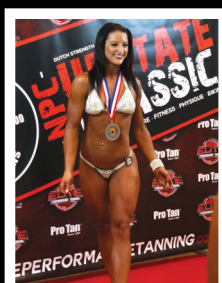
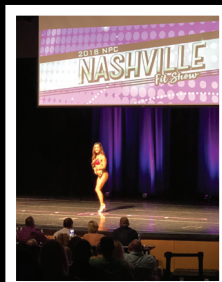
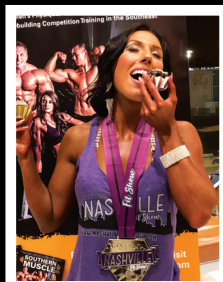
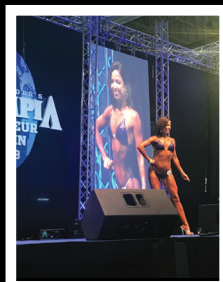
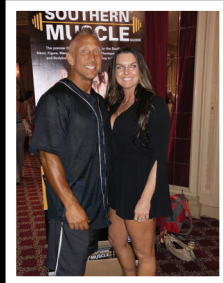


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Life Balance: Competing in the World of Bodybuilding

By Dr. Zonzie McLaurin, IFBB Pro, NPC MS Chairman, and NPC Judge

If you are reading this article that means several things: (1) you have competed in a division of bodybuilding; (2) you have an interest to compete; or (3) you are generally interested in the sport. Whichever the reason, keep reading-- there is a lot I want to share with you about balancing life and competing in the world of bodybuilding.

First, to thrive in the world of bodybuilding, one must understand the mindset and the methodology of the sport. Having a foundational understanding of the sport will help you be successful and provide you with improved progress for the various roads ahead. Also, bodybuilding is not just physical, not just building muscle -- but it encompasses mental preparation, a deep-innate drive, extreme dedication and discipline, being well organized, and having a cultivated passion for the sport.

And so, with that being said, how do you maintain a healthy balance of life and be a competitive bodybuilder! The overarching goal is to PREPARE a "Plan of Action" in order to enjoy your life outside of training and competing. Here are a few key components that should be a part of the plan of action that I would like to focus on:

Family:

Remember that old saying "Family Comes First"? I do and you should as well. Hold true to that saying and never get so ingrained into the process of competing and training that you forget about your family. They can and should be a part of this process. Use this as an opportunity to incorporate healthy habits along your journey, that your family can participate in to have a healthier lifestyle. For example, make meal planning/prep fun and a family affair. Include healthy options that may not be a part of your prep, but are some healthy options that the family will enjoy. Don't let your meals isolate you from your family but bring you all together.

Work:

For most of us, and if not all of us, life's demands can be challenging and somewhat overwhelming at times. With that, and assuming most of us work a typical job of eight to twelve hours a day -- how do we achieve a good balance between work, bodybuilding, and all the other things that may pop-up on a daily basis! For example, I juggle a lot of responsibilities in my career and with my community volunteerism. The passion I have for both are an understatement and each gives me great satisfaction. I had to structure my days and needed to

be disciplined to PLAN out my day, week, etc. Getting organized was another key element in the process. To do that, I wrote down everything that I needed to accomplish, as well as everything that got in the way of me achieving those goals, reflected, and revamped. The objective is to strategically plan ahead and revise the plan when needed.

Social Life:

Your social life is important. The countless hours of training and meal prep that you will spend each week can be consuming at times. This can easily, negatively impact your relationships with your family and friends -- if you let it. So it's important to create a delicate balance between you and your social life. Your family and friends can also provide great positivity and support. It may be necessary to explain a little about the process to them, and why it is important to you -- however, if you PLAN ahead and take your prepped food with you to events and family functions you can stay on track and still take part in the fun!

In summary, this sport demands great discipline, dedication, and drive. So, remember that your mind and body are intimately connected and will affect each other. You need to allow training and competing to be a "healthy addiction" that can bring you closer to your goals, personally and within this sport. Don't use the competitive process of this sport to derive all your internal beliefs. Remember you need to make sure that you maintain a balanced life that sustains you beyond the stage. Hence, bodybuilding should be an enhancement to your life, not detract from it. Continue to soar ahead, remain balanced holistically, and don't become unbalanced to excel.



