

**RAY SALAZAR**  
CERTIFIED PUBLIC ACCOUNTANT

November 30, 2006

MEMBER  
AMERICAN INSTITUTE OF  
CERTIFIED PUBLIC ACCOUNTANTS

1551 MONTANA AVENUE BUILDING  
EL PASO, TEXAS 79902  
TELEPHONE 533-2253

El Paso Athletic Hall Of Fame Committee  
El Paso, Texas

Dear Committee Members,

I am very proud and honored to recommend my friend, Manuel "Manny" Ballesteros to your El Paso Athletic Hall Of Fame. I have known Manny for several years and find him to be a person of high moral standards, very dedicated to his family, country, and profession. Manny is married to Pauline and they have three sons. Manny served eight years in the U. S. Army and is a registered nurse, having acquired his Associate Degree from the El Paso Community College. He has worked in nursing since 1972 and is presently employed by Providence Hospital as a surgical nurse. He is also a Certified Personal Trainer.

A native El Pasoan, who has participated in many Natural Body Building Tournaments throughout the United States, Manny Ballesteros was born July 11, 1947, in El Paso, Texas. Manny was not aware of his ability in bodybuilding until 1976 when he was 29 years old. Manny met an individual at the Y.M.C.A. who showed him how to lift weights to develop his body. At that time, he weighed 125 pounds. Manny dedicated himself to bodybuilding and in 1978, he participated in the Mr. Frontera International Junior Masters Tournament and won First Place.

Manny continued to workout weekly Six days a week, developed an artistic presentation, gained approximately fifty pounds, and made his muscle development more pronounced. Fourteen years later, he entered a second tournament in 1992, the Mr. Universe Natural Body Building Championships and placed second. After an additional eight years, in the years 2000 and 2003 he entered several tournaments, participated in the U.S. National Natural B.B.C. Championship, and won First Place in the Masters division, which is equivalent to Mr. U.S.A.

He has continued to participate in tournaments throughout the United States and Internationally and proud to represent his home city El Paso, in the states of Arizona, California, Nevada, New Mexico, and Texas, and then Mexico and Australia, just to name a few. He has represented El Paso well, winning many Regional, State and National Championships and represented the United States as a member of Team U.S.A. Manny has enhanced the lives of many and has been an incredible role model for the community as a whole.

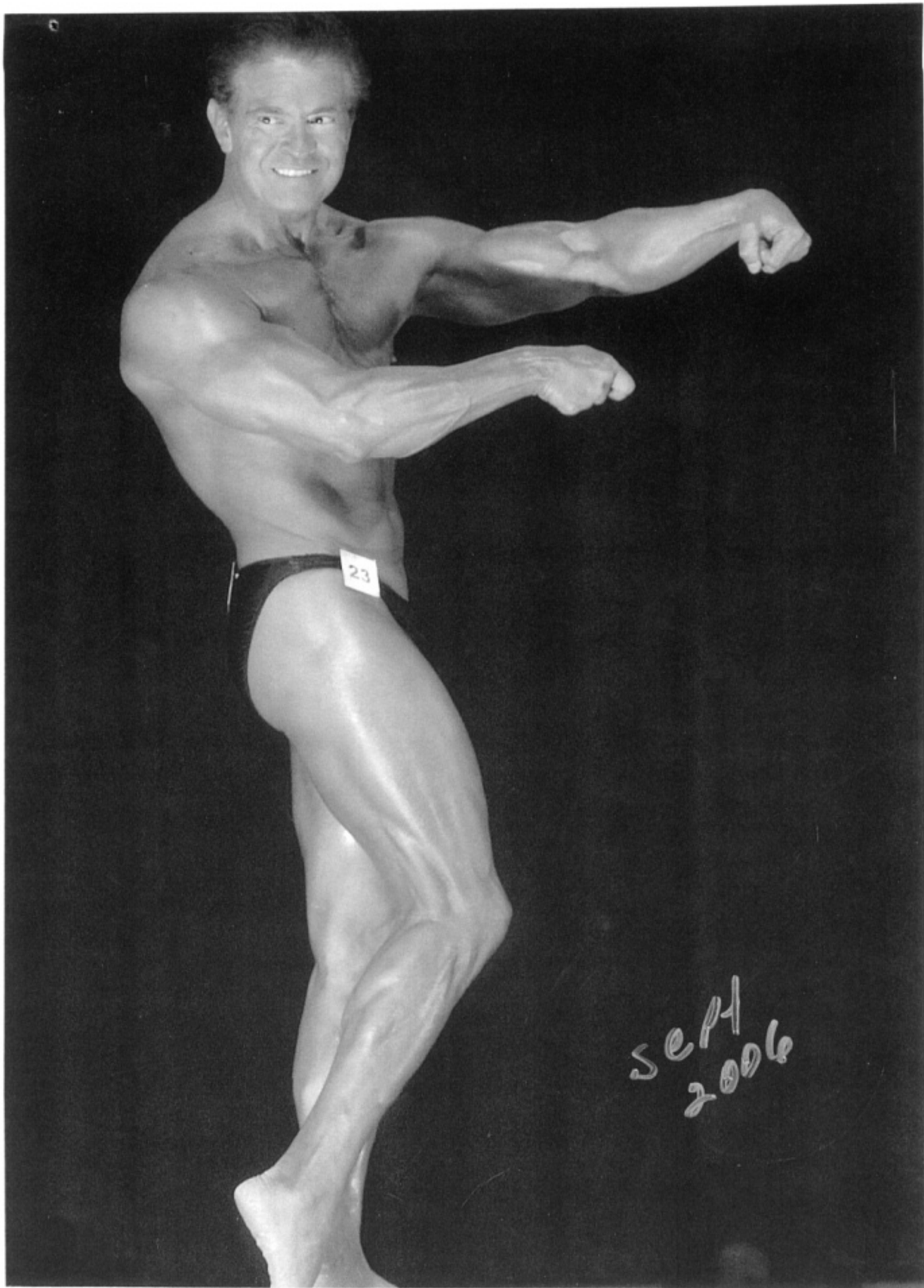
A detail of the tournaments Manny has participated in is included.

