

A Directory of Resources for Bikini, Figure, Fitness, Women's Physique, Men's Physique, Classic Physique, and Bodybuilding Competition Training in the Southeast.

# SOUTHERN<sup>TM</sup> MUSCLE

GUIDE  
2017



**TIPS**  
FROM THE  
**PROS**

**8** Secrets To Being A Winner

Peak Week...The WEEK Before The Show



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# SOUTHERN™ MUSCLE GUIDE 2017

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*Southern Muscle Guide* is an annual guide of the resources available to competitors in the sport of bodybuilding. The mission of this publication is to support and encourage the sport of bodybuilding.

Throughout the year, *Southern Muscle Guide* is always seeking editorial content. If you have a transformational story or event to share, please email us.

To advertise or contribute:  
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**Rachel Payne**  
 Publisher,  
*Southern Muscle Guide*

### Letter From the Publisher

From the trainers to the clients to the promoters, there are three key points that have stood out above the rest – Patience, Process, and Positivity. I am excited that this is our 2017 focus for *Southern Muscle Guide* this year and you will see these three traits interwoven throughout our content. You will be inspired by our Transformation stories and the Tips From the Pros will help you reach your fitness goals. For those that seek that exclusive Pro card, our cover competitors are on the cusp of success and share their secrets. New competitors will especially benefit from our Ways to Save article and the 2017 Competition Schedule.

We're happy to announce that we've expanded the publication this year and *Southern Muscle Guide* will be available in print and on-line. With our website and social media presence, we are committed to growing our readership and sharing information throughout the year! We welcome businesses \*gratis\* into our Directory of Resources and Event Schedules and we invite the readers to submit their own transformation stories that we can share online.

It has been a great learning curve for me to see all of the exciting new ways promoters are making the competitions bigger and better this year. It's clear that the growth of the sport stems from the fitness enthusiasts who want to take their bodies to the next level, which makes the competitor experience a huge focus. The chairmen and promoters both express a desire to serve as they welcome new competitors and seasoned veterans to their shows, feature competitors on their websites and social media, and tie the connection from the history of bodybuilding to the modern day competitor.

Positivity, Patience and Process - the foundation of the sport of Bodybuilding, and the message we strive to share in *Southern Muscle Guide*. Making the sport of Bodybuilding great throughout the southeast, we look forward to seeing you at the shows.



# Tips from the Pros



## JENNIFER MOYER

*Jennifer Moyer, IFBB Pro, Atlanta, Georgia*

**Age: 43**

**Awards: 2016 NPC Palmetto Classic, Figure, Overall Winner**

**Pro Status Obtained: 2016 NPC North American Championships**

### TRUST THE PROCESS AND LISTEN TO YOUR COACHING TEAM

My biggest advice is to definitely hire a Competition Prep Team. Your competition coach has experience. There's so much value in having a Team that knows what to expect and guide you through the process. From the nutrition, to how your body will change, to peak week and stage day, to the posing, to the suit, to which division best suits your body, their experience is invaluable!

**MY JOURNEY:** My coach, Megan Olsen became more than just an amazing coach but also, my mentor & my friend. Being completely naïve to the sport of bodybuilding, I had no idea what I was getting into when I began this journey.

I've always been fairly fit and had pretty decent eating habits. But learning how to eat clean and learning to lift differently really showed me how I had control over what I want my body to become.

*To read more on Jennifer's story, visit [SouthernMuscleGuide.com](http://SouthernMuscleGuide.com).*

**“My initial thought was I was past the age to get into this lifestyle. I quickly realized I was not too old! I actually have what is called mature muscle.”**



## JERMAINE LUKE TODD

*IFBB Pro, South Carolina*

**Age: 29**

**Awards:**

**2007 Mr. Teen South Carolina**

**2009 Mr. Junior South Carolina**

**2014 NPC Palmetto Classic, Classic Physique, Overall Winner**

**Pro Status Obtained: 2015 NPC National Championships**

### PROGRESS & PATIENCE

Jermaine started his journey as a teenager and now at 29 years he is currently an Interval Nutrition Sponsored Athlete. His Pointers from a Pro are:

- Chase progress, not success because with increased progress success will come.
- You get what you earn, not what you want. Whatever you put in is what you get out
- Proper sleep and nutrition is just as important as training. You must have all three in order to reach your goals and or success
- “Rome wasn't built in a day”  
A great physique is built over time so patience is key.
- To each of you reading this I wish you all the best at your future endeavors. Stay fit. Train hard.





## BREE MARSH

*IFBB Pro, Athens, Georgia*

Age: 43

Awards: 2016 NPC Border Klash, Figure, Overall Winner

Pro Status Obtained: 2016 NPC Universe Championships

“Decide to do it only when you are ready.”

### YOU ARE IN CONTROL

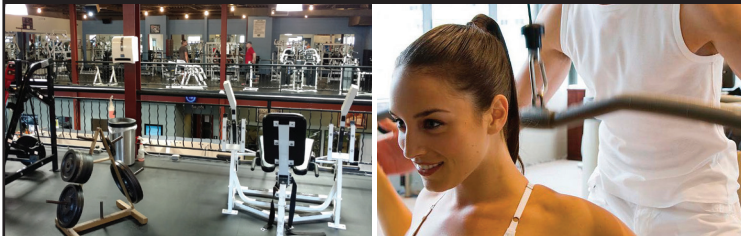
For first timers, do some research before hiring a trainer/coach. Once you have more information about the time commitment it may take to compete, the cost of it all, the diet, the organization, the suit, the tan, and other costs, then decide if you want to try competing on your own, or if you'd like to hire someone to help you. I think it is very important to understand that it is YOUR body, and if you do decide to hire a coach, you are still in control, and are responsible for all the decisions you make during your journey. If you feel something isn't right, it is up to you to make the decision to question your coach and inform them of your concerns.

**MY JOURNEY:** Most competitors these days do have a coach, but that doesn't mean you have to. I did my own prep up until I turned professional. I received advice from others that I trusted along the way, but I came up with my own training and diet plans, and I did my own research on the costs as well. It was definitely a learning process, but I do not regret it. If your goal is to turn professional, it takes a lot of hard work and dedication, along with some small sacrifices.

*For more on Bree's story, visit [SouthernMuscleGuide.com](http://SouthernMuscleGuide.com).*



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“ In hindsight, one thing I could have benefited from more is the use of social media.”



## IVETTE SHEEK

*IFBB Pro, Atlanta, Georgia*

Age: 48

Awards: 2016 NPC Border Klash, Women's Physique, Overall Winner

Pro Status Obtained: 2016 NPC National Championships

### CREATE A PLAN

Your Competition Show Plan should include:

- Picking your shows - do your research and see which shows will have the best outcome for you.
- Make sure you obtain a "qualified" trainer (even if you are one), and a posing coach (even if you think you know the poses); it's always good to have another set of eyes on you as far as diet, training and posing.
- Practice to have poise and confidence on that stage. You need to look the part; meaning stunning suit, great tan, makeup and hair.
- Practice your posing. You can have the body on point but the posing or routine is horrible and it will kill your chance to win.

**MY JOURNEY:** I feel a little better research on my part would have paid off to save money by waiting for the right show, rather than just doing what I could afford at the time.

*Read more about Ivette's story at [SouthernMuscleGuide.com](http://SouthernMuscleGuide.com).*



## KIM HELM

*IFBB Pro, Charlotte, North Carolina*

Age: 43

Awards:

2013 NPC Charlotte Cup, Masters 35+ Figure, 1st place

2013 NPC Mid-Atlantic Classic, Masters 35+ Figure, Overall Winner

2014 NPC North American Championships, Masters 35+ Figure, 2nd place

2015 NPC North American Championships, Masters 35+ Figure, 2nd place

Pro Status Obtained: 2016 NPC Universe Championships

### STAGE PRESENCE AND FOCUS

Stage presence mandates confidence and comfort. That means you have to know your posing without thinking about it...and you have to be able to walk in 5 inch heels wearing a not so modest bikini in front of a crowd of people...and do so with poise and a smile. For me, the best way to prepare is to practice walking and posing at the gym, regardless of how many people are around, in fact, the more the better. When you hit the stage, people will be watching you. You have to act like it's not a thing. So, to prepare for that, you find a way to experience it at home first, even if on a smaller scale. This is where your friends and gym family can be of great help. In the end, if I am able to nail a full stage routine in front of my gym family without hesitation, I know I'm ready. Chin up, flexed muscles, good posture, controlled breathing, and a smile every step. Practice, practice, practice!

*To read more about Kim's journey, visit [SouthernMuscleGuide.com](http://SouthernMuscleGuide.com)*

“ Focus on you.”

“ Over 90% of communication is nonverbal. So what you project on stage is the energy that is occurring inside of you.”



