

MASTER PERFORMANCE



After his recent comeback, Paul Lans (in the middle) has truly shown himself on the international stage, by becoming 2nd at 2009 European Juniors and Masters Championships in Romania??

(Photo: Muscular Development Poland)

CLASSY WOMEN

Next year the NBBF will introduce Classic Bodybuilding for women. This will answer the increased demand of ladies who are too muscular for Bodyfitness, but not muscular enough for the bodybuilding class. Also internationally, the IFBB will introduce this new class for the amateurs. We will keep you posted on when and where!

MAY 2010 WILL BE BIG!

May 14-16, 2010, the Netherlands will host the IFBB European Championships men and couples and the NBBF National Championships for women. All this will be held in MECC in Maastricht, and will be combined with the Euro Fit Expo. More news will follow!!

CONGRATULATIONS TO RICH GASPARI



On Saturday August 8th the bodybuilding community gathered in Tampa, Florida for the annual "IFBB Pro Bodybuilding Weekly Championships". This evening also included the presentation of the 2nd annual Ben Weider Lifetime Achievement Award. This year's award went to Rich Gaspari, for his achievements on and off stage, having helped and inspire many others. On behalf of the whole team of MMNL: Congratulations Rich!

RHINO IN THE PICTURE



We all know Rinus 'Rhino' van der Zeijden as bodybuilding and fitness coach. But who wants to see a different side of Rinus should take a look at www.bodyfreakz.nl, where he shows you his qualities a photographer. (Photo: Rinus v/d Zeijden)

SAD NEWS

The oldest bodybuilder of the Netherlands is no more. On August 21st Gerard Dreese lost his battle with cancer and died at the age of 85 years old. Gerard started bodybuilding at the age of 55 and soon became the Dutch Champion in the senior class. In July 2005 he went on stage for the last time when he turned 80. His appearance earned great respect with many younger athletes. (Photo: IFBB)



TODAY

While the worldwide financial crisis has affected certain countries more than others, it can be said that for certain it has had an effect on all of us, more or less.

Even the people that have not been affected that hard themselves, contribute willingly to the vicious circle by perhaps not spending their money, predicting misery and complaining about what a shitty place this world has become.

This all needs to change.

YOU should be the only one that decides how and where your path should lead you. Things that happened in the past are of no importance, since there really is nothing you can do anymore to change anything that has already occurred. Whatever the future brings, is not only beyond anyone's perception and therefore of a lesser importance as well, the future is also not a fixed notion. Things can change. And change starts today, not tomorrow. Today is key. The here and now. Today is where you can make a difference. By planting your seeds today, automatically you are changing your future.

Nutrition companies these days need to be aware of that. Having a good reputation is nice, though the 'here-and-now' is where they need to prove themselves as well. Promises of good results from your hard workouts in the future only pay off once your goals have actually been met. And, whether your goal is to lose some weight, or to just start out on a healthier lifestyle, you can only reach your goals if you are inspired to start your challenge -today-. Inspiration is what today's nutrition companies need to focus on. With sports, as in life, if you are not inspired and motivated to change, then really nothing will happen in the future as well.

If you are inspired, and have set your goals right, only today stands in between yesterday and your own set of goals. Today you can decide that nobody can bring you down and set you off course anymore. No matter how miserable and demotivating they are trying to be. YOU bring change, and TODAY is when you follow through.

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