



NABBA Wellington

Putting athletes first!



Welcome

12 weeks to go until The Protein Bakery Wellington Regional Bodybuilding Show.

This newsletter is designed to keep you informed, relaxed and on track for the big day. Read about our new venue, meet our show sponsor - The Protein Bakery, tips to help get in top form for show time, and more great deals from Wellington's own protein powder specialist - Eat Me.

You can feel the excitement as we head toward our biggest show ever!



Saturday, 10 October 2009

Circle that date on your calendar!

Pre judging starts at 1pm.

And the evening show starts at 6.30pm.

Our sponsors will be offering great deals for competitors and supporters on the day, along with lucky prize draw giveaways at night!



The venue

This year the show will be held at the Lower Hutt Town Hall on Laings Road.

The Town Hall features café style seating, heaps of free parking and its closer to the shops and eateries for post show activities.



Show Sponsor - The Protein Bakery

Known all over the world for their awesome protein cookies, The Protein Bakery are our 2009 show sponsor! The Protein Bakery provides healthy, baked products to consumers wanting a healthier lifestyle without losing the occasional sweet treat that makes life so much more enjoyable.

Their specialty is wheat/gluten free protein cookies high in protein, fibre, and calcium and low in carbs. Browse [The Protein Bakery website](http://www.theproteinbakery.co.nz) for further information on products, availability, sponsorships and contact details.



Hit your target - Goal setting

If you want to succeed in bodybuilding, it is important to set clear goals, both short term (weekly) and long term. This is critical as you get closer to your show date. For example, I will:

- Follow my nutrition plan perfectly.
- Drop at least 1% body fat each week.
- Lift hard each time I train.
- Stick to my cardio plan (I hate this the most!!).

Now is the time to sort out those plans and set your goals!

Win \$200 of Eat Me Whey Protein

Eat Me is a Wellington company that makes awesome whey protein powder and sells directly to the public at fantastic prices.

EAT ME

Eat Me is also the proud sponsor of the Open Physique Men class. Win the class - and you take home a \$200 Eat Me supplement voucher!

Remember, Eat Me supports all NABBA athletes with an excellent discount when you buy online. So browse to the [Eat Me website](http://www.eatme.co.nz) for free samples and prices.



Fit, flexible and full of energy? Can you dance? Enter the Fitness-Model class!

Not to be confused with bikini modelling or bodybuilding, the NABBA Fitness-Model class is a fitness competition. This class is specifically designed for male and female athletes with a dance, aerobics, martial arts, gymnastics or fitness background.

How does the competition work?

You participate in three rounds to demonstrate your fitness, physique and modelling skills.

Round 1 is an individual high energy, fitness or dance orientated routine up to 90 seconds long. You can include props – like a pole, ribbon, jump rope or ball. And you wear a two piece fitness costume (not a bodybuilding bikini). This round is a crowd favourite. Check out these Fitness-Model routines on YouTube.

[Tonica Lodder](#)

[Brooke Johnson](#)

[Dena Anne Weiner](#)

[Guide to fitness modeling routines](#)

Round 2 is about symmetry. Competitors line up on stage wearing their two piece and go through four quarter turns to the right. Judges are looking for good muscle tone and good posture. You don't have to have a super low fat body like the bodybuilder classes.

Round 3 focuses on dress. You walk on to centre stage dressed in evening, cocktail or 'after-five' wear. Model turn and walk to the rear of stage, model turn and walk back to centre stage, and then join the others in a line-up.

How do I win?

Judging is scored by ranking. If there is a draw the athlete with the highest round one score will be the winner.

Check out the class definition section of the [NABBA competition rules](#) for all the formal requirements.

Still not convinced?

Come along and see our guest posers demonstrate how fun and easy it can be. Then start practicing your routine for next year!



Join the party

The NABBA Wellington Committee welcomes any active members that are passionate about the sport, and we love new ideas and sponsors. Please feel free to contact either Neville or Maeve if you would like to be involved.

Maeve Agnew

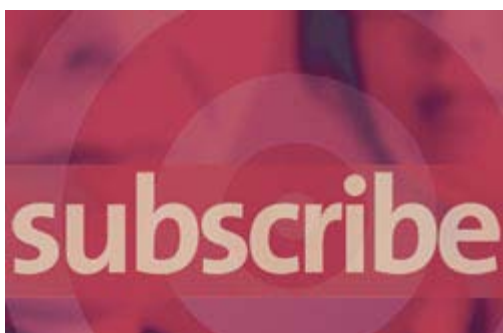
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Mailing list

Keep up to date with all the NABBA Wellington news, discounts and action as we move closer to The Protein Bakery Wellington Regional Bodybuilding Show and the New Zealand National Champs.

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