

FITNESS & FIGURE WORKSHOP

Dear Rosa,

A huge thank you for your awesome workshop this past weekend. I had a fabulous time and it was a great opportunity to meet other girls who share the same passion and dream. Thank you for providing each and every one of us with a copy of your Figure & Fitness



GREG WHITE

Elite Competition Manual. I still can't believe how much information is actually in it! It's loaded! I thoroughly enjoyed the posing session as well and it was perfect to finally have a go and get rid of the nerves.

Thanks again Rosa. You just keep on inspiring me.

**Sascha,
Melbourne**

Hi Rosa,

Thank you so much for such a wonderful weekend. Robyn and I really enjoyed our time with you and the girls. We found your manual to be very informative and appreciated it a lot. You are an amazing person. We have followed your career for the past three years and have always found you to be an inspiration! Thanks again Rosa. Good luck in your future competitions. We will definitely keep in touch.

**Sam,
Newcastle**

Hi ladies, Thank you! It's my absolute pleasure. I really wanted all of you to have a fun-filled day and to walk away with a whole heap of knowledge. It was an honour to know that some of you travelled from as far as Newcastle, Melbourne, Western Australia, Adelaide, Queensland and New Zealand just to be there. I wanted to bring a crucial point across to all of you, and that is the importance of enjoying the journey we embark on. Winning is not everything. It's more about reaching your personal best and improving each time you step out on stage. I am never concerned about my competitors or placings, rather making sure I am completely happy with the way I look come show time. I have been competing now for seven years and achieved great things in such a short period of time. Anyone can achieve their dream as long as they believe in themselves and follow their hearts. As long as you work hard and do what's required, the rewards will come. I have been named 'Australia's most successful exponent of the sport of all time' and I am thrilled I have been given the opportunity to teach others how to pursue their goals and aspirations. I do hope to see many more pro figure, fitness and bikini girls in the future. IFBB pro figure has so much to offer. It has opened up a whole

new world for me and it has been and still is a life-changing experience. I hope to see you all again soon and I will definitely keep you posted about the next Fitrose 'Pose Like A Pro' workshop.

*Good luck,
Rosa*

WATER AND WEIGHT LOSS

Hi Rosa,

Is it true that drinking water can actually help you lose weight? I am struggling with my diet and I just can't seem to get the slim body I have always dreamed of.

**Mary,
Victoria**

Hi Mary,

Well yes, you are correct in saying so or according to recent studies revealed in Boston, USA. Drinking two x 8 ounces (240 ml) of water before breakfast, lunch and dinner can actually help you lose weight and keep it off for at least a year. "As part of a prudent, low-calorie

weight-loss diet, adding water may help with weight-loss success," says Brenda Davy, Ph.D., the lead author of the study and an associate professor of nutrition at Virginia Tech, in Blacksburg.

I have always drunk water right throughout the day. I find it fills me up and stops me from wanting to eat more. Water also flushes all the toxins out of your body and helps keep you hydrated, especially when preparing for shows and burning hundreds of calories. I find that drinking water also helps keep your skin and overall physical appearance looking healthy, so drink up!!! It can only be good for you.

*Good luck,
Rosa*

SOME NUTRITION KNOWLEDGE

Hi Rosa,

I am starting out in competitive fitness and was wondering if you could share some pointers with me about the nutrition side of things. By that I mean things I should keep in mind. I just need some guidance so that I can head in the right direction.

**Dana,
BNE**

Hi Dana,

Sure! Let me share some of my personal pointers which will help you get started on your journey.

My diet is about 80% clean in the off-season to ensure I stay in shape all year round. My food intake changes constantly depending on my schedule or whether I am competing but generally with every meal I will eat anywhere between 30 g and 45 g of protein such as red meat, chicken, fish, cottage

cheese and whey protein.

I normally have four starchy carbohydrate meals per day such as basmati rice, brown rice, sweet potato or kumara, wholemeal pasta and tortilla wraps. Being an international flight attendant, I am sometimes required to work through the night and the flight may be as long as 14 hours! In these circumstances I will always pack an extra carbohydrate meal or two to ensure I have the energy to perform the work.

Fibrous carbohydrates are consumed with almost every meal and these include broccoli, green beans, spinach leaves, celery and asparagus. If I am ever hungry after a meal I will add another cup of fibrous carbohydrates to satisfy! I simply can't get enough of my greens.

When eating a low calorie diet it is very important to keep up your essential fats. Fats and oils are a concentrated source of energy and are necessary for good health and fitness. Without fat, vital organs will lack cushion, nails may become brittle, you could even start to lose your hair, or at the very least its sheen and lustre. To avoid this from happening, I will often add some avocado, Udo's oil, flaxseeds/ flaxseed oil to my diet.

To avoid cravings and sugar intake I always eat every two to four hours. My meals are small and spread throughout the day. I may add one or two protein shakes if I am on the run but I try to stay away from protein bars. I believe there is no better fix than a well balanced and nutritious diet so plan your day ahead, pack all meals then you won't find yourself bingeing on the unnecessary!

*Good luck,
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.



TERRI GOODLAD