

*“I  
Am  
Driven  
By My Passion”*

**Top Fitness Competitor  
NICOLE MONEER GUERRERO  
shares her thoughts**



Image by GOYK



**Obi Obadike** is the most ripped fitness model in the world and is one of the most accomplished writers in the fitness industry today. He has an exclusive online personal-training service where

he trains many people all over the world to get in great shape. To contact Obi for personal-training or just to read any of his many fitness articles, visit: [www.obiadike.com](http://www.obiadike.com)

### By **Obi Obadike, B.A, B,S, M.S., CFT**

**E**verybody in life wants to be good on at least one thing but not everybody can be good at everything they touch unless of course their name is Nicole Moneer Guerrero. This incredible fitness pro has accomplished so much in the fitness industry for quite some time now. She has been one of the top fitness competitors in the world since 2004 and has won numerous titles from 2004 to 2009. Some of them are the following: She won both Ms. Fitness Illinois and the Midwest Fitness Festival in 2004 and 2007; Nicole recently captured her first world title last summer and she is the current 2009 Bikini Classic Universe Champion.

On top of her competition titles she is also an accomplished NASM certified personal-trainer in Chicago where she trains many clients to get in the best shape possible at Life-Time Fitness. Between winning fitness titles and training clients this successful multi-tasker also happens to be quite an accomplished fitness model. Nicole has been featured in many fitness magazines such as Fitness Rx, Flex, Oxygen, Ms Fitness Magazine and Planet Muscle as well as a number of Chicago and south Florida television and radio shows.

The question to ask Nicole is what she hasn't done in this fitness industry. Well let's find out and introduce the Physique Magazine readers to the multi-talented cover model Nicole Moneer Guerrero.



Image by: Tony Oomag



**Obi: Nicole, thank You for taking the time to share a little about yourself with the Physique readers. What drives you to compete in fitness competitions?**

**Nicole:** Well I am driven by my passion. I am passionate about both dance and fitness. I have been active in dance since the age of 4 and even cheered for The Chicago Bull's during the iconic Jordan years. After cheering for the Bull's I wasn't ready to walk away from the high I get from performing. So I entered a fitness competition and have enjoyed every minute of the last 8 years.

**Obi: Nicole, are you always close to competition shape all year round or do you have to start dieting like other competitors 12 to 16 weeks out?**

**Nicole:** Diet, what's that? I eat clean 95% of the year. For me, I tighten up my meals 2-3 weeks prior to a show or a shoot. I am all about maintenance and the lifestyle. I enjoy eating clean it is easy for me, well easier than it is for many others. Furthermore, I teach group-exercise classes weekly and workout on my outside of that. I honestly can't image being on a strict competition diet for more than 16 weeks.

**Obi: Not many would guess by looks alone but we hear that you are half Pakistani. How does it feel to be featured in Physique Magazine which is also in the Middle East?**

**Nicole:** I am honored to be featured and proud of my ethnicity. It's exciting to see that fitness and competing is becoming more and more global, especially, in the Middle East. I hope to be an inspiration to women and men in that part of the world since I share the same nationality. Fitness and health are important, no matter where one resides.

**Obi: Obviously you are a very busy woman with the competitions, modeling and personal-training. How are you able to balance all of that and have a reasonable social life? Do you have time to do much outside of the fitness world?**



IMAGE by J W Atherton



**Nicole:** Yes, I know it's hard to believe but somehow I do manage to make time for my personal life outside of the fitness industry and maybe that is why I am so busy. I try to make time to do it all. Certain times of the year are busier than others so when I am super busy I love it, when I have some downtime I definitely kick back and relax.

**Obi:** Prior to entering the fitness industry you were also a cheerleader for the World Champion Chicago Bulls. How did you get into being a cheerleader for them and how was that experience?

**Nicole:** I was on college cheerleading while at Iowa State and said to myself and my college buds, "I'm going to cheer for The Bull's one day". After graduation, I auditioned against 200+ women age 21 and older. The first day we had about 3 or 4 cuts. I made it through day 1 which allowed me to continue on to a week-long camp audition. There are 25 girls on the squad, 14 rookies made the audition, I was one of them. I didn't even tell my parents I was auditioning; I just came home one day and said I am a Chicago Bull's cheerleader.

**Obi:** Nicole, what is a typical weekly diet and training regimen for you while getting ready for a big fitness competition?

**Nicole:** Typical proteins, eggs, chicken, fish and turkey. Protein shakes post-workout, especially. I also have lots of fibrous carbs, some healthy fats and a lot of water. However, I eat like this for the most part and enjoy it, plus my energy and overall health are significantly better when I clean year-round.

**Obi:** What big projects do you have in store in 2010?

**Nicole:** In January I was in southern and northern California for a week shooting fitness infomercials. I am waiting to hear about my 2010 VPX/Redline military base appearance schedule throughout the US. I am also waiting to hear back on some potentially shoots in Europe, exciting stuff.

Image by: Tony Omag



**Obi: What is the best part you enjoy about fitness modeling and the worst?**

**Nicole:** Shoots are so much fun, traveling the country and working with various photographers, make-up artists, models and more, it's always a blast. I don't really have any gripes but if I had to choose one thing for Physique Magazine readers I would say the worst is holding poses and facials for prolonged periods of time, all while making it look oh so easy. Packing can sometimes be frustrating whether it's local or I have to catch a plane...I always exceed the 50lb max somehow! I am sure being a girl has nothing to do with that.

**Obi: What are some of your long term goals in this fitness industry?**

**Nicole:** Wow, that's a loaded question there are so many things that I would like to do. I have a lot of things in the works right now; we'll see what pans out. I have pondered on the ideas of becoming a fitness writer, a TV host, a continuing education presenter, who knows? Timing is everything, I am a patient person overall and am eager to see how the rest of my life unfolds.

**Obi: Nicole, is there any final things you would like to say to your fans or is there anybody you would like to thank before we conclude this interview?**

I would like to thank you for thinking of me and giving me the opportunity to share a little of myself in this feature. I am even more honoured to have a write-up in Physique Magazine taking a look at past competitors and models that have been interviewed. I would like to thank all of the photographers I have had the pleasure of working with, especially, the ones who shot the images included in this article. My family has been my biggest support system and I wouldn't be where I am today if it wasn't for them. My fans are great and I can't thank them enough. I am truly touched by the messages I receive daily. My job is great and I have the ability to change people's life for the better. That's pretty powerful! I also appreciate the sponsorships I have received from VPX/Redline, Dream Tan, Go Figure Suits by Tamee Marie and Savvier.

**Obi: Nicole we really appreciate you sharing a little about yourself to the readers of Physique Magazine. We wish you much luck and success in your fitness career. P**