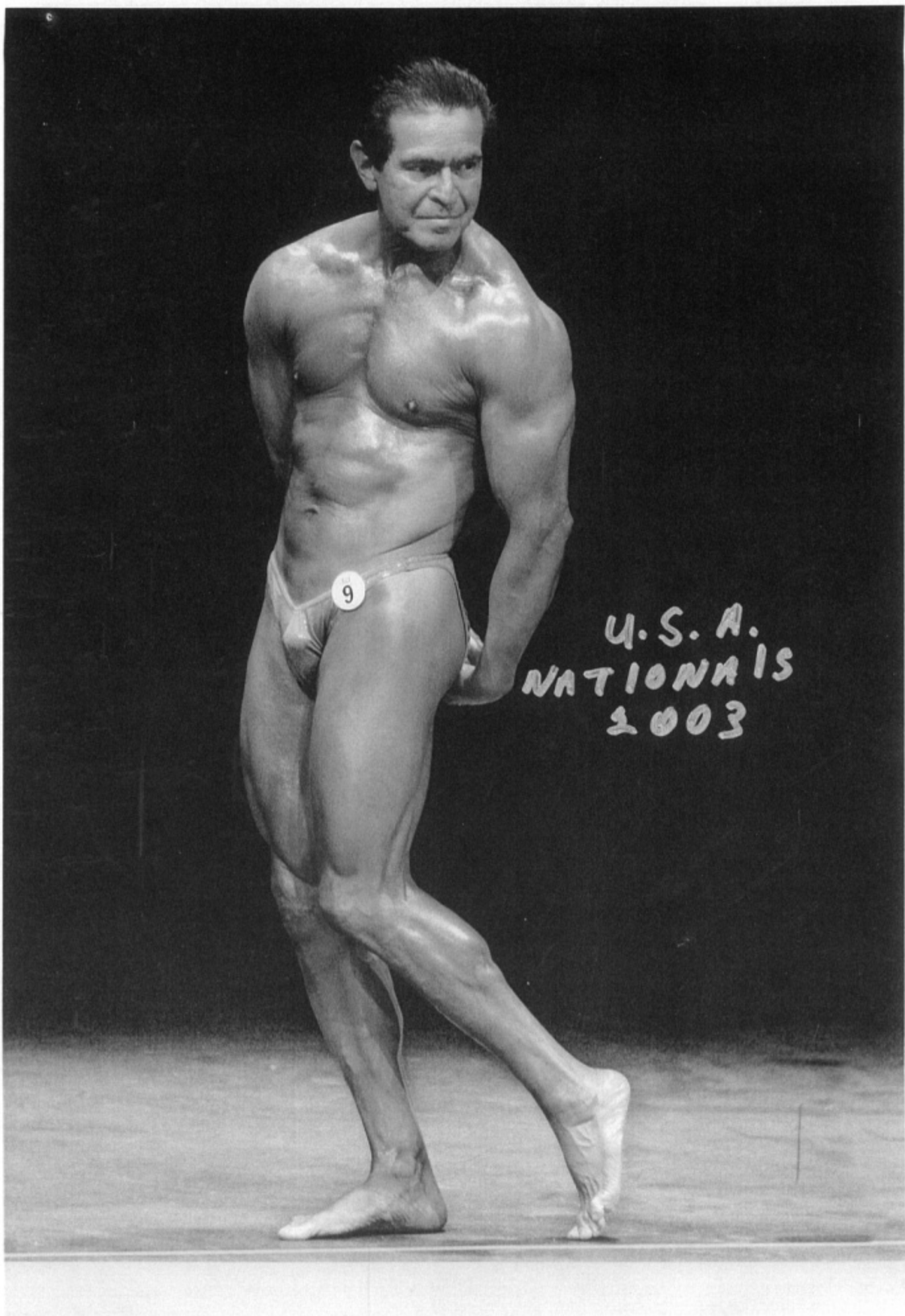
Sincerely yours,

  
RAY SALAZAR

Former Mayor of El Paso

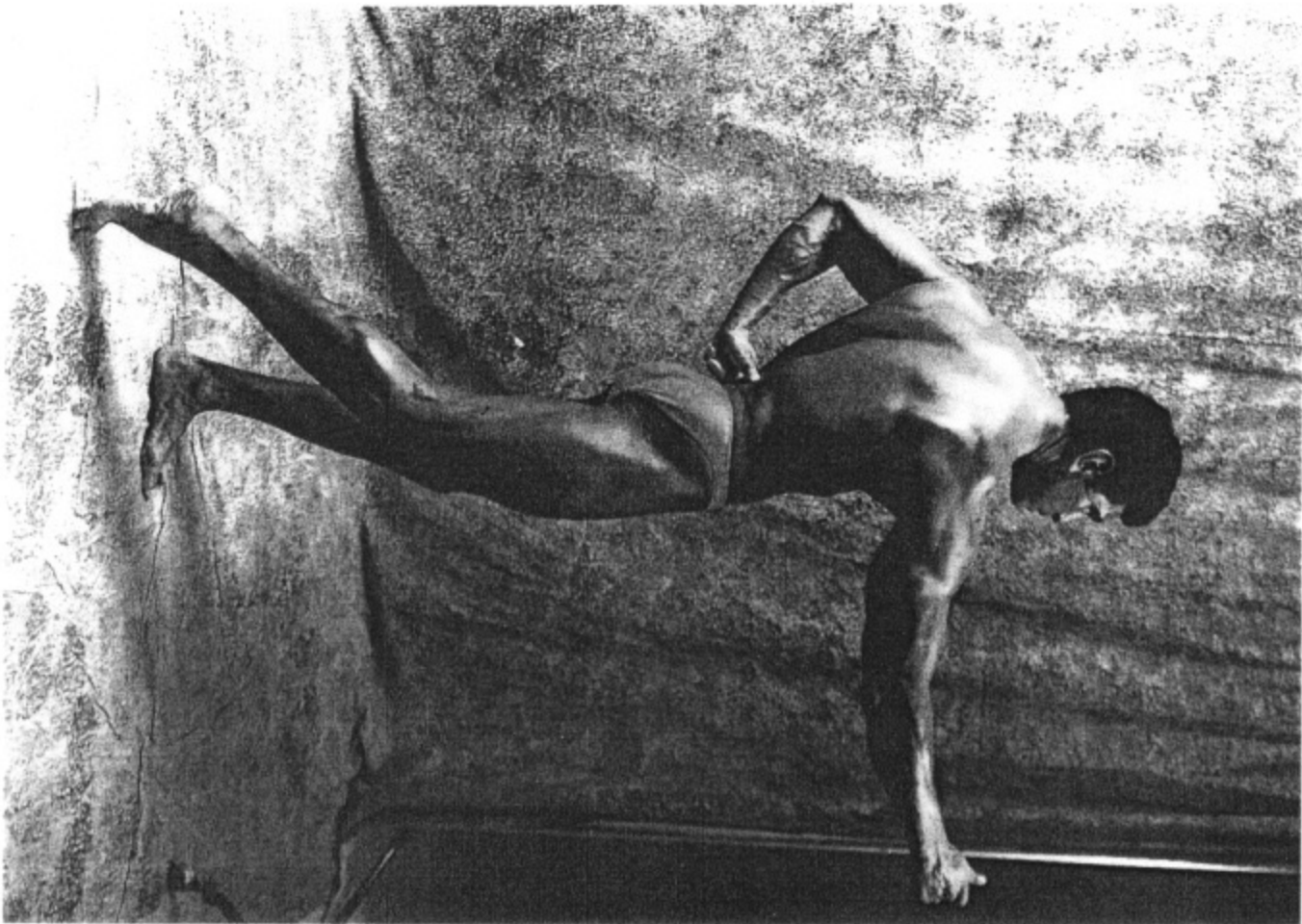
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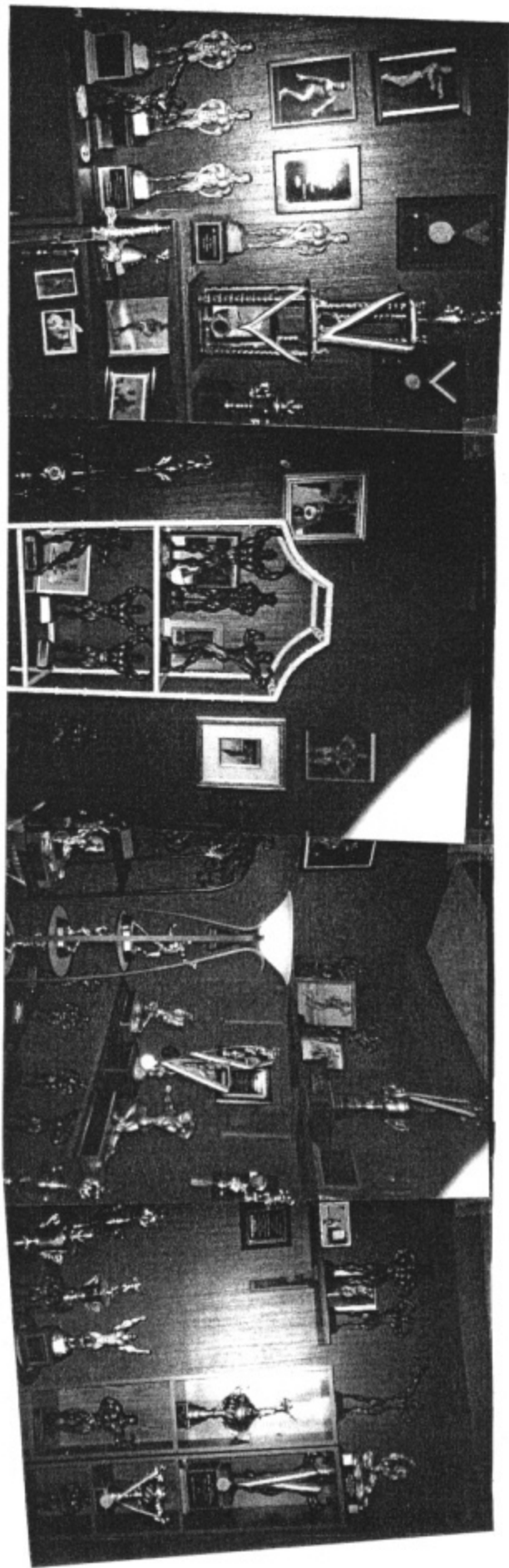




