



## NEWSLETTER NBPf JANUARY 2012

**DEAR FRIENDS THE NBPf TEAM WISHES ALL OF YOU A SUCCESSFUL AND HAPPY 2012!!!**

### **WALTERS OPEN HOLLAND CUP 6th May 2012 Etten Leur. Netherlands**

The preparations for the Open Holland Cup 2012 (before aka Benelux Cup) are going on now, the first poster of the contest is ready now, and is enclosed in this email, and will be sent to the different gyms, later on a bigger poster will be distributed with the names the sponsors. We have added English and French language for our friends from abroad.

If you want to compete, please let us know as soon as possible. We have also added a D - category for the beginners who have never competed before.

It looks like our contest is getting interest from abroad, Adam Hibbins from Belfast, who is the president for Ireland, UK and Scotland, will come over with a team to compete, also Austria will attend. Negotiations and contacts have also been made with the Chinese federation in Beijing.

As usual the Men's overall winner will receive 1000,- Euro, also extra prizes for the beginners and the women competitors.

Also a Dutch selection will take place for the European championships in Rumania, we will have DJ music in the lobby and several booths will be present, so this all will create some extra enthusiasm and entertainment.

For more info: [vvdbranden@zeelandnet.nl](mailto:vvdbranden@zeelandnet.nl) and [marcelhoningh@gmail.com](mailto:marcelhoningh@gmail.com)



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WALTERS OPEN HOLLAND CUP

6th May 2012

Etten Leur, The Netherlands

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[www.deliwear.eu](http://www.deliwear.eu)



[www.all-stars.de](http://www.all-stars.de)

for Benelux info email to : [jetty@zeelandnet.nl](mailto:jetty@zeelandnet.nl)

### SONJA DEN BREEMS SELECTED AS SPORTSWOMEN OF THE YEAR 2011 IN THE CITY OF HULST !

With pleasure I have watched our local TV station and the local newspapers, which paid a lot of attention to Mrs. Sonja den Breems, our well known female bodybuilder/fitness lady, being elected as Sportswoman of the year. Among a lot of other sports candidates, she was selected as the winner. Famous Dutch Boxing champion and Olympic competitor, Arnold van der Leyde, presented her the toffee and the flowers. Arnold in his speech paid attention to bodybuilding as a sport much more difficult and more intense than boxing as a sport!! It is great to hear from a national and international respected boxing champion understanding and praising bodybuilding as a high level sport. Training down to 4-6% body fat! As we all know, Sonja's partner Leo den Breems, also a well-known bodybuilding champion in Holland, was also nominated as sportsman of the year, he was defeated by international billiard champion Mr. de Bruijn. Also both were nominated for the couples.

After Sonja received the toffee, they both gave a duo posing exhibition, with a lot of positive publicity for our sport.

A few weeks earlier, Leo was on our local TV station, explaining the importance of the bodybuilding training and a healthy lifestyle.

Also a camera team was present in his gym, to film his training and contest preparation.

Leo and Sonja have their gym in the country side in the South of Holland, called La Bamba, overlooking the Dutch country and waterside, a former bar and restaurant they have rebuild into a a professional gym and training center.

Leo studied Physical Education at the Hague Physical Education Center, also studied nutrition, and sportsmen of different sports , and overweight people visit him for nutritional advise. Leo now reaching the age of 50 years wants compete again in the Masters World Championships this year. You want to congratulate both of them, here is their email:

[labamba@zeelandnet.nl](mailto:labamba@zeelandnet.nl) ([www.labamba.hengstdijk.eu](http://www.labamba.hengstdijk.eu))

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*Sonja den Breems,  
Sportswomen of the year  
2011, Gemeente Hulst*

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### LONGEVITY

Some people from different regions of the world reach a very old and healthy age, like some people in Japan, and can we extend our life span to 110 years plus (if we should like this idea) .Aubrey the Grey from Cambridge University, who is doing research to extend our life time span .He even tells everyone we can reach the age of 1000 !!! within this century, when we have total control over DNA, genomes, stem cells etc.

When we test the blood parameters in these very old and healthy people, we see these results:

- low fasting glucose
- low fasting insulin
- high insulin sensitivity
- low body fat (BMI 18-23)
- low total cholesterol
- low triglycerides
- low inflammatory cytokines
- high level of exercise.

These values are all opposite of the metabolic syndrome, metabolic syndrome is now well known in Europe and outside as one of the main causes of chronic diseases, like cardiovascular, diabetes, cancer etc.

These old and healthy people follow a simple diet and lifestyle, similar to our ancestors, before agriculture started to develop. Our DNA code has not yet changed.

You might add these easy, healthy ingredients to your daily diet:

-resveratrol (wine, grapes)

-cinnamon

-ginger

-cloves

-cayenne

-piperine

together with exercise, no stress, low carbohydrates, lots of good fats and protein you might fight the metabolic syndrome and reach an old and healthy age.

## PHOTO'S



*Sonja den Breems is receiving the trofee of sportswoman of the year 2011 of the city of Hulst, Netherlands, famous former national and international Dutch boxing champion Arnold vd Leyde, is giving her the trofee*



*Sonja listening to the speach of Dutch and international boxing champion Arnold vd Leyde*



*Sonja and Leo den Breems, with the troffee sportswoman of the year in the city of Hulst, posing in their gym.*



*Leo in his gym La Bamba, together with the trofee of his wife Sonja.*



*A hugh bodybuilder on the roof of Leos gym La Bamba, it is very clear, hard training is here the rule.*



*Walter together with Prof. Aubrey de Grey, Univ. of Cambridge. Prof de Grey tells everybody we can reach within this century, the healthy age of 1000! years, as soon as we can control DNA, genomes, and stem cells. Picture taken at Anti-ageing congress in Dusseldorf, 2008, where Prof. de Grey gave a lecture.*

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