

# CONTEST PREP SUCCESS GUIDE

Northwest competitor preparation resource guide book for  
Bodybuilding, Figure, Fitness, Bikini, Physique, & Classic Physique  
Competitions in the Northwest

DO YOU WANT TO COMPETE BUT DON'T KNOW WHERE TO START?

Get the info and resources you need or find out where to get it.

## INCLUDES:

Resource directory listing links

Event schedules & links

Check lists

Tricks

Tips



JEREMY WILLIAMS

Promoter, Judge, Coach, Competitor, Publisher  
Williams Productions - NW Fitness Magazine

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INCLUDES:

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and much more..

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## Competition prep checklist

Elements of getting ready for a physique type competition that may require research, coaching, or financial expenses to consider and plan for.

- Event - Pick a show or time frame. Select a division of competition. Depending on the division that you select, learn and practice the poses and elements of judging and eventing show presentations, rules and regulations pertaining to the federation, promoter, competition, division or class. Competition registration/entry fee per class. Federation registration/fee.
- Guidance/Coaching - You may need to obtain a coach/es or gain knowledge and formulate a plan for nutrition, resistance training, cardio vascular training, competition stage presentation or posing, supplementation if any.
- Meal prep - Self prep plan, system or paid service.
- Competition tanning
- Competition suits or stage wear depending on your class of competition
- Hair, makeup. Self, friend or hire
- Event Photography or video. Before during or after the competition.

## 2018 NW NPC/IFBB CONTEST SCHEDULE:

View the up to date NPC sanctioned official event schedule at [www.npcnewsonline.com](http://www.npcnewsonline.com) you can also check for additional fitness events on [www.NWFitnessEvents.com](http://www.NWFitnessEvents.com)

March 10 – Utah Cup, Cottonwood High School, Salt Lake City, UT (National Qualifier) Contact: SS Fitness Productions at 801-687-6409, [steve@npcutah.com](mailto:steve@npcutah.com) or web at [www.ssfitnessproductions.com](http://www.ssfitnessproductions.com)

March 17 – NPC Posing Clinic, 12:00 Noon, Gold's Gym, Bothell, WA. Complimentary – Contact [brad.craig@aol.com](mailto:brad.craig@aol.com)

March 31 – Vancouver USA Natural Championships, Skyview H.S., Vancouver, WA (Drug Tested National Qualifier) Contact: Shadow Productions 360-910-3321, [shadow.productions0@gmail.com](mailto:shadow.productions0@gmail.com) web [www.VancouverUSANatural.com](http://www.VancouverUSANatural.com)

April 7 – Judgement Day, Alaska Airlines Center, Anchorage, AK (National Qualifier) Contact: Alaska Muscle at 907-317-3517 [info@alaskamuscle.com](mailto:info@alaskamuscle.com) or web at [www.alaskamuscle.com](http://www.alaskamuscle.com)

April 7 – Fitcon Salt City Showdown, Salt Palace Convention Center, Salt Lake City, UT (National Qualifier) Contact: Robyn Maher at 801-995-1163, [slcgirlrunning@gmail.com](mailto:slcgirlrunning@gmail.com) or web at [www.showdown.fitconutah.com](http://www.showdown.fitconutah.com)

April 14 – Empire Classic Championships & Expo, Spokane Convention Center, Spokane, WA (National Qualifier) Contact: Ribic Productions at 509-990-3771, [spokanebodybuilding@gmail.com](mailto:spokanebodybuilding@gmail.com) or web [www.spokanebodybuilding.com](http://www.spokanebodybuilding.com)

April 21 – Big Sky Championships, Dennison Theatre, Missoula, MT (National Qualifier) Contact: Ribic Productions at 509-990-3771, e-mail [npcmontana@gmail.com](mailto:npcmontana@gmail.com) or web at [www.npcmontana.com](http://www.npcmontana.com)

April 27 - “36th Anniversary” Muscleeegg Emerald Cup Fitness, Figure, Classic Physique Championships and Fitness Expo (National Qualifier) Meydenbauer Center, Bellevue, WA Contact: Craig Productions at 425-949-7320, [emeraldcup@aol.com](mailto:emeraldcup@aol.com) or web at [www.craigproductions.com](http://www.craigproductions.com)

April 28 - “36th Anniversary” Muscleeegg Emerald Cup Bodybuilding, Bikini, Physique Championships and Fitness Expo (National Qualifier) Meydenbauer Center, Bellevue, WA Contact: Craig Productions at 425-949-7320, e-mail to [emeraldcup@aol.com](mailto:emeraldcup@aol.com), [muscleshows@aol.com](mailto:muscleshows@aol.com) or web at [www.craigproductions.com](http://www.craigproductions.com)

May 19 – Pacific Coast Championships, Lincoln City, OR (National Qualifier) Contact: RK Smith Productions at 503.376.6361, [smiths@oregoncoast.com](mailto:smiths@oregoncoast.com) or web at [www.rksmithproductions.com](http://www.rksmithproductions.com)

May 26 - Cascadian Classic, Riverhouse Convention Center, Bend, OR (National Qualifier) Contact: Dominic Current at: 541-350-2259 e-mail to [info@cascadianclassic.com](mailto:info@cascadianclassic.com) or web at [www.npcoregon.com](http://www.npcoregon.com)

May 26 – Southern Idaho Showdown, College of Southern Idaho, Twin Falls, ID Contact: Big Jon Fitness Productions at 208-899-6428, [idahobodybuilding@gmail.com](mailto:idahobodybuilding@gmail.com) or web at [www.idahobodybuilding.com](http://www.idahobodybuilding.com)

June 2 – Bodybuilding.com Idaho Muscle Classic, Revolution Concert House, Boise, ID (National Qualifier) Contact: Craig Productions at 425-949-7320, [muscleshows@aol.com](mailto:muscleshows@aol.com) or web at [www.craigproductions.com](http://www.craigproductions.com)

June 9 – Salt Lake City Championships, Cottonwood High School, Salt Lake City, UT (National Qualifier) Contact: SS Fitness Productions at 801-687-6409, [steve@npcutah.com](mailto:steve@npcutah.com) web [www.ssfitnessproductions.com](http://www.ssfitnessproductions.com)

June 16 – Oregon State Open Championships, Portland Expo Center 2060 N Marine Drive, Portland, OR (National Qualifier) Contact: Andre Scott Productions at 503-345-3336, [info@oregonbodybuilding.com](mailto:info@oregonbodybuilding.com) web [www.oregonbodybuilding.com](http://www.oregonbodybuilding.com)

June 30 - Tanji Johnson Classic, Washington Center for Performing Arts, Olympia, WA Contact: Tanji Johnson at 206-898-1702, [excellentspirit@hotmail.com](mailto:excellentspirit@hotmail.com) or web at [www.tanjijohnsonclassic.com](http://www.tanjijohnsonclassic.com)

August 4 – Washington State Open, Auburn Performing Arts Center, Auburn, WA (National Qualifier) Contact: [info@williamsproductions.com](mailto:info@williamsproductions.com) or web at [www.wastatebodybuilding.com](http://www.wastatebodybuilding.com)

August 11 – Portland Classic, Oregon Convention Center, Portland, OR (National Qualifier) Contact: [www.spectrumfitnessproductions.com](http://www.spectrumfitnessproductions.com) for further information

August 11 – Viking Championships, Cottonwood High School, Salt Lake City, UT (National Qualifier) Contact: SS Fitness Productions at 801-687-6409, [steve@npcutah.com](mailto:steve@npcutah.com) [www.ssfitnessproductions.com](http://www.ssfitnessproductions.com)

September 29 – Northern Classic Championships, Federal Way Performing Arts & Events Center, WA (National Qualifier) Contact: Elite Productions at 253-576-7062, [eliteproductions04@hotmail.com](mailto:eliteproductions04@hotmail.com) or web at [www.northernclassic.net](http://www.northernclassic.net)

October 6 – Washington Ironman Championships, Gold Creek Church Events Center, Mill Creek, WA (Drug Tested National Qualifier) Contact: Craig Productions at (425) 949-7320, [muscleshows@aol.com](mailto:muscleshows@aol.com) or web at [www.craigproductions.com](http://www.craigproductions.com)

October 13 – Utah Classic, Cottonwood High School, Salt Lake City, UT  
(National Qualifier) Contact: SS Fitness Productions at 801-687-6409,  
steve@npcutah.com or web [www.ssfitnessproductions.com](http://www.ssfitnessproductions.com)

October 20 – Battle for the Eagle, Lane Events Center, Eugene, OR (National  
Qualifier) Contact: RK Smith Productions at 503-376-6361,  
rksmithproductions@gmail.com or web at [www.rksmithproductions.com](http://www.rksmithproductions.com)

October 27 – NPC Night of Champions, Spokane Convention Center, Spokane,  
WA (National Qualifier) Contact: Ribic Productions at 509-990-3771,  
spokanebodybuilding@gmail.com web [www.spokanebodybuilding.com](http://www.spokanebodybuilding.com)

November 3 – Bodybuilding.com Idaho Cup Championships, Revolution  
Concert House, Garden City, ID (National Qualifier) Contact Craig Productions  
at 425-949-7320, muscleshow@aol.com or web at [www.craigproductions.com](http://www.craigproductions.com)

November 10 – Northwest Championships, Little Creek Casino, Shelton, WA  
(National Qualifier) Contact: N38 Productions at 360-216-0868 or  
info@olympiabodybuilding.com or web at [www.olympiabodybuilding.com](http://www.olympiabodybuilding.com)



## 2018 NPC Updates

Novice/True Novice eligibility updates: This is not so much a change for the NPC as it was a clarification to promoters at the National meeting which will make our 2018 requirements different than in the past. Effective this year, True Novice categories are open only to those who have never competed in the NPC before (i.e. if you competed in Figure before and want to do Bikini now, you are not considered a True Novice). Novice classes are eligible to those who have never placed 1st in an NPC show. If you're entering shows back to back and achieve a placing that disqualifies you for Novice at the next show, contact the promoter.

Classic Men's Physique weight limits are increased by 5lbs for 2018. The new breakdown is updated on our website and on the NPC page as well. As before, if you fail to meet the weight requirements at check-in you may move to Bodybuilding or Men's Physique but will not be allowed to compete in Classic Men's Physique, no exceptions.

Fitness, as you may have heard, will consist of ONLY a Fitness round starting this year, with no more 2 piece round.

Routines can be up to 2 minutes and must include the following mandatory moves in no particular order: a push up of any kind, high kicks, a straddle hold and a side split.

National Qualification changes for 2018 - Starting this year the Top 2 placings in each Open class will qualify for any National and/or Junior National competition. Qualification is good through the end of 2019. If you qualified in 2017 under the old standard, you will continue to be eligible for National contests until the end of 2018 so you are not required to re-qualify under the new standard to compete at Nationals this year.

