



PROFILE - MICHELLE NAZAROFF

Photos below by Rob Czempinski of www.amptimaging.com.au



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Any secrets you can share with women who are looking to compete?

Compete for the right reasons. Don't do it to beat someone, do it as a personal journey and character building exercise. You should only be competing with your self and striving to better yourself both physically and mentally every day not just on season. Be methodical with everything you do and have a clear plan and get a knowledgeable coach to guide you throughout the whole process.

Your Competition history?

2001 1st Place Novice Figure - INBA WA State Titles, Perth WA
2001 1st Place Novice Figure - INBA National Titles, Melbourne, Australia
2002 3rd Place Open Tall Figure - INBA WA State Titles, Perth WA
2002 3rd Place Open Tall Figure - INBA National Titles, Melbourne, Australia
2004 Underwent Open Heart Surgery for Aortic and Pulmonary Valve Replacement 2005
1st Place Figure Intermediate - INBA All Female Muscle & Fitness Classic, Melbourne, Australia
1st Place Figure Intermediate INBA NATIONAL Titles, Melbourne, Australia
2nd Place Figure Open Tall Class INBA NATURAL OLYMPIA, Las Vegas, USA 2006
2nd Place Figure Open Tall - INBA All Female

Muscle & Fitness Classic, Melbourne, Australia
1st Place Figure Open Tall INBA National Titles, Melbourne, Australia
1st Place (Gold) Figure Open Tall INBA NATURAL OLYMPIA, Perth, Australia
2nd Place (Silver) Mixed pairs INBA NATURAL OLYMPIA, Perth, Australia
2007 Birth Of Daughter Sierra Skye Nazaroff
2009 1st Place IFBB Elite Figure Tall Class, Perth WA
2009 Overall IFBB Elite Figure Winner, Perth WA

Most memorable competition moment?

In 2001 my dream and ultimate goal was to win a world figure title. Within 5 years of starting this sport so winning the INBA Olympia Tall Class Figure title in Perth 2006 in front of my family was awesome as I realised my dream and achieved my ultimate goal even though so many doubted me.

Worse/embarrassing competition moment?

When I competed in a line up of 4 girls and I had to do a long drawn out pose down with a girl to determine 3rd place and I of course did not win that pose down. It is good to lose though as it taught me a lot about myself and drove me hard for all future competitions.

Pre contest dieting is essentially 80% of getting into top shape, do you follow the current trend of high protein and low carbs?

My nutrition plan is my number 1 priority as we only have one body and I am a living testament of health and vitality even during my contest diet phase. I am an advocate for live nutrient dense organic foods at all times and I do follow a high protein diet but I do not drop carbs very low. I eat good quality clean carbs at different times throughout the day to ensure I can perform my gruelling workload.

Do you find it is easy to stick with your diet during the pre-contest phase? If so can you share with our readers how you manage to stay on track and focused?

Yes I do find it easy to stick with my diet as my calories are kept reasonably high and my body is being delivered top quality live food all day long and I am not lacking in any nutrient. I look at food as fuel only for my body during my contest phase and I visualise what I want to look like at the end and this keeps me on track. It can get a little monotonous at times but cheating would give me short term pleasure but long term pain and it is not worth it to me.

Example of Your Competition diet?

I eat 6 meals per day and it looks a little like this:

Meal 1 oats and egg white scramble, green apple.
Meal 2 protein shake, rice, kiwi fruit.
Meal 3 chicken, broccoli, asparagus, pineapple, sweet potato.
Meal 4 chicken, broccoli and asparagus
Meal 5 Fish, broccoli, green beans, asparagus
Meal 6 Egg whites, capsicum, mushrooms, spinach.

What supplements do you currently use?

Next Generation mega pro protein powder, Powerzone Leukadron
Powerzone HGH Formulation
Glutamine
Juice plus fruit and vegetable concentrate capsules
Chlorophyll
Tresos B Pluse
Vitamin C
Vitamin B12
Pro biotic
Digestive enzymes
Flaxseed Oil Capsules
Metagenics Cell Protect

How important do you feel supplementation is before competitions?

