

How to Support Natural Bodybuilding

If the Sport of Natural Bodybuilding is to grow it must be supported by spectators and athletes alike. A promoter will not and can not continue to promote an event if it is not well attended by both competitive athletes and paying fans. While training naturally is its own reward our sport will never advance to full recognition by the public without the strong support of people like you and me.

Unfortunately drug enhanced behemoths have usurped the stage and demand attention from the public by their sheer size alone. Spectators gaze in bewildered amazement at the unnatural proportions of these Olympian bodybuilders. Hidden from public view however is the tremendous cost in both drugs and in health that these people pay to maintain the temporary illusion of strength. It is not an understatement to say that if you want to compete at the Olympian level you must be willing to die for it.

The Natural trainer on the other hand has nothing to hide. Their well proportioned and aesthetic physique is truly as healthy as it appears. A Natural trainer is not concerned with going on and coming off of cycles or jump-starting their testicles after a cycle. Eventually the public will see through the facade promoted by Weider and the IFBB gang. We are the Future of Bodybuilding and the True Role-models of Health. In an age and society where obesity and lethargy are the accepted norm we owe it to ourselves, our children and our community to be examples of the physique transformation that lies within the grasp of those who are willing to follow.

What can you do?

1. Attend Natural (drug tested) Bodybuilding and Fitness Competitions
2. Become a Competitor yourself. Stop thinking about it and do it.
3. Support the Sponsors.
4. Become a member of and support Natural Organizations. Several are listed on the Bodybuilding Competition Guide Page and links are below as well. Locally, INBF and its pro-division the WNBF----promoters Kevin and Denise James at: www.unitedfitness.org or by calling 360-653-7414 after 2pm.
5. Subscribe to Natural Bodybuilding Magazines. *Natural Bodybuilding & Fitness* at Chelo Publishing, Inc. 212-945-4322 or order on: <http://exercisegroup.com>.
6. Share your knowledge. Submit an Article about training, diet, supplements or whatever fitness concern that you would like to share.