## ABA/INBA CHAMPIONSHIPS

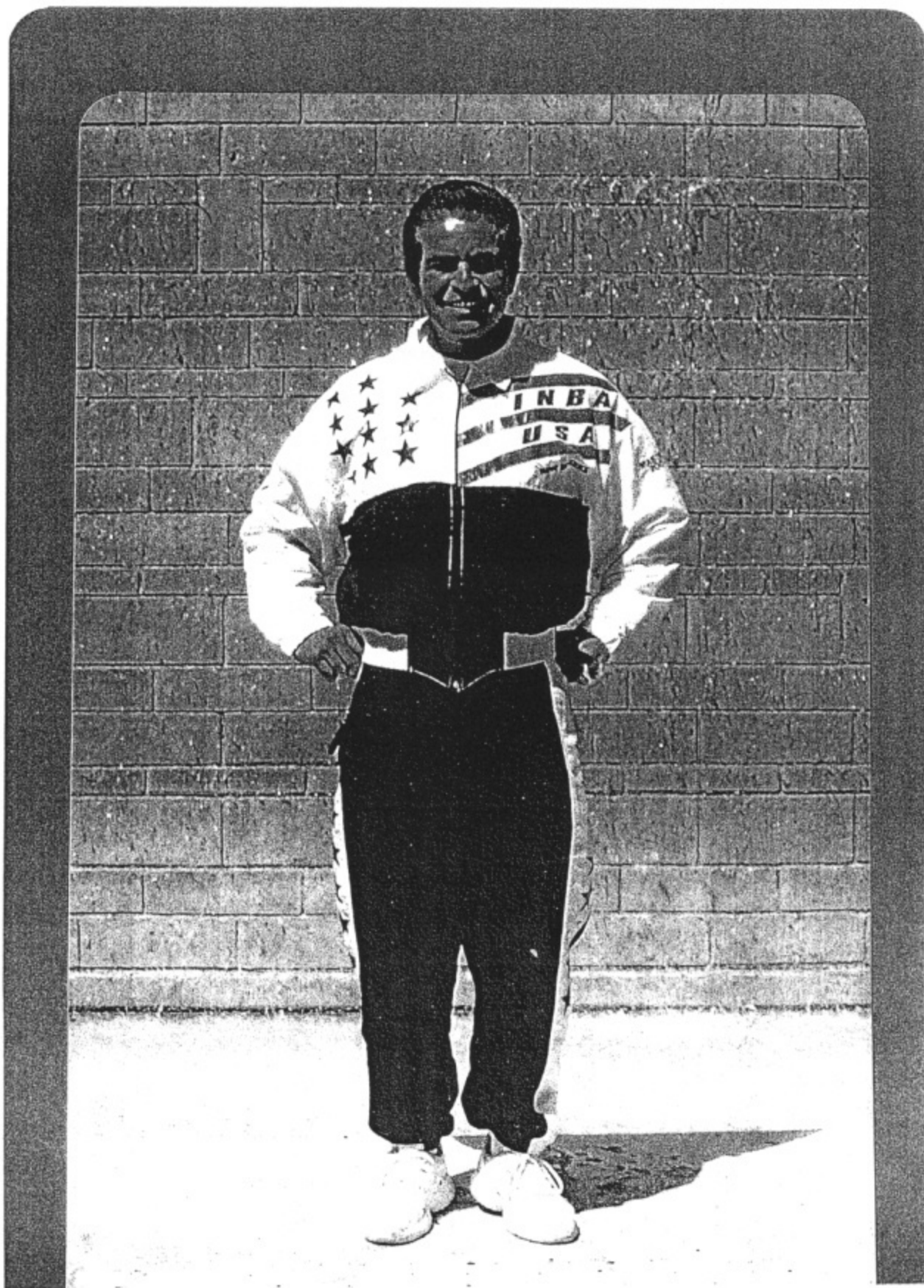
- 1978- Mr. Frontera International 1<sup>st</sup> place, Junior Masters
- 1992- Universe Natural Body Building Championships; 2<sup>nd</sup> place
- 2000- Ranked 2<sup>nd</sup> in the World.  
World Body Building Championship; 1<sup>st</sup> place  
World Gym Natural B.B.C.; 1<sup>st</sup> Masters  
IBNA National Natural B.B.C.; 1<sup>st</sup> Masters  
Sacramento Open; 1<sup>st</sup> place
- 2001- Team USA Trials; 3<sup>rd</sup> place  
Mr. USA U.S. Natural Body Building Championship; 1<sup>st</sup> place  
Mr. International; 2<sup>nd</sup> place
- 2002- Mr. Olympia Natural B.B.C.; 3<sup>rd</sup> place  
Team USA Trials; 5<sup>th</sup> place  
Universe Natural B.B.C.; 2<sup>nd</sup> Masters  
Mr. International 1<sup>st</sup> place Masters  
Mr. USA United States Natural B.B.C.; 1<sup>st</sup> Masters  
Forever Natural B.B.C.; 2<sup>nd</sup> Masters  
Lone Star State Natural B.B.C.; 2<sup>nd</sup> Masters
- 2003- IBNA National Natural B.B.C.; 1<sup>st</sup> Masters  
Lone Star State Natural B.B.C.; 1<sup>st</sup> Masters  
Universe Natural B.B.C.; 1<sup>st</sup> Masters  
Copper Classics; 2<sup>nd</sup> Masters
- 2004- Copper Classic Best Poser  
Universe Natural; 2<sup>nd</sup> place  
Mr. International; 4<sup>th</sup> place  
Nevada State B.B.C.; 1<sup>st</sup> place
- 2006- Cooper Classic; 1<sup>st</sup> Masters  
Ultra Southwest B.B. & Fitness Championships; 1<sup>st</sup> Masters
- 2007- Arizona Natural B.B.C.; 2<sup>nd</sup> Place Masters  
IBNF Best of the West; 1<sup>st</sup> Place Masters  
Arizona Copper Classic; 1<sup>st</sup> Place Masters  
OCB Natural Southwest Classic; 1<sup>st</sup> Place Masters  
Southwest USA B.B.C.; 1<sup>st</sup> Place Masters  
IBNA Nationals Natural B.B.C.; 1<sup>st</sup> Place Masters