Up to date NPC rules found on federation official site:

<http://npcnewsonline.com/rules/>

NPC MEMBERSHIP - Register for your NPC membership online through the official NPC federation website. <http://npcnewsonline.com>

Info links for Division-Classes-Rules-Posing-Suits-Qualifications-Judging

2018 NPC MEN'S CLASSIC PHYSIQUE  
<http://npcnewsonline.com/classic-physique/>

2018 NPC MEN'S PHYSIQUE  
<http://npcnewsonline.com/official-npc-mens-physique-division/>

2018 NPC FITNESS WOMAN  
<http://npcnewsonline.com/official-npc-fitness-division-rules/>

2018 NPC BIKINI  
<http://npcnewsonline.com/bikini-rules/>

2018 NPC WOMEN'S PHYSIQUE  
<http://npcnewsonline.com/official-npc-womens-physique-division/>

2018 NPC BODYBUILDING  
<http://npcnewsonline.com/official-bodybuilding-rules/>

2018 NPC FIGURE WOMAN  
<http://npcnewsonline.com/official-npc-figure-division-rules/>

# N.P.C. WA STATE OPEN

BODYBUILDING, FIGURE, FITNESS, BIKINI, PHYSIQUE & CLASSIC PHYSIQUE

# CHAMPIONSHIPS

*National Qualifier*



## **NPC WA State Bodybuilding, Fitness, Figure, Bikini, Physique & Classic Physique Championship *National Qualifier***

Competition takes place on within the WA State Fitness EXPO

- **Date:** Sat Aug 4th 2018.
- **Location:**
- Auburn Performing Arts Center
- 702 4th Street N.E. Auburn WA 98001
- **8:00am** competitor checkin/weigh in
- **9:00am** Competitor Meeting: mandatory competitor meeting
- **9:00am** Expo doors open to the public
- **10:00am** N.P.C Competition Judging starts
- **5:00 pm** N.P.C Competition Night show finals start
- **QUALIFICATIONS:** This competition is open to all NPC registered. NPC cards available at [www.npcnewsonline.com](http://www.npcnewsonline.com)  
Competitors in a specific age group must provide proof of age (birth certificate or Drivers license) at time of registration.
- **NATIONAL QUALIFIER:** This show is a National Qualifier.
- **ENTRY FEE: \$100.00 per entry. Deadline: July 28th, 2018.**  
**Late entries \$200.00 (no exceptions)**
- **AWARDS:** Awards will be given to the top 5 in each class, and overall of each division.
- \* Swords for the Top 5 in each Class
- \* Overall awards = battle Axe
- \* Tiaras added to top 5 in bikini classes in addition to swords
- \* Championship Weightlifting to all 1st place class winners
- \* Overall State Championship Ring for all overall category winners
- Participation medal for all competitors
- Competitor gift bag for all competitors
- Competitor T-Shirt for all competitors
- Team award
- Coach award
- Best Poser
- Most Inspirational
- Transformation award
- **GUIDELINES:** All competitors must follow NPC rules, guidelines and mandatory poses. See [www.npcnewsonline.com](http://www.npcnewsonline.com) for more info
- **MUSIC** Music must be free from distortion. Bodybuilding routines should be no longer than 60 seconds and up to 2 minutes for fitness. Absolutely no music with obscene language accepted.
- **Cross Entries** are allowed. You may enter more than one class in which you qualify for. You must also pay a full entry fee for each class that you are registering for.

**Guest Posers.**

Mark Sindayen

Mike Spencer

Dustin Buyes

**2018 NPC WA STATE OPEN CATEGORIES / CLASSES****Co-ed Class**

Mixed Pairs Bodybuilding

**Women's Divisions****Women Bikini**

Bikini A (up to and including 5-02 ½)

Bikini B (Over 5-02 1/2, up to and including 5-04)

Bikini C (Over 5-04, up to and including 5-05 1/2)

Bikini D (Over 5-05 1/2, up to and including 5-07)

Bikini E (Over 5-07)

Bikini Novice (Classes to be determined)

Bikini True Novice (Classes to be determined)

Bikini Women Masters over 35

Bikini Women Masters over 45

**Women Figure**

True Novice Woman Figure (Heights classes to be determined)

Novice Women Figure (Height classes to be determined)

Open Women Figure (Height classes to be determined)

Masters Women Figure (over 35)

Masters Women Figure (over 45)

## **Women Physique**

True Novice Women Physique (Classes to be determined)

Novice Women Physique (Classes to be determined)

Women Physique (Classes to be determined)

Women Physique (35 yrs & older)

## **Womens Fitness**

Jr Fitness Woman. 16 - 20yrs

Fitness Woman

## **Women Bodybuilding**

Mixed Pairs Bodybuilding

Masters Women Bodybuilding (over 35)

Masters Women bodybuilding over 50

## **Mens Divisions**

### **Mens Physique**

Jr Mens Physique (16-20 yrs)

Mens True Novice Physique (Classes to be determined)

Mens Novice Physique (Classes to be determined)

Mens Physique (Classes to be determined)

Mens Physique (35 yrs & older)

Mens Physique (50 yrs & older)

### **Mens Classic Physique**

Mens True Novice Classic Physique (Classes to be determined)

Mens Novice Classic Physique (Classes to be determined)

Mens Classic Physique (Classes to be determined)

Mens Classic Physique Masters (35 yrs & older)

## **Mens Bodybuilding**

Jr Men Bodybuilding (16-20)

True Novice Men Bodybuilding (Classes to be determined)

Novice Men Bodybuilding (Classes to be determined)

Open Men Bodybuilding Bantam (143.25lbs & under)

Open Men Bodybuilding light (143.25lbs-154.25lbs)

Open Men Bodybuilding Middle (154.25lbs-176.25lbs)

Open Men Bodybuilding Light-Heavy (176.25lbs-198.25lbs)

Open Men Bodybuilding Heavy (198.25lbs-225lbs)

Open Men Bodybuilding Superheavy (over 225lbs)

Masters Men Bodybuilding (over 40)

Masters Men bodybuilding (over 50)

Masters Men bodybuilding (over 60)

Masters Men bodybuilding (over 70)

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Score sheets 2017 NPC Wa State Open

<http://wastatebodybuilding.com/score-sheets-2017/>

Final results sheets 2017 NPC Wa State Open

<http://wastatebodybuilding.com/score-sheets-2017/>

Competitor Entry form. 2018 NPC Wa State Open online competitor registration: <http://wastatebodybuilding.com/>

Spectator Tickets on sale now. 2018 NPC Wa State Open spectator tickets.

10am judging & 5pm night show on sale (seating is limited) :

<http://wastatebodybuilding.com/>

## Competitor bag - (possible things to pack for the day of show)

General Items	Make-up
<ul style="list-style-type: none"><li>• Suit</li><li>• Spare suit</li><li>• Music</li><li>• Spare music in two formats(cd &amp; mp3)</li><li>• Tan</li><li>• Oil</li><li>• NPC card</li><li>• Entry form receipts</li><li>• Show info email printed</li><li>• Order of events printed</li><li>• Workout bands</li><li>• Towel</li><li>• Spare towel</li><li>• Safety pin</li><li>• Cloths</li><li>• Spare clothes</li><li>• Food</li><li>• Water</li><li>• Pedialyte</li><li>• Coconut water</li><li>• Cash</li><li>• Heels</li><li>• Suit glue /Bikini bite</li></ul>	<ul style="list-style-type: none"><li>• Hair products/comb brush</li><li>• Powder /foundation</li><li>• Concealer</li><li>• Contour kit</li><li>• Lipstick</li><li>• Lip gloss</li><li>• Eyeliner</li><li>• Mascara or fake eyelashes and glue</li><li>• Eyeshadows</li><li>• Blush</li><li>• Highlighter</li><li>• Brow powder/pencil</li><li>• Q tips</li><li>• Primer</li><li>• Facial moisturizer</li><li>• Nail file</li><li>• Nail polish</li><li>• Jewelry</li><li>• Makeup brushes</li><li>• Tweezers</li><li>• Hair brushes</li><li>• Hair clips</li><li>• Bobby-pins</li><li>• Hair ties</li><li>• Hairspray</li><li>• Curling iron</li><li>• Flat iron</li><li>• Blow drier</li><li>• Vaseline</li></ul>



Below are a few resources you may need along with links to places to research them, read reviews and connect

Contest Prep Coach - Contest Diet Coach - Posing Coach - Team - Trainer  
<http://Nwfitnessdirectory.com>

Contest Suits  
<http://Nwfitnessdirectory.com>

Contest Tanning - Service / Product  
<http://Nwfitnessdirectory.com>  
NWCCTan - <http://www.nwcctan.com> Onsite tanning service at many  
NW Competitions

Contest Hair Stylist  
<http://Nwfitnessdirectory.com>

Contest Makeup  
<http://Nwfitnessdirectory.com>

Photography  
<http://Nwfitnessdirectory.com>

Competition Schedules events  
<http://nwfitnesssevents.com/>  
<http://wastatebodybuilding.com/nw-schedule/>  
<http://jeremywilliamsbodybuilding.com/nw-n-p-c-contest-schedule/>

Food Prep Services  
<http://Nwfitnessdirectory.com>

Supplements  
<http://Nwfitnessdirectory.com>

Contest Prep Info Resources  
<http://nwfitnessdirectory.com>  
<http://jeremywilliamsbodybuilding.com>  
<http://nwfitnessmagazine.com>  
<http://nwfitnesssevents.com>  
<http://wastatebodybuilding.com>  
<http://nwfitnesssuperstore.com>  
<http://wastatefitnessexpo.com>

## Six Contest Prep Tips

Few people are accomplishing these six things that may have a dramatic impact on your condition at the next contest. Stop searching for the “Hollywood Corn Diet”. If you achieve these six keys, you are likely to improve your physique at your next competition.

1-Start with more muscle

2-Start leaner

3-Diet longer

4-Diet harder

5-Start from a better metabolic state

6-Start from a point where you are eating a larger variety of food sources and in turn a wider variety of nutrients.

1-Start with more muscle.... So many competitors are not executing an offseason regimen that is conducive to achieving this goal. Many competitors compete season after season with little or no improvement in their competition appearance. Many factors contribute to this but the one I would like to bring to your attention is the need to have a productive offseason. These days, it seems as though, many people that are not dedicated in the offseason. The show ends and they go back to partying on the weekends, excessive alcohol intake, erratic sleep patterns, either overtraining or undertraining and going back to a diet that is unstructured, inconsistent and is not nutrient dense. Heads up! There is more to “offseason GAINZ BRO” than heavy lifting, calories, protein, carbs, and fat. Get educated, vitamins, minerals and micronutrients play a major role in allowing your body to restore organ/gland functions and, hormone imbalances that you most likely negatively impacted with your contest prep diet. Learn how to remedy this common destructive pattern.