## JOANN NORWOOD

*IFBB Pro, Atlanta, Georgia*

Age: 43

Education: M.A. Forensic Psychology, PhD Candidate Neuropsychology

Awards: 2015 NPC Lee Haney Games, Bikini, Overall Winner and Masters 40+, 2nd place

Pro Status Obtained: 2016 NPC North American Championships

### CONFIDENCE AND ENERGY

Key principles to progress:

- Life moves in cycles. Knowing who you are and the season that you're in is important. It gives a feeling of confidence, security, and excitement instead of worry and anxiety.
- Learn not to compare yourself to others. Instead, keep in mind that growth happens in the depths first, then in the shallow part (publically noticeable part).
- On the outside, take care of your mental energy during prep. Be aware of the energy/personalities that surround you. The goal is to arrive at gratitude, excitement, and humility. That transcends into a very positive and impactful "stage mood and affect". The moment we see ourselves as competing against others is the moment that our ego is projected to the audience and judges. Surprisingly, cockiness and ego are very unattractive onstage.

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*Read the rest of Joann's story on [SouthernMuscleGuide.com](http://SouthernMuscleGuide.com).*



## FELICIA LIVEZEY

*IFBB Pro, Thomasville, North Carolina*

Age: 25

Awards: 2014 Mid-Atlantic Classic, Figure, Overall Winner, Novice

2015 NPC NC State Championships, Open, Figure, Overall Winner

2015 NPC Jr. USA Championships, Open, Figure, 3rd place

2016 Palmetto Classic, Open, Figure, Overall Winner

2016 NPC Jr. USA Championships, Open, Figure, 2nd place

Pro Status Obtained: 2016 NPC Universe Championships

### MENTALLY TOUGH HEALTHY LIFESTYLE

Why do you want to compete? What motivates you every day? Figure out the reasons why you want to do this but remember bodybuilding is a lifestyle, NOT a hobby. Competing is an opportunity to showcase that lifestyle. Anyone can go to the gym and "workout". This is about body manipulation and adaptation. To obtain a look set by guidelines and standards. Not as easy as it sounds. It takes years of dedication and patience to reach this goal. So take your time, work hard, and don't rush into something and get way in over your head. Trust me, shows will always be there.

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*For more on Felicia's journey, visit [SouthernMuscleGuide.com](http://SouthernMuscleGuide.com).*

“ Bodybuilding is a passion; it's a way of life.”



# Ways To Save

**Y**ou finally decided you want to compete in a bodybuilding competition. Competing can be an expensive hobby but there are ways to save money and we've broken it down for you here:

## Posing Suits—Female: \$100-\$1000+

**THE FACTS:** Posing Suits can make a big difference in showing off your hard work on stage. Having a suit that fits your body, is well-made, and is in a color that really pops on your skin tone is ideal. The price range for a suit can vary significantly depending on the category, the level of competition (local, regional, national, pro), and whether you are a first-time competitor versus a seasoned competitor. The posing suit is an investment. You will want to look your best and you will want the judges to remember you. Having a suit that is custom made for your body contributes to your overall presentation. Remember, if you feel good about how you look, you will reflect that confidence on the stage. Look for a well-constructed suit that will hold up for the season. One factor that increases the costs of the suits is the amount of 'bling.' Ensure that your posing suit is in line with the level of competition you are attending.

**WAYS TO SAVE:** You may consider borrowing a suit, renting a suit or purchasing a used suit. The most important factor is the fit, so just make sure the suit fits well.



## Posing Suits—Male: \$40-\$125

**THE FACTS:** Men don't have to worry about near as many options as the females but a good fitting suit is still important. Bodybuilders have several cuts and several colors to choose from for pre-made suits. They are easy to order online and can be delivered relatively quickly. Custom suits are available and like female posing suits, higher levels of competition require higher demands in posing suits, such as a better fit with more choices in fabric and color. Classic Physique suits are required to be black in color. Pre-made suits can be purchased directly from the NPC organization or there are several suit makers that will custom fit the suits for you. Men's Physique board shorts can be purchased at local stores or online. Pay particular attention to the fit. Board shorts should be fitted but not too tight, too baggy or too long and any patterns should be flattering to your body.

**WAYS TO SAVE:** In shopping for board shorts, if you know what brand fits your body the best, look for those brands on sale. Some of the discount stores that carry name brands will frequently have board shorts at super low prices. You may also consider borrowing suits, renting suits from other competitors or purchasing used suits.

## Hair & Make Up: \$70-\$500

**THE FACTS:** For the overall presentation, hair and make up play an important role. Matching your spray tan, and using a style of make up and lashes that is "over the top" compared to your daily make up can be overwhelming for some. In order to look your best, have your hair and make up done professionally. The cost of purchasing all the necessary make up that you would need can far exceed paying for a professional application. (Plus, make up has an expiration date). Hair needs are very different for each individual. Having someone blow it out or curl it is one thing, but color, highlights, and extensions take it to another level. Typically hair and make up will be offered at a show. Color or extensions may require you to seek out a professional that can do those things for you a week or two in advance of your show date.

**WAYS TO SAVE:** Learn how to do the make up and hair yourself for the day of your show. Take the time to practice applying your make up and learn which products work for you to avoid any potential allergic reactions. Look to buy your products on sale when possible. If you hire someone to do hair or make up, you may consider asking your hairdresser or make up artist for a discount or to sponsor you in return for you posting on social media or allowing use of your pictures for advertising.

## Spray Tan: \$100-\$150

**THE FACTS:** Each show has a spray tanning company that is affiliated or a sponsor of that show. Their prime responsibility is to spray tan and glaze competitors before they are on stage. The tan is one place you don't want to cut corners. If you are not tanned dark enough, you look washed out on stage with the bright lights. If you don't prepare the skin correctly before the tan, you could appear blotchy or have a reaction. Some people need a good base before they get a spray tan. Both men and women need to begin shaving early in order to avoid razor burns. Experience has shown that by following the instructions of the spray tan company at least 4 weeks out from your show can make your experience stress free.

**WAYS TO SAVE:** Follow all the instructions from the tanning professionals to prepare your skin. Plan ahead and set aside money for the tan in advance; this is not an area you want to skimp on.

## Shoes: \$45-\$100

**THE FACTS:** The least expensive place to purchase competition shoes is online. Women's shoes are suggested to have a 5" heel height for Bikini and Figure categories. There are numerous styles of shoes to choose from, however, the shoes with the straps around the ankle provide more stability. A high platform is easier to walk in but is not preferred as much as a lower front of shoe. The most important thing is to go ahead and purchase your shoes! Practice walking in your shoes and start to break them in as soon as possible so that you look natural, like you are having fun when you are on stage!

**WAYS TO SAVE:** Purchase your shoes online.

## Jewelry, Nails & Accessories: \$30-\$200

**THE FACTS:** For the perfect look, it's the finishing touches that make you stand out from the rest on stage. Earrings, bracelets, rings and polished nails are those little things that make your look complete. Many times, suit makers also sell jewelry that complement their suits. There are also other companies that specialize in competition prep jewelry. Most frequently, competitors will have a French manicure and pedicure. Other accessories can include bra inserts, and bikini tape, glue or skin fasteners to hold the suit in place.

**WAYS TO SAVE:** Discount stores carry competition-similar costume jewelry as well as manicure supplies, such as press on nails. Bra inserts can be found at fabric stores and Elmer's Craft Bond Glue can be used to keep some suits in place.

## Hotels: \$100-\$300/night (typically 2 days)

**THE FACTS:** The promoter of the show attains a host hotel for a competition and often arranges for discounts for the athletes. If you are competing at a local show, a hotel may not be necessary but if you have to travel to the show, a hotel will be required. The Day of Show is a long day; having a place to rest in between pre-judging and the finals is helpful in making the day a great experience. If you do choose to stay in a hotel, make sure you bring your own dark sheets for the bed linens and plastic wrap for the toilet seat in order to avoid staining the hotel's property with your tan and having to pay for any damages.

**WAYS TO SAVE:** Share a hotel with another competitor to split the cost.

## Travel & Transportation: (Cost Vary)

**THE FACTS:** Driving, flying, car rental and parking costs can be quite expensive. The good news is that you should know well in advance which shows you are planning to attend. Strategically planning your competitions can insure that the shows you and your coach choose will best suit your needs.

**WAYS TO SAVE:** Save for your trip in advance: look for sales, use credit card or frequent flyer points, determine if it's more cost effective to drive instead of fly and see if car-pooling is an option.

## Posing Coach

### \$30-\$125 per session

**THE FACTS:** For most people, posing is harder than it looks. It takes practice and someone who can teach you how to present your assets and hide your flaws when you are on stage.

**WAYS TO SAVE:** Do one on one posing sessions to learn how to pose and what you need to do. Then practice everyday and do group posing practice as often as possible.



## Coaching and Training: \$50- \$100 per session/\$50-\$300 per month

**THE FACTS:** Every competitor can benefit by having someone to be accountable to, someone that has an objective set of eyes. A coach can be those eyes and can offer as much or as little help as you need including training, nutrition, cardio plans and posing. A trainer can help you push beyond your comfort zone and if you are following the plan they provide, you should be able to see changes quicker than if you are on your own. If you are newer to the sport, you need to have a personal trainer to help you, even if it's just once a week so you can learn what you need to do.