# Team USA




## **El Paso Athletic Hall of Fame**

### **Selection committee:**

It gives me great pleasure to write this letter on behalf of Manny Ballesteros, nomination to the El Paso Athletic Hall of fame. I have known Manny since 1972, when I first met him at the YMCA. He asked me if I could help him with his weight training. He was only one-hundred twenty-five pounds then. Since then he has come a long way, winning many regional, state, and National titles. He has also represented the city of El Paso very well. As well as being a member of Team USA International Natural Bodybuilding Association (I.N.B.A.). He is an example of how a person can maintain health, strength, fitness and vigor in the senior years. He proves that Athleticism is not about one season or two. Manny shows that an athlete is more than a young person with physical gift and opportunity to compete. An athlete can combine great innate talent with years of discipline. I can not imagine a better model for our city. It is with out reservation that I recommend many to the El Paso Athletic Hall of Fame

Sincerely,



Benjamin V. Rodriguez

October 31. 2006

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## INBA WORLD COMMITTEE

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**World Headquarters**  
ARA/INBA/PNBA  
Box 78177  
Corona, CA 92877-0139  
United States of America

Hotline: (951) 734-3900  
Fax Phone: (951) 734-7749  
E-Mail: NaturalABA@aol.com

## World Wide Leaders in Natural Sports

October 18, 2006

Selection Committee  
El Paso Athletic Hall of Fame

RE: Manuel Ballesteros – Letter of Recommendation

To Whom It May Concern:

My name is Denny Kakos, I am the World President of the International Natural Bodybuilding Association (INBA).

I am writing on behalf of Manuel Ballesteros. Manuel Ballesteros has been a natural bodybuilding competitor with our organization for the past several years. In 2006 Manny won the Masters Division in the Ultra Southwest Natural Bodybuilding Championships, and the Copper Classic Natural Bodybuilding Championships.

In the past he has either won or placed in our most prestigious competitions such the Natural Olympia, Natural Universe, Team USA., and the United States Natural.

Manny is a dedicated natural athlete, building his physique with hard work and dedication, he has also passed many polygraph examinations specific to our organization which tests by International Olympic Committee (IOC) standards. Manny has always displayed a positive and spirited attitude towards the organization and his fellow athletes.

Manuel Ballesteros would be a perfect candidate for consideration of the El Paso Athletic Hall of Fame.

Should you have any questions, or require further information, please do not hesitate to contact me at 951-734-3900.

Sincerely,

Denny S. Kakos  
World President  
Train Hard, Train Smart, Train Natural

DSK:dk

[www.naturalbodybuilding.com](http://www.naturalbodybuilding.com)

BODYBUILDING • MS. FIGURE • MS. FITNESS • MODEL • BIKINI • KID'S FITNESS

# Cutting Edge Productions

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To whom it may concern:

P.O. Box 26492  
Scottsdale, AZ 85255-0124  
(480) 216-7543

We are the co-promoters for the Arizona Natural Bodybuilding, Figure and Fitness Competition. Our contest is a drug free competition and all our athletes are polygraph tested prior to the competition. We want the mainstream public to understand the importance of living a healthy and fit lifestyle.

One of our competitors is Manny Ballesteros. He is truly a representative of what positive aspects will occur in your life by exercising, eating healthy and having a sense of well being. We think Manny is an excellent ambassador of the drug free lifestyle and would be a great addition to your Hall of Fame. Manny is highly respected in the Natural Bodybuilding World and is a great role model for everyone, especially the younger generation!

We hope that you will consider for your Hall of Fame **Mr. Manny Ballesteros**. We are proud to have him as a representative for our Natural Bodybuilding Contest.

Sincerely,  
Tina Watkins and Cathy Chappell  
Co-promoters of the OCB Arizona Natural Bodybuilding, Figure and Fitness Competition

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## Guest Speaker



Coach Lou Holtz

Born Louis Leo Holtz on January 6, 1937, Holtz grew up in East Liverpool, Ohio, just up the Ohio River from his Follansbee, West Virginia, birthplace. He graduated from East Liverpool High School, earned a Bachelor of Science degree in history from Kent State in 1959 and a master's degree from Kent in arts and education in 1961. He played linebacker at Kent State for two seasons before an injury ended his career.

