

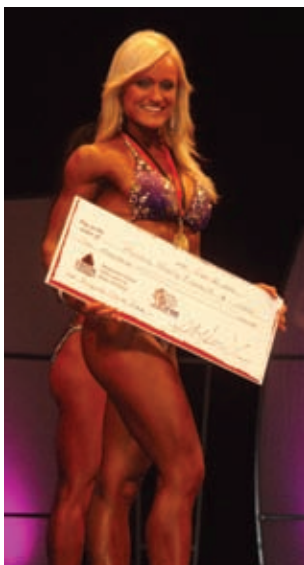
DEAR ROSA

PLANNING MY FIRST CONTEST

Hi Rosa,
I am thinking about entering my first competition in October this year. I am wondering what costs are involved when preparing for a show. Also, are the bikini's very expensive because they certainly look it?

Rachelle,
ACT

Hi Rachelle,
It's a good thing that you are planning ahead. There are many costs involved and I suggest budgeting, especially if it's your first show. At the very least you will need to think about supplements,



bikini, tanning, hair and make up, travel expenses, accommodation and of course trainer's fees. Don't forget the IFBB membership fee as well which is normally payable on the registration day.

All of the items mentioned above can vary in cost so I suggest shopping around and choosing what suits you and your budget. Bikini's can range from about \$200 to as much as \$1,000. Again, it all comes down to personal choice and what you can afford. It is not necessary to 'bling out' on a bikini. Go with a simple but effective design that is eye catching and complements your body. Good luck with your

preparation and I wish you much luck and success on the Figure stage!

Love,

Rosa

LOOKING GOOD FOR MY BIG DAY

Dear Rosa,
I'm getting married in three months and want to look my best ever. I am currently weighing 58 kg and need to get down to about 54 kg. I know I can do it but would appreciate your guidance and support. You are someone I admire and respect so much and you look great all year round. What's your secret?

Sammy,
BNE

Rosa & Mindi Smith



Hi Sammy,

Thank you for your kind words, I do try to stay in shape all year-round. I don't believe it is necessary to carry extra weight in the 'off season' in order to make gains. One can easily gain muscle and re-shape their physique by eating the right types of foods and training consistently. That is my belief and has worked for me.

Fluctuating weight can be damaging and detrimental to your health. I will generally stick to some simple rules which include:

- No fried foods
- Carbs in the morning only
- 6 to 8 small meals per day
- Keep sauces to a minimum
- Pre cook meals at home
- Lots of greens
- No soft drinks

You don't have a lot of weight to lose. I would suggest incorporating high and low intensity cardio into your routine, track workouts including sprints and plyometric squat jumps and eat well. Eating a few small meals per day is the best way to go in order to speed up the metabolism. The best way for you to do this is to lose the excess weight in small amounts. Set yourself weekly goals and take pictures

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so that you can see the transformation as you go along.

I am so excited for you. This is a very special time in your life and I know you want to look your best. Congratulations and may you have an amazing day.

Love,

Rosa

MS. OLYMPIA OR BUST!

Hi Rosa, Congratulations on qualifying for Ms. Olympia!!! What an outstanding result. You have and continue to inspire us all. You must be thrilled with your result. I am so proud of you Rosa. Your pictures from the Phoenix Pro were just beautiful and I loved the package you presented to the judges on the day. Will you be doing anything different for the Ms. Olympia in September? I would love to hear. Best of luck with your preparation and thank you for making Australia ever so proud.

Kelly,
NSW

Hi Kelly, Thank you!!!! I am so happy to have placed third in the Phoenix Pro, making me the first female in the South Pacific ever to grace the Figure



Olympia stage. It has been a dream of mine since turning pro in 2006. So yes, I'm absolutely thrilled. I was very happy with the package I presented onstage that day and believe I have found the formula to presenting my optimum on stage.

Over the next few months I will be working a little more on building my lats in order to create a more shapely and curvier look. I will also be rounding out the glutes and hamstrings somewhat more.

After viewing pictures, I would like to come in slightly tighter, not much but just a little, especially in the glutes. I believe I can do this by tweaking a few things with the diet. Small changes but expect my best ever at the 2010 Figure Olympia in Las Vegas. Thank you for supporting my career and I wish you much success throughout the year also.

Love,

Rosa **M&F**

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

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