

DEAR ROSA

CONGRATULATIONS!

Hello Rosa,
What an enormous year it has been for you so far. Qualifying for the Figure Olympia and topping that off with an invitation to compete at the Arnold Classic Ms Figure International! You are an amazing role model and inspiration to us Aussie girls and I just wanted to tell you that we are so proud of you. You deserve every inch of this success. I've been following your career since the very first day you started competing and not once have I been disappointed. You impress every time you step on the stage and I honestly believe you will take this sport to even greater heights. Keep up the amazing work Rosa and please let me know what your plans are for the rest of the year. It would be a dream come true for me to see you compete live.

MONICA,
NSW

Hi Monica,
Thank you for your kind words. I am very thankful for what I have and it too makes me happy knowing I've inspired others to pursue their dreams and follow their hearts. I believe anyone can succeed in life as long as you have the will power and determination. I know that for me personally, I had always wanted to compete on the Arnold stage as well as qualify for the Olympia. These had been my two main goals since turning pro and

now I have achieved both.

I had a feeling 2010 was going to be a huge year for me. I just focused on one show at a time, making sure I presented a complete and polished package every time I stepped out on stage. I am now getting ready for the New Zealand Pro. It would be awesome to compete at the Olympia with a win under my belt. It all depends how everything falls into place in a couple weeks time when I travel to Auckland.

Apart from the three shows I have already accomplished this year, I am thinking of doing at least one more right before the Olympia but I'll have to wait and see before I make any final decisions. The good thing is I'm still enjoying myself and I absolutely love what I do. I will take one day at a time and hope to continue inspiring as I move up the ladder. Thank you Australia!

Love,

Rosa

TRAVELLING THE WORLD

Dear Rosa,
Being an International Flight Attendant myself, I am curious to know how exactly you manage to diet and get ready for a show whilst travelling the world. Any tips would be greatly appreciated.

A friend of mine was on one of your flights leading up to the Arnold and she mentioned you were dieting for the Arnold! I am just



curious as to how you manage to travel the world and get ready for one of the most important shows of your career? You are truly amazing and my number one inspiration.

GISSELLE

Hi Gisselle,
That must have been Samantha! Yes, she did

mention your name to me.... what a small world! To be honest, I very rarely eat airline food. I might have some rice or chicken from time to time if needed but more than likely I'll consume the food I have packed the night before. Unfortunately airline food is very high in sodium so I prefer to prepare



people that anything is possible if you put your heart and mind to it.

Love,

Rosa

OUTSTANDING RESULT!

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 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'm 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 on stage that day and believe I have found the formula for 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 the pictures, I would like to come in slightly tighter, not much, but just a little, especially in the glutes. I believe that 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

my own especially around show time. Cans of tuna come in handy all the time, that's for sure, as well as rice cakes, peanut butter and good old whey protein shakes.

It's not hard to travel and get ready for a show, you just need to be organised and disciplined. I always take around four to five meals on board to ensure I have

excess in case of delays, change of plans, etc. It doesn't take much to boil up some rice, chicken and veggies, just takes a little extra time to get ready but you can do it.

I find that I'm always on the move but I like it this way. Less chance of 'slipping up' so to speak. Living on a tight schedule suits me just fine and I have proven to

