

DEAR ROSA



GREG WRIGHT

HUGE FAN BASE

Hi Rosa,

It was such an amazing experience to finally meet you in person at the Arnold Classic. You look unbelievable Rosa and I am confident you will qualify for Olympia this year. You have built such a huge a fan base not only within Australia but here in the USA as well. We love you! Could you tell me what shows you plan to do next as I would love to come and watch you compete and cheer you on. I am also competing this year and I look at your pictures every day for motivation.

Tatiana

Hi Tatiana,

At this stage I have my sights set on the California Pro. There is something about good old California and Jon Lindsay Productions. I always seem to have a blast at his shows and some of my closest fellow competitors are from around California. I've started dieting and prepping for the show, so you can expect to see me there. I will also be working with some of my

favourite photographers after the show – Mike Yurvik as well as Juan Carlos Lopez so I'll be making the most of my trip.

Towards the end of the year I plan to compete in the Boarder States, again another Jon Lindsay show, as well as the Sacramento Pro. Please do stay in touch as it would be delightful to see you again. Good luck with your preparation and be sure to email me some pictures!

Good luck,
Rosa

NATURAL DIURETICS

Dear Rosa,

Is it true that natural diuretics can have the opposite effect if over consumed or taken incorrectly? I'm competing overseas this year and I have no idea when to start taking them or how on earth I am meant to deplete on the flight, etc. I am so worried because I am a huge fan of condition and would hate to step out on stage anything less than what I have looked like before. I am hoping you can share some of your tips with me as you are always in and out of the country and looking amazing!

Matilda,
VIC

Hi Matilda,

Absolutely they can! Natural diuretics need to be taken as directed on the bottle and no longer than two to three days before your show. If you are travelling overseas then I would suggest taking them when you arrive at your destination, no sooner and commence your depletion then. Travelling can take a lot out of you and you need carbohydrates to help keep you going. We are so far away from the rest of the world so it can get kind of tough. Give yourself time to recover so leave Australia with plenty of time to rest before your show. I do not recommend arriving at your destination the day before your show. You will need to allow sufficient time to get rid of excess water you may have held during the flight. Don't forget to pack all your meals for the journey ahead. This is where cans of tuna come in real handy!

Best of luck,
Rosa

FIRST TRIP TO OHIO

Dear Rosa,

It was great to see you at the Arnold this year. I had the time of my life. I would love to know your thoughts and how you found Ohio? I believe it was your first trip to our city? Hope to see you again next year.

Carl

Dear Carl,

Yes, it was my very first trip to Ohio and I loved it. Columbus is a gorgeous place and the people are so friendly and helpful. It was definitely an experience I will never forget. I represent SAN and because we were one of the official sponsors of the show, we were fortunate enough to have Arnold Schwarzenegger himself come and say hi. We also had our picture taken with him for the media and that was just amazing. This I would have to say was the highlight of my entire trip and something I will never forget.

I also got to meet so many of my fans which is always nice and the official after party was just huge! Apart from working at the Arnold Expo, I was also there to support one of my FitChix, Stacey Walker who competed in Class C Figure. She was selected to compete at the Arnold Amateur after winning the 2008 IFBB Australasia in Sydney. Stacey had a huge line-up of 25 girls and was hoping for a top ten finish. To her surprise she made the first callout, placing a credible 5th. This was fantastic for Stacey and Australia. She did us proud and looked her all time best. I will be back next year no doubt about it. Although it took me 27 hours to get to Ohio, it was well worth the journey!

Good luck,
Rosa

Downsizing

Hi Rosa,

I was at the Elite IFBB competition in Sydney recently and wanted to enquire about the final results for the Girls Figure classes. From previous results and photos I thought my physique was best suited to figure in the IFBB but the results yesterday surprised me given how small the winners were. I was told by one competitor, judges had told her that the IFBB were wanting to 'downsize' competitors and she was too ripped and hard.



GREG WRIGHT



I'm a retired athlete (rower) who has a heap of muscle (but the shape for figure not physique or so I thought) and I'm preparing myself for my first competition in October. Can you please advise me if the IFBB are downsizing their figure group? If I have to give up eating like an athlete (anything I like.. all you bodybuilders eat so clean) all of the time. It's killing me!!! I want to make sure I enter myself in the right Federation for my body type.

Cheers,
Kate

Hi Kate,

Thank you for your question and concerns. I'll do my best to help you understand exactly what the judges are looking for when it comes to the Figure category. First of all we are not downsizing, rather steering away from the hard and ripped look. The rules and regulations of the IFBB state that:

"When judging a figure competition the judges shall assess the athleticism of the physique. This is not a bodybuilding contest. A small degree of muscularity with separation is desired, with no visible striations. The muscle tone should appear firm and round with a small amount of bodyfat over the muscle, and no excessive leanness. The figure competitions provide alternatives for athletic women who (a) train. (b) do not wish to gain muscle size and vascularity and (c) do not have a strong gymnastic/dance background. All Figure and Fitness competitors must have reached their eighteenth (18) birthday by the day of the contest."

We can only judge what is presented to us on the day. From what I saw there were two totally different looks on stage. I thought that the place-getter's on the day was pretty much along the lines of what we are looking for (only my opinion). But once again if we are presented with a group of girls that are harder and ripped we can only judge them accordingly, which then causes everyone to think that now we have changed the judging criteria again. Which isn't the case (we cannot 'Non Award').

I suggest you continue to train hard and prepare for your show with the IFBB. Don't place too much emphasis on size, rather symmetry and overall presentation. Remember, we also take into consideration your tan, make up, hair, bikini – the entire package. Focus on yourself and come in looking your best. I hope to see you on stage soon.

Good luck,
Rosa **M&F**