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***The IFPA Pro USA & NANBF California Natural Muscle Mayhem
Bodybuilding Championships
JULY 17, 2010***

The North American Natural Bodybuilding Federation (NANBF) is a nonprofit organization whose mission is to support through education and encouragement, the art and science of natural strength training and bodybuilding. The NANBF aims to provide information to the population at large regarding the dangers of drug usage in sports activities, and to provide a positive and fair competitive arena for its' athletes. The NANBF is an official affiliate of the professional International Fitness and Physique Association (IFPA). All contests will follow strict drug-testing policies regarding a seven year drug-free requirement for all athletes. Mandatory polygraph examinations, urinalysis testing, and random out-of-season testing procedures for professionals are enforced. NANBF/IFPA contests are covered by *Fitness & Physique Magazine*, providing natural competitors with the international exposure they deserve.

As lifetime natural athletes, the promoters of this contest, Bob Bell & Tina Smith are impressed with the integrity of the NANBF, and are proud to have it as their sanctioning body. Bob & Tina are professional competitors themselves, and have found incredible rewards in the sport of natural bodybuilding. They relish in the pride that goes along with completing intense training sessions, and the determination and self-discipline necessary to deal with dieting regimens. The attainment of their own personal best physiques is incredible, and the on-going healthy lifestyle habits are certainly invaluable.

Bob & Tina hope to share the path to these rewards with as many people as possible, and hope to encourage all athletes to stay drug-free. In that these promoters are both educators, they often speak to high school health classes and sports teams about the dangers of steroid abuse, and the attributes of exercise and sound nutrition. Bob & Tina have been affiliated with the greater Sacramento SAFE KIDS coalition and Partnership for a Drug Free America.

It is hoped that this contest and all-day health fair will send a message to many people about the great sport of bodybuilding. Information about how everyone can achieve a strong body, and lead a healthy lifestyle will be presented through free demonstrations and seminars. In terms of the athletes, they can expect a very professional and well organized event that will be a wonderful culminating experience for all of their hard training. It is hoped that they too will learn new information from the days' events, and have the chance to meet other natural bodybuilding comrades.

Bob and Tina have been promoting events in Sacramento since 1998, and are always interested in suggestions and feedback from athletes as they look forward to providing an even better event every July. They also gladly share their own training and contest prep information with competitors in effort to assist everyone in achieving their own personal best. For more information, please reach Bob or Tina at 916-354-1769 or cnm@californianaturalmuscle.org