I think it is imperative for optimum performance and to ensure the body gets everything it needs whilst under a heavy work load. It needs to be well planned by an expert and I do believe in getting most nutrients from whole foods first. I work with Felicia Hamilton from Hamilton's Health Performance Pharmacy in Canningvale for my personalised regime.

Favourite diet food if you have one?

I love my organic rolled oats and eggwhite scramble in the morning.



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FIGURE CHAMPION MICHELLE NAZAROFF

When dieting is over what is your all time favourite cheat meal?

I really like natural ice cream and a good homemade hot apple pie or the trifle my mother in law makes.

Do you consume protein powders off season and precomp?

Yes I like protein powders both on and off season as they are so convenient and this suits a busy mum. I love the Next Generation MegaPro in Choc Mint.

I understand you have your own personal training business. Do you offer contest preparation for athletes?

NazaFit Nutrition and Lifestyle Coaching is my passion and I am a certified CHEK Holistic Lifestyle Coach and Personal Trainer. My mission in life is to inspire and teach my clients how to become a living testament of health and vitality and to ensure they achieve their health and fitness goals no matter what hurdles we must overcome along the way.

I am a strong believer in health and wellness in Body Mind and Spirit. I am passionate about organic whole food nutrition, correct supplementation and relaxation all year round so I can live a strong, healthy and long life. I definitely offer contest preparation as I want to put extremely healthy competitors on the stage with awesome winning physiques and want to see the sport grow and lose the stigma of it being an unhealthy sport.

Who do you admire most in your sport?

I admire my husband David Nazaroff as he is so committed to a natural and healthy approach to this sport and he is a pillar of strength and just gets on with his preparation for every comp even whilst working away offshore for 3 weeks of every month.

Who do you admire most outside your sport?

I admire my mum and dad as they are wonderful, supportive and giving people who have made me the person I am today.

Who has had the most impact on your life? How?

Again my husband David Nazaroff as he has been with me very step of the way throughout the most challenging time of my life and he helped me come out the other

side a better and stronger person.

Goals and aspirations for your future in your sport?

I hope to continue competing for many years to come as I am a work in progress and am no where near my full potential. I want to compete internationally and I also want to become involved in judging.

Hopes and ambitions for your personal life?

I hope to add another baby to our

has competed successfully to guide you.

If there was anything you could change or improve about your sport what is it?

I would like to see it become more main stream and televised as it is an inspirational sport that more people should see.

A good word for any of your sponsors?

A big thankyou to Abi from Underworld Active Wear in Jurien Bay who enables me to wear the newest, funkiest and most comfortable workout gear in Australia. I spend nearly all day in training gear so it's great to look and feel great at the same time. Also big thanks to Basil from Malibu Fresh Essentials Organic fruit and vegie shop for their wonderful organic produce daily and their ongoing support.

Anyone you wish to thank?

I would like to thank my family the Orvad's and my husbands family the Nazaroff's for all their love and support over the years and I also want to say thank-you to my surgeon Dr Peter Skillington for saving my life 5 years ago as I have been able to achieve and experience so much.

I would also like to thank you Steve for your advice and help with my preparation for my last few competitions, the Powerzone Nutrition sponsorship and this fantastic opportunity to appear in your magazine and to provide some inspiration to others with my story.

Can you share your favourite inspirational quote with our readers?

It's not what you "KNOW": it's what you "DO" that counts



family and I hope to launch my own personal training studio here in WA so I can share my passion for health and fitness with as many people as possible.

What do you feel are the most important character traits needed to become a champion?

DRIVE and DETERMINATION. It's not how you fall down that's important it's how you get up that sets you apart from the rest.

The best tip you could pass on to someone starting off in your sport?

Invest in the services of a passionate, experienced personal trainer/ coach who

EDITORS NOTE:

I would like to thank you for providing our readers with such an inspirational and motivating profile. What you have achieved is living proof that with the right attitude and mind-set anything is possible. You should be very proud of what you accomplished. I would like to wish you and your family ongoing health, success and happiness in all endeavours.

-Steve Jones

Editor