



DEAR ROSA

ROSA-MARIA, AUSTRALIA'S MOST SUCCESSFUL FIGURE COMPETITOR, IS DELIGHTED TO HAVE JOINED THE TEAM AT MUSCLE & FITNESS AND LOOKS FORWARD TO ANSWERING ALL YOUR QUESTIONS! EMAIL YOUR QUESTIONS NOW TO: ROSE@FITROSE.COM

WHATEVER IT TAKES

Hi Rosa,

I lack confidence and rely on booze to get me through. I have come from a violent and abusive husband but I am trying to get through after leaving two years ago. I would like to compete, as this is something I have wanted to do for a long time.

This weekend I am going to Melbourne to watch an all women's competition at Caulfield and I am aiming at competing in Bundoora. I am 44 years old. Do you think I could get ready for a show at this age?

Cheers,
Samantha

Hi Samantha,

I am so happy that you built up the strength to move away from your past and I congratulate you on setting an example for many women around the world. It takes a lot of courage to do something like that. It just makes me realise that you are a very strong woman who'll stand her ground and do whatever it takes to make sure her family is safe. There is no doubt in my mind that you could compete. As a matter of fact, I think it would be a fantastic opportunity to do something for yourself and show other women in your situation that life can be turned around and that dreams do come true.

I am not sure if you aware but there is a Masters division for women over 35 years. To be honest this would have to be one of my favourite divisions. Some of the best physiques can be seen in this division. So my answer to you Samantha is yes. You can definitely be ready for a show and I wish you all the luck in the world as you embark on the journey of a lifetime. Make sure that you get some professional advice and if there is anything I can do to help I would be more than happy to guide you.

Give yourself plenty of time to prepare, at least 12 to 16 weeks to get in shape for the show and be sure to include posing lessons in that time to ensure you are confident and know what is required of you on stage. All the best and I look forward to hearing about your preparation.

Be determined,
Rosa

FLYING AND PREPPING

Hi Rosa,

I am a Long Haul flight attendant based in Melbourne, and doing my first figure competition soon. Can you give me some advice about flying and prepping for a show? Regarding food and fluid, how do you do it? I need all the advice I can get!

Thanks,
Jaime

Hi Jaime,

Nice to hear from a fellow flight attendant! Fantastic news that you are competing soon. Make sure you send me pictures from the show, as I would love to see them.

Competing is hard enough as it is, let alone when you are constantly jet-setting around the world. Honestly, sometimes I even wonder how I do it! I would suggest creating a plan that works for you personally. My day-to-day schedule is extremely hectic so I need to make sure I stick to a plan that will allow me to keep on top of things.

Not only am I a Long Haul flight attendant but I also run a successful on-line training business (Fitrose.com) as well as face-to-face clients. I am regularly conducting seminars and guest appearances, presenting on Channel 9 and 10 and I also have two beautiful little boys and husband to take care of! Then, of course, I need to make the time to train and prepare all my meals, etc. The list is endless but I try not to think about it too much. I just do my best to be as organised as possible and I have a schedule that I stick to so that all my obligations are met and I do not fall behind with work.

When I am preparing for a show and I'm required to travel with work, I'll make sure that I prepare all my meals at home before I leave on a trip. I always take a few spare protein shakes with me, as well as cans of tuna as these are



bound to come in handy. As I am writing this I am actually on the plane travelling to Dallas, Texas. I'm competing this weekend in the largest ever pro figure line up – 38 girls! I have packed six meals of chicken and asparagus and to my surprise, I'm actually a lot more hungry than normal. Luckily I've brought along with me a packet of rice cakes so I have started incorporating those into my meals. Ideally I'd love to have some oats but due to the circumstances I'm making do with what I've got.

My advice to you is structure your day. Stick with a plan and ensure that all your meals are prepared the night before. You will find that it is not that hard at all. Learn to balance family life, work and training and you will enjoy the journey. I wish you the best of luck in your up and coming show.

Go for Gold,
Rosa

FITNESS MODELLING Hi Rosa,

I just wanted to say that your website looks awesome. Thanks for the inspiration. I'm just wondering if you could point me in the right direction? I would really like to get into some fitness modelling and need some help getting started. I look forward to hearing from you.

Renee

Hello Renee,

Thanks for visiting my website and I'm glad you liked it! I am assuming you train regularly and are quite fit so, it is great that you want to get involved in some fitness modelling.

There are many ways you could get started with this but I would suggest having some photographs taken first and creating a small portfolio that you could submit to various magazines and publications. It would also be a good idea to enter a fitness modelling competition and build up your image within the fitness industry itself. Many federations have a Sports Model division where you are required to wear an evening gown and bikini. A lot of well known sports photographers can also be found at these events and it would be a good way to market yourself and perhaps find suitable work that will help you get started.

You might also want to get in contact with a sports modelling agency and see if they would be interested in listing you in their books. You may find that it will be tough at first whilst you get started but once you have established yourself within the industry, I am certain you will enjoy your new chosen career.

Follow your dreams,
Rosa

SPONSORSHIP

Hi Rosa,

I am competing for the first time in the Figure class next year. I have been training specifically for this since February with my trainer. I understand it is particularly difficult to get reasonable sponsorship but I was wondering what the chances are like for a first timer?

Obviously, I doubt I'd get anywhere with the big companies. I was thinking that it would be great to get some kind of sponsorship to help with costs and begin to promote myself in the industry. My trainer has told me that novices wouldn't have any chance but I wanted to get another professional's opinion. My skills outside the gym involve Marketing/PR and I'm also a Psychologist (if that helps). I was also looking into fitness modelling. Do you have any advice or information to offer?

Cheers,
Carmen Rossitto

Hi Carmen,

I hope training is going good and that you are well under way with your preparation for your first show. What federation are you competing in? I may even be there to see you as I have quite a few clients of mine competing around that time also.

I totally understand your interest in obtaining a sponsorship. Competing can be extremely costly so



any help you can get is an absolute bonus. As a Pro Figure athlete, each show will cost me an average of \$7,000. Some may find this very hard to believe but when you look at the costs of supplements, bikini's, travel expenses, hair and make up, food etc the list goes on and so do the costs!

I started competing in 2003 and I was lucky to pick up my first sponsor that same year right after I had won my first Australian title. I can tell you that it will be much easier for you to obtain a sponsorship once you have a title under your belt. So, I would suggest focusing on your training for now and making sure you are in fine form at your show next year. This way you will be noticed and who knows what could come out of it.

A lot of supplement companies are often at shows and will be looking out for people that can represent their businesses. There is no reason why you can't approach companies now but I suggest you take one step at a time. Aim at doing well next year and use your title to obtain a sponsorship later on. Remember there are a lot of competitors and the fitness industry is extremely competitive.

Have a think about what makes you stand out from the rest and how your future sponsor can benefit from you. You may want to start putting together a small portfolio or perhaps even have some modelling shots done that you can present to your desired sponsor at or after your show. All the best next year and I look forward to seeing you grace the stage.

Good luck,
Rosa **M&F**

