

INTERVIEW

Get Fit with Natalia Muntean

By Obi Obadike | Photos by Greg Burns



I imagine a fitness model that breaks onto the scene and takes the industry by storm by landing just about every magazine cover all over the world in only a 2 year tenure in the industry. This fitness model that I am referring to is Natalia Muntean. She has won major titles such as the 2008 Ms. Bikini Florida, 2009 Bikini Universe title and 2009 WBFF Open Fitness Model World title. Even with all the fitness titles and covers she still finds time to write for 8 fitness magazines globally which is more than any female fitness models or fitness personalities do in the world.

She understands that there is more to being a model than just being a pretty face and having a nice body as she developed her brand to being a global brand and entrepreneur. She is the author of Complete Butt and Training Manual for every woman and is also a designer for luxurious and Exclusive Crystal Bikini Line for bikini competitors. Even with all of these accolades she has under her belt she still isn't satisfied and is always striving to accomplish so much more in this industry.

Obi : Natalia, how does it feel to be the first fitness model interviewed in the premier issue of ExtraFit magazine?

Natalia: Thank you so much for such a great introduction! It feels surreal to be the first fitness model interviewed by Obi Obadike himself for the debut

issue of ExtraFit magazine. It's a new and completely undiscovered territory for me and I am much honoured and very flattered to grace its pages.

Obi : What is your secret in landing all of these magazines features and covers?

Natalia: Great and very supportive friends! The secret is the combination of hard work, persistence and a very positive attitude. I love what I do, I am passionate about helping others, I am always in shape and I am networking my head off. Fame can be a very short lived period of time, if you are not in love with your business. Fitness modeling industry is extremely competitive and it requires constant physical work. I love this industry with all my heart for the opportunities it gave me, for the best friends I found here and for the endless motivation to live my life healthy and fit. I believe that my success is the outcome of my passion for what I do.

Obi : Tell us about your diet and training when you are getting ready for photo shoots?

Natalia: My diet before the photo shoots is very similar to my competition preparation. I usually follow it only for about 2-3 weeks. First, I eliminate fruits and any cheat meals out of my diet and follow a carbohydrate cycling plan where on Monday I would consume 110g, on Tuesday I lower it to 70g, on Wednesday I

lower it to 30g, on Thursday I will keep it at 30g, and on Friday I would increase it back to 70g, on Saturday all the way back to 110g. This type of diet keeps shocking my body giving me, personally, the best results.

When it comes to training, I increase my cardio intensity incorporating Plyometrics and sprinting into my training regimen. Combination of that and total body resistance training whips me up in a photo shoot ready shape.

Obi : You are the author of Complete Butt and Training Manual. Tell us about that manual and what it entails.

Natalia: The Complete Butt and Thighs Training Manual is dedicated to a lower body training. It is the system that I follow every day to keep my legs and glutes firm and dimple-free. In this e-book I share a lot of beauty and skin and body care tips, 6-week training plan, healthy recipes and booty friendly snacks.

It's never just a diet plan, or just a great exercise plan, it's a combination of things that create a healthy lifestyle and fit, strong, and beautiful body. All these important details are in my e-book.

Obi : We hear that you landed a new sponsorship with Akkua Italy.

Natalia: I am so excited to be a part of this new venture!

AKKUA Italy just branched out in the U.S. and asked me to become their spokesperson for this market. The company is very unique and innovative in their design, especially for their fitness socks that are made with non-slip, non-roll and anti-bacterial technology (it's lined with a layer of copper inside). The quality of AKKUA line is superior and its product designed and made 100% in Italy. I am very proud to be the face and voice of AKKUA product and share its amazing benefits with the world.

Obi : Give us your three top tips in staying lean?

Natalia:

Tip #1 : **Morning Cardio**

Morning cardio gives me energy and sets up the mood for the rest of the day. It raves up my metabolism and stops me from storing those extra pounds keeping my body lean.