**WAYS TO SAVE:** With a desire to compete, you may not need a trainer but instead may benefit from an online prep program, occasional consultations or occasional training sessions to help increase your intensity.

## Food & Supplements: (Cost Vary)

**THE FACTS:** While the average person may not realize it, to be lean, competitors eat between 6-10 times a day and that can add up at the cash register. You don't have to eat the most expensive cuts of meats and vegetables but you can make smart choices. The only way you can make the gains to your body that you need to make is by eating the right foods in the right portions. Supplements can be helpful in preparing for your show; from protein powder to pre-workout to fat burners and more, there are a wide range of supplements to choose from. Keep in mind that supplements are supplemental and should not be used in place of meals. Supplements can be convenient, especially when you are traveling or in long meetings at work. Supplements are also useful to help absorb nutrients and aid with recovery.

**WAYS TO SAVE:** Planning and preparing ahead, searching for coupons, buying foods on sale, and freezing foods can help to keep costs down. Can you compete without supplements? Yes, but in lieu of that, many supplement companies give discounts to the clients of trainers or fitness facilities for referring them, some companies will sponsor athletes. By taking advantage of sales and frequent buyer programs, you can also save.

## Music & Choreography: \$100-\$500

**THE FACTS:** Most categories that require posing routines allow 45-60 seconds for a routine. You need to choose your music and have it edited prior to starting to choreograph the routine. Some choreographers will do it all for you. The goal is to show you off in the best way possible so your routine should be comprised of moves you are comfortable doing and can have fun with on stage. This is your moment to shine!

**WAYS TO SAVE:** With today's technology, editing music is much easier to do on your own. If you feel comfortable, you may be able to choreograph your own routine and have a coach review it.

## Entry & Organization Fees: \$225-\$425

**THE FACTS:** The NPC organization is a membership that enables you to compete in shows governed by the NPC organization which allows you the opportunity to turn IFBB Pro. This is the only path to the Olympia stage. It is a set calendar year fee and can be purchased online at NPCNEWSONLINE.com. Entry fees to the shows are set by the show and are typically paid per category that you are competing in. You are usually allowed to compete in more than one category with all of the rules outlined in the registration process for each individual show.

**WAYS TO SAVE:** Some shows include entry into other shows as a part of the prize package for the overall winners of their show.

## Photography: \$100-\$600

**THE FACTS:** Often times the show will offer photography and videography services. You've done the hard work and you look the best you've ever looked – of course you want photos! You can choose to do them at the show or you may choose to do a photo shoot at your gym, outdoors or at a studio. In any event, using a professional will assist you in getting photos that you may never be able to get on your own. Do your research so the photographer you choose shoots photos in the style you want. Have an idea of at least some of the types of shots you want in your portfolio and make sure you have a clear understanding of what you are paying for – the shoot, number of photos you will get, whether photos are edited, and who owns the rights to use the photos.

**WAYS TO SAVE:** Again, with today's technology, you may be adept as a do it yourself photographer. If professional photography is still your desire, you could inquire about splitting the cost of a photo shoot with other competitors or see if any of the students at a photography school may be available at a less expensive rate.

**BOTTOM LINE:** Where there is a will, there is a way and if you are smart and plan ahead you can compete and have fun knowing that you're staying within budget. See you at the show!

## Message from the Chairman

ALABAMA, **Morris Pruett, Chairman**

"Looking forward to an exciting 2017 NPC Alabama competition season. We will have eight great shows this year, four of which are national qualifiers. Our shows are getting bigger and better every year and we would love for you to be a part of it."

GEORGIA, **Tyrone "Ropeman" Felder, Chairman, Vince Crawford, Vice Chairman**

"In Georgia, our vision for 2017 is to build on the rock solid foundation of the NPC. Whether you are new to the sport or a seasoned veteran, we want to work with you to grow Georgia Bodybuilding. 2017 will bring new opportunities for the competitors and we invite and encourage all competitors to experience these events with us at the GA shows."

N. FLORIDA DISTRICT, **Mike McKinney, Chairman**

"So many people in the NPC have been instrumental in my personal growth. I love the family unity inside of the NPC. It is without a doubt the greatest sanctioning body in all physique sports! Therefore, I do my very best to communicate that and pass that on to the trainers, athletes, promoters and officials in my District. Passing that great tradition on to others is very fulfilling. I would like to give a special thanks to Jim Manion for trusting me with that position. It is a huge honor!"

NORTH CAROLINA, **Mike Valentino, Chairman**

"The North Carolina NPC is excited about the continued development of all the divisions that we have come to offer in our contests today! Our line-up of contests are set for 2017 with some Great Venues, Awards, Guest Posers and Expos! We hope to see your efforts show up on stage at a 2017 North Carolina NPC Contest!"

SOUTH CAROLINA, **Tres Bennett, Chairman**

"The SCNPC enjoyed a record-breaking year in 2016. Thank you so much to all that made this possible!!! It is and always has been an honor to be the SCNPC Chairman. The SCNPC strives to make the athletes competitive experience both positive and uplifting. Our mission is to not only produce better athletes but also better people as they go forward in the world of fitness!!! Again thank you for 2016 and I look forward to the 2017 SCNPC season!!!"

TENNESSEE, **Roger McConnell, Chairman, Allen Sizemore, Vice Chairman**

"We are very proud of our NPC Athletes in Tennessee and the impact they have had in both the amateur and professional ranks of our sport! We would like to invite all athletes to come and be a part of our Tennessee NPC family as we strive to provide the best experience possible for both the athletes and fans who come and visit our great state!"



## Yasin Corder

BORN & RAISED IN CHICAGO

**TRAINED AT THE  
LE CORDON BLUE COLLEGE  
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# 8

## Secrets To Being A Winner

Photography by Nvision Photography

**W**inning, a desire to be the best, a need to be recognized for hard work, is instilled in us from the time we are young and affects every aspect of our lives. The sport of bodybuilding demands that we strive for perfection to achieve our personal best as long as we've truly given it 100 percent and we've learned to appreciate how far we've come along the way.

What most people want to know is "How do you get that winning attitude?" From 8-time Mr. Olympian, Lee Haney to first woman physique pro in NPC/IFBB history, Dana Linn Bailey and all the top athletes we've ever watched and wanted to be like, here are the top 8 strategies to becoming the best.

**1** First and foremost, **Mental Toughness** is the single most important factor in developing a winning attitude. Day in and day out you need to:

- Realize your mind has total control of your body. What you want to get out of your body, starts with your mind.
- Truly believe it will happen.
- Have a positive attitude, which will allow you to perform your best. Block all negative thoughts and replace those with positive thoughts.
- Have confidence in yourself that you can win this regardless of who shows up,
- Never give up.
- Visualize success

**"The mental edge not only can be the difference – it is the difference."**

– Zero Regrets, *Be Greater Than Yesterday* – Apolo Ohno, 8-time Short Track Speed Skating Medalist, Winter Olympics

**2** **Trust and Support.** Surround yourself with people you can trust and that they have your best interest in mind. They are your ego-control system, the people who will be honest with you and will tell you what you don't want to hear, if need be. They counterbalance your natural drive and they also help shut out the noise from everyone else trying to give you advice or sell you on what they can do for you. Additionally, having the support of a good team is vital for creating success. It takes a team of people to make you stronger. Don't be afraid to ask for help and be *grateful* for all those people who helped you along the way.

**"A coach is someone who tells you what you don't want to hear, who has you see what you don't want to see, so you can be who you have always known you could be."**

– Tom Landry, NFL Coach, Dallas Cowboys

Figure competitor and mom, Ashley Parris, says, "I think it's important to remember that results don't happen overnight, it takes time and consistency. Don't give up because you feel your hard work isn't paying off as fast as you'd like it to. Stick with it and it will happen."





One of Ashley's favorite quotes that still inspires is...

**"I will workout, even when I don't feel like it, No matter what temptations come my way. I will eat clean so I don't blow hours of hard work in the gym on a few minutes of pleasure in the kitchen. I will do this day after day, no matter what life throws my way because I want results and will not compromise. No one will doubt me because my action will be the evidence of my desire. It's not a matter of if I will reach my goal, but only when."**

.....  
**3** In his book, *No Regrets*, Apolo Ohno has this to say about **consistent effort**, "it may take years to develop but the repetitiveness of the most basic skills create good habits that allow you to perform better than the competition." It's this kind of work ethic that has helped Jason Parks, a relatively new competitor of 18 months, in Classic Physique rise to the top of his category and prepare him for national level shows in 2017. Ohno goes on to say, "Consistency over time will create momentum, which can make the journey quicker and more powerful." This is true in life in general – on the field, on the stage, and on the job.

