

COUNTDOWN TO THE crown

Let me start off by saying I HATE the word “diet.” Now, my mom always told me never to use the word hate, but really I do hate that word! There are some great, healthy eating and meal plans out there, but most people think of a diet as a form of restrictive self-torture or an unattainable goal, and it becomes a mental game that you just can’t win. Something I’ve always struggled with was adapting to a specific eating plan when preparing for Miss Missouri’s Outstanding Teen.



Even though the teens don’t compete in swimsuit, it is so important to be healthy and fit, not just for the Lifestyle & Fitness in Active Wear competition, but to prepare yourself for the rigors of the job. I wanted to stay true to myself and to the boys and girls who looked to me as a role model, so eating a super restrictive diet of chicken breast and mixed greens every day until the pageant and then binging on fast food as soon as the competition was over just wasn’t an option for me. I knew that to achieve my personal goals, I would have to educate myself on food and the effects it has on my body, as well as find an appropriate balance between eating fruits and vegetables, and starches and sugars. Although we all have slip-ups every once in awhile, it is so important to know how to nourish our bodies properly and exercise safely and effectively.

So this week, we turned to fitness expert **Brian Attebery**, owner of Results Fitness & Nutrition Center and official trainer of Miss Missouri to give us his best advice for achieving your fitness goals to help you rock the active wear competition and prepare yourself for the whirlwind year of being Miss Missouri’s Outstanding Teen - in the healthiest way possible!

- Charlee Bisch, Miss Missouri's Outstanding Teen 2014

TOP 10 EXPERT EXERCISE TIPS

1 START EARLY • Fitness needs to be a marathon and not a sprint. Take your time and make fitness a lifestyle. Let the pageant prep get your fitness life started.

2 SEEK GUIDANCE • Asking a “friend” or reading about fitness and nutrition routines on the internet can be scary and dangerous. Find a trainer with an actual Exercise Science degree along with a certification to consult with. Very few truly understand the “pageant” look, so be sure to factor that in as well.

3 SCHEDULE YOUR FITNESS • Being busy is not an excuse to skip your fitness. The purpose of the Active Wear or Swimsuit competition is to show your dedication to a healthy lifestyle. Being responsible enough to schedule it will show once you step onto the stage.

4 PLAN YOUR NUTRITION • 80 percent of your success in fitness will be determined by your nutrition habits. You need to meal prep and have “healthy fast foods” such as protein bars and shakes as quick fixes when you are traveling and in a hurry.



5 STRETCH • Not only do you need to be “flexible” with your schedule, you must literally stay flexible by doing daily stretching. Stretching helps to prevent injuries and also reduces stress.

6 DO CARDIO • Whether it is speed walking, jogging, or riding the bike, you must do your cardio. That is what is going to build your endurance, strengthen your heart, and burn that fat. I recommend a minimum of 30 minutes 3-4 days per week.



7 LIFT WEIGHTS • Proper weight lifting can re-shape your body and raise your resting metabolism. I have trained 5 Miss America swimsuit winners, and every single one of them lifted weights. This is where you must find someone who understands what to do and what NOT to do with different pageant girl body types.





8 DRINK WATER • 75 percent of your body is water. Staying hydrated is vital for energy and metabolism. Cutting soda is a must. Water is best, and you should drink it regularly and often. I recommend carrying a water bottle around with you daily to keep you drinking it.

9 BE CONSISTENT WITH BEING INCONSISTENT • You must keep pushing, day in and day out, with your nutrition and training. You must also remember that your body needs new programs about every 4-6 weeks to keep the body guessing and making positive changes as you move ahead.



10 SURROUND YOURSELF WITH POSITIVE PEOPLE • Over the last 30-40 years, child and adolescent obesity has quadrupled in the United States. To be the best, you must lead by example and not follow the example of most of your peers. Being a titleholder does require you to be “different” and choose a different, better path than the majority of Americans. Show them how it is done by eating enough healthy food and working out regularly.

Brian Attebery has a B.S. in Health & Sport Sciences from The University of Oklahoma and is Certified. He owns Results Fitness & Nutrition Center in Oklahoma. He is the Official Trainer for Miss Missouri, Miss Oklahoma, Miss Washington, and their Teen programs. Brian has trained five Miss America Swimsuit Preliminary Award Winners and 36 state titleholders in the Miss America Pageant. He is available for personalized online programs throughout the year. Visit www.resultsfitnessusa.com for more information.



FEATURED FORMER



Miss Missouri's Outstanding Teen 2012 *Shelby Steingraeber*

LOCAL TITLE: Miss St. Charles' Outstanding Teen
TALENT: Vocal - “One Rock n’ Roll Too Many”
PLATFORM: Kids in Crisis - A Community Approach
YEARS COMPETED: 4

WHAT ARE YOU UP TO NOW? I’m finishing up my sophomore year at the University of Arkansas-Fayetteville, where I am pursuing a double major in Communications and Broadcast Journalism. I am the Marketing Director for KXUA 88.3FM and host a weekly live radio show, and I also intern with the development department at the Walton Arts Center/Wal-Mart AMP Theater. Soon, I will begin tutoring international students in preparation to apply for the Peace Corps. This fall, I will leave to study for a full academic year at the University of Sussex, Brighton (England) as a foreign exchange student.

WHAT WAS YOUR MOST MEMORABLE EXPERIENCE AS MMOT? I’m particularly grateful for the opportunity to work with Rainbows for Kids and the St. Louis Cardinals as a coach for their annual “All Star” baseball tournament. It was at this event that I met my sweet MMOT Miracle Princess, Ari. A few weeks ago, I came back to St. Louis to celebrate her 9th birthday - truly a celebration, as she has been battling Stage Four Neuroblastoma for six years.

WHAT IS YOUR BEST TIP FOR FITNESS? Shake it up and do a workout that appeals to your interests. The week before I left for MAOT, I spent 12 hours a day training with the Rockettes on Broadway. I never really looked at it as rigorous exercise because I was having a good time doing something I enjoyed!

SPONSOR SPOTLIGHT

Miss Missouri's Outstanding Teen would like to thank the **Philip Johnson Salon & Spa** for providing hair care for MMOT during her year!

QUESTION OF THE WEEK

If you had the power to change the world, what issue would you tackle first?

Questions or suggestions for an upcoming article?
 Email your submissions to MissMissouriOT@gmail.com.