Lou Holtz has not only established himself as one of the most successful college football coaches of all time but has also built a reputation as a motivator, a demanding disciplinarian and someone who relishes challenges and hard work.

He is the only coach in the history of college football to: 1) Take 6 different teams to bowl game. 2) Win 5 bowl games with different teams. 3) To have 4 different college teams ranked in the final Top 20 poll.

For many years, Lou Holtz has been considered among the greatest speaking lecturers in America today. He speaks on overcoming seemingly impossible challenges by setting your own goals and working to achieve them.

Holtz authored the New York Times best-selling book *The Winning Spirit* that chronicled Notre Dame's 1988 championship season. His newest book, *Winning Everyday: A Game Plan For Success*, is available at new bookstores and is a best seller, too.

Additionally, he has produced three highly acclaimed motivational videos: *Do Right, Do Right II* and *If Enough People Care*. The Lou Holtz Hall of Fame opened in East Liverpool, OH in July 1998. Holtz has his own Internet site ([www.louholtz.com](http://www.louholtz.com))

December 4, 2006

To Whom It May Concern:

As a promoter of natural bodybuilding shows, a WNB Pro competitor myself and the owner of a private training gym, I have encountered many athletes. Through the sport of natural bodybuilding, I have known Manuel Ballesteros for many years. I have always found him to be dedicated to the sport as well as committed to helping others. He has always displayed a high level of integrity coupled with a life long commitment to the sport. In short, I believe he exemplifies the words "professional athlete"; therefore, I highly recommend him for any endeavor he has set his sights on.

Sincerely,

A handwritten signature in cursive script, appearing to read "Don Robinson".

Don Robinson  
WNB Pro

Owner; Chiseled; body by Don Robinson  
602-550-8845

Oct 25, 2006

Dear

*Manny*  
~~Manuel~~

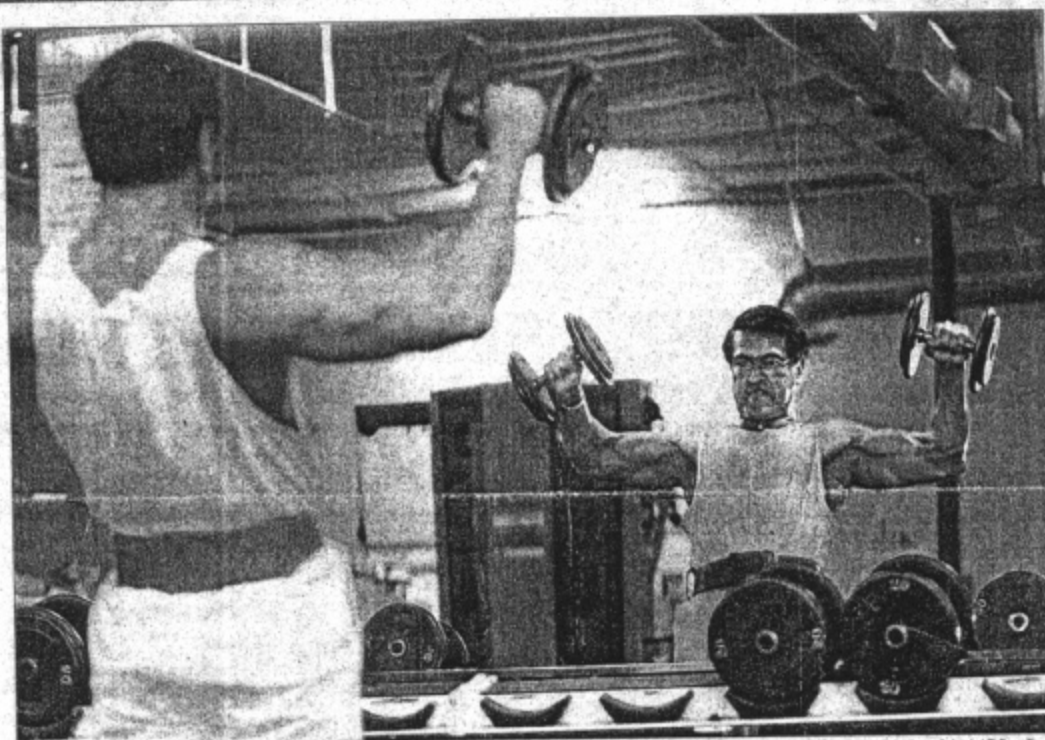
Once again, I would like to take this opportunity to thank you for competing in last year's Copper Classic Bodybuilding, Fitness & Figure Championships. The event was a great success as a result of your participation. Competitors demonstrated enthusiasm and sportsmanship throughout the competition, for which I am truly grateful. I certainly hope that one year later you are continuing to dedicate yourself to the discipline necessary that makes you a credit to the sport. The 2007 ABA Arizona Copper Classic Bodybuilding, Fitness and Figure Championships will be held Saturday, March 17, 2007 at the Buena High School Performing Arts Theatre in Sierra Vista, Az. This year's competition will continue to be designated as a professional qualifier. The guest posers will be last years overall female winner, Yoly Pyfer, and last years overall male winner, Michael Stewart. This continues a tradition, where the most recent overall winner (male and/or female), is invited to be the guest poser in the following year's competition. Maybe after this year's competition, that could be you! Hope to see you in March!

Sincerely,

Henry Diaz, Promoter

*Danny*  
Danny Diaz, Co-Promoter

*Manny, always  
a pleasure to see  
you. Hope you are planning to do  
our show again in 2007. Are you  
planning to do the Universe in  
Corona on Nov. 11? See you there*



Photos by Victor Calzada/El Paso Times

Manny Ballesteros won first place in the recent U.S. Natural Bodybuilding Championships, winning gold trophies in the grandmaster category for Mr. USA Natural and the Universe Forever contests. Grandmaster competitors are bodybuilders ages 50 and older. The competition for "natural" bodybuilding outlaws the use of steroids and other drugs to enhance muscle mass. He lifts weights at EP Fitness on Paragon.

# Mr. Universe

## Bodybuilder, nurse wins U.S. competition

By Erica Molina  
El Paso Times

**W**hen Westsider Manny Ballesteros visited Las Vegas recently, he hoped his suitcases would be filled with gold on his trip home.

They were. Ballesteros competed in the grandmasters category at the U.S. Natural Bodybuilding Championships, winning first place and gold trophies in the Mr. USA Natural and the Universe Forever contests.

The competition for "natural" bodybuilding outlaws the use of steroids and other drugs to enhance muscle mass.