**"We are what we repeatedly do. Excellence, then is not an act, but a habit."**

– Will Durant, American writer, Historian and Philosopher

.....  
**4** **Train Smart.** NPC Junior USA Champion Kevin Rainey, Super Heavyweight Bodybuilder says, "In the gym, consistency is key, but learn to train smart. Even if you feel weak, and some days you will, do something. Engage the muscle." Lee Haney concurs with his popular saying, "Stimulate, don't annihilate." Kevin adds, "If it's not going to build muscle, I'm not going to do it. I lift heavy weight with controlled, moderate reps for most body parts and exercises. If you're doing it correctly, you don't need to spend hours in the gym." It is the difference between weight lifting and bodybuilding. Another key tip - track your progress. The simple act of documenting will allow you to have a better understanding of what makes one day better than another.

**"Don't count the days, make the days count."**

– Muhammed Ali, Professional Boxer and Activist

.....  
**5** **Focus.** When you are training at this level, to be the best you can be, you have to shut down the outside world's distractions and negatives as much as possible. Being focused is dedication, with a central purpose – to love a particular sport and compete within it. Both, Classic Physique Competitor, Jason Park, and Super Heavyweight Bodybuilder, Kevin Rainey believe bodybuilding is a sport that takes time and requires patience and discipline. Beyond that, in order to be at the elite level you not only have to want to win, you have to have the desire to win and the hatred of losing. For anyone who has been around a competitor close to show time, they know that there's a selfish component to this level of competitiveness. Every single task during your prep has to have a purpose towards improving your body for your "Day of Show" and must not have an adverse affect on your prep.

**"A clear vision, backed by definite plans, gives you a tremendous feeling of confidence and personal power."**

– Brian Tracy, Motivational Public Speaker & Author



**6 Learn to show your assets and hide your flaws.** Knowing where your strengths and weaknesses are allows you to focus on where you need work. Learning how to overcome obstacles and accentuate your strengths will help you efficiently and effectively develop the skills necessary to be successful.

**“We can’t control who shows up or whom the judges choose, we can only control ourselves. We may not always win, but we don’t lose. We show up and fight for it.”**

– Steve Payne, *IFBB/NPC Expeditor, Personal Trainer & Co-Owner House of Payne Personal Training*

.....

**7 Have a passion for the process.** If you want to compete at an elite level, you must love what you do. The desire to win, to be the best without a doubt, comes from deep within. You have to love the process or journey that takes you to the top spot on the podium because if you don’t have it, it’s too easy to get sidetracked or distracted. Kevin Rainey notes, “having a passion for the process, and a passion for the sport is what’s important but it’s also important to live your life. Keep in mind, for most people the sport of bodybuilding is only a hobby. When it gets to the point that competition is truly affecting your life, you need to step back and look at reality. There is a show every week, every month, and every year, keep working towards your goals but keep it in perspective and realize what’s important.”

**“The way you prepare is going to dictate what you get in return.”**

– Scott Hamilton, *Olympic Gold Medalist, Retired Figure Skater*

.....

**8 Will.** Vince Lombardi famously said, “Winning isn’t everything, but the will to win is everything.” Your path will not be without challenges, obstacles and setbacks. How you react in these situations will help you rise above 99% of the competition. Can it be discouraging? Absolutely, but having the desire and determination to fight through it is critical to achieving your goals. Bikini competitor Leah Humphrey says, “I’m motivated by wanting to know that when I step on stage I did everything I could to be ready to fight for first place. No matter my placing, I feel I succeeded as long as I didn’t cut any corners and didn’t leave anything on the table.” Kevin agrees, “There is something to be said for being your best --even beating your last ‘best self’, but to take it to another level, you have to want to destroy your last ‘best self’”

**“The power to hold on in spite of everything, the power to endure-this is the winners quality. Persistence is the ability to face defeat again and again without giving up-to push on in the face of great difficulty, knowing that victory will be yours. Persistence means taking pains to overcome every obstacle, and to do what’s necessary to reach your goal.”**

– Anonymous

These 8 strategies for a winning attitude are some of life’s greatest lessons. Combined with your physical body, applying these strategies to your sport will provide you with the tools necessary to go from good to great!



### **Kevin’s Training Tips**

- Engage the muscle - in the gym, less is more
- Be 100% committed, including the diet
- Clean cheats and healthy choices get results
- Have a coach that works with you as a team
- Be patient, you’ve got to love the process
- Passion for the sport means having drive, determination and discipline
- The will to win and hate to lose is necessary to take it to another level
- Have a good support team
- Continue to learn everyday



...

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Hard To  
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# Behind The Muscle

## BECCA SIZEMORE

2016 IFBB Pro & Fitness Olympian  
Knoxville, TN

**Age:** 30

**Fitness/Posing Coach:** Tanji Johnson-Team Save Fitness

**Nutrition/Training Coach:** Trey Hodge-Team Hodge

**Occupation:** Personal Trainer

### How did you get started in Fitness?

How did you get started in Fitness?

I was a gymnast growing up and saw a Fitness Competition on TV when I was 10 years old and said, "One day I'm going to do that!" I went on to do pole vaulting in college and later became a Lady Vol Strength and Conditioning Coach.

### What led you to do your first Bodybuilding competition?

It was my sister who called me out on it saying - when are you going to stop talking about competing and actually get up on the stage? After trying both Figure in 2010 and Women's Physique in 2012, I met Michelle Blank, an IFBB Pro Fitness Competitor and she told me I should pursue my dream of competing in fitness. It was the category I was meant for. I met Tanji Johnson at the 2014 NPC Music City Muscle where we were both guest posing for the show. A week later Tanji asked me if I wanted to join team Save Fitness and compete at the 2014 NPC Midnight Sun. The next week, I was on a plane to Alaska and competed and won my first ever NPC Fitness show. I competed in 3 more fitness shows in 2015.

### When did you turn Pro?

I turned Pro by winning the Fitness Overall at the 2016 NPC Jr. USA Championships.

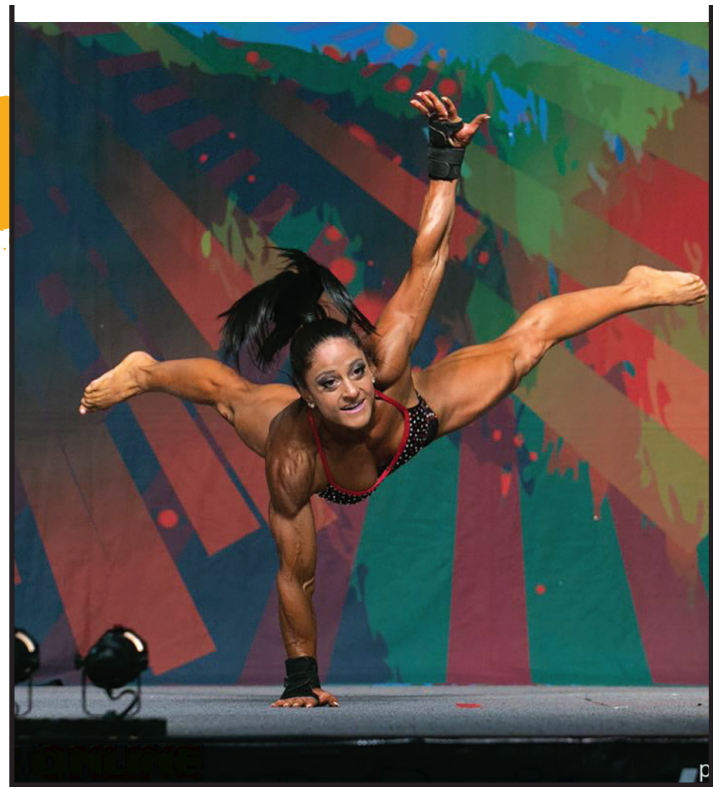
### How long did it take you to turn pro?

Once I discovered the Fitness category, it took 1-1/2 years.

### You went from turning Pro to competing at the Olympia in only 4 months. Tell us about your experience.

I don't know if the idea of turning Pro had even really sunk in yet when I competed in my first Pro show. Feedback from the judges at Jr. USA's suggested I compete to see how I stacked up on the Pro level and then I would know where to go from there. So 6 weeks later, I made my Pro debut at the Charlotte Europa. I won the show and qualified for the Olympia!

Just ten short weeks after that I found myself at The Olympia. It was a surreal experience. Everything had happened so quickly. It was amazing to compete on the same stage as



my mentor, coach, and friend Tanji Johnson. It was my first time and her retirement year at the "O" and that is a memory I will cherish forever. I was nervous and excited and was trying so hard to keep calm. I kept telling myself, this is just like practice just go out there and perform what you know how to do. The next night, from the audience, I turned to my husband and asked him, "Was I really just on that stage?!" I couldn't be happier with my routine, physique, and total experience at my first Olympia, I wouldn't change a thing!

.....

**Never look at the placing or somebody's feedback to determine what you feel about yourself.**

.....

