

Everyone,

It's time to prepare yourselves for the 2012 NGA Natural Utah Bodybuilding, Figure, Bikini, Women's Fitness & Men's Physique Championships being held 14 April 2012 at Bountiful High School in Bountiful, Utah. Utah's premiere show promises to be another fantastic event and will feature athletes from the state of Utah! This show is for Utah residents only. For our fellow Idaho and surrounding states athletes, I want to inform you all about the Mountain States show in May and Northern States in Sept of this year! We look forward to having you down here to Utah for those shows. If you have any questions or need any help in preparing just call us at 801-731-9333 or e-mail and we will be more than happy to help.

Attached are the entry forms and information for the show. You can also print off the forms at our website www.utahngabodybuilding.com We are excited to again offer the Fitness category as well as Masters Divisions in Bodybuilding, Figure and Bikini this year! The Fitness is fast becoming one of the most popular events at many shows across the United States and we are excited to bring this to Utah as well! We are also adding a Men's Physique category for those who do not have the muscle density or mass of a bodybuilder, but the athletic build and looks of a well conditioned athlete. We are also offering as always a Mixed Pairs category and a Novice category in the bodybuilding, figure and bikini divisions. (This will depend on number of athletes who sign up for the Novice divisions). We are also offering a Junior Kids 12 and under category which will be a "noncompetitive" division for the younger crowd to get their feet wet in the bodybuilding, figure, bikini or fitness scene. Everything you need to register is attached to this e-mail or go to our website. Deadline for registering is 31 March 2012.

If you need help with Figure or Bikini posing and diet I recommend Sandy Hancock, Krissy Wolfe, and Amara Kockler. Sandy can be reached at sandy@bodybysandy.com 801-815-2573. Krissy can be reached at ironheelz1@gmail.com 801-205-5603. Amara can be reached at <http://www.TeamCrazyFit.com> 801-791-7656. All 3 women are experts in their fields and produce winners throughout the bodybuilding, figure and bikini circuit! Bodybuilders and other athletes who need help with posing and diet can contact Ted Rich at Gold's Gym in Roy, Utah (T & R Training) 801-837-0150. I included a few more below. Bianca and I are always available as well to answer any questions about diet and competing.

TANNING:

If you would like information on contest tanning or need help in this department, please contact Misha Nunez with Hawaiian Spray Tan at MishaNunez@hotmail.com 801-864-7559 or Joanna Wyatt at joannaieppsen@hotmail.com or Sandy Bird www.skinapeelbysandy@hotmail.com 801-661-3459

OTHER PERSONAL TRAINING and COMPETITION HELP (Posing, diet, etc.)

Shane Heugly at shaneheugly@aol.com 801-680-7322 (Salt Lake Area) Specializing in complete contest preparation for bodybuilding, figure, bikini and physique. Services include nutrition, posing and training. Tiffany is a NGA pro and the overall winner of both the Mountain States and Northern States Shows.

Brandon Burrows at 801-529-4500 (Former Mr. Utah)

Jill Nix- jillnix@earthlink.net (Top Bodybuilder & Figure Athlete) www.tightbodybootcamp.com

Kathy Everton- www.kathyfit.com or <http://bodyspace.bodybuilding.com/KathyFit/>

NGA Figure Pro

2010 Figure Universe Classic winner

2006 Bikini Universe Classic winner

over 12 titles, 11 years competition and 3 years spokes model experience

certified personal trainer

host of posing clinics for 2 years

We look forward to another great year being a part of NGA Natural Bodybuilding and hope to see you all on stage!

James and Bianca Purtell- 801-731-9333 or 801-499-3633