2- Start leaner - Once you come to the realization that you need to be leaner on stage for your next show before you go out in search of a new diet coach. Consider that if you did the same thing you did last time but just started your prep from a leaner standpoint, you would end up leaner on stage, as long as you don't kill your metabolism by excessive cardio and malnourishment. How far off was your condition? Could you just be a little more serious in the offseason and maintain a lower body fat. Many competitors are failing to recognize a significant common factor among the majority elite competitors. The people that show up on stage in the best condition are the same people that started in the best condition. Get serious and stop getting so out of shape in the

offseason. Do you really believe it is healthy to put on an excessive amount of fat and water retention, with the intent and understanding that you will be eliminating it in the shortest time within your ability? I understand that this is somewhat of the basic nature of this sport, but I challenge you to consider asking yourself and searching for a healthier possibility.

3- Diet longer - Building on the last point of starting leaner. If you not only start the diet with less body fat but also begin your “contest diet” a few weeks earlier than last time, wouldn't this give you more control over your condition? The answer is... yes, as long as you don't kill your metabolism by too much cardio and malnourishment. If you are able to achieve the stage condition of your last contest 3-4 weeks out this time, then you're likely to come in better this time, I would hope.

4 - Diet harder - Stop cheating on your diet! Rather than jumping to the conclusion that you are not on the best diet. Consider asking yourself....” Am I doing my best on this diet”? From my experience, it is very rare to see a competitor that does not cheat on the contest diet and take a step back every so often. This is not only frustrating for the competitor but these contest prep coaches that really have few people actually following “the program” they are presented with. A majority of competitors just do a variation of the diet that is within their willpower. When the show is over, if a competitor is unhappy with a placing or the condition attained, then seek out a new “prep coach” claiming that the last coaches program was not good for them in some way. The sad reality is that few people have the willpower to follow most prep plans consistently enough to make such a claim. What you wind up with is people going from coach to coach, diet to diet only doing a variation that is conducive to their lifestyle and psychology. As the years go by they are likely to gain muscle I would hope and at the time they finally win a show or come out on “top”. The coach and program that they happen to be with at that time are somehow in their mind the best. Failing to realize the reason for the majority of the improvement has been the years of training and average of your consistencies. If you want to make an immediate change in your prep this time, then stop cheating on your diet or at least set out to cheat less. There are definitely underlying reasons for hunger and cravings. Understanding these causes will empower one's ability to creating a program that is less devastating to your metabolism. That is an article in itself, for next time. Until then....suck it up and stop cheating on your diet.

5- Start from an optimized metabolic state - If you were able to start your next “contest diet” from a better metabolic state, wouldn't that optimize

your ability to retain if not build muscle during the prep. Additionally get leaner in less time and most importantly obtain a level of condition far superior to your last condition. Did your off-season diet have a strategy to set you up for success from a metabolic standpoint? Are you providing the appropriate resistance and, cardiovascular training? Is your training designed to synergistically complement the nutrients provided through your diet with a goal of optimizing your metabolism and overall health? I am talking about the speed of all cellular activity, as well as optimizing organ and gland functions and in turn hormone balances. Successfully managing this type of strategy may require a deeper level of understanding than calories, protein, fats, and carbs. Start your next contest diet from a healthier standpoint, with organ systems and glands that are functioning to the best of their ability and more likely to create hormone balance conducive to obtaining a lean muscular physique.

What is your metabolism? What contributes to your metabolism? What major factors impact your metabolism? What can you do to naturally optimize your metabolism? Seek answers and natural solutions, not shortcuts that impact your health negatively. Empower yourself through education, not the latest fad.

6 - Start from a point where you are eating a larger variety of food sources and in turn a wider variety of nutrients. This statement builds upon “starting from a better metabolic state”. It is surely common practice for most “contest prep diets” to purposely decrease, in some variation: calories, protein, fats, or carbs as time goes on. As one purposely decreases these macronutrients, they are also decreasing what I assume is already a limited supply of vitamins, minerals, and micronutrients that are required for an optimally functioning organism (You). By dramatically decreasing the quantity and variety of food and nutrients you are also decreasing the efficiency of the countless balances, functions, and reactions. As time goes on, the body adapts by performing various functions through less optimal variations, slowing down less vital functions. The list goes on, this scenario also creates multiple excessive by-products that further tax organ systems that are already functioning less than optimal. Consider making an offseason diet goal to provide your body with the widest range of nutrients from a large variety of healthy nutrient dense food. Would this aid in building more muscle in the offseason and retaining less fat? If you start your contest prep diet from this place would you have a larger variety of food to switch out to lose fat as the weeks go on? Would you be less likely to cause permanent damage to organs, glands and hormone balances because you started from a healthier place?

## **Cheating on your Diet?**

Are you having trouble staying on your diet? Try these tools to increase your consistency.

*Jeremy Williams - Williams Productions - NW Fitness Magazine*

Preparing for a physique type competition can be a mentally challenging undertaking, that's sure to test your willpower. There are a variety of factors that influence hunger, feelings of satiety and pleasure related to the food that you provide your body. I would like to draw your attention to three factors that may be the cause your weakest moments in terms of feeling deprived, from a nutritional standpoint. Understanding a bit of physiology may help you recognize trends and apply the appropriate remedy. Feelings of hunger and the desire for food may be created through the recognition of an empty stomach, or a response to combating a low blood sugar level, as well as a variety of other vitamins, minerals or micronutrients. As these nutrients fall outside of the "normal limits" required to optimally function, the body recognizes these deficiencies and can also create cravings for specific foods that your brain has recognized in the past through association. Your brain recognizes the nutrients provided by the foods you're eating and that information is stored along with various associations of the senses such as sight, taste, smell etc. This information may be accessed the next time as vital nutrients stray from normal limits and the desire to provide the fuel to complete a reaction is achieved. Understanding this concept may help create a bit more leverage within your psychology to eat a larger variety of balanced food to ensure your brain has a wide variety of food sources to associate desires and correct deficiencies. Creating a well balanced long-term approach to contest prep in combination with a healthy offseason may be an intelligent way to decrease the need for drastic differences between your contest diet and off-season diet. This could make for a more flexible contest prep diet producing fewer cravings. In any case, below are a variety of tools you may find useful in decreasing or eliminating the frequency and magnitude of straying from your diet.

Strive for a variety of vegetables. Most prep diet programs don't have many restrictions on vegetables. Be proactive and make it a goal to eat veggies in as many meals as possible. This will add nutrients to help alleviate many nutrient related cravings. Vegetables also provide fiber and volume to the stomach and digestive system. This will decrease your craving created by an empty stomach. Eating vegetables along with your meal may lower the glycemic index of the overall meal resulting from a steady blood sugar level producing fewer cravings. The added nutrients may contribute to your feeling of well being by assisting in the balance of hormones or neurotransmitters affecting your mood. At times of hunger try filling up on veggies rather than cheating on an obviously bad choice.

Add a variety of fresh herbs to your meals. Similar to adding vegetables, this may help decrease craving by providing more nutrients. Many suggest that herbs such as fenugreek, cinnamon, nutmeg, cardamom, and ginger have been shown to decrease sugar cravings.

Utilizing a few tools below may help keep you from going overboard if you are someone that tends to stray from your planned diet. All of these items may not be optimal for your prep but are a better choice than brownies, pizza, & cheesecake.

- Add fresh cut lemon or lime to ice water.
- Try a sugar-free, flavored low cal no-cal drink type
- Chewing gum
- Diet soda
- Coffee or tea
- Sugar-free jello or pudding
- Just eat an extra serving of a protein source or a full meal with protein carbs and veggies
- Fiber drink such as Metamucil
- Drink a glass of water
- Sliced cucumbers in vinegar
- Try making a thick serving of protein powder into a pudding. Place it in the freezer and you may feel as though you're eating ice cream.
- Pickles
- Pickled olives or garlic cloves
- Get creative and have some emergency protein cookies or muffins made from basic ingredients that may likely be in your diet. (oats, eggs, protein powder)

- Get your mind off it by listening to music you enjoy. Create a motivational playlist that you can listen to that empowers you.
  - Save pics on your phone or computer, wallet or fridge that motivate you and inspire you to stay on the diet.
  - Taking a thermogenic type supplement such as Thermo-Alert, may decrease cravings and increase your sense of well-being. The Central Nervous System stimulation may assist intensity during your weight training and cardiovascular workouts.  
<http://alteredimagesupplements.com/>
  - Often times people cheat when they find themselves hungry and don't have a ready to eat meal on hand. Avoid a convenient bad choice by preparing and pre-packing meals in tupperware containers. Set yourself up for success, failing to plan may be planning to fail.
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## Supplements - Thermo Alert

ThermoAlert™ is an all-natural complex thermogenic fat burner for boosting energy levels, raising your metabolism and increase body heat thermogenesis. By heating up your inner core increases the burning of calories and utilization of unwanted fat. ThermoAlert™ is specifically designed to target the toughest sticking points and win the war on achieving the physique worthy of your hard work and fit lifestyle dedication. Dosed with premium ingredients, Thermo Alert promotes healthy body composition by supporting lipolysis and thermogenesis, and can enhance anaerobic work capacity by boosting energy and stamina. If you are looking for a smooth clean energy, that supports appetite suppression and metabolic thermogenesis, then give ThermoAlert™ a try today



Green Tea Extract has become a well-documented antioxidant based on its high concentrations of polyphenols, a powerful class of bioflavonoids that have been proven to greatly assist in the destruction of oxidation forming free radicals. Green Tea Extract contains the polyphenol EGCG (epigallocatechin gallate), a catechin flavonoid (bioflavonoid), may assist weight loss management.

N-Acetyl-L-Tyrosine is a more rapidly absorbed and bio-available form of L-Tyrosine. L-Tyrosine is an amino acid precursor to the adrenal and growth hormones epinephrine, dopamine and norepinephrine. The hormones help to increase focus, mental drive and natural awake energy levels without additional direct central nervous system stimulant.

Irvingia Gabonensis has been proven to fight obesity by accelerating the metabolism naturally, burn stored body fat at an accelerated rate, and suppress the appetite. Irvingia Gabonensis has been shown to lower bad cholesterol levels



while increasing good cholesterol. Using *Irvingia Gabonensis* can help support a low calorie diet used in conjunction with a healthy exercise program by naturally suppressing the appetite. As a natural fiber, it will improve regularity and help to delay the process of gastric emptying, thus keeping you full longer so you end up eating less.

Guggulsterones may support thyroid hormone metabolism, due to the increased conversion of the inactive thyroid hormone T4 into its active part T3 in the liver, by boosting base levels of circulating T3, you may see a raise in overall metabolism. Guggulsterones may also support healthy cardiovascular circulation and stimulate the thyroid directly by enhancing TSH (Thyroid Stimulating Hormone) production. Used for centuries, cayenne (*capsicum frutescens*) is also known for its metabolic support potential primarily due to Fata component known as capsaicin. Scientific studies have suggested that consumption of cayenne can help to support cardiovascular health already in normal range as well as supporting healthy digestive function. Capsaicin can increase thermogenesis by dilating blood vessels and increasing blood flow to adipose tissue for the transportation of fatty acids to be burned. Increasing blood flow allows more fatty acids to be delivered to tissues where they can be burned.

