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» » **17 STOMACH CONDITIONS ANALYSED**



Rosa-Maria Romero is a testament to the power of passion and determination. At only 16 she began to turn her talent for all things fitness into a successful career and now at age 32, she is showing no signs of slowing down.

INTERVIEW BY SARAH POPE

Occupation: IFBB Pro Figure athlete
Personal Trainer
Presenter/Spokesperson (TVSN, Ch 9 and 10)
Long Haul Flight Attendant

Hometown: Bondi, Sydney

Age: 32

Height: 166cm

Cover Girl Diet

7am 1/2 cup oats and whey protein, 8 egg whites

10am 140g Chicken breast, 1 cup brown rice

1pm 120g Lean steak, 1 cup sweet potato, 1 cup steamed vegetables

4pm Whey protein shake, 3 brown rice cakes

7pm 220g Fish or 140g turkey breast, 2 cups steamed vegetables

10pm Slow release protein shake

Exercise Routine

Monday Shoulders, triceps, abs and cardio

Tuesday Quads and calves

Wednesday Back, biceps, abs and cardio

Thursday Shoulders

Friday Hamstrings, calves and cardio

Saturday Back and abs

Sunday Rest

Cover Girl Contest History (2006-2007)

- NPFG/IFBB Figure
- 2006 1st place IFBB Australia & Overall Champion
- 2006 1st place IFBB Australia Mixed Pairs
- 2006 4th place IFBB World Championships Barcelona
- Spain (My Pro Card was awarded at this show.)
- IFBB Pro Figure
- 2007 11th place, Sacramento Pro Figure USA
- 2007 16th place, Jan Tana Pro Figure USA
- 2007 16th place Colorado Pro Figure USA
- 2007 15th place California Pro Figure USA
- 2007 19th Place Pittsburgh Pro Figure USA

I have always been active... I played netball at school as well as tennis and I attended ballet, tap, jazz and flamenco dance classes three times a week. I was a busy little bee performing at many dance expos and eisteddfods over the years. I loved the make up, costumes and being on stage.

My favourite way to keep fit... I just love the gym. I am fortunate enough to be sponsored by City Gym (Crown Street Sydney). I love the equipment, music and general atmosphere as well as the staff. When not at the gym I enjoy power walking with my husband or spending time outdoors with the boys. Eating a well balanced diet is also an important part of my day-to-day routine that helps me keep fit.

On a personal note... I am a very proud parent, that's for sure. I love my boys so much and giving birth to them was the best thing that has ever happened to me. I am also lucky to have found Sam, the love of my life, and am looking forward to the many years ahead.

I'm a fit mum... It wasn't until after the birth of my two boys that I picked up my first set of weights! I was determined to get my body back and a good friend told me that the best way to do this was to combine both weights and cardio into my training program and boy was he right. I started weight training in April 2003, going on to win the Australian WNSO/ANB National Figure Title in October that same year. Personally I think that having children made me stronger mentally and physically and if it wasn't for Dylan and Jaime, I wouldn't be where I am today.

I'm frustrated by... smokers!

What makes me happy... spending quality time with my family. It also brings me great joy to watch my clients compete on stage and do something they thought was never possible.



The best thing about my job... is travelling, meeting new people and working with some of the best photographers in the world. I have also been referred to as a role model and it makes me extremely happy to know that I am inspiring others to lead a healthy lifestyle.

My heritage... I was born in Australia, however my parents are Spanish. They immigrated to Australia back in 1961. Originally from Malaga (South of Spain), both are now Australian citizens. I have two older brothers Juan and Andres and thanks to my parents, the three of us speak fluent Spanish. Dylan and Jaime also speak the language perfectly.

Age sixteen... was the peak of my dancing career. I was contracted by two leading reception venues and the work just kept coming in. Before I knew it I was teaching at the Bangara Aboriginal Dance Theatre and The Spot Randwick. When I was not at school I was in the studio either rehearsing or teaching classes. It wasn't planned, I guess everything just fell into place. I was also Australia's most sought after Flamenco dancer so the demand was high.

Not long ago... I received an email from a Californian based Production Company. They saw me in 'Good Luck With That', an Australian short film that was shot back in 2005. GLWT premiered in Sydney on Dec 16th at Greater Union Bondi. I played the role of a 'tough bodybuilding girl'. The film has been selected for the 2008 Cannes Film Festival.

To turn a passion into a successful career you need... persistence, determination and commitment! It has been a roller coaster for me. There have been good times and there have been bad but I have never given up. I have always remained focused. I've spent a lot of hours on the computer networking, made a lot of phone calls, submitted many photographs and spent endless hours in the gym sweating it out, let alone dieting. But the most important thing I have done is learnt how to balance my personal life with professional. It is important not to forget the loved ones around you who are the backbone of your career.

I would like to thank... my husband for being there through thick and thin and supporting me 100 percent. I couldn't have done it without him. Thank you Sam. ☺