique - Open

L-R: Gerardo Arnias, Shawn Greenlea, Orlando Anderson, Eric Murphy, Antony Richburg, Josh Stoneking, Meleik Carry



NGA PRO Universe

Promoters:
Andrew & Francine Bostinto
nga@nationalgym.com
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PRO Classic Physique - Open

L-R: Aleksander Pacocha, Alex Grit, Enmanuel Fuenmayor, Ralph Dunniehigh



PRO BB - Open

L-R: - James Wilczanski, Joe Daily, Alphonso Jones, Wayne Palmer, Craig Toth, Dayshawn Taylor, Aleksander Pacocha



PRO BB - Masters 40+

L-R: Joe Daily, Paul Hadler, Alphonso Jones, Wayne Palmer, Craig Toth, Daniel Eldrige

Photos by: Lacey Oakey (Creating a Figure Photography)



NGA Amateur Universe

November 5, 2022
Sunrise, FL

The Amateur Universe Championship was very competitive. The Bikini Open division had three beautiful competitors, but it was Natacia Henry who would take the 1st place spot. Natacia is sure to be a future contender with her tall statuesque physique. Bikini Masters 40+ also had three competitors and it was Kay Renshaw who would take home a much-deserved 1st place trophy.

Bikini Model Open only had one competitor, but Anastasia Clare made sure she worked the stage to her advantage taking 1st place.

Men's Physique Open was a tight division. Floyd Hart from Ohio wins the LW class and Carlos Ugas takes the HW class. But it was Floyd who took the Overall, thereby earning his NGA PRO Card. In the Men's Physique Masters 40+ division, Floyd and Carlos battled it out again. But Floyd Hart wins with a little more conditioning thereby winning his 2nd NGA PRO Card.

Classic Physique Open & Masters divisions weren't a qualifier, but Amer Batal won both titles with his tall symmetrical physique. Amer's night wasn't over because look what happened . . .

Amer Batal wins Men's Bodybuilding Open LHW, Overall, Men's Bodybuilding Masters 40-49, and also winning himself two NGA PRO Cards. With great enthusiasm, Amer's son ran up on stage to take a picture and pose with his dad. Brian Dohner won the LW and Masters 60-69 division. Michael Baton from Connecticut won the 50-59 division. But it was Richard Rubin, who on his 81st birthday, stole the show and won 1st place in the Masters 80+ division. ■

Photos by: Lacey Oakey (Creating a Figure Photography)



NGA Amateur Universe

Promoters:
Andrew & Francine Bostinto
nga@nationalgym.com
www.nationalgym.com



Amer Batal
BB - Open LHW
BB - Masters 40-49
2 NGA PRO Cards
& 2 Overall



Michael Baton
BB - Open LW
& Masters 50-59
Two 1st Places



Floyd Hart
Physique - Open LW
NGA PRO Card & Overall
Physique - Masters 40+
NGA PRO Card



Carlos Ugas
Physique - Open HW
1st Place



Amer Batal
Classic Physique - Open Classic
Physique - Masters 40+
Two 1st Places



Brian Dohner
BB - Masters 60-69
1st Place



Richard Rabin
BB - Masters 80+
1st Place



Kay Renshaw
Bikini - Masters 40+
1st Place



Natacia Henry
Bikini - Open
1st Place



Anastasia Clare
Bikini Model - Open
1st Place



NGA American Natural Championships

Promoters:

Andrew & Francine Bostinto

nga@nationalgym.com

www.nationalgym.com



Amerie Carry
Kids Fitness



Joe Papesca
BB - Novice
1st Place



Meleyah Carry
Kids Fitness

The American Natural Championships included Men's Bodybuilding Novice. Joe Papesca takes the win with his thick muscular physique.

Last, but not least, our two stars of the evening were in the Kids Fitness division. Amerie Carry and Meleyah Carry both posed like champs. They must get their tips from their father, NGA PRO Meleik Carry. The judges couldn't decide who to crown the winner, so both girls walked away with 1st place trophies and beautiful crowns

to show what true princesses they truly are.

The 2022 NGA PRO/AM Universe and the American Natural Championships were a tremendous success. As the athletes were leaving with their trophies in hand, they were congratulating us, shaking our hands, and stating that this was the best promoted contest they ever competed in.

We look forward to seeing everyone at this year's event on November 18, 2023 in Deltona, Florida where \$40,400 is guaranteed to be won. ■

Photos by: Lacey Oakey (Creating a Figure Photography)



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Check In:
November 10, 2023
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PROMOTER:
Matt Ammann
407.340.7929

@mattammann1



VENUE:

The Center at Deltona
1640 Dr. M.L.K. Blvd,
Deltona, FL 32725



2022 NGA Hall of Fame Inductee



2022 NGA Hall of Fame

L-R: Andrew Bostinto, Founder & CEO, The National Gym Association, Inc.,
Craig Toth, NGA PRO Athlete & 2022 Hall of Fame Inductee,
Francine Bostinto, NGA President & NGA NATURALmag Publisher & Editor-In-Chief

The year 2022 marked the 43rd year since the founding of the NGA. This is the 8th Annual [NGA Hall of Fame](#) tribute. Inductees must possess attributes that help shape the sport of natural bodybuilding and make exceptional contributions to further the growth, reputation, and character of the NGA and the sport we hold in such high esteem. This is the first year we did NOT induct a current NGA Promoter, but a past promoter who has proven that bodybuilding gives you

Photo above by: Luis Battistini (LuisX.com Studios)

strength both physically, mentally and can enhance your perspective on life. We are pleased to announce the 2022 NGA Hall of Fame inductee Craig Toth! Craig is 51 years old from Boise, ID and from 2008-2013 he promoted the NGA Idaho State Championships. Craig is a lifetime drug-free athlete and has competed in several organizations and many shows including the NGA PRO Universe ... 4 times!! Here is his story in his own words. – Francine Bostinto

Just Another 50-Year-Old Amputee

BY CRAIG TOTH

As bodybuilders, our very nature is to control our body and surroundings. This means it is important to get the right food in, reduce external stressors, and generally manipulate our bodies into fulfilling our quest to achieve our best physical self. Once someone devotes a few decades with mindfulness to this sport, it becomes an art form that's been cultivated with diligence and direct intent. The question always remains though, what happens when you get a curve ball of monumental proportion? I don't mean like getting the flu or a muscle strain as any athlete knows those issues will come and you will heal or recover given some time. I'm talking about something a bit different. In 2019, my monumental curve ball struck mightily.