Chromium is an essential mineral that helps the body maintain normal blood sugar levels. Chromium Picolinate in particular, has been studied for its potential role in altering body composition by increasing fat loss and promotes a gain in lean muscle tissue. Chromium supports the maintenance of blood sugar levels already within normal range, it's not just for people concerned with blood glucose. Chromium Picolinate is well-suited for anyone looking to promote lean body composition! These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Thermo Alert: Thermo-Alert, Thermogenic Fat Burner, appetite suppressant, Energy booster, metabolic enhancer. Great product for both men and woman.  
[www.AlteredImageSupplements.com](http://www.AlteredImageSupplements.com)

## Supplements - Stamina Elite

Stamina Elite™ is an all-natural and stimulant free complex designed to increase oxygen at the cellular level. A high-octane oxygen ATP and recovery catalyst. Complete with Carnosine Boosters, herbal adaptogens, B Vitamins and herbal focus support. Stamina Elite™ is also enhanced with antioxidants to improve recovery and reduce free radical cellular damage. Train harder, longer, more focused, and recover faster.

ALTERED IMAGES™ PRESENTS AN ALL-NATURAL AND STIMULANT FREE COMPLEX DESIGNED TO INCREASE OXYGEN AT THE CELLULAR LEVEL. A HIGH-OCTANE OXYGEN ATP AND RECOVERY CATALYST. COMPLETE WITH CARNOSINE BOOSTERS, HERBAL ADAPTOGENS, B VITAMINS AND HERBAL FOCUS SUPPORT. STAMINA ELITE™ IS ALSO ENHANCED WITH ANTIOXIDANTS TO IMPROVE RECOVERY AND REDUCE FREE RADICAL CELLULAR DAMAGE. TRAIN HARDER, LONGER, MORE FOCUSED, AND RECOVER FASTER.

**STAMINA-ELITE™**  
ENDURANCE & PERFORMANCE

INCREASE OXYGEN & ATP  
SUPERIOR MENTAL FOCUS  
SUPPORTS RECOVERY

120 CAPSULES    DIETARY SUPPLEMENT

**SUPPLEMENT FACTS**  
120 Capsule Per Container  
Servings Per Container: Forty (40)  
Serving Size: Three (3) Capsules

	Amount per Serving	% (DV)
Chromium Picolinate (GTF)	200mcg	167%
Vitamin B3 Niacin	10mg	50%
Vitamin B-5 (Pantothenic Acid)	25mg	250%
Vitamin B-6 (as pyridoxine hydrochloride)	5mg	250%
Vitamin B-12 (as methylcobalamin)	2000mcg	33,333%
STAMINA-ELITE™ Complex	2330mg	**

**STAMINA Performance Blend**  
Organic Cordyceps Sinensis Full Spectrum, Beta Alanine, Siberian Ginseng (Eleutherococcus senticosus) Extract Concentrate (10:1), Rhodiola Rosea (3% rosenin)

**Mental Focus Blend**  
L-Aspartic, Tyrosine, Glycyl-L-histidinol-hydrochloride, Thiamine 180%, Vinpocetine 95%, Performance USA® Blend

Zingiber Officinale Rhizome Extract (5% Zingiberone), Green Seed Extract (80% GPC), Quercetin, Pine Bark Extract (100% GPC)

\*Daily RDA values not established (DVC)

You should expect to see significant increases in oxygen utilization, endurance and strength in as little as one daily dose. Your anaerobic and aerobic endurance and threshold should increase. Your ATP regeneration time should be shortened leading to more muscular strength with longer durations until failure. Expect up to 30% increases in ATP and 40% increases in oxygen utilization. Simply put, you won't hit the wall! **Enjoy Stamina Elite™, enjoy Elite performance!**

Stamina Elite™ is a welcome addition to any supplement stack where you are looking to increase intensity and endurance. Stamina Elite™ is formulated to be completely compatible with any multi-vitamin, meal replacement or natural supplement.

**Suggested Use:** As an adult dietary supplement, take 1 serving daily upon waking on non-event days. On training or competition days, take 1 serving 30-60 minutes prior to activity to achieve optimal benefit.

\*With initial dosages, some users may experience a mild harmless tingling or flushing sensation associated from the beta-alanine. \*With multiple events in a

24-hour period, users may be taken in two capsule servings, two times daily, spaced out by 3 hours or with food.

## STAMINA ELITE

Stamina Elite™ is a unique blend of all-natural, tested safe nutrients, led by Cordyceps Sinensis, this formula targets the three most important performance needs including Stamina, Mental focus and Recovery. By supplying proven nutrients can help to take your body to the same level as your competitive spirit. There is no limit, just physical and mental roadblocks to keep you from achieving your goals.

Cordyceps is a mushroom that has traditional medicinal uses going back more than 2,000 years. It was discovered on the Himalayan Plateau by Tibetan farmers who observed that livestock that had eaten the tiny fungus exhibited higher energy levels and exceptionally good health. Cordyceps has become the hot topic of many recent clinical studies around the world. Current research indicates that this mushroom and its mycelium can greatly improve oxygen utilization, aerobic capacity, respiratory health, support heart and liver function, optimize immune system performance, and enhance sexual stamina in men. Cordyceps and the highly adaptogenic Siberian Ginseng and Rhodiola have been studied for their synergistic performance effects.

Stamina Elite™ delivers a mental Focus blend with the powerful focus aid Acetyl-L-Tyrosine. This easy-to-absorb form of tyrosine which is a building

block amino acid for the neurotransmitters dopamine and norepinephrine. These neurotransmitters are associated with alertness, drive, and motivation. Acetyl-L-tyrosine has been shown to help maintain cognitive function while under stress. It is superior over regular L-tyrosine in that it can easily cross the blood-brain barrier, making



it an exceptional nutrient for brain health. This blend helps to drive the mental focus gear without stimulating the central nervous system in the same pathway

as caffeine, helping to improve energy and concentration while not raising your resting heart rate. Vinpocetine has been added to help prevent the breakdown of energy (ATP) in your brain. Various studies show that it supports memory and cognitive function. It is now recognized that cellular energy (ATP) plays an additional role as a communication molecule for the glial cells in your brain. Glial cells make up 90% of your brain cells. Boosting ATP status in your brain enhances the communication process between brain cells, which in turn helps to regulate the flow of neurotransmitters for optimal brain function.

The Performance ORAC blend is designed to help combat free radicals released while training and competing. This herbal support blend uses only concentrated extracts to ensure the highest quality recovery and effectiveness.

Supported by a selective range of B-vitamins, to help nourish and support the nervous system and optimize nutrient delivery.

\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat or cure any disease.

**Stamina-Elite:** Endurance & Performance. Increase oxygen & ATP. Superior mental focus. Supports recovery.

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## Supplements - Gourmet Blend

Gourmet Blend, Protein Powder is the all-natural, great tasting, nutritious way to support and maintain a healthy lifestyle in our fast-paced world. If you don't have time to eat and need extra energy and stamina, Gourmet Blend is your fast-food alternative.

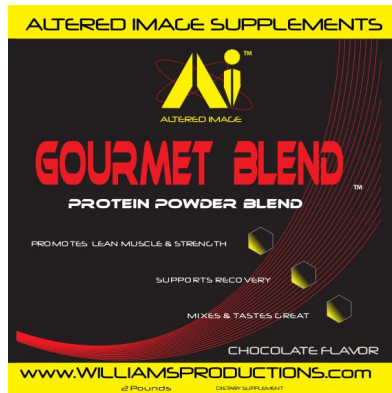
Many protein powders are made by using a single protein source, that are loaded with unwanted and unnecessary synthetic flavors and artificial sweeteners. Gourmet Blend, Protein Powder is a blend of whey, milk, and soy proteins making for an unbeatable combination. Research shows that blended protein maintains heightened serum protein levels up to 6 hours that will feed your muscles, promote lean body mass, improve memory, stabilize blood sugar, and promote healthy cells. Protein is composed of individual amino acids that are the building blocks of life. Amino acids are responsible for growth, repair and maintenance of the body. Over 22 amino acids are anabolized to manufacture and repair skeletal muscle as well as blood proteins, hormones and enzymes. Gourmet Blend, Protein Powder can be used by anyone: men, women, children, athletes, bodybuilders, and even senior citizens. Anyone who needs a high quality bioavailable protein to help support lean body mass while reducing body fat..

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Ingredients: Proprietary blend by volume: Hypoallergenic soy protein isolate, milk protein, micro filtered whey protein isolate, pure crystalline fructose, 100% pure vanilla and or chocolate

Directions: mix 1 or 2 servings of Jerry's Gourmet Protein Powder with water, milk, rice milk, soy milk or Favorite beverage. Do not use this product as a meal replacement or exceed suggested use without the supervision of a healthcare professional.

Caution: Not recommended for individuals with allergies to dairy, egg or soy products. Pregnant or nursing mothers, children under 18 years of age, or anyone with known medical condition should consult a physician before use. This product is intended to supplement the diet with additional protein and



should not be used as a meal replacement. Not for use as part of a weight loss program without the direct supervision of a healthcare professional. Excessive protein intake may result in impaired kidney function.

[www.AlteredImagSupplements.com](http://www.AlteredImagSupplements.com)

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## **Contest preparation coaching: Bodybuilding, Figure, Fitness, Bikini, Physique, Classic Physique.** *Presented by Jeremy Williams*

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**Contest Prep seminar (An overview of the elements of contest preparation)**  
**Includes posing class practice.** outlining the various aspects of competing in a: Bodybuilding, Figure, Fitness, Bikini, Physique, Classic Physique competition.  
**A deeper look into what it takes to do well at competition** [Click Here to REGISTER NOW](#)

This seminar will give you knowledge, insight and a new perspective on many elements relevant to physique type competition preparation. It is my intention that with this newly gained wisdom, you will have a broader-based understanding with more depth to better manage your bodies in a safe predictable manner.