### What are your plans for 2017?

Feedback from the judges indicated they would like to see more delts and lats, a little more of a V-taper and more performance in my routine. I am working on these things and just found out I was invited to compete at the 2017 Arnold Classic Fitness International!

### What advice do you have for competitors?

Never look at the placing or somebody's feedback to determine what you feel about yourself. The competition is with yourself and the improvements you've made. When you give 100% and you know you are bringing your best package to the stage that's a win. It's always about being your best, having fun, and meeting new friends!

---

To find out more about Becca Sizemore and her training program, go to [SouthernMuscleGuide.com](http://SouthernMuscleGuide.com).



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**THE FITNESS**



## Terrence Ruffin

2016 IFBB Pro & Classic Physique Olympian  
Ft. Walton Beach, FL

**Age:** 23

**Height:** 5'5

**Contest Weight:** 163lbs

**Nutrition/Training Coach:** Matt Porter

**Occupation:** Air Force, Avionics

### How did you get started in Fitness?

Finished school, went into the military, was inspired by Call of Duty and figured "being like that can't be too hard!" so I signed up to train for Special Forces. It was way harder than I thought, and in fact I did not finish. (I made it through everything but the final month) For a while, I felt lost but then I went in a different direction in the Air Force. I started going to the gym, met a bodybuilder, researched the sport, got really inspired by Dexter Jackson and decided "this is what I want to do!"

### What led you to do your first Bodybuilding competition?

I spent a year preparing for my first competition. I researched, made my own diet, went to Ft. Walton beach, met a coach and trained for my first show at 19 years of age. I placed 2nd in the teenage division and last in the Open, but it motivated me to focus more.

### When did you turn Pro?

At age 21, I turned Pro in Lightweight Bodybuilding at the 2014 NPC National Championships. For a while, I even held the title of World's Youngest Male IFBB Pro. That title now belongs to someone else. But I still hold the title as the youngest male Olympian!

### How long did it take you to turn pro? And then Qualify for the Olympia?

It took about 1-1/2 years after competing in my first show and a total of 2 years to the Olympia stage. I was preparing to compete in the 212 Division when the new Classic Physique category was announced. My first show as a Pro was the Prestige Crystal Cup in Boca Raton and the following week I went to the Tampa Pro where I qualified for the Olympia in the Classic Physique category on August 6, 2016.

### You qualified for the Olympia and only 3 months later you were on the Olympia stage; tell us about your experience.

My experience was a lesson in Murphy's Law – anything that could go wrong, did go wrong! I flew to Vegas and finally met my coach in person for the first time. My debit card was stolen but fortunately I had brought some cash as well. I had arrived a couple of days early. I weighed in at 163lbs, and met my fellow competitors. I got along with all of them; it was like the comradery from the golden age. At the Meet & Greet, you are given your own booth so the fans can meet you. It was very cool! This was actually my first time even being at the Olympia, so I closed my table early

.....  
**I can truly say, all of my training prior to bodybuilding, prepared me to stay calm and focused in the moment.**  
.....

so I could meet some of the veterans. Unfortunately for me, the night before the show I found myself in the ER with what was diagnosed as a muscle spasm in my jaw; I could not eat. I was trying to drink cream of rice through a straw and was in a lot of pain. At pre-judging, a fellow competitor and massage therapist, Derrick Farnsworth, readily identified the problem and adjusted my jaw. By the time I stepped on stage, I couldn't even feel it, the adrenaline of just being there took over. I brought my best package to date, had a good time and was happy placing 9th at my first Olympia experience. I can truly say, all of my training prior to bodybuilding, prepared me to stay calm and focused in the moment.

### What are your plans for 2017?

I re-qualified for the "O", so I plan to compete there again. After that, I would like to do 3-4 more shows, travel to the west coast as well as up north. I really enjoy meeting people who support me and the sport.

### What advice do you have for competitors?

Don't be so focused on what you don't have and Do what you can with what you have. Find a way. When I was prepping for my first shows, I befriended promoters, worked the grunt jobs and promoted their shows everywhere, and I helped at the gym. I did anything I could to pay off the cost. Don't wait to start your journey, and don't wait for everything to be perfect. Build on your knowledge as you go. For me, what began with a huge failure (not finishing the Special Forces Training) turned out to be another door opening. Ironically, I feel the Special Forces training actually prepared me for the mental toughness it would take to compete in Bodybuilding – Use what you have!

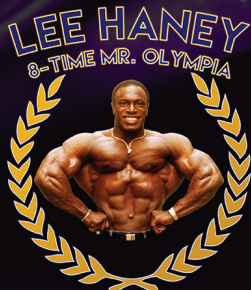
*To find out more about Terrence and his training program, go to [SouthernMuscleGuide.com](http://SouthernMuscleGuide.com)*





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- **Ultimate Bodybuilding + Sports Nutrition**





# Directory of Resources

The businesses listed in this directory support the sport of bodybuilding and submitted their information to this publication as of the January 30th deadline. They are arranged alphabetically by category. There are hundreds of other businesses that support this sport and we appreciate them all. We encourage you to support the businesses that support this sport.

## APPAREL

### Gorilla Warfare Apparel

4656 Lebanon Pike, Hermitage, TN 37076  
615.645.5160, gorillawarfarefitness.com  
info@gorillawarfarefitness.com

### Monsta Clothing Company

2370 SW State Road 47, Lake City, FL 32025  
386.466.1001, monstaclothing.com  
Tyler Wilson

### Silverback Krew

Silverbackkrew.com  
Silverbackkrew@gmail.com  
Adam Weidel, Owner

## CHIROPRACTIC

### Lilburn Sports & Family Wellness

3035 Five Forks Trickum Rd, Lilburn, 30047  
770.985.5223, www.lilburnchiropractic.com  
Dr. Robert Pruni

### Dr. Mike Rice, Synergy Release Physician

Synergy Sports Wellness Institute  
3565 Piedmont Road, N.E.  
Atlanta, GA 30305  
Ph: 404.352.8900, Cell: 404.576.2698

## FITNESS FACILITIES/ PERSONAL TRAINING GYMS

### Biltmore Fitness

711 Biltmore Avenue, Asheville, NC 28803  
biltfit.net, 828.776.0524

### Gorilla Warfare Apparel & Fitness

4656 Lebanon Pike, Hermitage, TN 37076  
615.645.5160, gorillawarfarefitness.com  
info@gorillawarfarefitness.com

### House of Payne Personal Training

4565 Lawrenceville Highway NW  
Lilburn, GA 30047  
678.641.9188, trainwithpayne.com

### Elite Fitness

15903 Old Statesville Road  
Huntersville, NC 28078  
964-376-9946  
elitefitnessnc.com

### Snap Fitness

4805 Park Road, Suite 1002, Charlotte, NC 28105  
704.523.0415

## FOOD PREP

### My Trainer's Meals

Serving Thomasville and the immediate surrounding areas  
229.630.7664, www.mytrainersmeals.com  
Janelle Mullis

### The Healthy Fit Kitchen

Thehealthyfitkitchen.com  
678.805.7460  
FB & Instagram: @thehealthyfitkitchen  
Chef Yasin Corder

## JEWELRY & SHOES

### Glam Competition Jewelry & Accessories

750 E. Sample Road, Building #4, Unit #1  
Pompano Beach, FL 33064  
954.786.9977, Instagram: @glamcompjewelry  
Glamcompetitionjewelry.com

### Snaz75

5" Fitness Model Heels M Brooke  
585.645.6110, Snaz75.com

## LEGAL

### The Orlando Firm

Decatur Court, Suite 400  
315 West Ponce de Leon Avenue  
Decatur, GA. OrlandoFirm.com  
404.373.1800, roger@OrlandoFirm.com  
Roger Orlando

### Scott Pryor Law

4500 Hugh Howell Road, Suite 520  
Tucker, GA 30084, scottpryorlaw.com  
404.474.7122, scott@scottpryorlaw.com  
Scott Pryor

## MAKE-UP & HAIR SERVICES

### Competition Hair by Devy Barnes

770.366.4150  
Instagram: punkybrewster007, FB: Devy Barnes

### Hi-Tek Beauty

678.800.3640, Instagram: @hitebeauty  
Tina Ibisani

### Kenea The Artist

678 508-8880, www.kfitbarbie.com  
Instagram: @kthefitartist or @k\_thefitbarbie

### Valerie Payne, Make Up Artist

770.330.9960, Instagram: makeup.by.val  
everyday . special occasions . competition prep

## MASSAGE

### House of Payne Personal Training

4565 Lawrenceville Highway  
Lilburn, GA 30047  
678.467.0666, Daniela@trainwithpayne.com  
Daniela Brown

### PureBody Wellness Studio

11205 Alpharetta Hwy, Suite C-4  
Roswell, GA 30076  
Massage Therapy and Infrared heat  
Body-wraps, 678-438-7758 (text is best)  
Lisa Wright, LMT and owner

