

WUP WUP AND AWAY

Flying high is just a stroll in the park for Qantas long-haul flight attendant, **Rosa-Maria Romero**. But it's hard for someone to train, diet and compete when their job takes them across time zones and countries on a regular basis. And we all know what airline food is like!





PHOTOS BY GARY PHILLIPS GYM PHOTOS TAKEN AT LE GYM, MENTONE, VICTORIA.

ROSA-MARIA ROMERO

starts preparing for her competitions up to 12 months out, which might sound a long time, but whether you are new to this sport or just an old hand, preparation is never wasted.

"I competed for the first time in 2003 and won the short class figure. I couldn't believe that all my hard training and dieting had paid off. It was one of the most memorable days of my life. I felt confident on the day. I knew I had worked hard and a good piece of advice my trainer gave me was to present what I had the best I could. That's all you can do on the day. Then it's up to the judges to decide. It's the months leading up to the competition that really are the difficult part of the game."

That is so true: you can't cheat when it comes to preparing for a show, there is no room to make up for mistakes in the last few weeks.

A professional Spanish dancer, Rosa started flamenco dancing at the age of three, going on to teach for many years. She also competed in aerobics at state and national level where she won NSW state title and came 2nd in the Nationals.

Rosa took up aerobics at the age of 13 but like many girls found she needed a change. "I started weight training 12 months ago because I was getting bored with aerobics. The changes weights have made to my body are amazing and I am now hooked. I was inspired



QUICK QUESTIONS

1. FIRST THING YOU THINK OF IN THE MORNING? Coffee **2. FAVOURITE SMELL?** Oil burner throughout the house **3. WHERE ON YOUR BODY DO YOU LIKE TO BE MASSAGED?** Back and shoulders **4. IF YOU COULD HAVE ONE SUPERPOWER, WHAT WOULD IT BE?** To be able to eat absolutely everything and not have to worry about getting fat. **5. FAVOURITE PHYSICAL FEATURE OF THE OPPOSITE SEX?** Quads and backside **6. WHAT IS YOUR FAVOURITE SPORT TO WATCH?** Olympia Figure Category, and soccer **7. WHAT MAKES YOU REALLY ANGRY?** People who are inconsiderate. **8. ONE THING YOU CAN'T LIVE WITHOUT?** Chocolate **9. WHAT IS YOUR FAVOURITE SOUND?** When the aircraft is on its descent. **10. IF YOU COULD HAVE ANY JOB WHAT WOULD IT BE?** I have my dream job. There is nothing else I would rather do. I guess I'm lucky. **11. ONE WORD TO DESCRIBE YOURSELF?** Perfectionist



to compete after I was a spectator at the 2003 NPFC/IFBB Australasian Championships.

"Weight training is the best thing I have ever done for myself. I was always very slim and never quite happy with my physique. In twelve months the changes weights have made to my body are amazing. I am stronger, healthier and enjoying every moment of it. I am truly doing something I love."

Rosa, like many women, juggles a full-time career, training, and being a mum. "It is one of the toughest things I do from day-to-day but I love it. When I'm training up for a competition, I think of my kids and how excited they get when I come home with a trophy. I want them to be proud of me some day."

Rosa has only been competing since 2003 and her goals now are to put on some muscle. "I am very happy with what I achieved so far but now it's time to put on some real size! It takes time to develop thick muscle and that's exactly what I'll be doing for the next 12 months. I hope to someday compete at an international level."

When we met for her photo shoot I was impressed with Rosa's overall shape and muscle development especially considering her short time in bodybuilding.

Look up in the sky! Is it a bird, is it a plane. It just could be Rosa-Maria Romero soaring to new heights on the figure stages of Australia and maybe the world. **M&F**

SNAPSHOT

ROSA-MARIA ROMERO

NICKNAME: Muscles

DATE OF BIRTH: 19th September 1975

BIRTH PLACE:

Paddington, Sydney, Australia

STATE WHERE YOU LIVE: NSW

MARITAL STATUS: Married

FAMILY: Husband, and we have two little boys aged 4 and 2. I also have two older brothers.

DO YOU HAVE PETS: Three goldfish called Bulldozer, Tiger and Boss!

FAVOURITE CAR: Mazda MX5

FAVOURITE COLOUR: Royal blue

HAIR COLOUR: Blonde

COLOUR EYES: Blue

HEIGHT: 165 cm

CONTEST WEIGHT: 54 kg

OFF SEASON WEIGHT: 63 kg

OCCUPATION:

Long-haul flight attendant for Qantas

HOBBIES/INTERESTS: Apart from the obvious (weight training and aerobics) I enjoy dining out with friends, cooking, parties and travelling around the world.

WHAT DO YOU DO TO RELAX:

A nice long hot bath always does wonders.

WHERE DO YOU TRAIN: Fitness First Bondi

DO YOU HAVE A TRAINING PARTNER:

Yes. My ever so supportive husband.

He pushes me to go that little bit further every time.

TYPICAL TRAINING WEEK:

Monday - Chest/abs/stepper

Tuesday - Back/treadmill

Wednesday - Cardio/abs/calves

Thursday - Legs/treadmill

Friday - Shoulders/calves/stepper

Saturday - Biceps/triceps

Sunday - Rest day

FAVOURITE EXERCISE: Bench press

LEAST FAVOURITE EXERCISE: I used to hate legs but now I am growing to love them!

ONE MUST-DO EXERCISE: Squats

YOUR BEST BODYPART: Abdominals

ANYTHING YOU WOULD LIKE TO IMPROVE:

I'm always looking to improve absolutely everything.

COMPETITION HISTORY:

2004 NPFC/IFBB Australasian

Championships, runner up

Ms. Figure. 2003 NPFC/IFBB

State Championships, 1st place

Ms Figure, NSW. 2003 NPFC/IFBB

Australian Championships, runner up

Ms Figure. 2003 ANB Australian

Championships, 1st place Figure.

MOST MEMORABLE COMPETITION MOMENT: Winning my first ever competition.

COMPETITION DIET: I eat clean Monday to Saturday. Sunday I'm free to eat anything I like. I call it my pizza day!!!

WHAT SUPPLEMENTS DO YOU USE:

Whey protein isolate, glutamine, HMB, multi vitamin, vitamin C + calcium.

DO YOU HAVE ANY SPONSORS? Brazil Body

Activewear www.brazilbody.com, ASN

Nutrition- www.asn-nutrition.com.au

and Bikini Vamp- www.bikinivamp.com

FAVOURITE DIET FOOD: Perch with sweet chilli sauce and rice

FAVOURITE NON-DIET MEAL: Pizza, garlic bread, lots of ice cream and a beer.

FAVOURITE DRINK:

Fruit smoothie with Spirulina

WHO DO YOU ADMIRE MOST IN YOUR SPORT:

Arina Manta (Ms Fitness Australia).

AND OUTSIDE YOUR SPORT: My mum.

Without her there is no way I could achieve my dreams.

WHO HAS HAD THE MOST IMPACT ON

YOUR LIFE: My kids.

HOPES AND AMBITIONS FOR YOUR

PERSONAL LIFE: Stay happily married

and be the best mother possible for my boys.

THE BEST TIP YOU COULD PASS ON TO

SOMEONE STARTING OFF IN YOUR SPORT:

Enjoy every moment of it. Get yourself a good trainer and only listen to him/her. I find that everybody thinks they are an expert in Bodybuilding. The bottom line is we are all different and what may have worked for them in the past may not necessarily work for you.

ANYONE YOU WANT TO THANK: My husband, mum and all my friends and family for giving me the support and encouragement to pursue my dream.