In February 2019, half way into contest prep, I began experiencing bizarre symptoms. My left arm began swelling and flu-like symptoms increased in severity. After a month long struggle, and a few visits to the ER, the situation drastically turned from bad to critical. In the month before January, I continued to train with extreme fatigue and difficulty and when February came, my arm worsened and the fever was unbearable.

One Friday evening, my wife returned from work and after seeing my condition, quickly rushed me to the emergency room, and from there, memory fades into fractured segments that seem more like a nightmare and a vivid reality with scattered and random recall. Six days later, I awoke in an ICU bed with an amputated leg far above the knee, with a 7 inch segment removed from my remaining calf and 4 inches out of my left upper pec. The doctors told us the bacteria caused what was best understood as "civil war gangrene". I was intubated, with 3 wound vacuums attached to help with the healing process. I had wires everywhere and the sound of machinery kept me alive. I found out much later that I quickly became septic and after they removed many

segments of my right leg, I experienced heart failure and flat lined for 6 minutes. My kidneys had failed requiring dialysis, my brain health, due to oxygen deprivation for that length of time was unknown, and my survival was doubtful. The bacteria that I caused my condition (clostridium septicum), simply kills everyone and there are no known survivors for anyone afflicted by this bacteria in the national database.

My time in the ICU wasn't short. I experienced a dreadful and nightmarish 20 surgeries, endless tests, and two more near death situations. The end result after 3 months was stomach surgery where cancer was discovered that created a perforation that allowed the gangrene causing bacteria to seep out of my bowels. Once it was removed after an 8 hour invasive surgery (leaving another 7 inch abdominal scar), true healing began.



Exiting the hospital in May, I was an emaciated 130 lbs. after having lost almost 100 lbs. and I was so weak I could barely function. The bed rest made me so weak I could barely eat or shower myself, and I spent 15 hours a day sleeping for the many months that followed. Regardless of my dire situation, I started back to the gym one day after going to my wife's junior high school where she is a math teacher and began utilizing a few machines using the lightest weight they had with extreme difficulty. For many months, eating was difficult due to the 20 inch portions of small intestine that were removed and the degree of bowel damage I had, but I persevered despite this.



The process of re-creation has now been about 3.5 years and walking is still difficult and the process of regaining pieces of my old life will likely never be over. But, I continue to work daily with all the mental capacity I can muster to never miss a workout and stay healthy in order that I can become more than I currently am. In truth, these past 3.5 years isn't enough considering how far I was degenerated, but it's a start. I know it will never end, but I try each day. Despite it all, I will make my return to the sport I love this fall, which was a dream I held onto when I suffered from that hospital bed. At that point, it seemed an impossible dream and still seems surreal and incredibly scary. Today, I am no longer a 100-contest veteran with all those wins and titles, but I'm just a guy who

hopes he can do what he loves again and not be a horrible shadow of what he once was. I continue to work towards this goal because that's all any of us can do. I am returning and that has to be enough.

The following is just a few of some of my prior accomplishments which serve as a reminder to why I won't quit:

- NGA 1st PRO
- 2007,8,9 (3x- also 4 2nds)
- 2009 NGA PRO Universe – 3rd tied 3 ways
- 2012 1st Grand Teton
- ABFF
- 2007-9, 12, 14 (5x) Anchorage PRO Champion
- 2008, 9 (2x) ABFF PRO Champion
- 2007 ABFF Idaho Champion
- 2007, 8 ABFF Vancouver Champion
- 2014 Overall NPC Open and Masters Champion
- Show Promotor
- 2008-2013 promoted the NGA Idaho State Championships ■



Craig Toth
NGA PRO BB - Masters 40+
1st Place
NGA PRO BB - Open
2nd Place

Photo above by: Lacey Oakey (Creating a Figure Photography)

NGA PRO/AM UNIVERSERSE

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NGA 2nd Annual East Coast Extreme

Deltona, FL
November 19, 2022

Promoter: Matt Ammann
thegatorclassic@yahoo.com
www.ngagatorproductions.com
 @ngagatorproductions
 @mattammann1



I want to thank everyone who helped to make the NGA 2nd Annual East Coast Classic an amazing show! It was a great way to wrap up the 2022 Gator Productions season. Held at the beautiful Center at Deltona, "It was great to see both new and familiar faces at this new location for the NGA East Coast Classic" said Matt.

This was the first Gator Productions show to offer the Wellness division, which was a huge success. I am happy to offer in the 2023 season, Bikini Teen.

We will kick off the 2023 season with the 2023 NGA Amateur Extreme on 4/1/23 and NGA Gator Classic on 4/15/23. We look forward to an awesome season and seeing you all there! ■

Photos by: Chanal Hudgins



L-R: Todd Elliott, Nebetcher Bey, Erin Alexon, Matt Ammann, Terri Whitsel, Earl Snyder, Joe Papesca



L-R:
Matt Ammann,
Tony Howard
PRO BB - Open
1st Place



L-R: Andy Bostinto, Madison Shelite,
Wellness 1st Place, Francine Bostinto

**NGA 2nd Annual PRO/AM
Green Bay Natural Championships**
Green Bay, WI
May 7, 2022

Promoters:
Rev. Warren I, Egebo & Paul Hadler

PRO Men's BB - Open

- Wayne Palmer
- Sixto Fermin

PRO Men's BB - Masters 40+

- Wayne Palmer
- Sixto Fermin

Bikini - Open "Short"

- Allison Mann
- Deenaz
- Bedmar
- Tierney Cushman
- Amanda Kapugi

NGA PRO Card & Overall

- Deenaz
- Bedmar
- Tierney Cushman
- Amanda Kapugi

Bikini - Open "Tall"

- Taylor Frederickson
- Deirdre Smith
- Molly Tynan
- Jaimie Parrett
- Lindsay Bencher
- Brittany Simpson

NGA PRO Card

- Deirdre Smith
- Molly Tynan
- Jaimie Parrett
- Lindsay Bencher
- Brittany Simpson

Bikini - Masters 40+

- Amanda Kapugi

Figure - Open

- Monika Allen
- Molly Tynan
- Jaimie Parrett
- Camille Sowly
- Lindsay Bencher

Figure - Masters 40+

- Monika Allen

Men's Physique - Open LW

- Orlando Anderson
- Juan Ramirez
- Cris Brandenburg
- Nick Houser
- Leighton Serrano

