

A WORD FROM THE PUBLISHER



When I went into Bodybuilding 20 years ago, there was a lot of federation politics going on. I had truly hoped that two decades later, people had grown up to the point of understanding that it's first and foremost the athletes that count. Unfortunately, it seems that in this area there is still a lot to be learned.

This year, we welcome a new international bodybuilding federation into our midst, the World Bodybuilding and Physique Sports Federation (WBPF). The Dutch department (NBPF) is in the hands of Walter van den Branden, and we at MMNL wish him good luck. We hope this federation will bring the athletes better times. If that's not the case, if this is yet another federation in the line up of many, then the question should be asked as to why this federation came into existence? Why add yet another to the many we already have? Isn't it time for all the different federations to start talking to each other in a civilized matter?

Shouldn't the federation be there in the background, to support the athletes? Whatever is the use of suspending athletes who compete in other federations' competitions? A bit of healthy competition should keep everyone on their toes, and encourage them to improve to the advantage of the athletes. I just don't get it - why do the athletes have to pay the price in this political game? When did the athletes become the property of the federations? Why can't we just let them do what they love most: perform on the stage! People, please: More athletes - Less politics!

Of course you will now kick me for saying this, but then at least it woke you up!



WINTER IS HERE

To those of you who are privileged enough to live in a place that can provide you with year-round sunshine I would like to say 'good for you'...

However, if your doorstep seems to be a threshold to a miserable rainy landscape, then you are likely to experience a drop in your Vitamin D levels. When the sun heads south for hibernation, your best option to get vitamin D into your system went along with it.

Even when you still need to go outside, perhaps because you have a dog or worse, an angry boss, you notice that you do your best to protect yourself against the elements by exposing as little skin as possible. Whatever remnants of daylight still exist, they have a hard time promoting your vitamin D levels. Your vitamin D levels are probably at their lowest at the end of the winter season.

Big deal ? ...

Well, as it happens, vitamin D plays an important role in your immune defenses against nifty cold weather related treats such as flu and common colds, but also heart diseases and auto-immune diseases can be related to vitamin D deficiencies. The list does not end there. Low vitamin D levels may also lead to fatigue and depression. For a lot of people, winter is not a happy time.

If you recognize any of these symptoms, and you are not also a grumpy person during summertime as well, then you will be happy that you read this article, because there are other ways to get vitamin D back into your system. Certain cereals, fortified (soy) milk, sardines and salmon are among the top providers of vitamin D.

Of course, you can choose the easy way and take a food supplement. Any good multi-vitamin product should contain at least the daily vitamin D intake of 200 IU which should be sufficient for adults up to 60. If you are older, you may need up to 600 IU a day.

Well-balanced multi-vitamin supplements also come loaded with high doses of antioxidants such as vitamin C, vitamin A and vitamin E. Good nourishment to keep your immune system up and running all winter!

source: nutritiondata.com

Sergio Bena
Manager European Operations
Universal Nutrition

sergio@universalnutrition.eu

THE TRUE SPIRIT OF COMPETITION



From November 3rd to 8th 2009, Dubai hosted the first WBPF World Men's Bodybuilding Championships. Competitors from 69 countries participated in various categories of the event. The next WBPF World Championships for Men and Women will take place in Bangkok, in early November 2010. Photo: NBPF chairman Walter van den Branden with the -80kg winner Sithi Charoenth from Thailand.

(Photo: Zhang Ping)

AFRICA IN THE PICTURE

At the first WBPF World Championships, 20 African countries were represented. International President of the WBPF, Osama Al Shafar, has raised a special fund to pay for tickets and hotel accommodation for African athletes who could otherwise not afford to attend professional competitions. At the end of February the WBPF will hold the first African bodybuilding Championships.

(Photo: Walter van den Branden)



Looking for competition photos? Contact photographer Marcel Honingh, marcelhoningh@gmail.com