## MEDIA

### Atlanta Best Self Magazine

80 West Wieuca Road, Suite 115  
Atlanta, GA 30342  
404.303.9333, bestselfatlanta.com

### FITTALK RADIO, WVGA 105.9

229.241.1059, Valdostatoday.com  
Maria Wells

## MEDICAL & HEALTH

### CPR First

American Heart Association  
CPR/AED/FIRST AID INSTRUCTOR  
678.4141.0288, DScottCPRFirst@aol.com  
Dave Scott

### Valdosta Health & Wellness Clinic

3328 Bemiss Road, Valdosta, GA 31605  
229.469.6137, www.valdostahealth.com  
Tracey Livingston

### Vinings Surgery Center

1900 The Exchange SE Bldg 300, Ste 300  
Atlanta, GA 30339  
770.955.9000, colgrove.com  
Dr. Colgrove

## ORGANIZATIONS/ EDUCATION

### Gwinnett College/ NASM Personal Training Certification

4230 Lawrenceville Highway, Suite 11  
Lilburn, GA 30047  
(770) 381-7200, www.gwinnettcollege.com

### International Association of Fit Sciences

P.O. Box 142489, Fayetteville GA  
770.460.8844, www.IAFSCertification.com  
Josh Haney

## PHOTOGRAPHY

### Moments Relived, LLC

678.509.2535

Anthony@momentsrelivedphotography.com

Anthony Vining

### Nvision Photography of Atlanta

404.663.8991, www.nvisionatl.com

Michael Brewer

### Studio Primetime

404.314.1994, info@studioprime.com

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## POSING SUITS

### CJ's Elite Competition Wear

750 E. Sample Road, Building #4 Unit #1

Pompano Beach, FL 33064

954.786.9977, FB: CJ's Elite Competition Wear

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including Classic Physique & BB

Cynthia-James.com

Cynthia James

### Doc Sports

6415 Tara Blvd, Jonesboro, GA

770.471.9006, docsports.com

Men's bodybuilding posing suits

doc@docssports.com

Doc Neely

### Fox Competition Bikinis

704.576.6900

foxcompetitionbikinis@gmail.com

Instagram: foxcompetitionbikinis

Tiffany Fox

### Wanda Gil Suits

404.217.9746, Wanda\_0429@yahoo.com

Wanda D. Gil

### Waterbabies Bikini

2005 Beckenham Walk Ln., Dacula, GA 30019

404.285.2000, www.waterbabiesbikini.com

Christine Shen

## SUPPLEMENTS

### Health Unlimited

2968 N Druid Hills Rd NE, Atlanta, GA 30329

(404) 633-6677, healthunlimitedonline.com

Rick Kraus

### Interval Nutrition

13318 Phillip Michael Rd, Huntersville, NC 28078

704.661.5142, intervalnutrition.com

Kevin DeHaven

### Lee Haney Nutrition

P.O. Box 142489, Fayetteville, GA 30214

Phone: (770) 460-8844, leehaney.com

Email: support@leehaney.com

### Max Muscle Sports Nutrition

5295 Stone Mountain Hwy, Suite G

Stone Mountain, GA 30087

678.344.1501

metroatlantamaxmuscle.com

## TANNING

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www.3dcompetitiontan.com

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### Bronze Junkie Competition

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910.264.9182

www.bronzejunkie.com

### Spray Tans by Maggie & Co.

Maggie@spraytansbyMaggie.com

678.642.9972

www.SpraytansbyMaggie.com

### Tactical Tan

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tacticaltan.com

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# Trainers Guide

## GEORGIA



### Raul Hiteshew, HiveFit

Hivefit.com, info@hivefit.com  
Raul Hiteshew is the owner, lead personal re-imaging coach and a successful NPC competitor. HiveFit® represents an innovative approach to body re-imaging through personalized nutrition and fitness programs. Through a process known as Triangulated Body Re-imaging™, HiveFit® nutrition experts are able to lead you to your desired fitness and nutritional goals.



### Steve Payne, House of Payne Personal Training

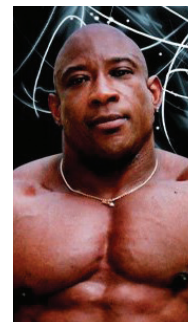
Trainwithpayne.com  
678.641.9188  
Steve Payne, Competition Prep Coach, Posing Coach and NPC/IFBB Expeditor, House of Payne Personal Training is recognized across the southeast as having one of the premier training facilities for bodybuilding, physique, figure and bikini competitors. Shaping Bodies – It's What We Do.

SANCTION #52  
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 COSTCO MUSCLETECH complete nutrition SILVERBACK KREW MUSCLE & STRENGTH POWERHOUSE GYM Spud Inc

## NORTH CAROLINA

### Johnny Stewart

StewartFitness.com  
704.449.5603  
IFBB Pro and Personal Trainer, Stewart has successfully been training and developing the next tier of pro athletes by using his 25 years of experience in bodybuilding and knowledge of nutrition. "As a trainer, I live by three things of importance and they are: Your health, your success, and my reputation and I don't compromise any of these."



### Kevin DeHaven & Cornelius Parkin

DeconNutritionandTraining.com  
704-661-5142  
Decon Nutrition and Training is the premier online & in person coaching service. With over 30 years of combined experience and proven results, they have joined forces to coach athletes at all levels.





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## Day Of Show Checklist

- Confidence & a smile!  
You're going to do great!
- Gym bag
- Wear your warm ups & flip flops
- Loose t-shirt or tank (or robe cover up)
- Change of clothes for after the show
- Tanning products (if doing it yourself) along with gloves, sprayer, sponges
- Posing suit (2) (includes back up suit) & Boobs! (female only)
- Shoes (2) (includes back up pair – female only)
- Jewelry – earrings (2 pair), bracelet (2), ring (2) (includes back up jewelry – female only)
- Make up – including eyelashes & glue – including nail polish and press on nails for emergency (female only)
- Vaseline for lips (female only)
- Hair stuff – brush, comb, hot iron, blow dryer, mirror
- Bikini Bite or Elmer's craft bond glue (female only)
- Camera
- Tooth Brush, toothpaste
- Towel
- Music – (2) copies of CD or flash drive if you are doing a posing routine
- Phone, charger, headphones
- Tampons – can't tell you the number of girls who start their cycle the day of the show! (female only)
- Safety pins, needle & thread, scissors, sequin glue
- Sheets – if you are staying in a hotel, bring a set of dark sheets, pillowcase, hand towel and bath towel
- NPC card – can purchase online at npcnewsonline.com or can purchase card at show (must have driver's license & cash money)
- Directions to venue
- Water
- Cooler with food for the entire day. Include vitamins, plastic utensils, baggies, paper towels. Please accept that you may be eating most of your food cold for the day.





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# Inspirational Stories

## Seleste Lovelace-White

*NPC Bikini Competitor*

**J**uly 20, 2002 was a day that changed my life. I had planned to enjoy a motorcycle ride with friends. It was going to be my first time on a motorcycle, so I was ecstatic!

Coasting at 60 mph in a 55 mph zone, we saw a friend race past us at an alarming rate of speed and then at that split second we felt a hard abrupt bump from behind, the screech of a tire that was so loud even through my helmet, and the bike that was underneath us was no longer there! We were both catapulted into the air, though I have no recollection of, but was conscious when I hit the asphalt hard. I rolled down the highway in a fetal position. It was a horrific accident that I will never forget. Once the ambulance arrived, and took me to the hospital, the cleaning stage of removing asphalt embedded in my skin on my legs and arms from the road rash began. The pain from the cleaning process was the most excruciating I've ever experienced. It was a process I would have to endure daily while I healed. I went through painstaking rehabilitation with therapy and cortisone injections into the left knee. Even after several months, I



was unable to flex my knee. I was limping and having difficulty going up and down stairs. There was, and continues to be, a deep pressure and burning pain in my knee.

My mother was my rock. Three years later, after both legal and physical difficulties, I had surgery to realign the kneecap. I tried to regain my active life back and wore 2 knee braces. However, a slip and a fall forced a second surgery but still left me with irreparable nerve damage. I was single and forced to



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restart my once normal life. It was then that I met my future husband and gained a renewed outlook on life.

We both enjoyed weight lifting but I was limited in what I could do. Through a series of lucky events, I met Rachel, my trainer. I had gained a lot of weight (25lbs to be exact!) Ouch! During the next 5 years with her, she had taken on the task and challenge of rebuilding my quad and hamstring muscles as well as strengthening the knee area. The process was long, frustrating, and painful which left me limping at times but a challenge that drove me everyday to do it!! I finally admitted my weakness for sweets and we set out to create a nutrition plan for me to reach my goals. It was hard and a daily struggle not to indulge. There were days I was proud and days of disappointment that I caved in. During this time, I witnessed countless competitors who frequented the gym in their preparations for upcoming bodybuilding shows. In the back of my mind, I always wanted to be on stage, but insecurities and my knee kept me an observer. Meanwhile, I decided to go back to school for Medical Assisting. It was hard, frustrating, and

required so much of my time but in the end I was elected Valedictorian! Astonished and honored, my confidence was slowly climbing. I was offered a full-time job and with my 50th birthday coming up, Rachel suggested the idea of competing. I wondered if I could accomplish this dream.