- **DATE / Time / Location:** Check registration page for the list of upcoming dates, time & locations. [Click here to view registration page.](#)
- What are all the elements of contest preparation?
- What class should you do?
- What resources are available to me?
- What are the various contacts and experts in the NW that can assist me and the differences?
  - events / promoters
  - trainers
  - diet / nutrition
  - posing
  - judging
  - contest prep coaches
  - suits
  - contest tanning
  - photography
  - sponsorships
  - teams
  - hair
  - make/up
- What are the various expenses involved with competing?
- How much time do I need?
- Exercise program design & monitor
- Posing, elements of competing, hiding weakness, showcase strengths

- Peaking for the show....final weeks, final week, final days, the day of competition, (diet, training program)
- Optimal: 4-5 mo pre-contest, & 1-2 mo post contest diet coaching. No less than 3 months unless we talk about it and approved. No discounts for less prep time, its actually more work on both of our parts. Learn skills and various tools to properly assess and make an unbiased self-evaluation of the changes you will need to make in your physique to be contest ready.
- Manage your offseason diet and training with the purpose of optimizing organ functions, hormone balances and in turn muscular gains and fat loss.
- Set yourself up for a successful pre-contest diet that empowers you with the knowledge and ability to effectively manage sticking points. Learn multiple interventions to break through these sticking points.
- What should you be doing 6 weeks out? 3, 2 & 1 week out, as well as the day of the show.
- Learn what you should be doing those last days of contest prep in terms of diet, training, and hydration.
- Following the contest, you should be able to properly assess many metabolic functions and have a systematic plan to restore any imbalances and deficiencies.
- Design weight training & cardiovascular training programs to coincide with various phases of your diet.
- Posing tips and guidance
- Learn how to peak right every time without the use of diuretics and dramatic fluid shifts, drastic and unsafe, electrolyte imbalances.
- Take the guesswork out of “Carb loading”

[Click Here to REGISTER NOW](#)

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Open posing class/practice: \$25 **DATE / Time / Location:** Check registration page for the list of upcoming dates, time & locations. [Click here to view registration page.](#)

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Posing membership – \$74.99 per month. 4 posing classes per month **DATE / Time / Location:** Check registration page for the list of upcoming dates, time & locations. [Click here to view registration page.](#)

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**Contest Prep coaching. *Paid in full option.*** All inclusive – Contest prep coaching for a show within a 12-month time frame. Assessment, goal evaluation, custom meal plan, custom resistance training plan, custom cardio plan, posing guidance, custom peaking guidance, weekly assessments, consultations & updates, available for daily questions via phone, text, email. Post contest nutrition/training plan included. This package includes the Posing membership at no extra charge for the duration of the contest prep your being coached for under this package. **\$ 599.00** [Click Here to REGISTER NOW](#)

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**Contest Prep coaching – *Monthly coaching fee option.*** All inclusive – Contest prep coaching for a show within a 12-month time frame. Assessment, goal evaluation, custom meal plan, custom resistance training plan, custom cardio plan, posing guidance, custom peaking guidance, weekly assessments, consultations & updates, available for daily questions via phone, text, email. Post contest nutrition/training plan. This package includes the Posing membership at no extra charge for the duration of the contest prep that you are being coached for under this package. \$199/month **\$ 199.99** [Click Here to REGISTER NOW](#)

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**Consultation / Assessment / Evaluation / Initial custom program / Private posing coaching session \$ 49.99** [Click Here to REGISTER NOW](#)

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## Contest prep posing tip

Start posing now. As soon as you have decided you want to do a bodybuilding, figure, fitness, bikini, physique, or classic physique show, it is time to start practicing your poses. Look at how different people do the poses and analyze the subtle differences. What do you like and dislike. Are there variations of poses that look better or worse on specific body structures and conditioning levels? If so.. What structure or level of condition do you have? Keep in mind as your condition changes over time the way in which you may hold a pose can look better or worse as your body changes. Seek the opinion of a variety of people and keep an open mind. All opinions, suggestions and points of view are great data points over time to take into consideration in your presentation efforts.

- Learn the mandatory poses and quarter turn half turn poses for your class. What variations are there for each of these poses? How can you make slight adjustments in the poses to hide your weaknesses and showcase your strengths
- Practicing early will also help to build up your athletic condition for posing the day of the show. It takes practice and conditioning to make it look easy on stage, especially having considering what the body and mind have gone through in final contest preparations.
- When you are analyzing the look of your poses don't get stuck focusing your judgment of the pose based on only a couple body parts. Remember to also consider at the overall “look” of the pose. Do you or the pose look awkward or out of balance in anyway? Do you appear to be straining not confident. How can you hold yourself to add an element of confidence.
- Practice transitions from pose to pose. Be fluid but not excessive. Smooth confident transitions certainly are appealing and nice to watch but overly excessive unnecessary movements can become a distraction and possibly annoying to some.
- Practice walking on stage with confidence and looking your best at all times on stage. This includes when you are in a back or side line up. If you are broken up into groups and your group is not posing but you are on stage. You need to present yourself as if you are being judged. In the weeks or months leading up to a competition you should practice holding “yourself in your facing forward relaxed pose” with the goal of being able to hold that position for 10-15 min along with mandatory poses in between.

## **Contest prep training**

There are certainly and endless variety of exercise programs and philosophies on how to design an effective exercise program in preparation for a physique based competition. One common training program element among the most successful competitors is consistency. Whatever, theory, breakdown, grouping, sets, reps, exercises, forms, volume, intensity, is backing or behind the philosophy of your current program. Be dedicated, be consistent, and successfully execute whatever you are supposed to execute in the way in which you intend. The Successful competitors do what they need to do weather they feel like it or not. Incredible physiques don't happen overnight. They are the product of consistent dedication of actions over a period of time. Be mindful of self destructive thoughts and behavior patterns associated to your training. When you stray from what you are supposed to do, recognize it soon and promptly return to your regimen.

Over time you may come to realize that amazing physiques have been, and are being built and maintained with a variety of training theories or philosophies. One very common trait is consistently. Whatever you do, do it well. Success will follow.

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## Contest prep Cardio

With regard to physique competition contest prep. Just as there are many theories regarding weight training. There are obviously a variety of opinions pertaining to cardiovascular training. Popular elements of discussion tend to be:

- Weather to do cardio off season
- How far out from a contest should you start cardio
- Cardio duration
- Cardio intensity goals
- Heart rate goals
- Calories per time goals
- What activity should you be doing (running, bike, elliptical, stair climber, swimming, walking, etc)
- Frequency. How often should you do cardio. (how many days per week, how many times per day)
- What time of day should I do cardio?
- If doing cardio in the morning should I do it fasted, or ingest something first?
- Should cardio be done before or after weight training?
- What changes should I make to cardio, how often should I make cardio changes?

Many successful competitors, and contest prep coaching type individuals have very reasonable experiences and reasons to back up their particular stance on all of these variables of cardiovascular training. Many people can have opposing beliefs on many of these variations yet they still both sides consistently produce successful physiques. Just as with weight training, a common trait amongst the champions is not how, when, or what they do for cardio. It is that the successful ones do what they are supposed to do 100 percent of the time weather they want to or not. If by chance they do miss a session or mess up an element of a single cardio session. A champion looks for ways to remedy that situation as well as assure that it won't happen again. They do not dwell on it, they move on and focus on succeeding and they do not quit.

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## Contest prep dieting

Although bodybuilding, figure, fitness, bikini, physique, & classic physique competitions are judged on physical appearance. Don't be mistaken, the adventure of transforming one's physique to this degree may be one of the most mentally challenging journeys of self discipline and delayed gratification one may endure. Weight training and cardio vascular training are certainly major tools of this sport. Of the few that have stepped onto a physique type competition stage. Most would agree, the hardest part is not the intense workouts, or hours upon hours of cardio. The most challenging element for many is the degree of consistent, dedication to the chosen contest prep diet. From the outside, one may look at a single prepped meal and think... "that actually looks good, I could eat that". For many, the most challenging element is not eating the food. The challenge is not eating the food you are not supposed to eat. I am not speaking of one bite, or at one meal, or one day or one week or event not cheating for a month. These dedicated few that have molded and transformed their physique to be showcased on stage among others to be judged in front of thousands, have faced a challenging diet for months. Although there are certainly variations, but it is common for one to follow a very regimented diet for three to six months. If you are one of the few that possess the willpower to complete such a personal challenge you definitely need a diet plan. There are of course those who maintain a great physique year round for a variety of reasons and this would play into determining how much time you need. No matter what one's current condition is. It is likely that they will need to make a few changes. Some popular areas of discussion when or elements to consider when designing your diet for the competition stage.

- What should my off season diet look like?
- How much time do I need to prep for a show?
- How long should my contest prep diet be?
- How often should I make diet changes, and what should they be?
- How much protein, carbs, fats, calories should I take in and in what ratios?
- Particular food source choices pertaining to reaching nutrient goals?
- Fruits, veggies dairy?
- Hi glycemic vs low glycemic carbs and timing
- Simple vs complex carbs and timing
- Water intake?
- How frequently should I eat?
- Duration between meals, workouts waking and sleeping
- High carb, low carb, hi fat, low fat, high cal, low cal, periodic fastings, and whatever variation or combination
- Carb, protein or fat cycling?
- Water intake

There are countless contest prep diet styles. It very likely that many competitors have attained incredible levels of condition in under most all diet theories, or programs. Once again, a common element of the successful contest prep dieter is willpower. Your ability to do whatever it is you are supposed to be doing. Eat what and when you are supposed to eat. Do not eat whatever it is you are not supposed to eat. No matter how tired, hungry or tempted stay on your diet. Successful dieters tend to have a different outlook on the diet experience. They search for ways to improve or do better tomorrow than today. Do better next week than last. They look back on the history and set goals for the future to insure constant improvements. The champions are interested in what they can do to improve with less focus on how challenging it may be. Less successful contest prep diets tend to have a much different approach. They tend to be in search of what they can get away with, what can they have, will this really matter that much? Over time most competitors and coaches have experimented with a host of contest prep dieting styles. Although over time based on their personal experiences they may very qualified reasons to consider one style more effective than another based on the element of measure. There is one thing that most would agree on. Great dieters have developed great physiques under a variety of diet programs. You could give a great program to an individual but if they can't do it consistently they may never change or not make changes fast enough. Do what your supposed to do and do it well.

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## Meal prep for contest prep

Once you have your diet plan set up and you know what you should and should not eat, it's time to get started. For many people getting starting and finding their own unique meal prep system can be a bit more challenging than anticipated. It's important that you get this implemented as soon as possible. Set yourself up for success and have back up systems in place for unexpected events. Everyone has unique life commitments, responsibilities and schedules outside of the contest prep requirements. Successful contest prep dieters seek out solutions and do not dwell on the challenges. The following are a few things to consider when finding your way with meal prep. Depending on one's likes, dislikes, responsibilities and schedule, there are pros and cons for many prep variables. Some variables to consider or experiment with may include:

- Prepare meal fresh prior to eating
- Prep all meals for the day in the morning
- Prep all meals for the day the night before
- Prep all meals for multiple days or a full week
- Prep multiple or single food varieties for each nutrient goal. (Eat less or more variety) Greater variety may be better for multiple reasons but poses prep challenges at the same time.
- Freeze a portion of the meals and keep some in the refrigerator. Rotate frozen meals to the refrigerator to defrost as refrigerator meals are depleted.
- Package all meals individually in tupperware or ziplock baggies
- Package food by food sources (Proteins, carbs, fats, veggies, etc) for the day and build each meal from the food source package at time of meal.
- Leave many days worth of food sources in fridge in large container (Proteins, carbs, fats, veggies, etc). Package meals daily or night before into meal ready containers.
- Prep shakes for the day with or without fluid, So they are either ready to drink or at a minimum just need fluid added.
- Obtain some sort of cooler or lunch bag or container to hold all daily meals

Set yourself up for consistency with a clear meal prep plan and have back up plans for the unexpected. Everyone has life commitments outside of contest prep dieting, search for solutions not excuses.