The grandmaster category is for bodybuilders ages 50 and older.

"It takes a lot of commitment, hard work and a belief in yourself to do well," he said.

Ballesteros, 54, began working out when he was 18, trying to beef up his slight frame.

"I was real skinny," he said.

He began entering bodybuilding competitions in 1972, winning the Mr. El Paso title in 1973.

"I have a whole bunch of trophies at home," he said.

Among the awards are trophies for best poser, plus first-, second- and third-place finishes in competitions throughout the United States.

He also has received titles in Mexico, such as Mr. Colossal in 1982.

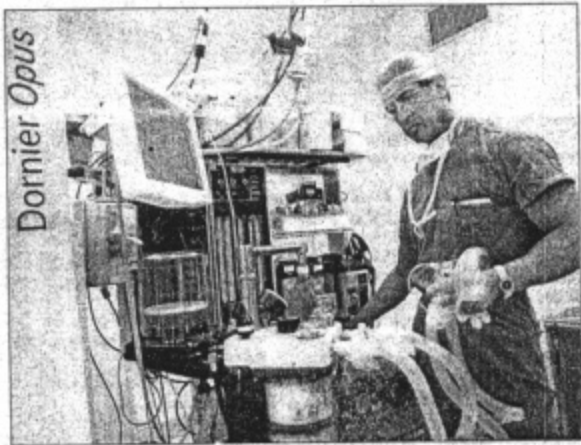
Shortly after winning that title, he stopped competing for about 17 years.

During his absence from competitive bodybuilding, Ballesteros, who has worked as a registered nurse for about 30 years, suffered a setback.

While working, he was accidentally pricked with an infected needle and contracted hepatitis.

Within two weeks, Ballesteros, who today weighs about 230 pounds, had dropped to 150 pounds.

"When I came back (to the gym), my



Ballesteros also works as an operating-room nurse at Del Sol Medical Center. Director of surgery Enid Seguinot said having someone like Ballesteros succeed and look good at 54 is motivating for staff members.

friends didn't know whether to laugh or cry," Ballesteros said. "I thank God I was able to come back without any problems."

He returned to the sport of competitive bodybuilding two years ago.

"I missed the excitement of being up on stage," Ballesteros said. "It gives me something to work for — a goal to reach."

His workout partner, Joe Villalobos, has trained with Ballesteros for the past five months.

"I was not surprised (that he won the Las Vegas competitions)," Villalobos said. "He and I worked so hard."

The pair lifts weights at EP Fitness on Paragon.

When he's not pumping iron, Ballesteros focuses on his job as an operating-room nurse at Del Sol Medical Center.

Enid Seguinot, director of surgery at the hospital, said co-workers try to support Ballesteros.

"We're very proud of him," she said. "He's very motivating for the staff."

She said having a person over 50 taking good care of himself and looking good gives some staff members hope.

But looking good isn't always easy. Although he follows a regular diet and exercise regimen, training for a competition requires extra effort.

Ballesteros works out six days a week and sticks to a strict diet — food high in protein and low in fat and carbohydrates.

"It's a healthy diet, but it's designed to burn everything — there's nothing left over," Paul Medrano, co-owner of Training Experts on Mesa, said.

He has competed in bodybuilding



### Weigh to go

► **What:** Manny Ballesteros will compete in the Amateur Bodybuilding Association's National Natural Bodybuilding Championships.

► **When:** 7 p.m. Aug. 18.

► **Where:** Abraham Chavez Theatre.

► **How much:** Tickets will be sold at all Ticketmaster outlets and will range in price from \$25 to \$30.

► **Information:** Carlos Chacon, 585-0600.

competitions for 10 years and helped Ballesteros refine his nutrition and posing style for competition for about two years.

"Posing is a God-given talent," Medrano said.

Ballesteros said he enjoys using this talent, especially to romantic-themed music.

"He's a very driven individual," Medrano, 26, said. "I hope I look like him when I am his age."

Ballesteros hears this all the time. "A lot of people don't believe I'm 54," he said. "A lot of people think when you hit 50, it's over. For me, it's just the beginning."

He plans to continue competing even after he is too old for the grandmasters category. The ultramasters is for people age 60 and older.

Ballesteros will compete in the National Natural Bodybuilding Championships, sponsored by the Amateur Bodybuilding Association, Aug. 18 at the Abraham Chavez Theatre.

He also will return to Las Vegas Sept. 9 for two more competitions.

"He looks like a teen-ager," Villalobos said. "He works hard, trains hard and lifts heavy."

For more information:  
[www.naturalbodybuilding.com](http://www.naturalbodybuilding.com)

# El Paso Southwest Senior

## PRIME PUMPED AT 55

Ballesteros holds many titles for a body that **WON'T QUIT**

story by  
Larée Malooly

photos by  
Christian Chapman



Pauline Ballesteros quite possibly has the perfect husband.

"He doesn't smoke

and he doesn't drink, how can I complain about someone who goes to the gym and works out?" she muses.

"Works out" might be an understatement. Take one look at his muscles, definition and body, and it's easy to tell Manny Ballesteros is a weight lifting champion. Oh - did we mention he's 55?

Manny recently competed in the Mr. Universe Natural Championship in Hollywood, California ("natural" meaning no use of steroids). He won 2nd place in the novice division and 3rd in the Grand Master category (for men aged 50-59), while posing to Nat King Cole's "Unforgettable."

"Those are the longest 90 seconds because you're straining every muscle in your body and trying to smile at the same time and look good," Manny said.

He handles multitasking during competitions like he handles his daily life. A Registered Nurse at Del Sol Hospital, Manny puts in 12 hours on the job, works in his yard, refinishes antique furniture, raises three sons and weight trains two hours daily.

Manny trains five to six days a week at the Las Palmas Life Care Center. When he's not flexing for the ladies, he's focusing on two body parts at a time: his chest and triceps one day, his back and biceps the next. Legs and abs also get separate treatment. He maintains that washboard stomach using machines that offer resistance with cables, which minimize lower back strain that can be caused by crunches or leg raises.

"[But] all you want to do at [my] age is maintain strong bones to keep from getting osteoporosis." Manny says lower weights, higher repetitions and lifting with good form keeps the body toned and limber while promoting good circulation. "If you just sit around, watch TV

## The Manny Diet

### Breakfast:

2 slices wheat bread  
egg whites  
coffee (no sugar, no cream)

(no carbs after noon!)

