

by Lisa Brewer

# TOP FIGURE TIPS

FROM THE

TOP  
10  
LADIES



HEATHER McMAHAN



JELENA DJORDJEVIC



AMY  
LLINAS

**W**atching the Gatorz Sunglasses WNBF Ms. Exercise Figure World Championships for the first time was very exciting. Well, not only viewing, but judging, too. While watching these 22 beautiful women compete against each other, I became curious about what they may have done to set themselves apart from the rest of the class. So, I asked each of the top 10 finishers to give one tip that they felt was important in their overall preparation. Here they are, in order of final placement (1st-10th):

**Jelena Djordjevic.** Jelena eats a clean diet year-round so that she doesn't have too far to go in getting back to her best competition weight. She only gains 1-3 lbs. in the offseason! That's certainly easy enough!

**Yvonne Bates.** Yvonne suggests not washing your hair the day of the contest to get fuller body. She goes easy on the hair products, which can weigh hair down, and she rolls her hair on hot rollers. To finish it off, she uses a smoother like Smooth Sexy Hair by Michael O'Rourke to add shine and control flyaways.

**Amy Llinas.** Amy is detail-oriented. She plans far ahead and has both her competition suit and her evening gown custom-made. She makes several visits to the seamstress for fittings. This year, Amy searched for a fabric to match her skin color for over two months! She also designed her own Spanish-style gown. Her tip is to set yourself apart by choosing original styles and colors.

**Carla Fields.** Carla credits her consistency in training (she's been at it since 1991!) and diet to her outstanding placement. She, like eight of the other top 10 finalists, is a personal trainer. She picks a client each day to train with to keep her own workouts fun. A month before the show Carla adds an extra cardio session per week. She is never more than 2-3 lbs. out of contest shape.

**Heather McMahan.** Heather has an interesting but extremely useful tip. Being "natural" up

RITA ROSS



top and having to create a look of cleavage and enhance her breast size, she uses silicone shapers from Victoria's Secret. She makes sure the top of her suit is lined with an extra layer of fabric with a pocket opening about an inch long (located across the top of the inside) for the enhancements to fit in. She ties the suit tight by pulling the sides snug when tying, and then bends over to tie the top tight to create a "lifted" look. We all know that breast tissue is fat and when you lose bodyfat you decrease your breast size (unless you have breast implants). It is as simple as that. Enhancing your natural size is definitely helpful onstage.

**Rita Ross.** Rita doesn't have a lot of time to cook all the meals that go along with competition dieting. She relies on sushi restaurants for the majority of her meals. She eats lots and lots of sashimi. This is just the raw fish without rice or soy sauce. (Yummy!?) Her tip for the rest of us that can't deal with raw fish is to stimulate your muscles by constantly changing your workout.



YVONNE BATES



VANESSA VAUGHTERS

**Janet Marsico.** For the last three weeks of training before a competition, Janet uses the Gauntlet or Step-Mill (the rotating stairs machine) for cardio. She does this exercise 30 minutes daily to target her glute/hamstring tie-ins. This gives great butt and leg separation, and she says this is an important area of the body that is often overlooked.

**Tara Segundo.** Tara shares her secret for fabulously smooth baby-like skin. She recommends getting cheap lotion (because you'll use a lot) and a bag of white sugar. While in the shower wet your body down and combine the lotion and sugar in your hand to form a paste. Be generous with the mix. Scrub your body with the paste almost until it hurts. This will exfoliate the dead skin. She recommends doing this once a week in the offseason and twice a week prior to a show. With a fresh layer of skin you will get a more even application of Pro Tan, and your skin will simply glow.

**Sherry Ann Boudreau.** Sherry offers a tip to beat stage fright. Right before going onstage, she recommends telling yourself to stand tall and to think of something pleasant that will make you smile big. Be confident but not cocky, making eye contact with all the judges and every section of the audience. She advises to tell yourself that you are already a winner for making it this far. Ahhh . . . embrace the power of positive thinking!

**Vanessa Vaughters.** Vanessa relies on Golden Neo Life Diamite meal replacement shakes. This shake helps control your blood sugar levels. It is made from whole food concentrates. She also recommends Tre-En-En, an essential soy, rice and wheat germ oil for cellular nutrition. This nourishes cells and helps you utilize nutrients better. Once she started using these products she became such a believer that she now sells them. To try these products or get information about them go online to [www.gnld.com](http://www.gnld.com).

I wanted to add my own bonus tip for competitors: I attended every pro figure show the WNBFF staged last year, presenting the Ms. Photogenic Award, and was surprised to see so few competitors at some events. By doing more contests you get more exposure and you gain more experience, thereby improving your stage presence. This also gives you a reason to stay close to competition weight and be more consistent with your training. I plan to be at every pro figure show again this year and hope to see more of you there! ★



SHERRY ANN BOUDREAU

