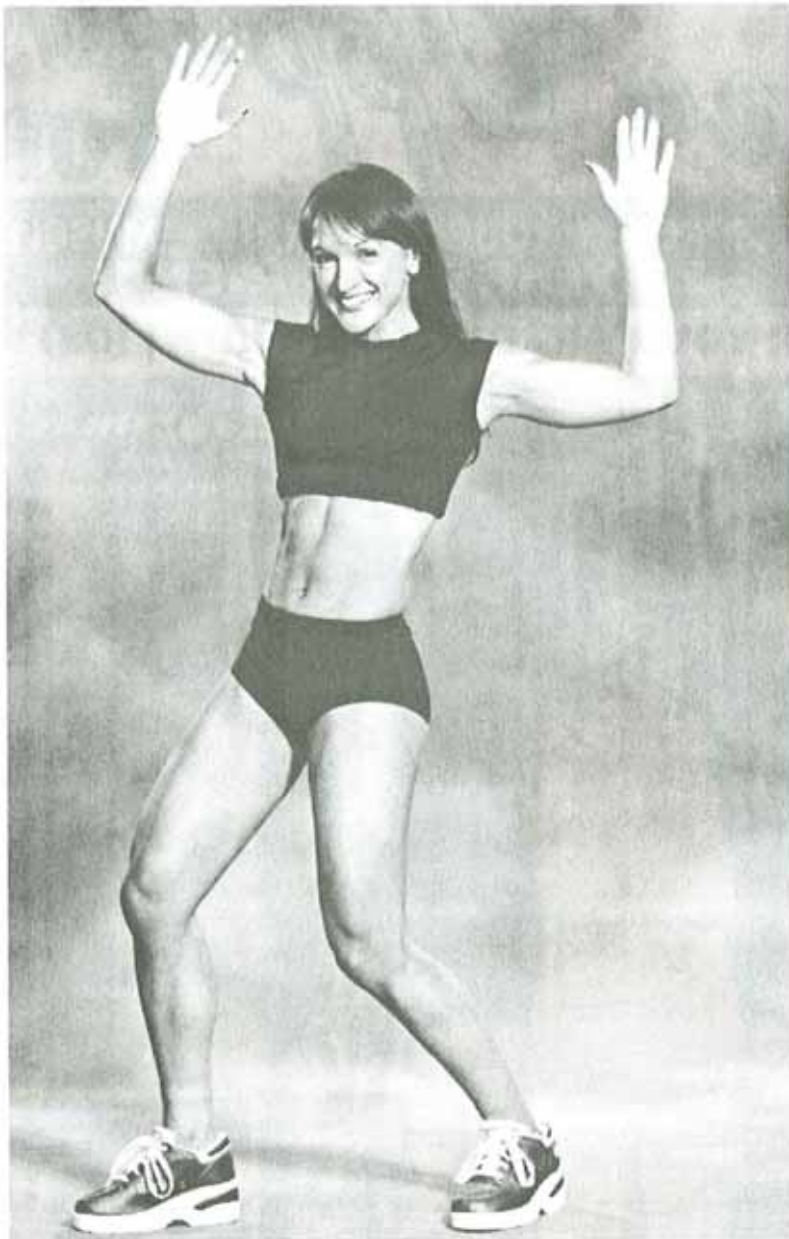


# LIZ LYFORD-PIKE RISING ANBF STAR PROFILE

MY NAME IS LIZ LYFORD-PIKE. I AM 26 YEARS OLD AND I LIVE IN MELBOURNE. MY FAMILY COMES FROM SOUTH AMERICA AND I WAS BORN IN URUGUAY. I LIVED THERE FOR A FEW YEARS, GOING BACK AND FORTH FROM AUSTRALIA TO SOUTH AMERICA, BUT MOST OF MY LIFE I HAVE LIVED IN AUSTRALIA. I LOVE TO TRAVEL AND I WOULD LOVE TO GO BACK THERE TO VISIT SOON. THE SOUTH AMERICAN LOVE OF MUSIC AND DANCE HAS DEFINITELY HAD AN INFLUENCE ON ME. BOTH OF THESE ARE PASSIONS OF MINE. I LOVE ALL TYPES OF MUSIC, BUT IN PARTICULAR I LOVE TECHNO, HOUSE AND DANCE MUSIC. I LOVE TO DANCE.

