

Army Dietitian Wins Armed Forces Bodybuilding Contest

CPT Brenda White, C, Nutrition Care Division at Lyster Army Community Hospital recently competed in the Armed Forces Bodybuilding contest on 14 September 2002, which was held at Virginia Beach. The Armed Forces Bodybuilding competition is a major contest that is done annually by the National Physique Committee for all members of the military, to include active, National Guard, reserve, dependents, and retirees. More than 60 competitors, in various categories, competed in this year's contest.

According to CPT White, she normally, works out year round with cardiovascular conditioning and weight training. During non-contest season or when preparing for a contest, her cardiovascular conditioning consist of 45 minutes to 1 hour of training. Weight training consists of heavy weights with a three-day on/one-day off routine. Four weeks prior to this contest, she changes her weight-training workout to lighter weights with increased repetitions with a six-day on/one-day off routine.

There are three weight classes, light, middle, and heavy weight. CPT White entered as a middleweight. There were five women in the middleweight class. After winning 1st place in the middleweight class, she then competed against the light and heavyweight winners and won the overall women's title.

The overall prizes for this contest are trophies, plaques and 10K yellow gold rings for the overall winners.

According to CPT White, "It feels great to train hard, to eat healthy, and to win"! Congratulations CPT White on behalf of the entire Army Medical Specialist Corps.