NGA PRO Card

- Juan Ramirez
- Nick Houser
- Leighton Serrano

Men's Physique - Open MW

- Josef Kleba

Men's Physique - Open HW

- Benedick Janowski
- Brandon Baker

NGA PRO Card & Overall

- Brandon Baker

Classic Physique - Open LW

- Carson Molle
- Jon Forshier
- Nick Hooser

NGA PRO Card & Overall

- Jon Forshier
- Nick Hooser

- Jacob Hospelhorn
- Juan Ramirez
- Leighton Serrano

Classic Physique - Open MW

- Mathew Kline
- Josef Kieba

Classic Physique - Open HW

- Dayshawn Taylor
- William Tess

Men's BB - Open LW

- Jon Forshier
- Jacob Hospelhorn
- Nick Hooser
- Juan Ramirez
- Leighton Serrano

Men's BB - Open MW

- Matthew Kline
- Andrew Woodard
- Josef Kleba

Men's BB - Open LW

- Sean Maloney
- William Tess

Men's BB - Open MW

- Dayshawn Taylor
- Andrew Woodard
- Josef Kleba

Men's BB - Open LHW

- Sean Maloney
- William Tess

Men's BB - Open HW

- Dayshawn Taylor
- Wayland Weller

NGA PRO Card & Overall

- Wayland Weller

Men's BB - Masters 40-49

- Jon Forshier
- David Wilkerson

Men's BB - Masters 50-59

- David Wilkerson
- Deenaz Bedmar
- Amanda Kapugi
- Taylor Frederickson
- Deirdre Smith
- Jaimie Parrett
- Brittany Simpson

Bikini - Novice

- Deenaz Bedmar
- Amanda Kapugi
- Taylor Frederickson
- Deirdre Smith
- Jaimie Parrett
- Brittany Simpson

Figure - Novice

- Jaimie Parrett

Men's Physique - Novice

- Juan Ramirez
- Nick Hooser

Men's BB - Novice

- Andrew Woodard
- Nick Hooser
- Juan Ramirez

NGA PRO/AM Lee Banks Natural Championships

- Juan Ramirez
- Nick Hooser
- Juan Ramirez

NGA PRO Card & Overall

- Nick Hooser
- Juan Ramirez

PRO Bikini - Open

- Ivonne Forero

Promoters: Lee & Lafayette Banks

- Ivonne Forero

- Holli Duncan

PRO Men's BB - Open

- Alphonso Jones
- Emily Blake
- Christina Armstrong
- Annabella Fernandez
- Barbara Diana
- Denise Porter

Bikini - Open

- Emily Blake
- Christina Armstrong
- Annabella Fernandez
- Barbara Diana
- Denise Porter

NGA PRO Card

- Christina Armstrong
- Annabella Fernandez
- Barbara Diana
- Denise Porter

Classic Physique - Masters 40+

- Dr. Rick Kattouf, II
- Sean Maloney
- James Lucas

Men's BB - Open

- Sean Maloney
- James Lucas
- Raymond Dumit

Men's BB - Masters 40+

- James Lucas
- Raymond Dumit

Men's BB - Masters 50+

- James Lucas
- Raymond Dumit

Bikini - Debut

- Annabella Fernandez
- Christina Armstrong
- Denise Porter

Bikini - Novice

- Christina Armstrong
- Annabella Fernandez
- Denise Porter

Figure - Debut

- Leslie Campbell
- Leslie Campbell
- Melissa Owens

Figure - Novice

- Leslie Campbell
- Melissa Owens

Men's Physique - Debut

- Christopher McKee
- Scott Griffin
- Brett Young

Men's Physique - Novice

- Shaquille Whitmore
- Jesse Benedetti

Classic Physique - Novice

- Ryan Beck
- Jonathon Holst
- William Baldwin
- Chauncey Graham

Classic Physique - Teen

- Ryan Beck

Men's Physique - Open LW

- Shaquille Whitmore
- Jesse Benedetti

Men's Physique - Open MW

- Derrick White
- Chase Dexter
- Michael Thomas
- Jessie Benedetti
- Brian Palone
- Christopher McKee

Men's Physique - Open HW

- Shannon Dixon
- Scott Griffin
- Jesse Benedetti
- Brian Palone
- Shannon Dixon
- Raymond Dumit

Men's Physique - Masters 40+

- Jesse Benedetti
- Brian Palone
- Shannon Dixon
- Raymond Dumit

Men's Physique - Masters 50+

- Derrick White
- Scott Griffin
- Brett Young

NGA PRO Card & Overall

- Scott Griffin
- Brett Young

Classic Physique - Open

- Ryan Beck

NGA PRO Card

- Jonathan Holst
- William Baldwin
- Dr. Rick Kattouf, II
- Chauncey Graham
- Raymond Dumit

Classic Physique - Masters 40+

- Dr. Rick Kattouf, II
- Sean Maloney
- James Lucas

Men's BB - Open

- Sean Maloney
- James Lucas
- Raymond Dumit

Men's BB - Masters 40+

- James Lucas
- Raymond Dumit

Men's BB - Masters 50+

- James Lucas
- Raymond Dumit

Bikini - Debut

- Annabella Fernandez
- Christina Armstrong
- Denise Porter

Bikini - Novice

- Christina Armstrong
- Annabella Fernandez
- Denise Porter

Figure - Debut

- Leslie Campbell
- Leslie Campbell
- Melissa Owens

Figure - Novice

- Leslie Campbell
- Melissa Owens

Men's Physique - Debut

- Christopher McKee
- Scott Griffin
- Brett Young

Men's Physique - Novice

- Shaquille Whitmore
- Jesse Benedetti

Classic Physique - Novice

- Ryan Beck
- Jonathon Holst
- William Baldwin
- Chauncey Graham

Classic Physique - Teen

- Ryan Beck

Men's Physique - Open LW

- Shaquille Whitmore
- Jesse Benedetti

Men's Physique - Open MW

- Derrick White
- Chase Dexter
- Michael Thomas
- Jessie Benedetti
- Brian Palone
- Christopher McKee

Men's Physique - Open HW

- Shannon Dixon
- Scott Griffin
- Jesse Benedetti
- Brian Palone
- Shannon Dixon
- Raymond Dumit

Men's Physique - Masters 40+

- Jesse Benedetti
- Brian Palone
- Shannon Dixon
- Raymond Dumit

Men's Physique - Masters 50+

- Derrick White
- Scott Griffin
- Brett Young

NGA PRO Card & Overall

- Scott Griffin
- Brett Young

Classic Physique - Open

- Ryan Beck

Bikini - Open "A"

