

DEAR ROSA

BY ROSA-MARIA ROMERO

HOW CAN I GET PUBLIC EXPOSURE?

Hi Rosa,

My heart is set on gaining work as a fitness model throughout the 'off season'. I have just had a look at your website and totally admire you for all your achievements and amazing media coverage. I'm wondering if you could steer me in the right direction to be able to potentially obtain media coverage and any exposure to develop my career and possibly gain public identity as a fitness, figure and or cover model. I look forward to hearing from you.

Michelle,
QLD

Hello Michelle,

First of all, congratulations on your outstanding win this year! So well-deserved and so glad I could be there to see you take top honours. You have an amazing look and I have no doubt you are going to go far with this sport and the industry itself. You have a fresh, beautiful look that would be perfect for magazine work and infomercials.

In order to get more exposure I would suggest working a booth at an expo to begin with. It would be ideal to get some work whilst in Vegas competing at the World Championships. I would have a look on the internet and see who the main sponsors for the event are. Send them some pictures and a brief bio. It could very well be the break you need. This would be a perfect opportunity to meet others in the industry, photographers, journalists and so on. This year, whilst competing at the Arnold, I was fortunate enough to work on the NutriGenix booth with Nicole Wilkins-Lee, Ms. Figure Olympia runner-up. We really did have a blast and met so many amazing people

including a photographer from Italy.

We shot at the Arnold and since then have managed to land a front cover for an Italian Fitness magazine, which will be out early 2011. Best of luck at your first International show and don't forget to send us some photos here at Muscle & Fitness as we always love to hear from our athletes.

Good luck,

Rosa

YOU'RE MY INSPIRATION!

Dear Rosa,

Not only are you an outstanding athlete and representative for our sport, but you are truly doing wonders with our up-and-coming athletes. I just wanted to say thank you. You have inspired so many of us and shown us that anything is possible. It's been a massive year for you. How do you do it Rosa? What's the key to creating Australian champions? It's obvious you have a passion and a drive for it.

Ellena,
ACT

Hi Ellena,

Passionate about bodybuilding? Oh yeah! I still get goose bumps when I judge shows. I got into bodybuilding eight years ago and can honestly say it's a huge part of my life and believe it always will be. I do love competing and the Olympia was just a dream come true.

However, seeing my clients succeed and do what they thought was never possible, brings me more satisfaction than you can imagine. I have had a great year indeed with so many client success stories. Jodie Parker won the NPFC/IFBB tall class NSW and Nationals.

Alexandra Johnston won the NPFC/IFBB Victorian Novice and placed runner up at the Nationals. Mel Hemsworth placed an incredible 2nd in her first competition ever – the NPFC/IFBB Tall class Figure NSW and Nationals. Katrin Hapala was runner up at the ANB Nationals and 1st NPFC/IFBB Novice Figure NSW. Katie Morris took 1st place at the NPFC/IFBB NSW. Asher Prior placed 3rd in the same division.



These are just a few of the amazing results these ladies have obtained through hard work and commitment. What most people don't realise is that I train most of my clients online and the results speak for themselves. The girls submit weekly updates including pictures and stats and I make changes to their programmes as we go along to ensure they are getting the most out of their training and obtaining the best results possible. I am really proud of what I have done with my clients and seeing a smile on their face puts a huge one on mine.

Best regards,

Rosa

MY FIRST COMPETITION

Hi Rosa,

I am competing for the first time in March 2011. Hoping you can share some pointers. I am really nervous, as I don't know what to expect day of show. How can I prepare myself mentally? Hopefully you can put my mind at ease.

**Natasha,
Melbourne**

Hi Natasha,

I can totally understand you being nervous or anxious especially preparing for your first show ever. This is what you can expect to happen day of your show and some pointers to help keep you on track!

► I suggest getting to the venue nice and early. Give yourself plenty of time to get ready.

► Make sure you register first thing as soon possible, hand in your music and collect your number.

► Pin number to your bikini right away. Confirm which side the judges would like the number pinned.

► It may be hours before you take to the stage, so eat up! It's very important you feed yourself throughout the day so you have the energy to perform at your best come show time.

► After the athlete briefing go back stage and get ready. Make sure you go to the bathroom before sticking bikini to butt. If you do need to go to the bathroom, be careful not to mess up your colour. That is why it is important to carry your spare colour and sponge with you, for final touch-ups.

► Oil is applied about 30 minutes before you go on stage.



GARY PHILLIPS

► Start pumping-up, using light weights about 20 minutes before you go on stage.

► Minutes before you walk on stage have some jellybeans, perhaps even a little red wine to give yourself a sugar hit. This will give you a better 'pump', so to speak.

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.



CHARLIE SURIANO