### Mid-afternoon snack:

Protein bar or drink, or more tuna fish

### Mid-Morning Snack:

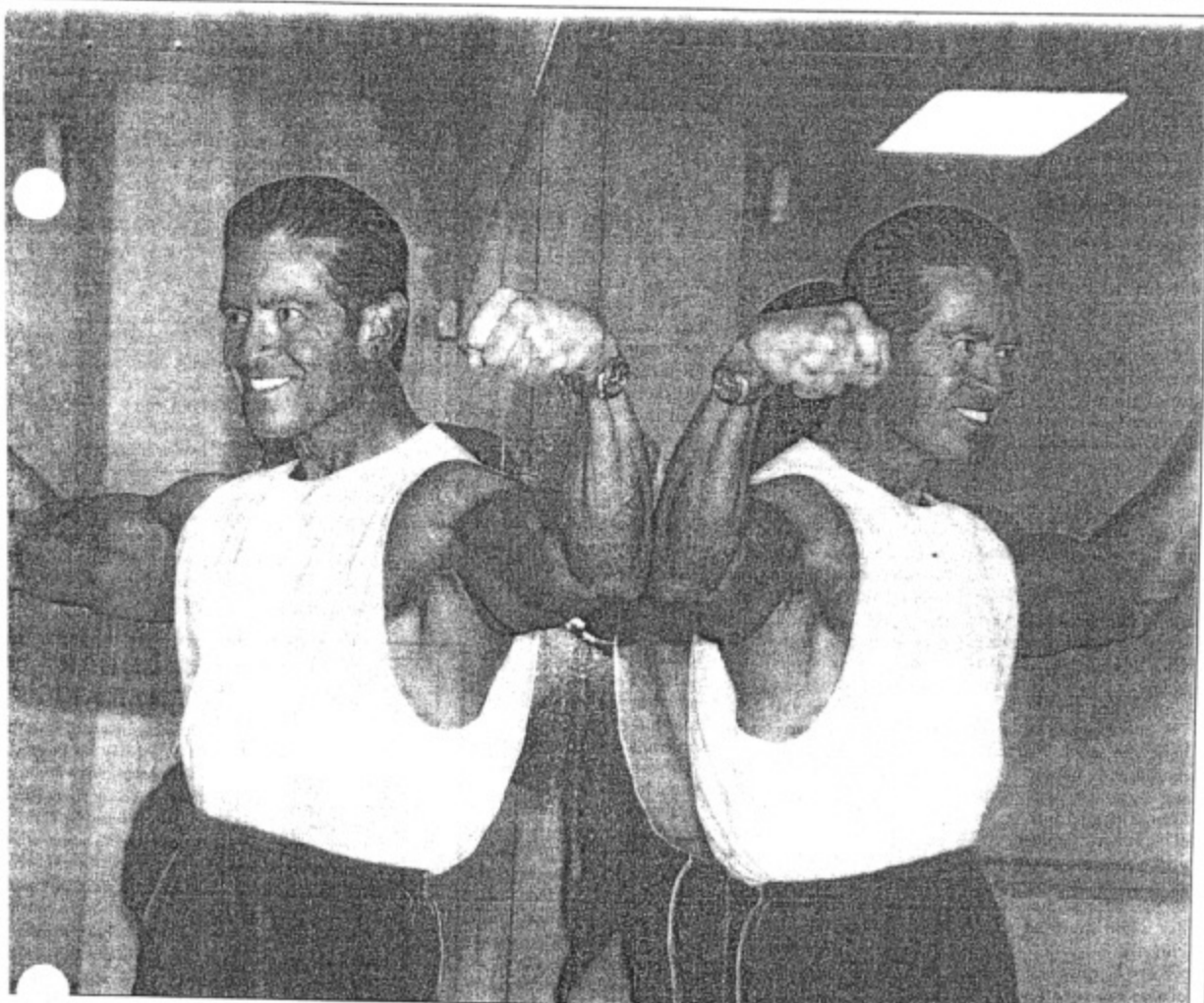
Protein drink or tuna fish

### Dinner:

Lean steak  
salad  
any sugarless, diet drink  
(Manny's favorite is Crystal

### Lunch:

Any meat  
salad



Having won both Mr. USA and Mr. Universe, Manny Ballesteros is setting his sights on the Copper Classic competition.

*continued from front page*

and eat potato chips and garbage, your body's going to turn into garbage."

Manny has been pumping iron since 1972, when he met Benjamin Rodriguez, who was Mr. World Over 40 back then.

"I know, you gotta be crazy," Ben said, who trains at Las Palmas and taught Manny everything he knows. "Get motivated."

Ben, by the way, is 70 and has more muscles than most men half his age.

Both Manny and Ben are trainers, inspiring people their age to get in better shape. "Your metabolism is different, a little bit slower. The body responds differently once you get to 35 to 40 years of age. The diet, that's a killer," Manny said.

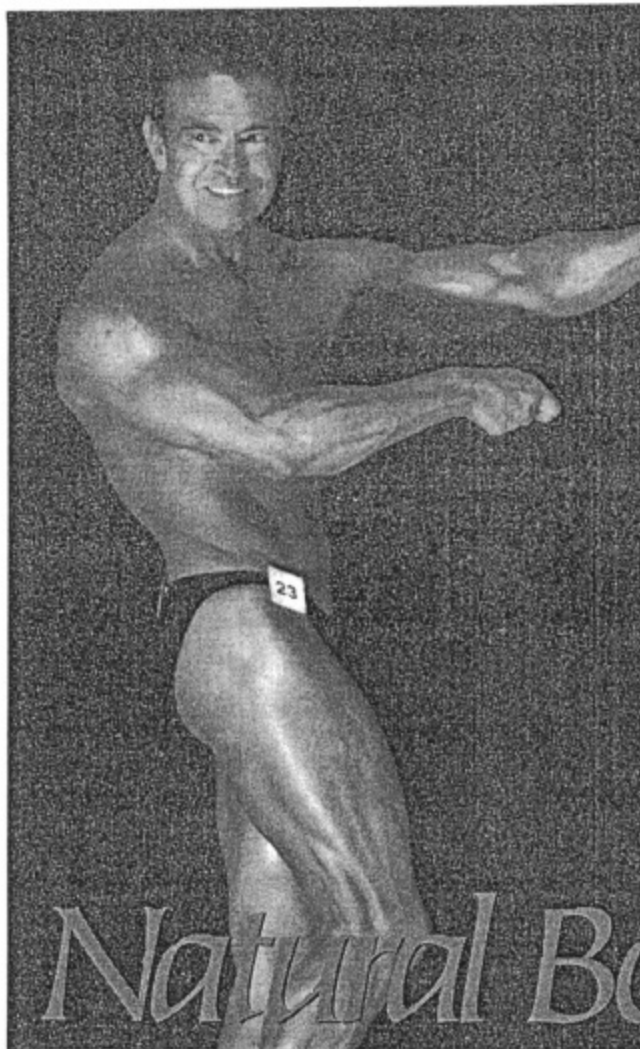
But his diet plan is simple. He eats foods high in protein and low in fat and carbohydrates. You won't see Manny eating pizza, bread, and pastas or drinking beer and sodas. "If you're serious about dropping weight, I can guarantee you you'll drop 25

to 30 pounds in two to three months if you follow a diet like mine."