- Michelle Nickell
- Lavonte Kears
- Domenico Fumarola
- Anthony Breifelder

NGA PRO Card & Overall

- Michelle Nickell
- Lavonte Kears
- Domenico Fumarola
- Anthony Breifelder

Bikini - Open "B"

- Jade Stamper
- Hannah Heilman

Bikini - Masters 40+

- Jade Stamper
- Hannah Heilman

NGA 80th Annual Cincinnati Natural

- Michelle Nickell
- Lavonte Kears
- Domenico Fumarola
- Anthony Breifelder

NGA PRO Card & Overall

- Michelle Nickell
- Lavonte Kears
- Domenico Fumarola
- Anthony Breifelder

Bikini - Open "A"

- Michelle Nickell
- Lavonte Kears
- Domenico Fumarola
- Anthony Breifelder

NGA PRO Card & Overall

- Michelle Nickell
- Lavonte Kears
- Domenico Fumarola
- Anthony Breifelder

Bikini - Open "B"

- Jade Stamper
- Hannah Heilman

Bikini - Masters 40+

- Jade Stamper
- Hannah Heilman

NGA 80th Annual Cincinnati Natural

- Michelle Nickell
- Lavonte Kears
- Domenico Fumarola
- Anthony Breifelder

NGA PRO Card & Overall

- Michelle Nickell
- Lavonte Kears
- Domenico Fumarola
- Anthony Breifelder

Bikini - Open "A"

- Michelle Nickell
- Lavonte Kears
- Domenico Fumarola
- Anthony Breifelder

NGA PRO Card & Overall

- Michelle Nickell
- Lavonte Kears
- Domenico Fumarola
- Anthony Breifelder

Bikini - Open "B"

- Jade Stamper
- Hannah Heilman

Bikini - Masters 40+

- Jade Stamper
- Hannah Heilman

NGA 80th Annual Cincinnati Natural

- Michelle Nickell
- Lavonte Kears
- Domenico Fumarola
- Anthony Breifelder

NGA PRO Card & Overall

- Michelle Nickell
- Lavonte Kears
- Domenico Fumarola
- Anthony Breifelder

Bikini - Open "A"

- Michelle Nickell
- Lavonte Kears
- Domenico Fumarola
- Anthony Breifelder

NGA PRO Card & Overall

- Michelle Nickell
- Lavonte Kears
- Domenico Fumarola
- Anthony Breifelder

Bikini - Open "B"

- Jade Stamper
- Hannah Heilman

Bikini - Masters 40+

- Jade Stamper
- Hannah Heilman

NGA 80th Annual Cincinnati Natural

- Michelle Nickell
- Lavonte Kears
- Domenico Fumarola
- Anthony Breifelder

NGA PRO Card & Overall

- Michelle Nickell
- Lavonte Kears
- Domenico Fumarola
- Anthony Breifelder

- 6. Nelly Flaque
- 7. Cynthia Dunsy
- 8. Amanda Johnson
- 9. Tabitha Calihan
- 10. Kiera Deloney

Bikini - Open "Tall"

- 1. Brandi Young
- 2. Lauren Hale
- 3. Ahna Carry
- 4. Michele Hirning

Bikini - Masters 40+

- 1. Gigi Agostinelli
- 2. Cristina Armstrong
- 3. Kay Renshaw
- 4. Amanda Johnson
- 5. Michele Hirning

Bikini - Masters 50+

- 1. Gigi Agostinelli
- 2. Kay Renshaw

Bikini Model - Open

- 1. Julie Mbae
- 2. Chloe Ariel
- 3. Angela Bosch
- 4. Cristina Armstrong

Figure - Open "Short"

- 1. Vanessa Reed
- 2. Julie Mbae

- 3. Tabitha Callihan

Figure - Open "Tall"

- 1. Daryl Sissman

Figure - Masters 40+

- 1. Vanessa Reed
- 2. Julie Mbae
- 3. Daryl Sissman

Women's Physique - Open

- 1. Katie Herzfeld

Men Physique - Open LW

- 1. Teddy Simmons
- 2. Charles Long
- 3. Tom Lazorik
- 4. Mike Kiel
- 5. Ernest Clemons
- 6. Nahan Mosback
- 7. Jeremy Hoyes

Men's Physique - Open MW

- 1. Brian Palone
- 2. Marcus Bales
- 3. Jesse Benedetti
- 4. Jean Mbae
- 5. Hamidullah Salaam
- 6. Jose Camara

Men's Physique - Open HW

- 1. Elijah McClendon
- 2. Jeffrey Kamber

- 3. Dorian Ingram
- 4. Albi Marke

Men's Physique - Masters 40+

- 1. Charles Long
- 2. Brian Palone
- 3. Mike Kiel
- 4. Jesse Benedetti
- 5. Hamidullah Salaam

Classic Physique - Open LW

- 1. Tom Lazorik
- 2. Aleksander Pacocha

Classic Physique - Open MW

- 1. Aleksander Pacocha
- 2. Anthony Vlassis
- 3. Walker Andresky
- 4. Jaie Spainer
- 5. Kyler Penney
- 6. Jose Camara

Men's BB - Open LW

- 1. Tom Lazorik
- 2. Mike Keil
- 1. Aleksander Pacocha
- 2. Sean Maloney

Men's BB - Open LHW

- 1. Kevin Diana
- 2. Raymond Ferguson
- 3. Anthony Vlassis

Men's BB - Open MW

- 1. Raymond Ferguson
- 2. Sherman Reed
- 3. Anthony Vlassis

Men's BB - Open LHW

- 1. Kevin Diana
- 2. Sean Maloney
- 3. Raymond Ferguson

Men's BB - Open HW

- 1. Raymond Ferguson
- 2. Sherman Reed
- 3. Raymond Ferguson

Men's BB - Masters 40+

- 1. Sherman Reed
- 2. Raymond Ferguson
- 3. Ben Larson
- 4. Al Vaughan
- 5. Dale Ascough

Men's BB - Masters 50+

- 1. Sherman Reed
- 2. Mike Kiel
- 3. Ben Larson
- 4. Al Vaughan
- 5. Dale Ascough

