

REPPING

With Marjo

W I T H · M A R J O S E L I N



Marjo Sellin is a World class bodybuilder and competitor. Each issue Marjo will address training problems unique to female athletes

PLEASE ANSWER, PLEASE!

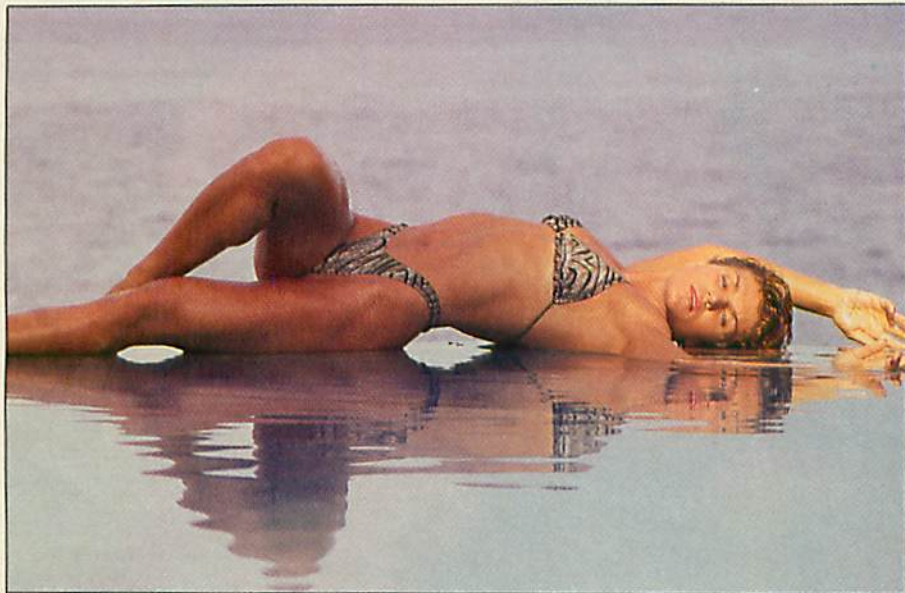
Q Please answer this letter - I'm in desperate need of some help. I'm 21 years old, and I'm disgusted with my body. I'm 5'5" and my normal weight is between 120

and why you aren't exercising. It sounds to me that there's something bothering you, and you've lost interest in your own well-being.

Although I'm disappointed that your husband doesn't want to help you, I must say that, really, it is up to you to change your diet and begin a bodybuilding fitness routine. Nobody else can do it for you.

So today is your first day. Start by walking for approximately 30 to 40 minutes every morning, and then go through a home training routine four evenings per week. Do floor situps, squats without any weight, knee pushups, lying hip raises, etc.

Or, if you can afford it, go to a fitness center and hire a personal trainer to teach you exercises, if the club doesn't have its own



Robert Kennedy

and 125 pounds. My weight now is a terrible 154 pounds. This weight gain has occurred over the past four months. Please give me some ideas and diet tips to lose this weight. I'd also like to start bodybuilding. My husband is a bodybuilder and has won a few local contests, but he has no desire to help me, so would you please? Any information would be greatly appreciated. Thank you.

A new fan
Susan Litz, Brunswick, GA

A Time to start taking care of yourself, my friend. No wonder you are miserable; 30 lbs in four months is a lot of weight to gain!

I believe the first thing you have to do, Susan, is to ask yourself why you have gained the weight, what's making you eat, staff of instructors. Start by training four

A superb, trained body. Vibrant health from a bodybuilding lifestyle. Sun-drenched sensual limbs at rest on a beach as yet unpolluted. All can be summed up in just one word... idyllic.

times a week.

Change your diet - now! Avoid all junk food. No cheese, ice cream, chips, candy, soda, sugar cereals, salad dressings, sour cream, butter or margarine, etc. etc. Absolutely no fried foods. Rather, eat egg whites, tofu, nonfat dairy products, skinless turkey/chicken (if you eat animal protein), beans, brown rice, oatmeal, potatoes, a lot of raw or steamed vegetables, and some fresh fruit. And drink a gallon of pure water a day!

Susan, my thoughts are with you. Good luck and let me know how you are doing. Remember, do it for yourself!

YOU'VE GOT ME IMPRESSED!

Q I was so impressed with the "Repping with Marjo" section in *MuscleMag* that I decided to write to you for some help. I am a 5'7" 34-year-old female (medium frame) and 165 pounds. I have recently put on 20 pounds after quitting smoking (one year ago) and a foot operation. My self-esteem has dropped, my foot has healed, and I am ready to "battle the bulges."

Question #1 - Is it best for me to just stick with aerobics until I get the weight down vs. going into weight-training with light weights and many reps?

Question #2 - What kind of nutrition does a beginner need who will be doing aerobics? I am afraid I will eat too much and not lose.

Question #3 - Is it really advantageous to vary exercises? I have gotten bored in the past using Nautilus and some free weights. Maybe I wasn't using enough variety?

I am very much a fan of yours... you seem very disciplined, and I would like some of your tips. Thank you!

Sue Isom
Levittown, PA

A First all of, congrats on quitting smoking! In a few months you've won your "battle," and you'll be healthier and better-looking than ever.

Answer #1 - No. It is definitely better to both weight-train and do aerobics. Aerobics will burn calories and help you lose/maintain your weight, but weight-training will strengthen, build, and shape all your muscles resulting in an athletic and fit appearance vs. "just skinny."

Answer #2 - Simply follow a natural, low-fat diet with plenty of vegetables, have a high carbohydrate meal (rice, potato, yam) a few hours before the aerobics. Then at dinner time just eat protein with some vegetables. Slightly drop your calories now if you are not losing and see what happens. Don't reduce food intake drastically, for you'll run out of energy, and your body will weaken.

Answer #3 - Yes. Vary the exercises to give your muscles something new to react to and to avoid boredom. Study training books and magazine articles to find different exercises and new versions of the familiar ones.

Thanks for writing, Sue, and my very best to you. ♣

Address your questions to 'REPPING WITH MARJO' c/o *MuscleMag* International, Unit 7, 2 Melanie Drive, Brampton, Ontario, Canada L6T 4K8.