

NATASHA NOVAK

British Figure IFBB Pro

Competition Highlights:

- 2017 NABBA Miss England, Toned Figure
- 2017 NABBA Miss Universe, Toned Figure
- 2018 Amateur Olympia, Overall Winner & earned Pro status
- Liquid Sun Rayz sponsored athlete since 2018

Tips for competing:

Invest in a coach who is going to help you reach the levels you aspire to reach and that also listens to you while working with you - a balance of communication between you and your coach is essential!

Ask yourself exactly where you want to go with competing. For example what class do you want to do? What shows do you want to do? What is expected from you in the respective classes and shows? How much tissue will you need to add? How lean will you need to get?

Don't rush yourself, give yourself plenty of time to achieve what you need without having to jeopardize your health.

Make posing as important as training and diet. It makes a huge difference to a physique on stage and can be the deciding factor between a 1st and 2nd place. And don't forget to make sure you have a high quality tan!

Believe in yourself. If you don't, how can you expect anyone else to?

Most importantly, ask yourself why do you want to compete? If it's for reasons such as appeasement of others then maybe you should ask yourself if it's really the correct route to take?

Competing will take up a massive part of your life and you need to be willing to sacrifice a lot in order to be successful at it.

Last but not least, ENJOY IT! You work hard for months before stepping on that stage. Once you're up there, enjoy every second of it - you deserve it! Don't be disheartened if you don't place in your first show or even in your 10th show, it's all a learning curve and we take away experience and knowledge from everything we do from prep to show day!



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