Men's BB - Masters 60+

- 1. Al Vaughan
- 2. Gus Torres
- 3. Ben Larson
- 4. Al Vaughan

Men's BB - Masters 70+

- 1. Al Vaughan

Women's Physique - Novice

- 1. Katie Herzfeld
- 2. Albi Marke
- 3. Marcus Bales
- 4. Casey Hale
- 5. Hamidullah Salaam
- 6. Jose Camara

- 1. Elijah McClendon
- 2. Albi Marke
- 3. Marcus Bales
- 4. Casey Hale
- 5. Hamidullah Salaam
- 6. Jose Camara

Men's Physique - Novice

- 1. Anthony Vlassis
- 2. Albi Marke
- 3. Casey Hale
- 4. Jamie Spanier
- 5. Jose Camara

Classic Physique - Novice

- 1. Anthony Vlassis
- 2. Albi Marke
- 3. Casey Hale
- 4. Jamie Spanier
- 5. Jose Camara

Classic Physique - Novice

- 1. Anthony Vlassis
- 2. Albi Marke
- 3. Casey Hale
- 4. Jamie Spanier
- 5. Jose Camara

Classic Physique - Open LW

- 1. Tom Lazorik
- 2. Aleksander Pacocha
- 3. Walker Andresky
- 4. Jaie Spainer
- 5. Kyler Penney
- 6. Jose Camara

Classic Physique - Open MW

- 1. Tom Lazorik
- 2. Mike Keil
- 1. Aleksander Pacocha
- 2. Sean Maloney

Men's BB - Open LW

- 1. Tom Lazorik
- 2. Mike Keil
- 1. Aleksander Pacocha
- 2. Sean Maloney

Men's BB - Open LHW

- 1. Kevin Diana
- 2. Raymond Ferguson
- 3. Anthony Vlassis

Men's BB - Open MW

- 1. Raymond Ferguson
- 2. Sherman Reed
- 3. Anthony Vlassis

Men's BB - Open LHW

- 1. Kevin Diana
- 2. Sean Maloney
- 3. Raymond Ferguson

Men's BB - Open HW

- 1. Raymond Ferguson
- 2. Sherman Reed
- 3. Raymond Ferguson

Men's BB - Masters 40+

- 1. Sherman Reed
- 2. Mike Kiel
- 3. Ben Larson
- 4. Al Vaughan
- 5. Dale Ascough

Men's BB - Masters 50+

- 1. Sherman Reed
- 2. Mike Kiel
- 3. Ben Larson
- 4. Al Vaughan
- 5. Dale Ascough

Men's BB - Masters 60+

- 1. Al Vaughan
- 2. Gus Torres
- 3. Ben Larson
- 4. Al Vaughan

Men's BB - Masters 70+

- 1. Al Vaughan

Figure - Masters 40+

- 1. Vanessa Reed
- 2. Alanna Payne
- 3. Tracy Rife
- 4. Melissa Williams
- 5. Leslie Campbell

Women's Physique - Open

- 1. Sabrina Fan
- 2. Alanna Payne
- 3. Kimberly Sullivan
- 4. Shannon Dixon
- 5. Rufus Holcomb

Women's Phys - Masters 40+

- 1. Kimberly Sullivan
- 2. Rufus Holcomb
- 3. Shannon Dixon
- 4. Robert Gonzalez
- 5. Carlos Velasquez
- 6. Jessie Benedetti

Men's Physique - Open MW

- 1. Marcus Bales
- 2. Chase Dexter
- 3. Jessie Benedetti
- 4. Robert Gonzalez

Men's Physique - Open HW

- 1. Shannon Dixon
- 2. Rufus Holcomb
- 3. Shannon Dixon
- 4. Robert Gonzalez
- 5. Carlos Velasquez
- 6. Jessie Benedetti

Men's Phys - Masters 40+

- 1. Shannon Dixon
- 2. Robert Gonzalez
- 3. Carlos Velasquez
- 4. Jessie Benedetti

Men's Physique - Masters 50+

- 1. Carlos Velasquez
- 2. William Baldwin
- 3. Daniel Roman
- 4. Austin Willis

Classic Physique - Open LW

- 1. William Baldwin
- 2. Austin Willis
- 3. Chaney Cooper
- 4. Griff Vittone
- 5. Koston York
- 6. Dennis Hobart

Classic Physique - Open MW

- 1. Daniel Roman
- 2. Austin Willis
- 3. Chaney Cooper
- 4. Griff Vittone
- 5. Koston York
- 6. Dennis Hobart

Classic Physique - Open HW

- 1. Chaney Cooper
- 2. Griff Vittone
- 3. Koston York
- 4. Dennis Hobart

Classic Physique - Masters 40+

- 1. Griff Vittone
- 2. Carlos Velasquez
- 3. William Baldwin
- 4. Jay Karp
- 5. Sean Maloney

Men's BB - Open LW

- 1. William Baldwin
- 2. Jay Karp
- 3. Sean Maloney
- 4. Griff Vittone
- 5. Koston York

Men's BB - Open LHW

- 1. Sean Maloney
- 2. Griff Vittone
- 3. Koston York
- 4. Dennis Hobart

Men's BB - Open MW

- 1. Kelvin Hunt
- 2. Gus Torres
- 3. Ben Larson
- 4. Al Vaughan
- 5. Dale Ascough

Men's BB - Masters 40+

- 1. Kelvin Hunt
- 2. Gus Torres
- 3. Ben Larson
- 4. Al Vaughan
- 5. Dale Ascough

- 1. Kelvin Hunt
- 2. Jay Karp

- 1. Kelvin Hunt
- 2. Jay Karp

Men's BB - Masters 60+

- 1. Gus Torres
- 2. Dennis Hobart
- 3. Hannah Adams
- 4. Perlas Puno
- 5. Liz Walker
- 6. Melissa Williams

Bikini - Debut

- 1. Hannah Adams
- 2. Perlas Puno
- 3. Liz Walker
- 4. Melissa Williams

Bikini - Novice

- 1. Perlas Puno
- 2. Liz Walker
- 3. Melissa Williams
- 4. Thea Holman
- 5. Jadeyn Peterson
- 6. Gianna Gallego