Prepping for a show was the hardest thing I've ever done next to completing school. There were so many times I wanted to quit, but Rachel encouraged me to keep going. Finally the big day was here and the competition experience began: the spray tan, hair and make up, the bedazzled bikini (with matching knee brace!) along with the Posing Coach were all instrumental in my fabulous presentation on stage!

I competed in Masters Bikini over 50 and won 4th place at the 2016 Lee Haney Games! How amazing for my first time! This experience has given me such insight into myself and what I am able to accomplish. I learned that I am not a quitter but instead I am so thankful. Today I'm working to develop muscle definition to bring an even better package to the stage!

## Eric Stegall

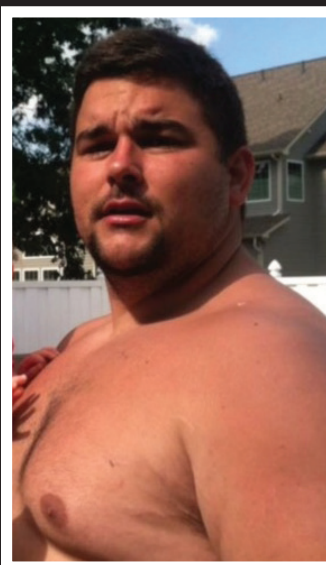
*NPC Bodybuilding Competitor*

This is a story about the journey that I have taken from surviving cancer in my early 20's to overcoming obesity to stepping onto a bodybuilding stage for the first time. During college I was diagnosed with appendicitis, which later turned out to be a tumor inside my appendix causing the inflammation. This type of cancer is only curable with surgery, so no radiation treatment was ever needed. I was never really into bodybuilding during college, just the everyday basic lifter. Once I graduated, I came across several guys that were doing strongman/power lifting, so I decided to give it a shot. To be competitive in those sports it was distilled into me to eat anything and everything and just get big and strong. So that is exactly what I did. I would drink gallons of chocolate milk and eat constantly not worrying about the effects it had on my body, just knowing that I was getting stronger and bigger. My weight ballooned to an obese 350lbs. At this time, my wife and I decided to move back to Charlotte and that is when I joined Elite Fitness. I trained with several guys in strongman there as well. As the years past, my weight would fluctuate between 330lbs to 350lbs but my strength would never change. Not only was my body suffering but my life was as well.

This is when Cornelius Parkin took over ownership at the gym. During 2014 I saw a greater decline in my life and by September of that year I decided it was time to make a change. I asked Cornelius if he would write me a diet and I would train myself as I knew the basics. So I started on this diet (just recently did I realize this diet was basically meant for me to fail, that's how hard it was) and progressed slowly over the course of 6 months. My weight started to

come down and features started to change. By April 2015 I was down to around 280lbs. At this time everyone knew that I was serious about changing my body and my lifestyle. The diet started to change even more when I decided later on that I wanted to step on stage. By September 2015, I had been dieting for 1 year and my weight was at 250lbs. I stepped on stage in October 2015 weighing 220lbs and two weeks later stepped on stage again weighing 214lbs. In the end I lost a total of 130lbs of fat. I will never look back to the old ways, only for motivation to push me even further.

Look for Eric to bring an even better package to the stage in 2017!





# 2017 Competition Schedule

The competitions listed in this directory are shows that are npc competitions in the southeast plus national level shows that have submitted their information to this publication as of the January 30th deadline. The shows are arranged by date.

Show Name	Date	Location	National Qualifier	Website
NPC Atlantic USA	March 18	Atlanta, GA	yes	georgiannpc.com
NPC Border Klash Championships	March 25	Aiken, SC	yes	npcborderklash.com/ elite promotions
NPC Rocket City Classic	April 8	Huntsville, AL	no	rocketcitybodybuilding.com
NPC North Carolina State Championships	April 8	Raleigh, NC	yes	ncnpc.com
NPC Renegade Classic	April 8	Tallahassee, FL	no	timgardnerproductions.com
NPC Charlotte Cup	April 15	Charlotte, NC	yes	stewartfitness.com
NPC Elite Physique Championships	April 15	Memphis, TN	no	tennesseebodybuilding.org
NPC Panhandle Showdown & NW Florida	April 15	Pensacola, FL	yes	panhandleshowdown.com
NPC Europa Sports Games	April 22-23	Charlotte, NC	yes	europaexpo.com
NPC Palmetto Classic Competition	April 29	Columbia, SC	yes	kd-promotions.com/ kd-promotions.com
NPC Eastern Seaboard	May 13	Atlanta, GA	yes	georgiannpc.com
NPC Body Be 1 Classic	May 13	Phenix City, AL	no	BodyB1Classic.com
NPC Riptide Classic	May 13	Panama City Beach, FL	yes	timgardnerproductions.com
NPC Junior USA Bodybuilding Championships	May 19-20	Charleston, SC	Pro Qualifier	npcjrusa.com/ scnpc.com
NPC Hub City Fitness Quest	May 27	Jackson, TN	no	tennesseebodybuilding.org
NPC Vulcan Classic	May 27	Birmingham, AL	yes	npcvulcanclassic.com
NPC South Carolina Upstate Classic	June 3	Spartanburg, SC	no	dutchstrengthpromotions.com
NPC Battle at the River	June 10	Chattanooga, TN	yes	tennesseebodybuilding.org
NPC Junior National Championships	June 16-17	Chicago, IL	Pro Qualifier	npcjrnationals.com
NPC Volunteer State Classic	June 17	Mount Juliet, TN	no	tennesseebodybuilding.org
NPC Gold's Classic & NPC National U.S. All Military Forces	June 17	Wilmington, NC	yes	ncnpc.com
NPC Victory Classic	June 24	Albemarle, NC	yes	kd-promotions.com
NPC Dexter Jackson Memphis Classic Pro-Am	June 24	Memphis, TN	yes	tennesseebodybuilding.org
NPC Universe Championships	June 30-July 1	Teaneck, NJ	Pro Qualifier	bevfrancis.com
NPC Clash at the Capstone	July 1	Tuscaloosa, AL	yes	npcclashatthecapstone.com
NPC Georgia Bodybuilding Championships	July 15	Atlanta, GA	yes	georgiabodybuilding.com
NPC Flex Lewis Classic	TBD	Nashville, TN	yes	tennesseebodybuilding.org
Teen Collegiate & Masters National Championships	July 19-22	Pittsburg, PN	Pro Qualifier	garyudit.com
NPC USA Championships	July 28-29	Las Vegas, NV	Pro Qualifier	musclecontest.com
NPC Knox Classic	August 5	Knoxville, TN	yes	tennesseebodybuilding.org
NPC City of Champions	August 5	Birmingham, AL	no	cityofchampionsbodybuilding.net
NPC Tennessee State Championships	TBD	Cookeville, TN	yes	tennesseebodybuilding.org
NPC Stewart Fitness Classic	August 5	Myrtle Beach, SC	yes	stewartfitness.com
NPC Heart of Dixie	August 12	Mobile, AL	yes	jasonsfitness.com

NPC USA Coastal	August 19	Atlanta, GA	yes	georgianpc.com
SC NPC Excalibur	August 26	Charleston, SC	yes	scnpc.com/ tres bennett
NPC Alabama State Championships	August 26	Gadsden, AL	yes	npcalabama.info
Max Fit Tri-State	August 26	Oakaloosa Island, FL	no	ecpexpo.com
NPC North American Championships	August 30-Sept 2	Pittsburg, PN	Pro Qualifier	garyudit.com
NPC Bill Willmore Classic	Sept 9	Huntsville, AL	no	Barry Kohlhoff/ npcAlabama.info
NPC Muscle Heat	Sept 23	Greensboro, NC	yes	qrelite.com
NPC Southern Tournament of Champions	Sept 30	Manning, SC	yes	npctoc.com/ kd-promotions & elite promotions
Paradise Coast	Sept 30	Panama City Beach, FL	yes	timgardnerproductions.com
IFBB/ NPC South Carolina Grand Prix Pro-Am & South Carolina NPC State Championships	Oct 21	Charleston, SC	yes	scnpc.com/ tres bennet
NPC 2017 Lee Haney Games	Oct 27-28	College Park, GA	yes	leehaneygames.com
NPC Mid Atlantic Classic	TBD	Charlotte, NC	yes	mainstagemuscle.com
NPC Elite Muscle Classic	Nov 4	Greensboro, NC	yes	qrelite.com
NPC Music City Muscle	TBD	Nashville, TN	yes	tennesseebodybuilding.org
NPC Swolefest Classic & Pro Show	Nov 10-11	Destin, FL	yes & Pro show	timgardnerproductions.com
NPC National Championships	Nov 17-18	Miami, FL	Pro Qualifier	nationalbodybuilding.com

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# Peak Week...The WEEK Before The Show

By Hannah Hallman

**T**he week of sheer panic, extra cardio, last couple of training sessions, loads of water, no water, loads of salt, no salt, carbs, no carbs ... How in the world are you going to keep your head in the game with all of this nonsense going on?