Liquid Sun Rayz

presents Athlete Spotlight,
Natalia Coelho

STATS:

- 22 years old, 5'3"
- Weight (prep) 124-126lbs
- Weight (off season) 144-154lbs

EDUCATION:

- Straight-A pre-med student
- Sports and Exercise Science Major

CERTIFICATIONS:

- Fitness Nutritionist
- Personal Trainer
- Weight Loss/Muscle Gain Certified
- AED/First Aid/CPR certified

COMPETITION HIGHLIGHTS:

- 2013 NPC Southeastern USA - 1st show
- 2014 NPC All South Championships - 1st National Qualifier
- 2015 IFBB National Bodybuilding Championships - earned PRO card

INTERESTING FACTS:

- 1st competition - age 17
- One of the youngest IFBB PRO athletes in the United States (age 19)
- Qualified for the Olympia 2016 in first year as a pro
- 3x Olympia (2016, 2017, 2018)
- Born in New York, raised in Brazil, speaks Portuguese/English/Spanish



JOURNEY:

Fitness has always been a part of my life but the move to the US was tough- new country, new language, new school, new house, and far from family and friends. The gym became my peaceful place to go. An old school bodybuilder introduced me to the sport and I started training to compete when I was 15 years old, did my very first competition when I was 17 years old, and became PRO at 19 years old at the 2015 NPC National Bodybuilding Championships in Miami, FL. Within a year, I qualified for my first Olympia.

I competed at the Olympia as a Figure Competitor for two consecutive years, before making the decision to switch to Women's Physique. Since then, I have won the San Diego Ultimate Warriors Pro in 2017 and the Atlantic Coast Pro in 2018, and placed 2nd at the 2018 Arnold Classic in Ohio.

GOALS:

I am a pre-med student and I have a very strong passion for what I do and for motivating others. I compete with all my heart, and I want to represent this sport and this division for a long time. Mostly important, I want to prove to everybody that it is possible to be a good student, a good daughter, a good person, work, and still compete and be successful. I want to change the misconception that women's physique category is masculine and unhealthy. Maybe it will take awhile, but when we do what we love, time flies!

My advice to 1st timers and to those seeking their PRO status, is to stay consistent, to stay focused no matter what. Don't focus on the negative things that you will face in this journey. Keep your eyes on the "prize" and ENJOY this journey.

Southern Muscle Guide is cheering for you at the 2018 Olympia!



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Finally! The solution for what to wear to protect your Competition Tan!

Southern Muscle Guide is thrilled to tell you about a new discovery we have made that solves the problem of what to wear after you get your competition spray tan!

We want to introduce you to Wear & Away. A brilliant new company that manufactures post spray tan clothing and accessories. Founded by Laurie Tuck, Wear & Away was born from her personal experience with wearing the wrong thing after a spray tan and getting the solution everywhere plus ruining the application! She decided there must be a better way to protect your tan, researched fabric that would not stick to the tanning solution and began designing loose fitting yet attractive garments.

Wear & Away has a unique collection of long sleeved robes, unisex pants and long sleeved shirts made from material that will not stick to you and can be used immediately after tanning to keep your tan looking its best. In addition, Wear & Away has a Sheet Protector Set (with special bonus pillowcase) that can be rolled out on top of your normal bed or hotel sheets.

Wear & Away products are reusable, affordable, lightweight and compact making packing a breeze! They are made in the USA and are also recyclable!

You can check them out at: wearandaway.com/collections/fitness-wear

Use the prom code **southernmuscle10** for 10% off your order!

Laurie Tuck | 203.856.5229 | lstuck@optonline.net



LEE HANEY'S NEW BOOK "FIT AT ANY AGE"

Lee Haney, 8-time Mr. Olympia and Chairman to the President's Council on Fitness released his latest book titled *Fit at Any Age*.

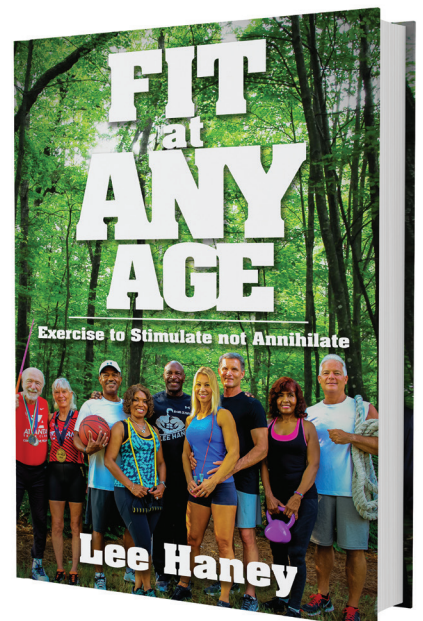
With more than 35 years of on the job experience in the fitness industry, Lee shares insightful wisdom gain through creating exercise and nutritional programs for people on every level and age group.

Fit at Any Age, explains what exercise and nutrition should look and feel like for those 45 and older in a way that's safe and effective. It provides motivation tips that focus on ways to help individuals remain committed to their fitness goals by showing them how to tap into their personal "Why" in taking care of their health.

It also discusses how to deal with stress with ways to draw strength from the spiritual and emotional gifts that God has made available. It promises to be one of the most life changing resources available to those seeking ways to ensure that the latter half of their journey will be just as exciting as the first half.