## **Contest prep success principles / motivation**

Maintaining consistency with weight training, cardio and diet are certainly a challenging series of tasks to ballance. Contest prep training and dieting can be both physically and mentally draining, especially as time goes on. Developing great habits that enhance or maintain desire, dedication and determination are common practice among champion competitors.

- Visualizations of how you intend to look and feel. Practicing upon waking, throughout the day before during and after training.
- Place images that inspire you in places that you will see them and be frequently reminded and inspired by your goal. Placing these images on bathroom mirrors, or on the refrigerator are great places for many. Saving a collection of images on your phone provide a quick easy way to pick up some motivation when you need it.
- Hang an event poster in an area that will serve as a frequent reminder.
- Having a social network of friends on the same journey that you can share experiences, motivate and support one another provides additional support, accountability and strength.
- Having a bag in your car with backup meals, water, protein shakes, utensils. As well as workout cloths. This may be canned tuna, can opener, protein powder, oatmeal, water bottles, canned beans etc. These may not be optimal choices but if you have are in a situation and do not have regular prepared meal, you can use your “emergency backup to get you by.
- Read articles, books, magazines, blog posts, social media posts pertaining to contest prep, training, cardio, diet, meal prep, posing, motivation, success. Become a student to as many aspects of contest prep as you can. Watch videos, listen to audio. Submerge yourself into your journey and become knowledgeable all areas pertaining to your goal.
- Create a playlist of music, speeches, or videos to listen to or watch during training and cardio that inspire you.
- Aromatherapy, essential oils, perfumes may help to enhance mood, bring upon a state of mind, memory or feeling of well being, confidence, or peace.
- At the end of a day and week, take some time to look back and reflect. What did you do right, what did you do wrong, what did you learn? Use your findings to set intentions for the following day and week. Constantly seek for ways to improve but don't forget to celebrate your frequently successes.
- Journal your diet and training.



- Create a list of backup healthy treats you can eat or drink. Maybe it's a way you prepare your food that takes a bit more time and utilizes more herbs/spices. Maybe it putting lemon, lime, mint, or cucumbers in your water. Or you may have a way of making a pudding, cookie, or ice cream like treat with protein powder. This may not be something you do frequently but when it's movie night, a celebration or a holiday you have a contest prep style treat.

Creating a list of things to assist in your success is a great idea, but it cannot replace willpower and determination. It is a very small section of the population that have the desire to compete in a physique stype competition. It is even a smaller group of people that have the determination and willpower to make it.

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## **Bodybuilding humor / Entertainment**

You have to admire and respect the extreme desire dedication & determination that individuals of our sport poses. To the rest of the public your level of commitment may come across as a bit unusual. Sometimes you just need to keep it light and laugh at yourself. The following comments are meant in good humor and in no way meant to offend anyone. My kids and their friends have come up with many of these having been surrounded by silly “meatheads most of their life.”.

1. If you open your fridge and you got prepped meals in ziplock baggies... you might be a meathead
2. If you are extremely proud of the pics you post on Facebook or Instagram of your prepped meals in neatly stacked tupperware or zip lock baggies... you might be a meathead
3. If there are no condiments in your fridge door, normal people have items in the door such as BBQ sauce, teriyaki sauce, dressings... you might be a meathead
4. If you open your fridge/freezer and it that contains less than 5 items but in large quantities... you might be a meathead
5. If you bring your own food to a restaurant... you might be a meathead
6. If you order food at a restaurant and ask your server 50 questions about how your food is prepped and what's in it... you might be a meathead
7. if you make up random excuses not to go to: parties, bbq's or family gatherings because you do not want to subject yourself to the food these “pigs” are eating... uhhhhh your definitely a meathead
8. if you wear posing trunks under an everyday outfit... you might be a meathead
9. if you put a coat of competition tan on just to go to an event... you might be a meathead
10. if you own a tank top that does not cover your nipples... you might be a meathead
11. If you've quit your job because you can't get your meals in, and they expect you to “work”... you might be a meathead
12. If it angers you at the gym when someone tries to talk to you when you were “in the zone”... you might be a meathead
13. If you've ever found a 2 week old rotten protein shaker in your car... you might be a meathead
14. If the intro of the majority of your conversations start with your weight and competition goals... you might be a meathead

15. If you've ever bragged about the fact that you can't bend over to tie your shoes... you might be a meathead
16. If the sound of people eating popcorn in a movie theater irritates you, because you can not have any... you might be a meathead
17. If this list offends you in any way... you might be a meat head
18. If when, you got company over and you cook for for yourself, and nobody else... you might be a meathead
19. If you show up and someone's house and the first thing you ask is "can i use your microwave?"... you might be a meathead
20. If your profile pics consists of you in a posing suit... you might be a meathead
21. If your "business" card has a pic of you in a: posing suit, bikini, or your shirt is off... you might be a meathead
22. If it makes you mad when a stranger asks if you work out... you might be a meathead
23. If there are half naked pictures of you or someone else on your fridge or pantry door... you might be a meathead
24. If the highlight of your day consists of "getting your meals in"... you might be a meathead
25. If you obsess over peanut butter... you might be a meathead
26. If you've ever stood in the candy or cookie aisle in sheer amazement... you might be a meathead
27. If you get excited about MEEEEEEAAAAAAT... you might be a meathead
28. If you can quote lines from the movie "pumping iron"... you might be a meathead
29. If you've ever been late to anything because you had to "prep" your meals... you might be a meathead
30. If chewing gum has ever been the highlight of your daily diet... you might be a meathead
31. If you wear a lifting belt in the grocery store... you might be a meathead
32. If you have ever worn a fanny pack to the gym... you might be a meathead
33. If you still own baggies (the pants)... you might be a meat head head
34. If your a dude and wear spandex pants... you might be a meathead
35. If you carry a gallon of water with you everywhere... you might be a meathead
36. If you can not leave your house for 3 hours without binging a cooler packed with enough food to feed a family of 4 ... you might be a meathead

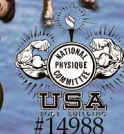
# WA STATE FITNESS EXPO

Sat  
9AM-9PM  
Aug 4th  
2018

www.nwfitnessmag.com  
**NW Fitness**  
MAGAZINE



# Fitness



# Expo

**Vendors**  
**Competitors**  
**Register online**  
**Order tickets online**

**[www.WASTATEFITNESEXPO.com](http://www.WASTATEFITNESEXPO.com)**

**Health - Fitness - Beauty - Vendors - Exhibitors - Products - Services**  
**Events - Competitions - Demonstrations - Performances - Seminars**  
**Discounts - Samples - Give Aways - Awards**

**NPC WA STATE OPEN : BODYBUILDING, FIGURE, FITNESS, BIKINI, PHYSIQUE, CLASSIC PHYSIQUE,  
CHAMPIONSHIP, NATIONAL QUALIFIER**

**Event location : Auburn Performing Arts Center**  
**702 4th Street N.E Auburn WA 98002**

## Contact / social media / sites / blogs / newsletters

Williams Productions Promoter, Jeremy Williams

[info@williamsproductions.com](mailto:info@williamsproductions.com)

NW Fitness Magazine Publisher, Jeremy Williams

[jwilliams@nwfitnessmag.com](mailto:jwilliams@nwfitnessmag.com)

### **Social Media**

**NW Fitness Magazine** Facebook **page**

- <https://www.facebook.com/nwfitness/>

**NW Fitness Magazine** Facebook **group** (public)

- <https://www.facebook.com/groups/176601155774477/>

**NW Fitness Magazine** Facebook **group** (**private group** for team members)

- <https://www.facebook.com/groups/1702006246516605/>

**Wa State Fitness Expo** Facebook **page**

- <https://www.facebook.com/WaStateFintessExpo/>

**Wa State Fitness Expo** Facebook **event calendar** **page**

- <https://www.facebook.com/events/151689875613844/>

Vendor Events Expos Tradeshows Fairs Festivals **Facebook group**

- <https://www.facebook.com/groups/730386167009114/>

**NPC WA State Open** Facebook **page**

- <https://www.facebook.com/wabodybuilding/>

**NPC WA State Open** **Group**

- <https://www.facebook.com/groups/141108815899261/>

**NPC WA State Open** Facebook **event calendar** **page**

- <https://www.facebook.com/events/340880826416035/>

**NW Fitness Events Group**

<https://www.facebook.com/groups/NWFitnessEvents/>

**NW Fit Club** **Page**

- <https://www.facebook.com/NWfitclub/>

**NW Fit Club** **Group**

- <https://www.facebook.com/groups/1645018872426734/>

Contest prep seminar / posing workshop Facebook **event calendar** **page**

- <https://www.facebook.com/events/384880341924807/>

**Altered Image Supplements**

- <https://www.facebook.com/Alteredimagesupplements/>

**Twitter**

- <https://twitter.com/NWFitnessMag>

LinkedIn

- <https://www.linkedin.com/pub/jeremy-williams/73/b6/729>

Google+

- <https://plus.google.com/108657894273926091116>

Youtube

- <https://www.youtube.com/user/1Williamsproductions>

Instagram

@Nwfitnessmag

Pinterest

- Nwfitnessmag - Jeremy Williams

Snapchat

Nwfitnessjeremy - Jeremy Williams

**Web sites with: info request emails, blog subscriptions, newsletters  
subscriptions, content memberships, RSS feeds**

<http://wastatefitnessexpo.com/>

<http://nwfitnessmagazine.com/>

<http://wastatebodybuilding.com/>

<http://alteredimagesupplements.com/>

<http://nwfitnesssevents.com/>

<http://nwfitnessdirectory.com/>

<http://nwfitnesssuperstore.com/>

<http://jeremywilliamsbodybuilding.com/>

blog subscription,

free content,

paid member content

free weekly email newsletter

[www.nwfitnessmag.com](http://www.nwfitnessmag.com)  
**NWFitness**  
MAGAZINE  
*PRESENTS*

**VOTE US  
#1**



**DO YOU KNOW OF A AN:  
ESTABLISHMENT, SERVICE PROVIDER, OR PRODUCT  
THAT DERSERVES RECOGNITION FOR EXCELLENCE?**

**WE WANT TO HEAR ABOUT IT.**

**SHOW YOUR APPRECIATION.**

**NOMINATE AND VOTE IN NW FITNSSS MAGAZINES  
BEST OF THE BEST IN THE NORTHWEST  
[WWW.NWFITNESSMAGAZINE.COM](http://WWW.NWFITNESSMAGAZINE.COM)**

## **NW Fitness Magazines & Williams Productions – “Best in the NW” – Recognition of Excellence Award**

Do you know of a business or professional that provides an outstanding service? Do they deserve special recognition? Nominate them into NW Fitness Magazines....Best of the Best in the NW contest – **Recognition of Excellence Award.**

We want to help you show your appreciation and recognize leaders, mentors and providers of excellence in the realm of health and fitness at the awards ceremony within the 2018 WA State Fitness EXPO

- **Date:** Sat Aug 4th, 2018.
- **Location:** Auburn Performing Arts Center, 702 4th Street N.E.  
Auburn WA 98001

Nominate and vote for your favorite NW: service provider, product, establishment, destination, practitioner, professional etc ... any and all categories welcome for a nomination

Approved nominee's will receive:

- Nomination Certificate digital image
- Best in NW voting platform link attached to your recognition of Excellence page.
- Nomination Certificate Printed
- Invitation to NW Fitness Magazine's, “Best in the NW” awards ceremony within the WA State Fitness EXPO, Aug 4th in Auburn WA.

