

SPECIAL WOMEN'S BEST BODY INSERT INSIDE!

NATURAL & FITNESS

THE ONLY MAGAZINE DEDICATED
TO A DRUG-FREE LIFESTYLE

BODYBUILDING

FEBRUARY 2011

NATURAL BODYBUILDING & FITNESS

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SPEAKS

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TEEN SENSATION
**RYAN
L'ECUYER**

**WNBF &
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GLOBAL
CONTEST
RESULTS**

*WNBF
Champion
Toni West*

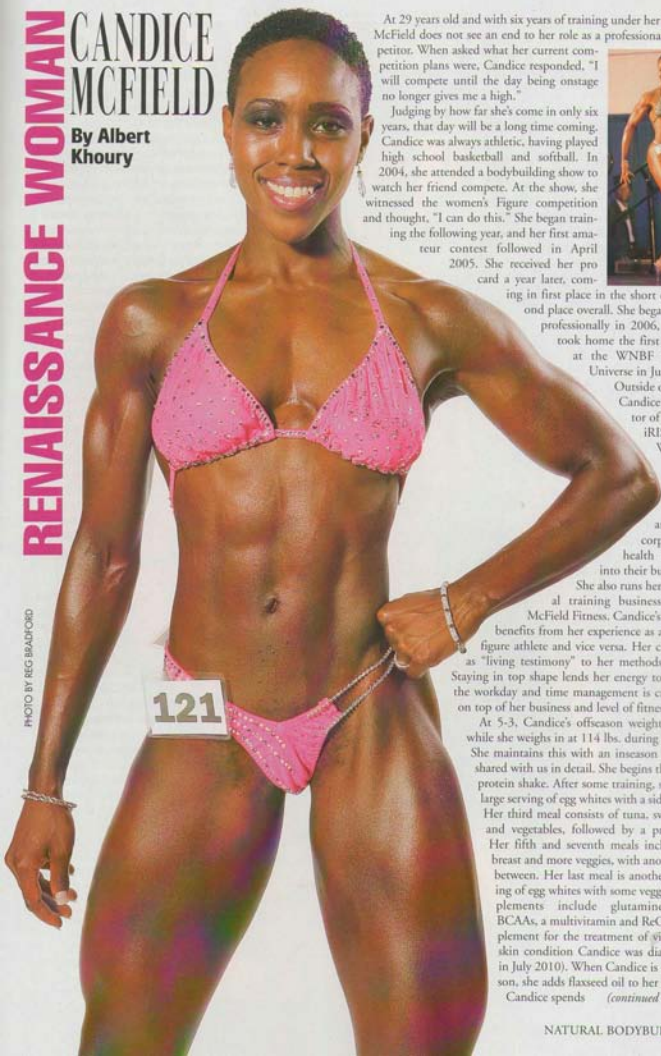
Plus
**PRO NATURAL
STARS**
Joseph Farese
Candice McField
Mark Correa
Carolyn Sandi

RENAISSANCE WOMAN

CANDICE MCFIELD

By Albert Khoury

PHOTO BY REG BRADFORD



At 29 years old and with six years of training under her belt, Candice McField does not see an end to her role as a professional Figure competitor. When asked what her current competition plans were, Candice responded, "I will compete until the day being onstage no longer gives me a high."

Judging by how far she's come in only six years, that day will be a long time coming. Candice was always athletic, having played high school basketball and softball. In 2004, she attended a bodybuilding show to watch her friend compete. At the show, she witnessed the women's Figure competition and thought, "I can do this." She began training the following year, and her first amateur contest followed in April 2005. She received her pro card a year later, coming

in first place in the short class and second place overall. She began to compete professionally in 2006, and recently took home the first place trophy at the WNBFF Natural Pro Universe in June 2010.

Outside of competing, Candice is the director of operations at iRISE Health & Wellness, a company that helps individuals, as well as those at corporations, fit health and exercise into their busy schedules.

She also runs her own personal training business - Candice McField Fitness. Candice's employment benefits from her experience as a professional figure athlete and vice versa. Her clients see her as "living testimony" to her methods of training. Staying in top shape lends her energy to get through the workday and time management is crucial to stay on top of her business and level of fitness.

At 5-3, Candice's offseason weight is 128 lbs., while she weighs in at 114 lbs. during the inseason. She maintains this with an inseason diet that she shared with us in detail. She begins the day with a protein shake. After some training, she may eat a large serving of egg whites with a side of oatmeal. Her third meal consists of tuna, sweet potatoes and vegetables, followed by a protein shake. Her fifth and seventh meals include chicken breast and more veggies, with another shake in between. Her last meal is another large helping of egg whites with some veggies. Her supplements include glutamine, creatine, BCAAs, a multivitamin and ReColeur, a supplement for the treatment of vitiligo (a rare skin condition Candice was diagnosed with in July 2010). When Candice is in the offseason, she adds flaxseed oil to her daily intake.