To add to the fitness experience, *Fit at Any Age* provides online support tools by inviting readers to join the Community at www.leehaney.com which includes the *Fit at Any Age* exercise video and fitness library.

Fit at Any Age is now available in paperback through Amazon, Barnes & Nobles and through ebooks: Kindle, Nook, and Kobo.



LeeHaney.com

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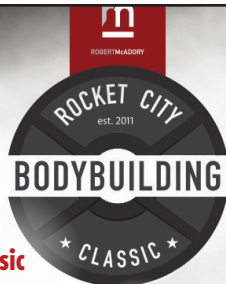
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After The Show

by Hannah Victoria Rice

When you started to submerge yourself into the fitness industry, what was the first thing you had to start doing? Working out. In the beginning, it was your “you time.” As you started to love the lifestyle, you then decided to prepare for a competition. It wasn’t stressful. You had excitement and looked forward to the challenge. Fast forward 6 months and you were deep into contest prep. You were in the zone.

For months you were accustomed to seeing yourself changing on a daily basis. Each day you saw improvement, and you eventually revealed your “best self” on competition day. Once the day of the competition arrived, and regardless of the outcome, at the end of the day, IT WAS OVER!

Post-competition blues are one of the most common struggles people in the fitness industry face. After months of preparing, there is no longer a competition to strive for; so how do you adjust? Here are a few tips that might help you “After the Show.”

Don’t feel guilty about taking time off.

People fail to realize that though contest prep produces some of the best conditioning ever, it’s unrealistic to preserve your “on stage” look all the time. After pushing yourself to the limit for 15+ weeks, your body needs a break! Rather, you’ll need to maintain a “new normal” as a lifestyle while continuing to strive to make improvements. Avoid making the mistake of trying to stay ‘stage ready’ year round. It will lead to burnout, metabolic issues, and unwanted pounds!

Keep a training schedule — but scale it back.

You don’t need to be doing two-a-day training sessions like you did during contest prep. Find ways to do a cardiovascular exercise that you enjoy. For example, instead of being handcuffed to the stairmaster, try going outside for a nice bike ride or run.

Allow more wiggle room in your diet.

If your competition was held on a Saturday, be off of your diet Saturday evening, Sunday and at most, Monday. Indulge and then get back on a plan. Start eating healthy but not quite as strict. The point is, if you eat clean foods 75% of the time, use the other 25% to enjoy your life, your friends, family and the physique that you’ve created! After all, you work out so that you can enjoy yourself every now and then. Trust me, your body and metabolism (if healthy) can handle it.

Monitor yourself.

Step on your scale once a week and be aware of how you look in the mirror as days go by. Each week if you haven’t

gained more than 1-2 pounds, add 100 more calories to your diet, until you notice too aggressive of weight gain on the scale or you see too much fat gain in the mirror. Allow yourself 1-2 free or “cheat” meals each week. This will keep cravings at bay and simultaneously allow for some psychological relaxation!

Reevaluate your expectations of yourself.

The enviable, stage-ready results that come with competition diets are a double-edged sword. Sure, you look great for the competition, but it can also make you think that “peak shape” must become your norm. It’s very easy to suddenly slip into the mindset that your physique reigns supreme above all. It doesn’t! Life is about your character, beliefs, attitude, purpose and the way you treat other people. A good way to keep your life in check to find positive podcasts, blogs, and books. Embrace new personal development goals not just physical goals.

Have a game plan.

Have a game plan of how you’re going to handle the first few days after your competition, as well as your new routine when you get back to training and eating for your ‘new normal’ rather than for a contest. Accept the fact that after your show, your razor-sharp physique will slowly disappear but at the same time your body will be thanking you for the break. After all, if done correctly, off season is where one makes gains and changes for future competitions. Enjoy knowing that you are now fueling your body to be its best. Let your passion, not obsession, for the sport get you through each day.

Always remember, competition diets are meant to help you bring your best physique to the stage. They’re not meant to last for months on end. The next time you feel guilty about what you put into your mouth, remind yourself that not every meal has to prepare you for the stage. If you’ve been living a dairy-free, sugar-free, low-carb, or low-fat lifestyle for a while now, ease back into “real life” slowly and learn to enjoy a variety of foods in moderation. More importantly, make the time to create memories by sharing a table and a menu with people you love.

Hannah Victoria Rice (aka Hannah Hallman) is an IFBB Pro, and has shared her competition knowledge and life experiences through several articles for Southern Muscle Guide. You can follow her on Facebook and Instagram @HannahPeaches.



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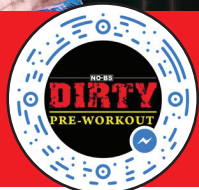
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