Peak week is the final 7-10 days leading up to a competition. The purpose of "peaking" is to show up on the day of your event conditioned and with full muscles that will reveal a specific level of muscle definition based on your specific class (bodybuilding, men's/women's physique, figure, fitness or bikini). If you find peak week to be miserable, most likely, it's because drastic measures have been used to try to "dial it in" the final weeks and/or extreme training measures during prep caused peak week to become the final straw! Doing anything drastic on the final week will lead to excess stress on your body and can even ruin the physique you've worked so hard to achieve. The most important thing to remember is that there is nothing you can do during the last week that is going to fix something you haven't already accomplished during your preparation. Technically, you should be ready to step on stage one week out. Here are three key techniques that have helped me during peak week.

First, I cannot stress the importance of sleep and relaxation the week before a show! The amount of sleep and rest you do/don't get determines the direction (either positive or negative) of your mental game and how you perceive your level of readiness. It's like have a little guy on each shoulder, one telling you, "you look great and you are ready" and the other saying, "what are you thinking - you still have a long way to go!" Stop the self-doubt. Stop self-destructing! Ask yourself, "Are you looking better each day?" The answer should be yes. Don't back off now; keep your training intensity exactly the same. If it's been working for you every day up until the current day, why change now? Are your muscles appearing more defined/separated and are you losing your excess subcutaneous water weight? This is achieved with the right macro and water manipulation. At this point, your body fat should be so reduced, so that the water under your skin is the only water that you have left to rid your body of. Everyone is different when it comes to high/low/zero carbs and high/low/tapering water the week before the show. The best way to determine what is best for YOU is just trial and error. "It took 8 shows before I determined that I cannot do low/zero carbs leading up into a show because my metabolism is so



high!" Sometimes it's smart to do a sample peak week so that you will have a pretty good idea of how your body will respond and what works best for you.

Next, stress on the body increases the hormone cortisol, which tells the body to make more fat cells. The final week can be stressful if you let it and this can cause you to look bloated and keep retaining water. So in addition to a solid training program, I perform mental dress rehearsals. Ever notice how top athletes never seem to be overwhelmed by the big moment? Usually, it's because they've been there before, either in real life or in their mind. I believe that the parts of the brain that are used when thinking about a task are the same ones used when actually doing that task. So visualizing a good performance can give you the same confidence that comes from having performed well in the past.

Thoughts become reality! Where your energy flows, your mind goes. What your mind believes, your body achieves! Close your eyes and imagine hitting all of your poses perfectly and the audience rewarding you with a big round of applause at the end. When it's time for the real deal, you'll be more relaxed. In fact, you'll feel as if you've done it before, because, in a way, you have.

Finally, know when to let go: Ultimately, this means knowing when you've done all you can to bring your best package to the stage. Overanalyzing what you're doing can lead to indecision and tightening up. The result? Costly mistakes. One way to calm an overactive mind is by using diversionary tactics. For example, before making a free throw, some basketball players will distract themselves by concentrating on the logo written on the ball. I count backward by threes (starting at 26) a few seconds before I go on stage to perform. I also always say a prayer and remind myself that everything I'm blessed to do in this life is "all of God and none of me."

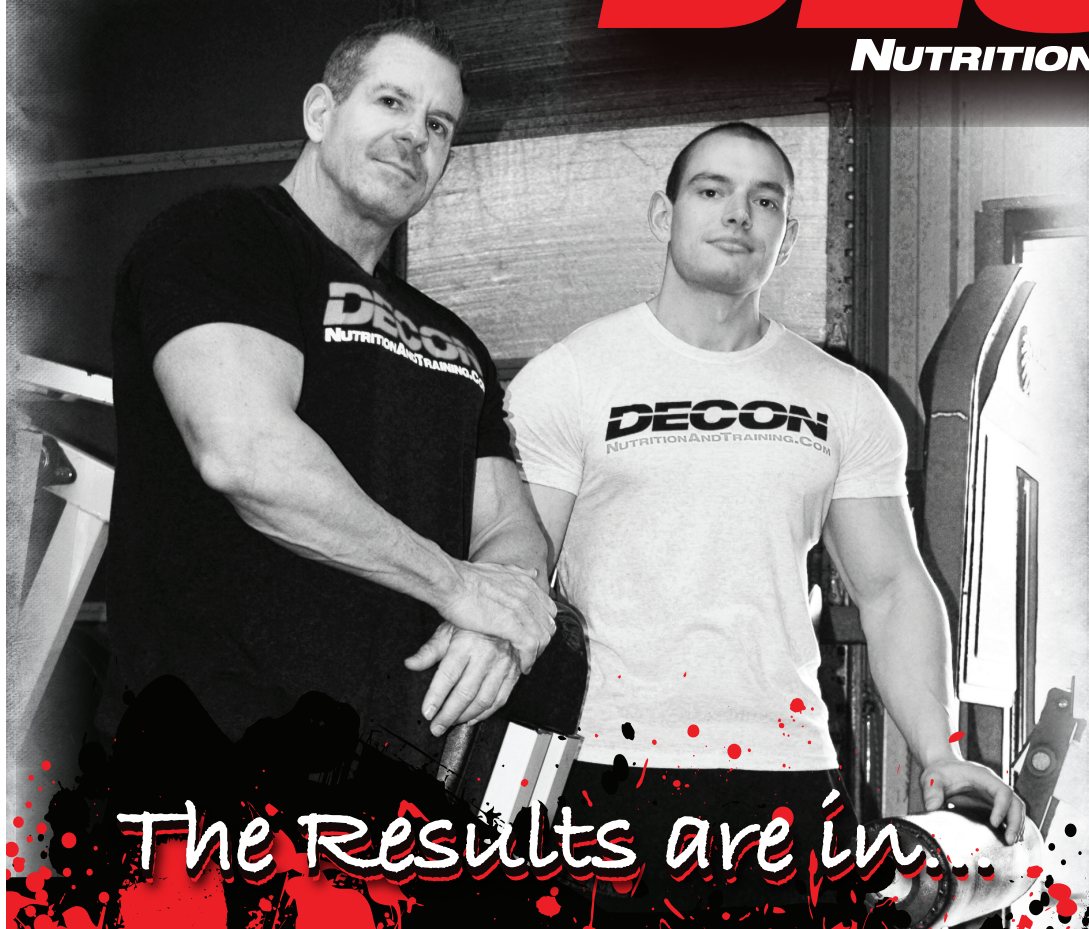
If you think training for a competition is just all about weights, protein, tan and diet, you are very much mistaken! I would say a LARGE part of prepping is physiological. Anyone can go to the gym and train for an hour or two, that's the easy part; however, controlling what you think and eat the other 20+ hours in the day is the hard part. So when you're swallowed up by a wave of performance anxiety, try using these same techniques and don't lead yourself down a path of self-destruction by overthinking what should be the easy and most fun part of your contest prep. Relax, take a deep breath and be proud of your hard work!



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EVENT	COMPETITOR	RESULTS	DIVISION
Mid Atlantic	Bill Bogue	Masters / Novie	1st / 1st
Max Muscle	April Monroe	Figure (Masters)	1st
Kevin DeHaven - Heavy 4th	Jessica McLeod	Figure	Overall Winner
- Masters 3rd	Eric Stegall	Novice / Junior BB	2nd/3rd/special achievement award
Nick Henderson - Light Heavy 3rd	Candice Smith	Bikini	2nd
Iron Boy Powerlifting	Tom Ferris	Bantam	1st
Mitch Phillips - Masters 1st	Jennifer Seate	Figure Novice / Junior	2nd / 2nd
Maddy Daniel - Open 1st	Paige Tarloski	Bikini / Fitness	4th / 1st
USAPL Fall Festival of Power	Julie Berry	Figure	2nd
Elite Muscle Classic	Madolyn Elias	Bikini	1st
NC Strength Challenge	Mitch Phillips	105 Kg Masters	2nd
Mid Atlantic	Alex Fedur	120 Kg Equiped	2nd
	Eric Stegall	Junior	2nd
	Bill Bogue	Middle	3rd
	Kevin DeHaven	Masters / Open Heavy	3rd / 5th
	April Monroe	Figure / Master Figure	1st / 1st / Overall
	Julie Berry	Junior Figure	1st / Overall
	Madolyn Elias	Figure	1st
	Tim "Da Chalkeman" M.	Masters LW	1st
	Nicole Smith	Bikini	1st
	Raquel Ballard	Bikini	Looked Fantastic! 😊
	Tricia Teribile	Bikini	

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