### **Best in the NW category examples:**

- Contest prep coach
- Nutrition coach
- Posing coach
- Personal trainer
- Competition team
- Promoter, competition or event
- Competition tanning service/product
- Competition suit designer
- Supplement company or product
- Fitness or event photographer / videographer
- Event M.C (Master of Ceremonies)
- Gym / health club / personal training studio / fitness center
- Competition hair stylist/make-up artist
- Food prep service
- Workout apparel / gear / accessories

Nominate and vote at <http://wastatebodybuilding.com/best-in-the-nw/>



## Inspirational awards

Inspirational fitness story award. Do you have an inspirational story or know someone that does? Share your story with us and we will share it with others to inspire them through learning of the adversities that you have overcome. Submit your story and images through the form below.

[Click here to read the inspirational fitness stories, then submit your vote.](http://wastatebodybuilding.com/category/inspirational-story-awards/)  
<http://wastatebodybuilding.com/category/inspirational-story-awards/>

### Ben Yada – Inspirational Story – NW Fitness Magazine.

As told by Julie Sheldon, Ben's Mom... "I want to introduce you to an extraordinary young man, my son, Ben Yada. Ben's mission in life was to become a member of the Navy Seals.

Unfortunately, that dream was not to be due to a peanut allergy which kept him from enlisting in the military. On April 6, 2003, Ben crashed his CBR 954 motorcycle on the Alaskan Way Viaduct in Seattle, WA. He went off the upper level falling approximately 30 ft. to the freeway below. Fortunately, he was near Harborview Medical Center where he remained for nearly 3 months. Ben was in a coma for weeks and his recovery required him to learn to breath on his own, swallow, speak, walk, all over in addition to polytrauma (ankles, pelvis, sacrum, ribs, jaw, internal bleeding, multiple infections, blood clots, ventilator, etc.) including injuries requiring a dozen surgeries. Despite what doctors can only describe as a miracle (expected to be in a permanent vegetative state), Ben has completed an Associate Degree and a Bachelor of Science degree in General Studies from Central Washington University. Ben has always been very involved in physical fitness, particularly weight lifting and bodybuilding, and was a certified personal trainer with Powerhouse Gym in SeaTac, WA at the time of the accident. His motivation to recover and getting back to the gym gave him his life back. The photo of Ben by the red Mustang was taken approximately 18 months after the accident.

#### Inspiration - Motivation - Determination **BEN YADA**

By Julie Sheldon (Ben's Mother)



I want to introduce you to an extraordinary young man, my son, Ben Yada. Ben's mission in life was to become a member of the Navy Seals. Unfortunately, that dream was not to be due to a peanut allergy which kept him from enlisting in the military. On April 6, 2003, Ben crashed his CBR 954 motorcycle on the Alaskan Way Viaduct in Seattle, WA. He went off the upper level falling approximately 30 ft. to the freeway below. Fortunately, he was near Harborview Medical Center where he remained for nearly 3 months. Ben was in a coma for weeks and his recovery required him to learn to breath on his own, swallow, speak, walk, all over in addition to polytrauma (ankles, pelvis, sacrum, ribs, jaw, internal bleeding, multiple infections, blood clots, ventilator, etc.) including injuries requiring a dozen surgeries.



Despite what doctors can only describe as a miracle (expected to be in a permanent vegetative state), Ben has completed an Associate Degree and a Bachelor of Science degree in General Studies from Central Washington University. Ben has always been very involved in physical fitness, particularly weight lifting and bodybuilding, and was a certified personal trainer with Powerhouse Gym in SeaTac, WA at the time of the accident. His motivation to recover and getting back to the gym gave him his life back. The photo of Ben by the red Mustang was taken approximately 18 months after the accident.



Ben was a certified personal trainer with Powerhouse's Gym in SeaTac, WA at the time of the accident. His motivation to recover and getting back to the gym gave him his life back. The photo of Ben by the red Mustang was taken approximately 18 months after the accident.



Ben has a long history in the Seattle bodybuilding community. He bulked up to 245 lbs. and on the day of the accident, he weighed 240 lbs. The competition was held on May 8 & 9, 2003 at the International Center in Bellevue, WA. There were over 100 competitors in all categories. Ben received the Most Improved award in front of a packed house and received a winning reaction.

The NW Fitness Magazine is Ben's second competition and he had a great time. Ben has been a member of the NW Fitness Magazine since the first issue. Ben has been a member of the NW Fitness Magazine since the first issue. Ben has been a member of the NW Fitness Magazine since the first issue.

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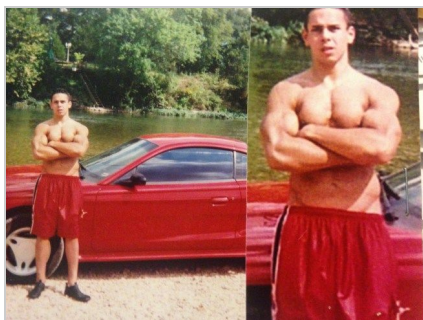
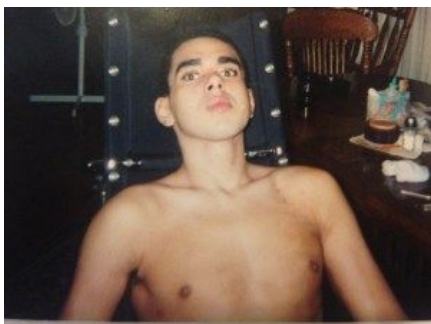
**NW Fitness**  
MAGAZINE



Ben decided to train for the Emerald Cup which has a long history in the Seattle bodybuilding community. He bulked up to 285 lbs. and on the day of the competition, he weighed 196 lbs. The competition was held on May 8 & 9, 2015 at the Meydenbauer Center in Bellevue, WA. There were over 500 competitors in all categories. Ben received the Most Inspirational award in front of a packed house and received a standing ovation. The NPC WA State Men's Physique is Ben's second competition and his goal is continual improvement.

Ben has been an inspiration to me. I saw him fight his way back from the brink of death. Ben continues to attend the brain injury support group at Harborview Medical Center, as his work schedule allows, to help others facing similar circumstances. He gives hope to families and friends of loved ones facing the uncertain world of recovery. Ben is a member of the Power Team at Life Change Church and is an inspiration to all who know him. He sets goals for himself and he achieves them. Ben's goal in life is to help others."

Click [here](#) to read the inspirational fitness stories, then submit your vote.



<http://wastatebodybuilding.com/category/inspirational-story-awards/>

## Transformation contest

### Fitness Transformation Contest

- Have you made an amazing fitness transformation?
- Share your pictures and story with us, to help inspire others.
- Submit images and an optional story, through the form below.
- We will post your images and story.
- Additional prizes may donated by event sponsors.
- N.PC WA State Bodybuilding, Figure, Fitness, Bikini Championship Night Show, Aug 4th 2018 Auburn Performing Arts Center, 702 4th Street N.E. Auburn WA 98001

Courtney Wise – Transformation Contest presented by NW Fitness Magazine /  
Williams Productions

My story is all about me. I didn't have anyone tell me I needed to lose weight. I didn't have anyone name call or put me down. I had positive people in my life who always supported me.

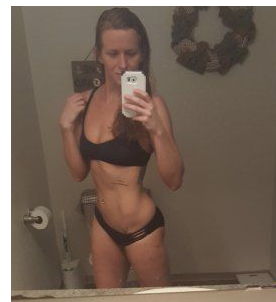
My story comes from me being unhappy. Me always complaining about my weight. Me always dreading clothes shopping because I didn't like the way I looked. My self confidence was down. I had a hard time doing physical activities that I loved, or knew I couldn't try some.

I woke up one day and wondered, "Why am I complaining? Why haven't I started? What is keeping me from obtaining what I want?"

Then answer was simple, it was me. I was depressed. I was overweight. I threw myself a pity party every other day. The only thing keeping me from obtaining what I wanted was myself. I only had myself to blame.

That was all it took. It took me starting action. I began simple, with adjusting my diet (though I knew nothing about it) and cardio. Some gym classes- an inexperienced newbie in the gym who was terrified to even use the machines, because I was afraid to look "untrained" like I didn't know what I was doing.

Every pound that shed, and every new person I met with a passion for fitness, put a little spark into my motivation. I picked the brains of those who let me. I graduated to "upstairs" where the weight lifting



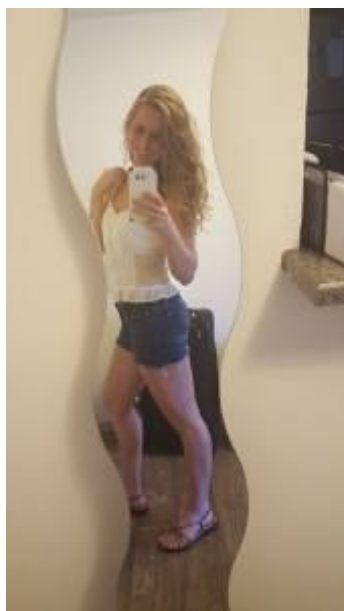
section resided. I moved to the free weight section TERRIFIED. I hired a personal trainer and learned so much more. I was HOOKED. It was now my passion. My stress relief. My fun.

What I learned was it is a community. A community of people who have similar goals and are your cheerleader. They will help guide you, stand by your side, sing your praises, and pick you back up when you fall.

I have fallen, I have picked myself up. I have educated myself. I have grown. I have lost weight. I have gained it. I have gained muscle. I have lost it. I have found my happy place. I am confident. I am happy. I am proud.

I went from 189 pounds – size 16/18 jeans, to a size 2. It wasn't a fad diet, it wasn't a gimmick, it wasn't a weight loss pill. It was ME. I choose to put in the hours, log my food and educate myself. I love inspiring those like me. I love the path I have chosen. PROUD AND HAPPY.

[Click here to view the transformation, then submit your vote.](#)



<http://wastatebodybuilding.com/category/transformation-contest/>

## NW Fitness Model Search

NW Fitness Magazine Fitness Model search.  
Submit images and vote through the following page.  
<http://wastatebodybuilding.com/?s=model+search>

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## NW Bodybuilding Hall of Fame

presented by Williams Productions.