Candice spends (continued on page 145)



PHOTO BY JORDANE BRASSAN

THAT'S RIGHT, I SAID IT!

(continued from page 29)

pretty much the same thing. And if you need proof that that this is the case, just check out the roster of competitors at the U.S. Cup and, specifically, how many of the women who took the stage that day crossed over into any number of different categories. If there really was a need for so many different divisions, such 'generality' would not be possible.

If a woman develops her body without male hormones, she will wind up with feminine muscle. If she then gets her bodyfat stores to a certain level, she will qualify as a fitness-possessing bodybuilder with a good figure that I'll be happy to judge in a posing suit on stage.

My advice for any women's "physique" competitors that do not fit this description? Learn to play a ukulele, put on your high-heeled shoes and T-walk your way over to the Ms. America pageant. That's right, I said it! ★

CANDICE MCFIELD

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almost her entire week training during the competition season, usually after her first and third meals. She primarily trains at Gold's Gym in Kansas City, where she targets at least one muscle group for five days a week, including her shoulders, legs, biceps, triceps, chest, and back. She uses a combination of low weight with high reps, high weight with low reps, drop-sets, supersets, circuit training and fatiguing to failure. To strengthen her core, she performs 12 reps of six different abdominal exercises in two sets. This is followed by two more sets of 20 reps, consisting of two additional ab exercises.

Candice keeps her powerful figure trim with intense cardio sessions 6-7 days a week. Her sessions can range from 45 minutes to more than an hour. In the morning, she tends to train for a longer time period than her second session later in the day. She uses the arc trainer, elliptical machines, moving stairs and treadmills. Additionally, she often trains using a HIIT (High Intensity Interval Training) program.

In the offseason, Candice trains five days a week, focusing more on muscle development. Her core workouts remain the same as they do in season. She reduces the amount of time she spends performing car-

dio to five days a week at 30-45 minutes for each session.

Candice's personal training clientele include professional competitors, younger people and "the general population looking to improve their health and fitness levels." She is an ACE-certified personal trainer and she holds a B.A.S. in Economics from Loyola Marymount University.

Candice is also an experienced traveler, having visited 19 countries around the world. She is a published writer and was voted Kansas City's Sexiest Single in an auction benefiting Big Brothers, Big Sisters. Her view on being drug-free is that it's "the only way to go!" ★

Editor's Note: To learn more about Candice, visit her website at candicemcfield.com and irishcw.com.

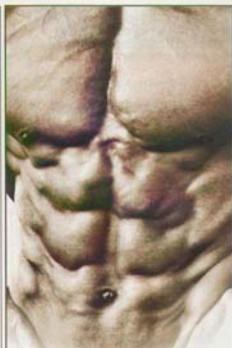
BODYBUILDING IMPRESSIONS

(continued from page 24)

Men event marched onstage. "The future of our sport," Rich called them. I couldn't believe how sculpted these guys were — most were 17 years old and under! As they flexed, some of them pushed out air between their teeth, forming a hissing noise. The audience loved it and began hissing themselves. Indeed, the shapes of the young athletes' torsos did strongly resemble the head of a cobra. The slender but athletic hips flared out as you traced the lines up the *latissimus dorsi*.

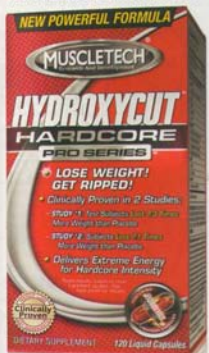
One teen stood out to even a newcomer like myself, and this was 18-year-old Ryan L'Ecuyer. It did not surprise me much that he took first place in his division. I had a chance to interview Ryan backstage after his win. "It feels great!" he exclaimed with a huge grin. This was his third show and he knows by now that "the job is done by the time you get here. This is where you see it all come together." He also said he was looking forward to watching the middleweights. "On all levels, it's impressive," he continued. Other athletes in our vicinity congratulated him as they walked by. One was Vivian Greaves, who I had a chance to catch up with after she placed first in the Women's heavyweight contest.

This statuesque sweetheart was all smiles when I cornered her and asked for some of her time. For her posing routine, she had incorporated a dark grey fedora, which she was still wearing. I believe her unique look, combined with her amazing personality and physique, made her a sure thing for first place. (continued on page 146)



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