

Fitness Fair and Bodybuilding Competition Coming to Los Alamos  
By Kent Pegg

On April 3<sup>rd</sup>, 2004, the Los Alamos Fitness Center, the Los Alamos Monitor, and TASK Martial Arts will host the first annual Los Alamos Fitness Fair, Bodybuilding, Fitness and Figure Competitions.

The all-day events will include a Fitness Fair held from 10:00 am to 4:00 pm in the Griffith Gymnasium and a Bodybuilding and Fitness Competition held at 7:00 pm in the Smith Auditorium.

The Fitness Fair will provide an opportunity for local and nearby businesses and individuals to showcase their products and services. Among the exhibitors will be health and fitness clubs, nutritional and exercise supplement providers, martial arts studios, health practitioners, and exercise equipment suppliers.

Throughout the Fair, exercise and fitness specialists will hold special classes and demonstrations. The admission to the Fair is free and prize drawings will be held throughout the day.

That evening, Los Alamos will be treated to its first ever Bodybuilding and Fitness Competition. The competition will provide an opportunity for some of the fittest individuals in the area to show off all their hard work in bodybuilding competitions for both men and women and fitness and figure competitions for women.

The Bodybuilding Competition will feature three classes in both the men's and women's divisions: teens (age 19 and under), open (ages 20-39), and masters (age 40 and over). The winners of each class will face off in a pose down to determine the overall men's and women's champions.

Bodybuilding competitors will show off their bodies in posing routines set to music. Judges will be looking for symmetry, muscle size, and fitness level. You don't have to be the biggest person to win! Low body fat and posing technique are also important factors in determining champions.

The women's Fitness Competition will feature choreographed routines where competitors will showcase their strength and flexibility while performing to music. Gymnastic and martial arts moves, as well as props, are often used during these events.

Additionally, fitness competitors will display symmetry and poise during stage walks and quarter turns where competitors will first face forward, then left, then back, then right.

Women's figure competitors will be judged on physique and poise by doing stage walks and quarter turns.

Additional entertainment will be provided between competitors and will feature, among others, local dance groups, guest posers, and martial arts demonstrations. These high-energy shows are extremely entertaining and will be both fun and exciting to watch.

If you'd like to compete in the Bodybuilding, Fitness or Figure Competitions please contact Kim or Kent at the Los Alamos Fitness Center at 662-LAFC(5232) for more details and information on how to best prepare for the show.

Most competitors begin their contest preparation two to three months in advance. Initial preparation includes training and dieting. As the competition comes closer, most competitors will perfect their posing and stage routines, tan, and adjust their nutritional intakes.

The Los Alamos Fitness Center will be hosting seminars and question and answer sessions each Thursday at 6:30 pm to help competitors prepare for the Bodybuilding, Fitness and Figure Competitions. Information on proper dieting, posing, and other contest preparation will be provided.

Sponsors are still being sought for both the Fair and the Competition and more information regarding sponsorship can be obtained by contacting the Los Alamos fitness Center.

We are also currently registering exhibitors for the Fair. If you'd like to display or sell your product or service at the Fair, please contact us to reserve your booth space. Remember, space is limited so reserve your booth early.

So get ready Los Alamos! Increase those workouts, start those diets, and practice those routines. This is your chance to show what all that hard work has been about.

Your time to shine is coming on April 3<sup>rd</sup>!

Kent Pegg is the co owner of the Los Alamos Fitness Center and is a certified personal trainer.