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apply it to another show where I think the judging might be more favorable."

Michelle's biggest dream is to open her own gym, one that will offer a weight room plus massage therapy, herbal medicine, homeopathic remedies and even seminars on self-improvement. "Ideally I envision more of a center where people can go to strengthen their bodies and their minds." Write to Michelle LeBrett at Mezard Herbal, P.O. Box 5312, Santa Monica, CA, 90494.

Dragon's own chef extraordinaire, **Jim Schiebler**, is really cookin'! The French classic-trained chef and natural body-builder has whipped up his own show called *The Body Gourmet*. "I have spent the last six years experimenting with foods to create high-quality, great-tasting dishes that are tailored specifically for athletes and health-conscious people," he says. Jim's specialty is called California cuisine and is based on radical new sauces made by mixing different California fruits and vegetables together with Asian ingredients. He

### Fitness champ Kelly Ryan supports drug testing.



juices fruits and vegetables, then simmers the juices until they thicken, creating sweet, nonfat sauces packed with nutrients. "Not only are the sauces healthy and delicious, because of the many bright colours they are visually stunning, adding to the total dining experience."

*The Body Gourmet* program offers viewers healthy eating alternatives and also provides segments on general exercise geared mainly for beginners. Jim is presently talking syndication for his show and is working on a cookbook as well. To find out more about *The Body Gourmet*, write Jim Schiebler at P.O. Box 68, Venice, CA, 90294.

Speaking of the bodies, the 1997 Fitness America Pageant-ESPN National Championship is addressing the growing concern of drug use in fitness competitions. The '97 pageant has implemented a drug-testing program to sniff out use of diuretics, steroids and other chemical performance enhancers. **Kelly Ryan**, the '96 Fitness America champ is pleased with the decision. "I think it's just wonderful that Fitness America wants to promote and maintain a level playing field where all competitors have an equal and fair chance to excel. Congratulations to the Fitness America Pageant for taking a stand on this issue and promoting the true health and natural beauty of all athletic women."

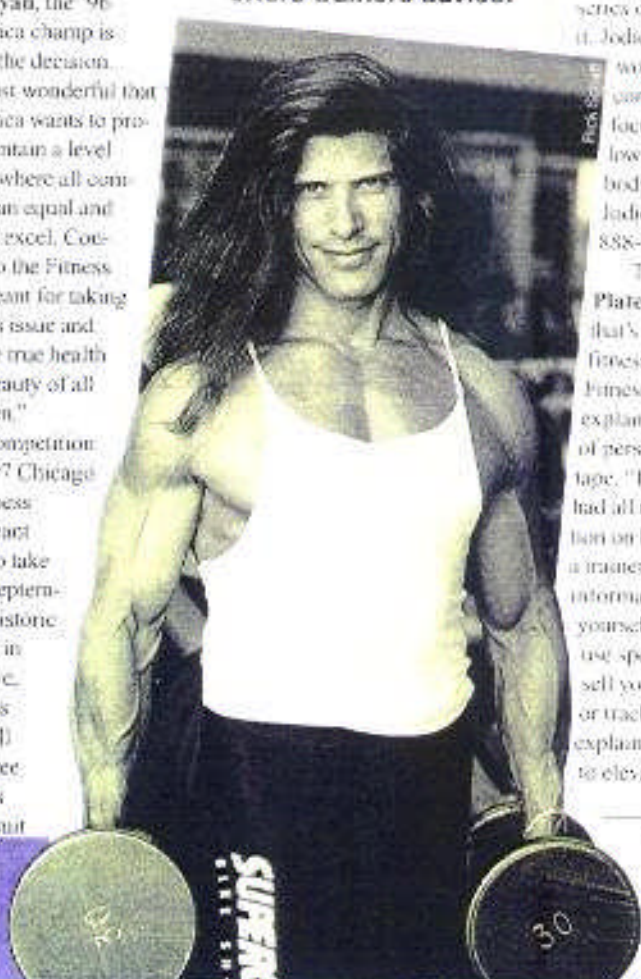
In other competition news, the 1997 Chicago Regional Fitness America Pageant is scheduled to take center stage September 18 at the historic Lyell Theatre in Downers Grove, Illinois. Fitness contestants will compete in three rounds: fitness routine, swimsuit



### Jodie Fonfa kept Sharon Stone in shape.

and interview) in front of seven judges from the modeling, entertainment and fitness industries as well as an audience of over 1000 enthusiasts. The top five finishers will go on to compete in the National Fitness America Pageant in Redondo Beach, California, in November. For further information on registration or tickets, call 847-619-9070.

### John Platterro's video offers trainers advice.



If you're talking about winners, you have to mention **Jodie Fonfa** of Las Vegas. The 1989 Ms. National Fitness champ has become Sun City's top celebrity trainer thanks to a chance meeting with film superstar **Sharon Stone**. Shortly after Jodie was chosen to be the first woman trainer for the *Body By Jodie* show, her mother, a beauty salon owner, hooked her up with Sharon Stone who was in town working on a movie. Ten years later Sharon returned to Vegas to shoot *Casino* and tracked Jodie down once again. Next thing she knew, Jodie was asked to go on the road with the blonde bombshell. She originally turned down the offer due to family commitments, but when Sharon volunteered to ship the whole gang, she saw it as the chance of a lifetime. The Fonfa family spent two years with the megastar traveling through Europe and other fascinating regions.

Jodie is now back in town with a new baby in tow. She's still in top shape and has a new series of video tapes to prove it. *Jodie Fonfa's No Excuses* workout video series consists of three tapes focusing on step aerobics, low-impact aerobics and body sculpting. To contact Jodie or order her tapes, call 888-828-Jodi (5634).

Top trainer **John Platterro** also has a video out that's worth a closer look. The fitness coordinator for 25 L.A. Fitness clubs in California explains the principle points of personal training in the new tape. "It seems like everyone had all the scientific information on how to physically be a trainer, but there was little information on how to market yourself as a trainer, or how to use specific marketing tools to sell yourself, bill your clients or track your money," John explains. "Ideally I would like to elevate personal training

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