

CANADIAN INSPIRATION

PHYSIQUE ATHLETES THAT PROVE A LITTLE ENCOURAGEMENT GOES A LONG WAY

Text & Photos By Garry Bartlett

THE FAB FALVO SISTERS

It's rare to see siblings share the same interests, especially when it comes to the tough and competitive sport of Figure competitions. But this is the case with Manitoba's Melanie, Lisa, and Christina Falvo who've all competed at the 2010 CBBF Canadian Natural Physique Championships. All three sisters are top ranked Manitoba competitors and have made history by being the first trio of sisters to compete together at a National event.



At 5'6", 127 pounds the shapely Melanie won the Medium-Tall Figure division with petite 5'2", 108 pound Lisa in the Short class and the compact 5'3", 125 pound Christina in the Medium class. Christina finished fourth and went on to win the Manitoba Overall Provincial Championship title last summer.

I was very impressed with all three sisters at last year's CBBF Nationals and in spite of similar appearances they all differ in physiques and structure. However, they all share a champion's heart, determination and a fierce competitive drive to succeed and improve.

CHRISTINA FALVO CARVALHO

At 33, Christina is the oldest sister and the most muscular of the three. She manages to squeeze her training in between her full-time job as an HR Management Consultant and looking after her two young daughters aged six and three.

"I've always been into sports and the gym, playing volleyball and basketball, track & field and swimming competitively for a local swim club. I love athletics and the thrill of competition. I went to watch a local figure/fitness bodybuilding show a few years ago and was inspired. I felt I really have to do this and of course, the rest is history."

Christina's ultimate goal is to win the CBBF Canadian Nationals and to get her Pro card.

LISA FALVO CABRAL

At 31, Lisa is the middle sister and a relatively new comer to Figure competitions, in contrast to her more experienced sisters. She recently won second place at the 2010 Provincials in the Figure Short category. Lisa also is a mother of a three year old and has a full-time job as a rehabilitative case manager for an insurance company.

"Some people think I'm crazy and can't understand how I find time to balance everything, but I just tell them that if I'm not doing all this (work, train, take care of my family) something feels missing! I have always tried to participate in sports, but during my university years the weight started to pile on. Then nine years ago, I



was practically pushed into the gym by my older sister and I haven't stopped since."

This year will be a huge challenge for Lisa, and it won't be on the competitive stage. By the time this hits print she should be the proud mother of her second child.

MELANIE FALVO

At 28, Melanie is the youngest of the three, but is the veteran competitor of the group with seven competitions beginning back in 2008. Her first place finish at last year's CBBF Canadian Natural Physique Championships has established her as front-runner for 2011. Unlike her sisters, Melanie is single and works as a civil engineer for Manitoba Hydro and recently bought a house.

"I am currently loving life. Throughout high school, I always made an attempt at sports, but was never great at any of them. I did enjoy spending time in the weight room working out and learning about training. I really began

working out in university and the thought about competing fascinated me and I questioned whether I had the guts to strut on stage. It wasn't until I graduated that I decided to compete. The first time I stepped on stage, I fell in love with it and have never looked back."

Melanie possesses great shape and balance and hopes that with the help of trainers Darren and Christina Mehling, she will win the Overall Canadian Nationals and reach her goal of earning a Pro card.

The attractive and physically fit trio share a close bond and are a package deal. They all admit how lucky they are to have each other not only on the stage but in their personal lives as well. Melanie says, *"The best part is that all three of us know just how lucky we are to have each other; best friends for life, who can love and fight, and always be each other's rock!"*

LOUIS CHARTIER

Quebec's youthful looking Louis Chartier is proof that age is just a number, especially with hard work and persistence. Louis looks and possesses a physique that appears twenty years younger than his actual age of 47. At 5'8" and a rock solid 175 pounds, the symmetrical and superbly shaped Louis showed us that age wasn't a factor when he won the 2010 Quebec Natural Overall Masters Championship title and second



in the open middleweight category.

"I was small growing up and always admired the shapes of muscular men in the movies. I got my first set of weights when I was twelve. Of course I was inspired by the physiques of Arnold, Lou Ferrigno, Lee LaBrada, and Francis Benfatto."