I have been dancing since I was six years old when I performed in Ballet classes. I then performed on stage for several years in

Callisthenics and dance. I have been involved in plays for many years and I can honestly say that I love acting and performing immensely. I hope to pursue an acting career in the future. More recently I have been involved in the ANBA/INBA Miss Fitness Titles run by Wayne McDonald. I have only been competing professionally for 1 year and I have placed well in every contest. In my first competition, the Victorian Titles in October 1997, I came fifth and qualified for the Australian Titles 2 week later. However, due to a hamstring injury I thought that I would not be able to compete. After intense physio and not much training I competed in the Australian Titles and came 4th, beating



the girls who had come 1st and 3rd. I was very happy with this achievement. This year in June I came 1st in the Southcoast Titles, 3rd in the Victorian Titles and 4th in the Australian Titles. I think that these are great achievements being my first year in competition. Having now completed my psychology degree at LaTrobe University Bundoora, Melbourne, my goal is to win the Australian Titles within the next 1-2 years and to come in the top 20 competitors in the US Miss Fitness Pageant within the next 1-2 years. I really enjoyed my degree as it taught me how to research information and how to write reports and deal with

people of all walks of life. It has also given me a background for my desire to learn as much as I can about the health and fitness industry. I would also like to be working as a personal trainer and working within the entertainment industry full-time within the next two years. I feel very confident on stage and in front of the camera and I hope to succeed in these fields. I am very ambitious and I have a strong drive to get me to where I would like to be.

I train for 1-2 hours a day at the moment, while I am not getting ready for a competition. I cycle, run, and/or walk for cardio fitness every day and I train with weights four times a week. I also do gymnastics training and will be starting kick boxing in the New Year. In summer I also do a lot of surf skiing. This is one sport that I really love. Being in the water and in the sun while exercising

is the best feeling. I find that I have so much energy I could keep going for ages. My partner Paul is very motivating and he loves to go on the surf ski too. He pushes me to be the best that I can be, but he also knows how to nurture me so that I am calm and composed, particularly during competitions. He is a sport psychologist and knows all the best ways to relax, keep focussed and composed during training and competition. He has an excellent knowledge of sports nutrition and has taught me a great deal about what to eat to get the results that I need during my competitions. We are working together now towards next titles.



**ROCCO OPPEDISANO FULLY SUPPORTS WAYNE McDONALD FOUNDER OF THE ANBF, AUSTRALIAN ANBF PRESIDENT AND WORLD INBA VICE PRESIDENT**

Wayne is very experienced in the understanding of the male and female body builders physique with 15 years experience as a past P.P.P.I Judge, a current World Natural Judge a proven physique trainer that trained many body builders to win and place in Rocco Oppedisano's past P.B.B.I. shows. Wayne contributed many articles to the past Muscle Australia Magazine

and later produced his own called Reps.

Today Wayne is more motivated than ever before. Wayne's drive, love, experience, organisation, ability and smart intelligence has earned him the highest position. A first for Australia INBF World Vice President.

Australian Natural Bodybuilders are very lucky as Wayne now has the power to open all international doors.

"I Rocco Oppedisano recommend you the competing Natural Body Builder to support Wayne McDonalds ANBF and INBA with

your loyalty and personally promoting ANBF and INBA, you will discover your sport will be a force to be proud of.

You see with so many body building organisations all fighting each other it has left your sport at a stand still. I've known Wayne for 15 years and believe me he's the man for the job. It's time to move your sport forward, give Wayne your loyalty and support and Wayne and myself will not only give you our support and loyalty but we will boost your sport to gain respect, power and glory!"

# THE NATURAL BODYBUILDER

BY ROCCO OPPEDISANO

*The bodybuilder is a person who wants more out of life than the average person, for they take pride in their appearance, which will separate them from others by keeping a strong, muscular, youthful and healthy looking body, with great strength and endurance.*



WARREN CLAMPIT,  
ANBF Mr Victoria  
with LIZ LYFORD-PIKE  
ANBF 3rd Place  
Ms Fitness Victoria.  
Photo: John Lisica.

*The bodybuilder's mind is the generator that supplies the power to create the image that he/she has created in the mind. It, like the muscles it develops, also matures after years of self discipline and determination. The body becomes hard and becomes like an armour against damage that may come before it. Bodybuilding is the only sport that you wear and appreciate 24*

*hours a day as well as having the willpower and confidence, that has made men such as Arnold Schwarzenegger, great businessmen.*

Bodybuilding is a sport that can last a lifetime, providing that you keep training. There are champion bodybuilders today in their fifties, still winning high placings in Mr. Universe and Mr. World type contests. Their skins reflect like a

mirror, and glow with the youth and vitality of those who are up to 20 years their junior. These men and women have the energy and endurance of a "Trojan".

It is a fact that every one of us wishes to have an attractive body and to be noticed when we go to the beach or at a disco. We all wish to find the best things in life and enjoy it to its fullest.