Figure - Novice

- 1. Alanna Payne
- 2. Sabrina Fan

Women's Physique - Novice

- 1. Sabrina Fan
- 2. Robert Gonzalez
- 3. Rufus Holcomb

Men's Physique - Debut

- 1. Robert Gonzalez
- 2. Rufus Holcomb
- 3. Rufus Holcomb

Men's Physique - Novice

- 1. Marcus Bales
- 2. Robert Gonzalez
- 3. Rufus Holcomb

Classic Physique - Debut

- 1. Daniel Roman

Classic Physique - Novice

- 1. Daniel Roman
- 2. Koston York

Classic Physique - Teen

- 1. Austin Willis
- 2. Koston York
- 3. William Baldwin

NGA 9th Annual Anthracite Natural Bodybuilding & Physique Championships

NGA 5th Annual Mr. Coal Natural Championships

Pottsville, PA
July 9, 2022

Promoter: Rev. Warren I. Egebo

Anthracite

Men's BB - Open LW

- 1. Robert Kiska
- 2. Carlos Martin

Men's BB - Open MW

- 1. Chadwick Thomas
- 2. Jacob Honse

Men's BB - Open LHW

- 1. Jacob Honse
- 2. Bryce Felgenhauer
- 3. Gordon Brodecki
- 4. Janyl Galen

Mr. Coal

Men's Physique - Open

- 1. Brent Christie
- 2. Bryce Felgenhauer

Classic Physique - Open LW

- 1. Gordon Brodecki
- 2. Janyl Galen
- 3. Cory Rockwell
- 4. Austin Sphar
- 5. Andrew Sorton
- 6. Edward Wells
- 7. Bryce Felgenauer

Classic Physique - Open MW

- 1. Cory Rockwell
- 2. Austin Sphar
- 3. Andrew Sorton
- 4. Edward Wells
- 5. Bryce Felgenauer

Classic Physique - Open HW

- 1. Austin Sphar
- 2. Andrew Sorton
- 3. Edward Wells
- 4. Bryce Felgenauer

Men's BB - Open LW

- 1. Gordon Brodecki
- 2. Robert Kiska
- 3. Antonio Bongiovanni
- 4. Carlos Martin
- 5. Janyl Galen

Men's BB - Open MW

- 1. Chadwick Thomas
- 2. Rufus Holcomb

Men's BB - Open LHW

- 1. Austin Sphar
- 2. Jacob Honse
- 3. Brent Christie

Men's BB - Open MW

- 1. Chadwick Thomas
- 2. Rufus Holcomb

Men's BB - Masters 40+

- 1. Gordon Brodecki

NGA Tahoe International PRO/AM

South Lake Tahoe, CA
July 23, 2022

Promoter: Bing Saez

PRO Bikini - Open

- 1. Alona Zaharkina

PRO Figure - Open

- 1. Kim Warehime
- 2. Joey Fanjul
- 3. Denzel Carter

PRO Men's Physique - Open

- 1. Joey Fanjul
- 2. Mark Tilden
- 3. Denzel Carter

PRO Classic Physique - Open

- 1. Lorenzo Elder
- 2. Mark Tilden
- 3. Denzel Carter

PRO Men's BB - Masters 40+

- 1. Mark Tilden
- 2. Robert Green
- 3. Melissa Castillo
- 4. Dee Evans
- 5. Kawanaa Carter
- 6. Lourdes Giovannini

Bikini - Open

- 1. Dee Evans
- 2. Kawanaa Carter
- 3. Lourdes Giovannini

Figure - Open

- 1. Alona Zaharkina
- 2. Kim Warehime
- 3. Dee Evans
- 4. Kawanaa Carter
- 5. Lourdes Giovannini

Women's Physique - Open

3. Gus Torres
Men's BB - Masters 40+

1. Ray Ferguson
Overall

2. Gus Torres
3. Raymond Dumit

Men's BB - Masters 50+

1. Gus Torres

Bikini - Debut

1. Anna Totak

Bikini - Novice

1. Suelley Valdes
2. Jennifer Barreza
3. Aubrey Inglima
4. Anna Tutak
5. Kelsey Paldin

Bikini - Teens

1. Jennifer Barreza
2. Aubrey Inglima
3. Kelsey Paldin

Men's Physique - Novice

1. Cory Ball
2. John Trinidad
3. Cameron Henson
4. Daniel Butcher
5. Kalani Patolo

Classic Physique - Novice

1. Kalani Patolo

NGA Tricky Jackson Classic

Frankfort, KY
September 10, 2022

Promoter: Ricky "Tricky" Jackson

Bikini - Open "Short"

1. Natasha Tackett
2. Sarah Kiesler

Bikini - Open "Tall"

1. Maria Christina Rogers
2. Stephanie Boyd
3. Sarah Wardley

Bikini - Open "Tall"

1. Maria Christina Rogers
NGA PRO Card & Overall

2. Stephanie Boyd
3. Sarah Wardley

Bikini - Masters 40+

1. Sarah Wardley
2. Tina Sailors
3. Sarah Kiesler

Figure - Open "Short"

1. Kathie Lawyer
NGA PRO Card & Overall

2. Diedre Wade
3. Natasha Tackett

Figure - Open "Tall"

1. Heather Pappas
2. Tina Sailors

Figure - Masters 40+

1. Kathie Lawyer
2. Diedre Wade

3. Tina Sailors
Women's Physique - Open

1. Kathie Lawyer

Men's Physique - Open LW

1. Daniel Butcher
NGA PRO Card

Men's Physique - Open HW

1. Kenneth Miller
2. Brad Droll
3. Charles McPherson

Men's Physique - Masters 40+

1. Kenneth Miller
2. Brad Droll
3. Charles McPherson

Classic Physique - Open

1. Jerry Tackett

Men's BB - Open

1. Steve Thomas
2. Jerry Tackett

Bikini - Debut

1. Maria Christina Rogers
2. Julie Holloway
3. Stephanie Boyd
4. Tina Sailors
5. Natasha Tackett
6. Sarah Kiesler

Bikini - Novice "Short"

1. Julie Holloway
2. Natasha Tackett
3. Sarah Kiesler

Bikini - Novice "Tall"

