

2010 NPC Southern States Championship Competitors Hold Fitness Demonstration for Local Underprivileged Youth
Special Guest Appearances by Olympic Athletes Roberto Luongo, Olli Jokinen & Jayson Jones

June 28th, Ft. Lauderdale, Florida – On Thursday, June 24th, South Florida fitness, figure and bodybuilder competitors gearing up for the **2010 NPC Southern States Championships** on July 9-10th held a special fitness demonstration at One To One Fitness in Coral Springs for underprivileged youth with the **Center for Family & Child Care Enrichment** – a non-profit organization in Miami-Dade County that serves children in foster care who have been abused, neglected and/or abandoned.

Headed-up by **Manny Mair** of the Manuel Mair Men's Fitness Championships, and **Maria Bellando** of the 2010 NPC Southern States Maria Bellando Women's Fitness, Figure & Bikini Championship they discussed the dedication and commitment it takes for these athletes to compete in top form, the type of training they do and the kind of strict diets they adhere to. The South Florida men and women fitness, figure and bodybuilder competitors also performed several poses for the youth in attendance and demonstrated how they are judged in competition at the upcoming NPC Southern States Championships.

“It’s always very special for us to be able to give back to the youth in our community and let them have an opportunity to interact and be inspired by the fitness, figure and bodybuilder competitors we work with,” commented Maria Bellando of the Maria Bellando Women's Fitness, Figure & Bikini Championships. In addition to this, several local South Florida Olympic athletes and medalists including 2010 Winter Olympic Hockey Gold Medalist **Roberto Luongo**, 2010 Winter Olympic Hockey Bronze Medalist **Olli Jokinen** and Olympic Sprinter **Jayson Jones** stopped by for a special meet-and-greet session where they shared their Olympic medals with the kids and allowed each one of them to hold a medal. Other children in the area were also invited out for this opportunity to meet the Olympic athletes with many of them taking photos and getting autographs.

“It is great that we have three Olympians who live in our community here in South Florida that are always willing to share their achievements and words of wisdom with underprivileged kids on how they have reached the level of fitness and the heights in their careers,” said Manny Mair, Owner, of One To One Fitness and promoter of the Manuel Mair Men's Fitness Championships.

The 30th Annual NPC Southern States Championships will heat up South Florida this summer when the two-day fitness, figure, bikini and bodybuilding event gets underway at the War Memorial Auditorium in Ft. Lauderdale, Florida. The NPC Southern States Championships is the largest, regional national qualifier east of the Mississippi and will consist of over 200 of the nation's top sanctioned NPC (National Physique Committee) amateurs competing for a spot in the nationals later this summer. Age divisions of entrants include teens, adult and senior competitors (both men and women) from over eighteen different states and Puerto Rico which shows that you can commit to be fit at any age. For more information about the 2010 NPC Southern States Championships please visit www.npcsouthernstates.com.