Special recognition for contributions & achievements to **NW Bodybuilding, Figure, Fitness, Bikini, Physique, Classic Physique**. Williams Productions presents the **NW Bodybuilding Hall of Fame**. On display at the 2018 WA State Open Championship, National Qualifier, Aug 4th, 2018. You can submit a nomination for a member into the NW Bodybuilding Hall of Fame Through the form below.

<http://wastatebodybuilding.com/nw-bodybuilding-hall-of-fame/>

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## *Northwest Fitness* **Hardbodies**

Pictures & Videos from NW Fitness Magazine Supporters: Entertaining, motivating, inspiring or funny images and videos. Submit your images to be categoried and included in the NW Fitness Hardbody posts.

<http://nwfitnessmagazine.com/nwfhardbodies/>

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## Calling all Photographers and Artists.

### **NW Fitness Art Gallery** *presented by Williams Productions*

We would like to recognize and showcase the creative abilities of the great artists of the NW Fitness Industry. Some examples of Fitness showcase

categories include artistic photography, digital graphic design, drawing, paintings etc. Submit images of your submissions for entry and approval. Upon approval, you will be invited to bring your art to be on display at the NPC WA

State Open, Bodybuilding, Figure, Fitness, Bikini, Physique, Classic Physique Championship. Sat, Aug 4th at the Auburn Performing Arts Center. Spectator voting ballots and artistic recognition awards presented. You may bring business cards or printed media to display along with your art for interested spectators to take.

<http://wastatebodybuilding.com/nw-fitness-art-gallery/>

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**NW Fitness Records** presented by NW Fitness Magazine and Williams Productions

Do you have the ability to set or break a NW Fitness Record in the NW? If so let us know.

<http://nwfitnessmagazine.com/nw-fitness-records/>

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**NW Fitness Magazine Team**

Would you like to join the NW Fitness Magazine Team? Let us know what your interests are through the contact form.

<http://nwfitnessmagazine.com/magazine/team/>

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**Submit content to NW Fitness Magazine**

Community article post info request

<http://nwfitnessmagazine.com/community/info-request/>

Community article post submission

<http://nwfitnessmagazine.com/community/>

Print and digital magazine issue article

<http://nwfitnessmagazine.com/magazine/submission/>

Advertise in NW Fitness Magazine

<http://nwfitnessmagazine.com/magazine/advertise/>

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### **Event volunteer**

Event volunteers wanted. We would love your help. Would you like to be a part of the behind the scenes crew. Event volunteers receive. Goody bag with supplements ect, event t-shirt & an exciting event production experience helping to make this event possible. Volunteer help includes assisting in thing such as, Back stage set, ticketing, ushering, vendor lobby set up, check in / registration, award set up, displays, award presentations. Volunteer shift options:

**6:00 am - 2:00 pm (Morning)**

**Noon - 8:00 pm (Mid)**

**4:00 pm-Midnight (eve)**

**Date:** Sat Aug 4th 2018.

**Location:** Auburn Performing Arts Center, 702 4th Street N.E.

Auburn WA 98001

Register as a volunteer below. We will contact you via email or phone following your submission to go over details

<http://wastatebodybuilding.com/event-volunteer/>

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### **Event donation/swag bag**

Donate to event participants by donating samples to competitor swag bags.

Additional information can be found through the following page:

<http://wastatefitnessexpo.com/vendor/swag-bag-donations/>

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### **NW Fitness Mag surveys**

Read, enjoy, learn or contribute to NW Fitness Magazines research surveys through the following page: <http://nwfitnessmagazine.com/survey/>



## About author Jeremy Williams

- **Publisher / Editor / Owner- NW Fitness Magazine.**
- ***Promoter / Owner - Williams Productions***
  - WA State Health Fitness Beauty EXPO
  - N.P.C WA State Open Bodybuilding, Fitness, Figure, Bikini, Physique, Championship National Qualifier. Since 2003.
- Research / Development / Owner - Altered Image Supplements.
- Fitness Coach
  - Contest prep coach to professional & amateur athletes
  - Speaker/demonstrator at various seminars & workshops
  - Writer / Author
- Paramedic
- Anesthesia Technician (Present & past institutions Seattle Children's Hospital, Healthcare Network, U.W Medical Center)
- **Certifications / Credentials / Special training / previously obtained**
- PARAMEDIC. NREMT. National Registry Emergency Medical Technicians. (N.R.E.M.T)
- Emergency Medical Technician. EMT-B National Registry Emergency Medical Technicians. (N.R.E.M.T)
- Certified Anesthesia Technician. American Society of Anesthesia Technologists & Technicians (A.S.A.T.T).
- Medical Assistant Phlebotomist Certification, Washington State Department of Health
- Health Care Assistant Certification, Washington State Department of Health
- University of Washington Medical Center C.P.R instructor
- University of Washington Distinguished Staff Award Nominee
- University of Washington Medical Center Surgical Specialties Certificate of Recognition
- Advanced Cardiac Life Support (ACLS). American Heart Association
- American Heart Association (AHA) Healthcare Provider CPR/BLS.
- First Aid & CPR, Basic Life Support (BLS) INSTRUCTOR. American Heart Association
- Pediatric Advanced Life Support (PALS).
- Prehospital Trauma Life Support (PHTLS).
- Geriatric Certification (GEMS).
- 12 Lead Electrocardiogram (ECG) Interpretation course completion certification
- Malignant Hyperthermia in the Operating Room, Childrens Hospital
- Intraoperative blood salvage / Autologous Blood transfusion (Cell Saver) Children's Hospital
- Hazardous Materials Awareness Certification.
- Hazardous Materials Operations
- Emergency Vehicle Accident Prevention Program, (EVAP) Fire Dist



- HIPAA Training Certification
- National Physique Committee (N.P.C) Judge & Event promoter.
- Firefighter Basic, Fire District 44, Volunteer recruit fire academy
- CAC Fitness Trainer/Nutrition Consultant
- Health & Fitness Expert Ambassador Western Governors University (W.G.U)
- Athlete Card - National Physique Committee (N.P.C)
- Judge Card - National Physique Committee (N.P.C)
- Event Promoter Card - National Physique Committee (N.P.C)
- Hunter Education Training Certificate, State of WA Dept of Game.
- Ordained Minister, Universal Life Church Ministries

### **Awards / Recognition / Titles**

- Bodybuilding Competitor Since 1990.
- Competed in over 75 bodybuilding Competitions Starting in 1990 at age 12
- N.P.C WA Ironman Lt-Heavy & Overall Champion
- Evergreen State Heavyweight Champion
- ABA Drug Free Free World Championship, Teen Champion
- NPC Teen National Runner-up
- NW N.P.C Junior Champion
- Best Poser Awards
- Thorbeck Fitness Center, SW Washington Fair N.P.C, Special Appreciation Award
- Contest prep coach to professional & amateur athletes in a variety of sports, including but not limited to: Bodybuilding, Figure, Fitness, Bikini, Physique, Classic Physique, MMA, Functional Fitness, Weightlifting, Powerlifting, Tri-Athletes, Strongman, Basketball, Football, Baseball, Track & Field, Dance & General Health, fitness & Vitality
- Jeremy Williams Texas Europa Hardbody Model Runner up
- Vision Quest Deadlift Champion/Weight Class
- Star Power Adult Production National Dance Champions
- NREMT EMS Service appreciation award
- Fire Dist #44 Service appreciation award

### **Community Events - Public Relations - Appearances**

- Conducts Seminars / workshops on Bodybuilding, fitness, figure, bikini, physique, classic physique contest prep.
- Conducts various seminars on general health & fitness.
- Performed fitness niche Stand Up Comedy act on multiple occasions. Spanning from a major event seating over 2,000 spectators to a private invitation party event.
- Two time Master of ceremonies (M.C) for Mixed Martial Arts Fights
- Two time Master of ceremonies (M.C) for the N.P.C WA State Open
- M.C Auctioneer for a charity auction benefiting youth dance activities
- Invited to be the Fitness Expert onsite for a series of promotions with W.G.U benefiting B.E.C.U employees

- Invited by photographer April Greer to speak in a seminar/workshop on behalf of NW Fitness Magazine to a group of aspiring fitness models.
- Years of multiple dance and acting character roles on stage with the Auburn Dance Academy and Surge Dance Center.
- Taught multiple CPR & BLS classes to both healthcare providers and lay rescuers. A few locations include: Mountain View Fire Dept Dist #44, University of Washington Medical Center operating room staff, Costco wholesale, Contemporary Home Services, Auburn Dance Academy
- Invited to a business Fair by KW High School Students to help teach networking and business skills.

### **Community Service / Volunteer**

- King County Fire Dist #44, Volunteer firefighter since 1999.
- Weekly Teacher Assistant elementary/preschool volunteer since 2001 - Current, Crestwood Elementary
- Kent Parks, Crestwood Elementary Track Coach- 2008
- Covington Physical Therapy
- Event Volunteer E.M.T / Medical Team for a variety of Fitness Events throughout the Northwest.
- Volunteer health, wellness & Fitness Coach to a variety of individuals each year that can't afford such assistance.
- Founder of NW Fitness Magazine Community Outreach Program
- Assisted Seattle Children's Hospital Global Surgery Outreach
- SDC, Voltage

### **Publicity - Features - Media - Advertising - Modeling - Sponsorships - Endorsements**

- NW Fitness Magazine
- Flex Magazine
- Ironman Magazine
- Seattle Times
- Auburn Reporter
- Extreme Sports Report
- KW Report
- American Muscle Television Program
- Centralia News
- Multiple Web Sites / Blogs / Forums
- Multiple Flyers / Posters / Promotional media / promoting fitness events, products & services
- Willies Tri-Pro
- Central WA University Nursing Student project on Fitness
- Altered Image Supplements
- Created NW Fitness Magazines "Best In the NW" Recognition of Excellence Award

- Seattle Children's Hospital GI Lab Monthly publication "The Poop Scoop" Feb 2017 / Vol 19

## **Education**

- College of Emergency Services (C.E.S) / National College of Technical Instruction (N.C.T.I) Woodland WA. Paramedic (NREMTP)  
-Completion of Paramedic program
- Bates Technical College, Emergency Medical Technician-Basic (EMT-B)
- Green River Community College
- North Seattle Community College, Medical Terminology
- Mountain View Fire Dept Fire Dist #44 - Fire Fighting Academy

## **Committee / Memberships - (Past and or present)**

- Anesthesia Support Representative on Seattle Children's Hospital Quality and Safety Committee
- National Physique Committee (competitor - Judge - Promoter)
- ASATT American Society of Anesthesia Technicians & Technologist



# Contest Prep Success Guide



Jeremy Williams

Oldest daughter Erin Williams

Youngest daughter Paige Williams



If you have wanted to compete in bodybuilding, figure, fitness, bikini, physique, or classic physique competitions, but don't know where to start. The Contest Prep Success Guide is a great resource that introduces you to the elements of physique type competitions. This guide also provides you with additional directories and resource listings.