Tip #2 : **Power Breakfast**

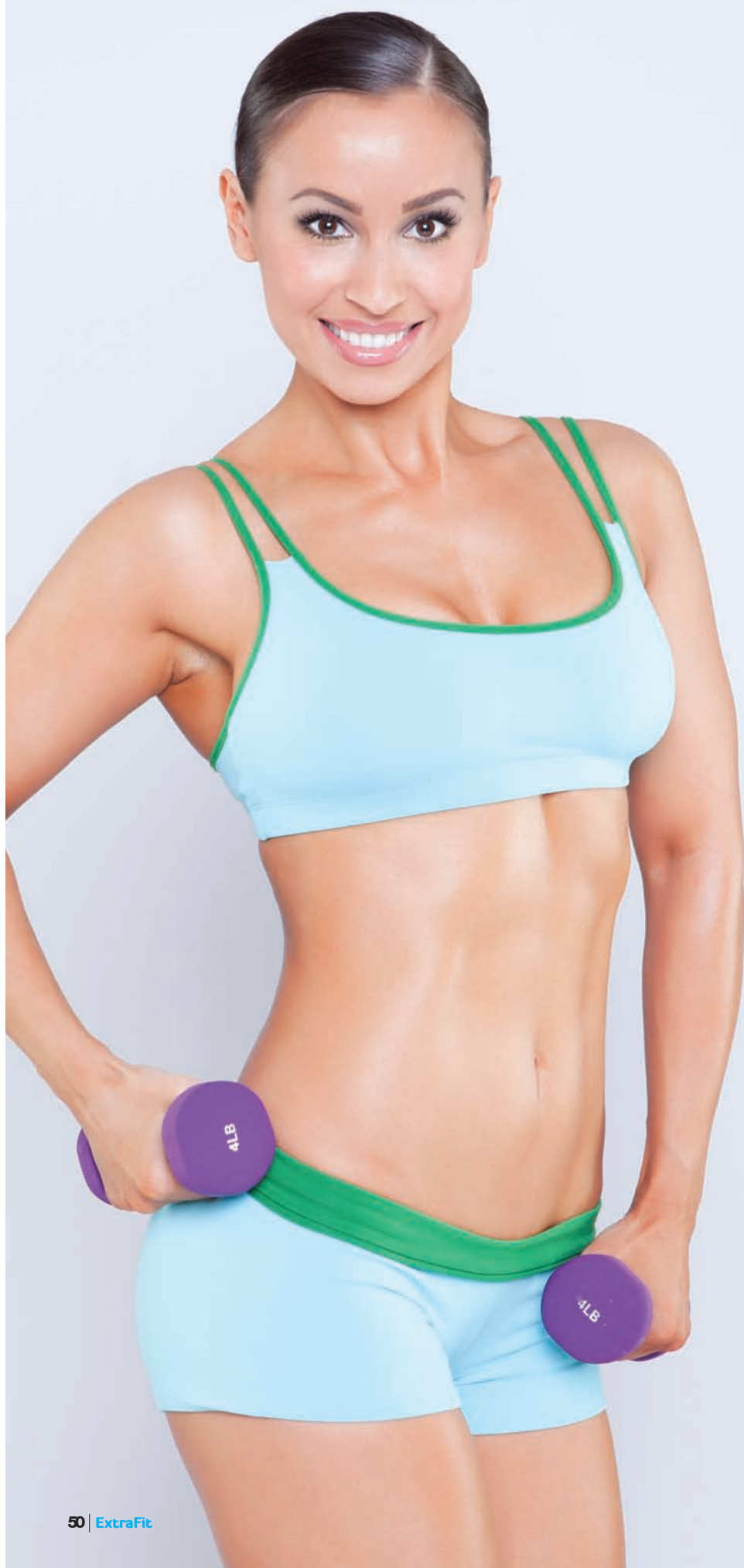
I wake up hungry and there is no way I can skip the most important meal of the day. Great and well balanced breakfast will not allow you to over eat later in a day and will definitely boost your metabolism and calorie burning process.

Tip #3 : **I eat 5-6 small meals throughout a day**

Keeping my body fueled and strong makes a huge difference for me. When my body knows that it's going to be fed on time, it







doesn't go into a starvation mode and never collects the unwanted fat cells.

Obi : Give us your five top tips in obtaining a firm butt for the women?

Natalia: In order to obtain a firm butt and to keep it that way women have to acquire a healthy and active lifestyle! Great glutes are a great indication of hard and consistent work. Most commonly it is the first place where we gain weight and the last place to really firm up.

Being a fitness competitor I often notice that even some of the fittest women on stage lose it once they turn around and show off their rear.

Here are my top 5 tips:

1 Clean and Well Balanced Diet. There is no way you can eat tons of sweets, deeply fried and processed foods and build a great set of glutes. Detoxify your diet and keep it that way. Enjoy lean protein, such as chicken, turkey or fish; fresh fruits and berries, grains and load up on vegetables and greens.

2 Resistance Training. There is a biggest misconception that weight training can make a woman look masculine or bulky, I am lifting weights and never lost my curves.

Weight training is a very important part of building great and

tight buttocks. It challenges your gluteus muscles and sculpts that beautiful and rounded shape.

#3 **HIIT.** High Intensity Interval Training is the perky butt's best friend. Try incorporating plyometric training and sprinting into your training regimen and you will be very happy with results. Unlike the steady low intensity cardio, HIIT works on the fast twitch type 2 fibers and really elevates your heart rate, which makes your muscles grow and fat melt away. Make sure that you consult with your physician before trying any new physical workouts to prevent your body from injuries.

4 **Good Skin Care.** Skin is the biggest organ in our body, therefore it needs your daily care and nourishing. Regular skin exfoliation improves your blood circulation and keeps your skin clean and supple. Daily sunscreen and moisturizing is another very important factor. So many women are taking care of their faces, completely forgetting about the rest of their bodies. Massage is another great thing that helps blood circulations and skin appearance. These are all important steps you need take on regular basis to have a beautiful body and toned and cellulite-free booty.

#5 **Good Night Sleep.** Good rest is the woman's best friend. Rested woman looks better, feels better and deals with stress much greater. And stress, as you know, can ruin your beauty and

make it very difficult to sculpt that perfect butt, and body overall. I am guilty of staying very late at night due to my work and endless projects, so I found that a good power nap during the day can boost up my energy level. It's not an ideal way, and would certainly recommend you go to bed early and get your beauty sleep of 7-8 uninterrupted hours.

Obi: What are your goals for 2011 in the fitness industry?



Natalia: My biggest goal for 2011 is to help as many people to achieve a healthy and fit lifestyle, as I possibly can. I want to continue writing for my readers and subscribers and sharing my knowledge with them educating them about fitness and nutrition.

I want to, also, grow my brand and launch another fitness info product. My goals are growing as I go, and it motivates me to do my best every day of my life.

Obi: Where can the readers contact you if they have any questions about health and fitness?

Natalia: The readers are welcome to visit my fitness website www.BodyByNatalia.com and my daily Blog www.Natalia-Muntean.com or simply email me their questions to Natalia@bodybynatalia.com

Obi: Do you have any final things to say before we conclude this interview?

Natalia: I would like to thank you, Obi, for taking your time and interviewing me; it's been my pleasure and honor.

I would, also, like to express my gratitude to Mr. Amjad Vanimal for featuring me in his first issue of ExtraFit and wish this publication continuous growth and success.

I wish everybody a great and healthy New Year 2011! Stay active and enjoy every day of your precious life. **EF**