"I began training seriously from the age of 23 up to 30 and then only occasionally until the age of 36 where I started doing martial arts. Then at the age of 43 I had a serious accident and ruptured two disks in my lower back making it almost impossible for me to walk for three years. Other than prescribing medication the doctors couldn't do much for me and recommended that I not train anymore. Out of frustration, I decided to train and do my own re-hab, which took me a full year to complete. I couldn't believe how well I responded and the training did miracles for me. My good friend Joe Spinello encouraged me to compete at the 2010 Quebec Natural Provincials where I won the Masters title."

Louis's last competition was in 1992 and considering what he has suffered to overcome his pain, his return to competition is remarkable and a testament to what can be accomplished through dedication, hard work and a champion's heart. Look for Louis at this year's 2011 CBBF Canadian Natural Physique Championships. **EFZ**



Garry Bartlett is an accomplished writer/photographer who has been involved in the bodybuilding scene for over three decades.

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UFE NORTH AMERICAN CHAMPIONSHIPS TO BE TELEVISED!



■ In addition to the great coverage the event will receive from magazines like *Inside Fitness*, the UFE North American Championships will now have segments broadcast on Rogers TV, which will give their event potential exposure to 3-million people! The segments to be aired will include competition highlights, interviews with competitors and the signing of their first ever UFE PROs! The UFE looks forward to leading the charge in giving their competitors huge exposure at what they promise to be one of the most amazing natural fitness events ever!

ATHLETES MAKE MABBA HISTORY!

■ Dave Clow and Muscles by Meyers, sponsored the 2011 MABBA Novice Championships on March 19th, 2011. The introduction of the Grand Masters Figure and Bikini divisions added to the total 169 competitors, making it the largest MABBA show in history and maybe even the biggest ever Novice competition in Canada! 1200 spectators saw the MUTANT Freakiest Bodybuilder Award go to heavyweight Jonathan Sidney McLaren, best poser to Joe Marcoux, who also won in the light middleweight and classic medium categories, and women's lightweight to Coco Kissack. Finally, Bikini went to Rebecca Ricard.



MMA'S BRIAN STANN WITH TEAM GASPARI

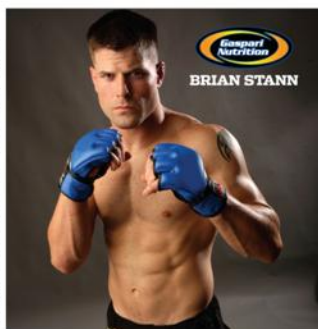


Photo Courtesy Of Denaro Sports Marketing

■ Gaspari Nutrition®, a globally distributed sport nutrition company, is proud to announce that they have signed MMA fighter "All-American" Brian Stann to Team Gaspari. Brian is a graduate of the United States Naval Academy, a decorated war hero who served two tours of active duty as a Marine officer, and currently fights as a professional MMA fighter in the Middleweight division. Before entering into his current organization, Brian was a light heavyweight champion in World Extreme Cage fighting. "Brian not only represents real athletes, but also represents the men and women who have sacrificed more than most can imagine for our great country," said CEO Rich Gaspari. "His story deeply impressed me and to have him as a member of Team Gaspari is truly a humbling experience." Look for Brian to appear on both Gaspari TV and Gaspari's global advertising campaign representing a new breed of Team Gaspari athletes. Check out Brian's profile at brian.gasparinutrition.com.

REGENOVATE "THE NEW KID ON THE BLOCK"



■ ReGenovate, a new and exciting company, is sure their consumers will love their "sinfully delicious" IsoGen Whey Protein Isolate and specially formulated LyoGen Fat Burner. For best results ReGenovate recommends taking their high quality, branch chain amino acid infused protein isolate after intense training and says that their strawberry, chocolate and vanilla flavors taste more like a cheat than a healthy 32g serving of high quality protein isolate. Beside numerous proven thermogenic ingredients in their LyoGen product, it contains a patented appetite suppressant called Slendesta. ReGenovates added its own "KISS Hybrid Technology" blend, which is high in antioxidants and has rejuvenating GH enhancing properties.

KANGOO JUMPS



■ Designed for muscle strength, core stability and endurance building, these "shoes" reduce joint impact by 80% and burn more calories than other exercise says Canadian distributor and explosive, interval class instructor Dorina Rigo. Kangoo Jumps work on every surface for jogging or home fitness. For more information, check out, www.kangoojumpstoronto.com.