1. Maria Christina Rogers
2. Stephanie Boyd
3. Sarah Wardley

Men's Physique - Novice LW

1. Daniel Butcher
2. Ryack Sanchez

Men's Physique - Novice HW

1. Kenneth Miller
2. Brad Droll
3. Charles McPherson

NGA PRO/AM Bluegrass

Bodybuilding Championships

Lexington, KY
September 17, 2022

Promoter: Josh & Melissa Miller

PRO Bikini - Open

1. Kelly Adams
2. Mallory Laskowski

PRO Figure - Open

1. Carmen Glover
2. Kathie Lawyer
3. Eka Ukaobasi

PRO Figure - Masters 40+

1. Carmen Glover
2. Eka Ukaobasi

PRO Men's Physique - Open

1. Bruce Cotton
2. Josh Stoneking
3. Cannon Ritzler

PRO Classic Physique - Open

1. Kwami Shorter

PRO Men's BB - Open

1. Brandon Griffin
2. Sixto Fermin
3. Kwami Shorter
4. Maximilian Angle
5. Antony Stinchcomb
6. Ron Page

PRO Men's BB - Masters 40+

1. Sixto Fermin
2. Anthony Stinchcomb
3. Matthew Serd
4. Ron Page

PRO Men's BB - Masters 50+

1. Ron Page

PRO Men's BB - Masters 60+

1. Ron Page

Bikini - Open

1. Elaina Carrera
NGA PRO Card

Bikini - Masters 40+

1. Elaina Carrera
2. Jennifer Raisley
3. Sarah Wardley
5. Natasha Tackett

Figure - Open

1. Adrienne Southerland
NGA PRO Card

Figure - Masters 40+

1. Stephanie Mullins
2. Teresa Latiolais

Women's Physique - Open

1. Adrienne Southerland
NGA PRO Card

Women's Physique - Open

1. Kelly Adams
2. Stephanie Mullins
3. Stephanie Mullins
4. Natasha Tackett
5. Teresa Latiolais

Men's Physique - Open LW

1. Drew Sarihan

NGA PRO Card

2. Gustavo Ortiz
3. Mason McGuire
4. Greasy Belcher
5. Daren Spartman
6. Jerry Tackett

Men's Physique - Open MW

1. Shawn Greenlea
NGA PRO Card & Overall

Men's Physique - Open HW

2. Blake Williams
3. Devin Bowling
4. Brady Kelly

Men's Physique - Open LW

1. Kyle Megraw
2. Paul Webb

Men's Phys - Masters 40+

1. Shawn Greenlea
NGA PRO Card

Men's Phys - Masters 40+

2. Paul Webb
3. Greasy Belcher
4. Troy Coop
5. Robert Brady Johnson
6. Daren Spartman

Classic Physique - Open LW

1. Mason McGuire

Classic Physique - Open MW

1. Mason Mletzko
2. Nico DeBellis
3. Timothy McQueen
4. Keon Alexander
5. Devin Bowling
6. Brian Bohman

Classic Physique - Open HW

1. Brandon Griffin
NGA PRO Card & Overall

Classic Physique - Masters 40+

2. Onam Williams
3. Josh Stoneking

Men's BB - Open LW

1. Steve Thomas
2. Nico DeBellis
3. Stephen Rose
4. Greasy Belcher

Men's BB - Open MW

1. Mason Mletzko
2. Stephen Rose
3. Nico DeBellis
4. Brian Bohman

Men's BB - Open LHW

1. Paul Webb

2. Troy Coop
Men's BB - Open HW

1. Onam Williams
NGA PRO Card & Overall

Men's BB - Masters 40+

2. Gary Burchfield
NGA PRO Card & Overall

Men's BB - Masters 50+

1. Steve Thomas
2. Gary Burchfield
3. Greasy Belcher

Men's BB - Masters 60+

1. Steve Thomas
2. Roger Godsey
3. Greasy Velcher

Bikini - Novice

1. Julie Holloway
2. Sarah Wardley

Figure - Novice

1. Heather Goodman
2. Julie Holloway
3. Natasha Tackett

Men's Physique - Novice

1. Drew Sarihan
2. Kyle Megraw
3. Devin Bowling
4. Blake Williams
5. Gustavo Ortiz
6. Mason McGuire
7. Brady Kelly
8. Greasy Belcher
9. Jerry Tackett

Men's Physique - Juniors

1. Blake Williams
2. Brady Kelly

Men's BB - Novice

1. Mason Mletzko
2. Nico DeBellis
3. Stephen Rose
4. Greasy Belcher

Men's BB - Juniors

1. Mason Mletzko
2. Nico DeBellis

NGA PRO/AM Central Florida

Fall Classic
Orlando, FL
October 27, 2022

Promoter: Rick Pierre

PRO Bikini - Open

1. Tianna Miller
2. Katie Arnold

PRO Bikini - Masters 40+

1. Katie Arnold

PRO Bikini Model - Open

1. Tianna Miller

PRO Women's Phys - Open

1. Perpetua Piechaczek

PRO Women's Phys - Masters 40+

1. Perpetua Piechaczek

PRO Men's BB - Open

1. James Wilczanski
2. Paul Redmer

PRO Men's BB - Masters 40+

1. Paul Redmer

PRO Men's Physique - Open

1. Meleik Carry
2. Josh Stoneking
3. Gerardo Arenas

Bikini - Open

1. Jennifer Bezerra
2. Ann O'Neil
3. Beth Lee
4. Patricia Chance

Bikini - Masters 50+

1. Miriam Hellinger
2. Patricia Chance

Bikini - Masters 60+

1. Patricia Chance

Bikini Model - Open

1. Patricia Chance

Figure - Open

1. Carly Ducote
2. Carmen Fernandez

Figure - Masters 40+

1. Carman Fernandez

Men's Physique - Open

1. Tony Arnold
NGA PRO Card

Men's Physique - Juniors

2. Winston Church
3. Alex Allison
4. Nicholas Butler
5. Daniel Mitchel
6. Joseph Angley

Men's Physique - Masters 40+

1. Winston Church
2. Nickolas Butler
3. Joseph Angley

Men's Physique - Masters 50+

1. Joseph Angley

Classic Physique - Open MW

1. Amer Batal

Classic Physique - Masters 40+

1. Amer Batal

Men's BB - Open LW

1. Amer Batal
2. Gus Torres

Men's BB - Masters 40+

1. Amer Batal

Men's BB - Masters 60+

1. Gus Torres

Bikini - Debut

1. Ann O'Neil

Bikini - Novice

1. Ann O'Neil
2. Beth Lee

Bikini - Teens

1. Jennifer Bezerra

Beach Body

1. Tianna Miller

Wellness

1. Tianna Miller

Men's Physique - Novice

1. Alex Allison
2. Daniel Mitchel

Transformation

1. Melissa Millender

WINNER

- Joseph Angley
Danayas Lay
Tianna Miller

NGA

PRO/AM Universe Championships

American Natural Championships
Sunrise, FL
November 5, 2022

Promoters:

- Andrew & Francine Bostinto

PRO Bikini - Open

1. Samantha Roldan
2. Anett McPhee
3. Emily Thomas

PRO Bikini - Masters 40+

1. Gigi Agostinelli
2. Anett McPhee
3. Emily Thomas

PRO Bikini Model - Open

1. Tivisay Briceno

PRO Figure - Open

1. Tivisay Briceno
2. Vanessa Reggiardo

PRO Figure - Masters 40+

1. Tivisay Briceno
2. Vanessa Reggiardo

PRO Women's Physique - Open

1. Perpetua Piechaczek

PRO Men's Physique - Open

1. Eric Murphy
2. Antony Richburg
3. Meleik Carry

4. Gerardo Amias
5. Josh Stoneking
6. Shawn Greenlea
7. Orlando Anderson

PRO Classic Physique - Open

1. Enmanuel Fuenmayor
2. Alex Grit
3. Aleksander Pacocha
4. Ralph Dunninghigh

PRO Classic Phys - Masters 40+

1. Ralph Dunninghigh

PRO Men's BB - Open

1. Aleksander Pacocha
2. Craig Toth
3. Dayshawn Taylor
4. Wayne Palmer
5. Alphonso Jones
6. Joe Daily
7. James Wilczanski

PRO Men's BB - Masters 40+

1. Craig Toth
2. Wayne Palmer
3. Alphonso Jones
4. Joe Daily
5. Paul Hadler
6. Daniel Eldrige

Bikini - Open

1. Natacia Henry
2. Kay Renshaw
3. Gaddy Navarro

Bikini - Masters 40+

1. Kay Renshaw
2. Gaddy Navarro
3. Anastasia Clare

Bikini Open - Model

- | | | | |
|------------------------------------|-----------------------------------|---------------------------------------|----------------------------------|
| 1. Amer Batal | 3. Tony Howard | 1. Roberto Gonzalez | 3. Anna Tutak |
| 2. Paul Hadler | PRO Men's BB - Open | 2. Chase Dexter | 4. Larissa Lee |
| Men's BB - Open LW | 1. Tony Howard | Men's Physique - Open HW | 5. Diane Agnew |
| 1. Brian Dohner | 2. James Wilczanski | 1. Anthony Carter | 6. Lissette Rivera |
| 2. Michael Baton | Bikini - Open "Short" | NGA PRO Card & Overall | 7. Taylor Robins |
| Men's BB - Open LHW | 1. Anabella Fernandez | Men's Phys - Masters 40+ | 8. Patricia King |
| 1. Amer Batal | NGA PRO Card | 1. Roberto Gonzales | Bikini Novice "Tall" |
| 2. James Dure | 2. Gina Sylvestre | Classic Physique - Open LW | 1. Madison Shelite |
| 3. Joe Papesca | 3. Anna Tutak | 1. Jon Holst | Overall |
| 4. Paul Hadler | 4. Larissa Lee | 2. Joao Machado | 2. Lorelly Mobley |
| Men's BB - Masters 40-49 | 5. Taylor Robins | Classic Physique - Open HW | 3. Kaylin Yunick |
| 1. Amer Batal | 6. Jennifer Kavensky | 1. Ben Larson | 4. Ammber Elkins |
| NGA PRO Card & Overall | Bikini - Open "Tall" | Overall | 5. Michelle Schooley |
| 2. Michael Baton | 1. Madison Shelite | 2. Nathan Eaton | Figure - Novice |
| Men's BB - Masters 50-59 | NGA PRO Card & Overall | Classic Physique - Masters 40+ | 1. Carla Berg |
| 1. Michael Baton | 2. Lorelly Mobley | 1. Roberto Gonzalez | Men's Physique - Novice |
| Men's BB - Masters 60-69 | 3. Kaylin Yunick | 2. Ben Larson | 1. Collin Smith |
| 1. Brian Dohner | 4. Amber Elkins | 3. Nathan Eaton | 2. Michael Borde |
| 2. Michael Baton | 5. Debra Bozeman | Men's BB - Open MW | Classic Physique - Novice |
| Men's BB - Masters 80+ | Bikini - Masters 40+ | 1. James Lucas | 1. Joao Machado |
| 1. Richard Rubin | 1. Annabella Fernandez | Men's BB - Open LHW | Wellness |
| Men's BB - Novice | NGA PRO Card & Overall | 1. Nathan Eaton | 1. Kaylin Yunick |
| 1. Joe Papesca | 2. Diane Agnew | 2. Gus Torres | 2. Valerie Diaz |
| Kid's Fitness | 3. Debra Bozeman | Men's BB - Open HW | 3. Madison Shelite |
| 1. Amerie Carry | 4. Patricia King | 1. Ben Larson | 4. Michelle Morgese |
| 1. Meleyah Carry | 5. Michelle Schooley | Overall | Women's Transformation |
| | Bikini - Masters 50+ | Men's BB - Masters 40-49 | 1. Susan Mahon |
| NGA East Coast Classic | 1. Diane Agnew | 1. Nathan Eaton | 2. Melanie Ashley |
| PRO/AM | NGA PRO Card | 2. James Lucas | 3. Patricia King |
| Deltona, FL | 2. Debra Bozeman | 3. Gus Torres | Evening Gowns |
| November 19, 2022 | 3. Lissette Rivera | Men's BB - Masters 50-59 | 1. Madison Shelite |
| Promoter: Matt Ammann | 4. Jennifer Kavensky | 1. Ben Larson | Overall |
| PRO Bikini - Open | 5. Dana Sharp | Overall | 2. Shelley Valdez |
| 1. Shelley Valdes | Bikini - Masters 60+ | 2. Nathan Eaton | Evening Gowns - 40+ |
| 2. Somer Scarano | 1. Susan Mahon | 3. James Lucas | 1. Michelle Schooley |
| PRO Men's Physique - Open | Figure - Masters 50+ | 4. Gus Torres | Evening Gowns - 50+ |
| 1. Meleik Carry | 1. Carla Berg | Men's BB - Masters 60-69 | 1. Lissette Rivera |
| 2. Tony Richburg | Men's Physique - Open LW | 1. Gus Torres | 2. Jennifer Kavensky |
| PRO Classic Physique - Open | 1. Collin Smith | Bikini - Novice "Short" | 3. Dana Sharp |
| 1. Aleksander Pacocha | 2. Michael Borde | 1. Annabella Fernandez | |
| 2. Nigel Eldridge | Men's Physique - Open MW | 2. Gina Sylvestre | |



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