



Working Hard

Most of us know how hard it can be to muster the energy to train when you have to work long hours. For Amelia Giannopoulos, it is extra hard – this stunning blonde has not one, but three jobs, working as a beauty therapist, yoga and Pilates teacher and marketing professional. So when it came to dieting and training for her first Figure competition, Amelia found she needed to work even harder to schedule in training around work. “Dieting for a Figure contest can be very tiring when you are trying to work and train at the same time,” Amelia says. “The hardest part was carrying around lunchboxes with my meals at all times!” But her food-carting efforts paid off. “I came third in the Novice section of the South Australian INBA titles in 2006,” she says proudly. Amelia highly recommends enlisting the help of a personal trainer for those planning to compete for the first time. “My trainer pushes me hard once a week and the rest of my sessions I follow his program and train with other friends and we push each other,” she says. Amelia also likes to work out with her boyfriend and training partner, Sam Ricci – the lucky guy.

Amelia Giannopoulos