As a member of Team USA, Manny represents the country in world competitions, having placed 1st in both Mr. USA Over 50 and Mr. Universe Over 50. His next competition: the Copper Classic in Phoenix next March.

Meanwhile, this 55-year-old strives to win titles into his 60s. Pauline believes her husband sets an even more profound example for sons Joseph, Michael and Ryan. "It's good for the kids to see you can have a goal and even that as you get up there in years, that things are not over, life doesn't stop, you can continue on," she said.

Manny just likes getting compliments and having a healthy body. "Your quality of life is greatly improved. You can do a lot more than your everyday couch potato. You can run, you can exercise, you can dance, you can enjoy activities that the person who doesn't do anything — can't."



# Natural Body BUILDING

If you have been watching television or reading the newspaper lately, you have undoubtedly noticed the vast coverage regarding the use of steroids and other performance enhancing drugs in sports. Lifting weights, nutrition, hard work and talent does not seem to be enough anymore according to columnist and sportswriters.

According to Tabers encyclopedic

Medical Dictionary the word natural means not abnormal or artificial and Webster's New World dictionary defines the word natural as free from artificially. So to describe a natural body builder is to say that he or she is not influenced by artificial means.

Artificial means would include things like performance enhancing drugs such as, steroids human growth, hormones, and other drugs or substances that directly affect the physic or the body. Artificial means alters the hormone balance and stimulates and speeds the process of muscle tissue development, and gives the user an unfair advantage over the natural body builder or athlete.

It is not to say that the body

this sport for many years and that I have yet to see and old body builder who has been taking steroids. When I go to competitions where the athletes are tested for steroids I see men competing in their 60's and 70's. These athletes are known in different categories such as masters for men in their 50's, grandmaster for men between 50 and 60, and ultramasters for men over 70.

To communicate with some others body builders is a joy and an honor. I have learned more about the history of bodybuilding and especially natural bodybuilding from these people. These men have more information than books. They share their stories and keep you spell bound, sharing their many experiences and commemoratives that have taken place over the years.

I do not mean to be cynical, but it is sad how the general public equates bodybuilding to steroid use. As a result, natural athletes do not get credit for their hard work and sweat in the gym; most people who see someone with muscle almost always think they are steroids.

Throughout the years, I have been lucky enough to have had friends, such as Ben Rodriguez Champion in Natural Bodybuilding who has coached and provide me with information that I have need to get my body into incredible shape and to maintain it. What I have learned has taken the confusion out of my training program. At age 57 I am today in the best shape of my life, the secret is not to take drugs, but good form and technique. There is no need for heavy lifting. Do not try to impress those around you in the gym by lifting super heavy weights that you can not control, the only thing that you are doing is risking injury to yourself.

To train natural is the only way to go. If your goal is to compete, then you might want to take supplements. Before you take any kind of supplement consult with the people that work at supplement stores, they usually are very knowledgeable about such products. Better yet, consult your physician, especially if you are taking prescription medications.

So Train Hard, Train Smart, Train Natural.

Manny Ballesteros

# ARTICLE IN THE EL PASO INK 2004

## MANNY BALLESTEROS - BODYBUILDER

When Manny Ballesteros visited Las Vegas recently, he had hoped his suitcases would be filled with gold on his return trip. He wasn't disappointed, they were filled with gold. Manny Ballesteros competed in the Grand Masters category at the Mr. USA Natural and won 2<sup>nd</sup> place and the Mr. Universe Natural and took 1<sup>st</sup> place. He competes in the Grand Master category, when possible, which is for individuals 50 and over. Manny is 55 years old. Some competitions only do Masters category which is for people over 40 years of age. But that is not a deterrent to him. Manny's trim physique and excellent condition have him sometimes winning over individuals 15 years younger.


Manny Ballesteros has been a bodybuilder and a winner of awards and trophies most of his adult life. Manny has also been a nurse almost the same length of time. He has worked for the HCA Corporation for over 20 years and is currently an operating room nurse at Del Sol Medical Center in El Paso, Texas.

It's difficult to say what the real impetus was that propelled Manny into the world of fitness and strength. At age 18, he was small and thin, and had used varied efforts to gain weight, but to no avail. It was at this time that he thought he might give bodybuilding a try. Attempting it was all he had to do to be hooked. In 1972, Manny entered his first bodybuilding competition, winning 3<sup>rd</sup> place and then the Mr. El Paso title in 1973. From that beginning, comes the rest of his great achievements in the bodybuilding arena.

Manny was committed in the 1970's and early 1980's to bodybuilding and entering competitions. but most of the time his commitment was to work out for himself to build his body up and to keep in shape. During that time, the trophies he did win were from El Paso, Mexico, and from across the United States. The trophies he won were 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place for a variety of titles. After his win in 1982, for Mr Colossal, he stopped competing for several years. But he continued to 'work out' Although competitions are important, maintaining strong bones to keep from getting osteoporosis, keeping the body muscles toned and limber, while promoting good circulation, is the real benefit. As you get older it is more important to work at maintaining your health.

Manny returned to competition in 2000. He missed the excitement of being on stage. He says it gives him something to work for, a goal to attain each time he enters another competition. Competition focus is and has been for 'natural' bodybuilding which outlaws the use of steroids and other drugs to enhance muscle mass. It takes commitment, dedication, and a lot of hard work to attain the size and muscle mass 'naturally'. Looking at him, definition can be seen in every muscle of his body. It's easy to see he is a bodybuilding champion. Working out to maintain body size is much different than bodybuilding for competition.

Manny trains for himself and for the competitions at least 5-6 days a week at Las Palmas Life Care Center, for a minimum of 2 hours at a time, depending on the body part(s) that need the exercise focus. He focuses on 2 body part's at a time: chest and triceps one day, his back and biceps the next. Legs and abs also get special treatment. He maintains the washboard stomach using machines that offer resistance with cables, which minimizes lower back strain that can be caused by crunches or leg raises, 500-600 repetitions is a good days work out for abs. Through years of training he has been able to achieve lifting and exercising with heavy weight.



Competition training diet and exercise, requires extra effort. Although Manny has always eaten a healthy diet, it does vary and become more strict as competition draws near. For competition training his diet consists of high protein, low fat and low carbohydrates. The diet for competition, which usually starts 6 weeks before the event, is designed to increase muscle mass and burn fat. In Manny's case, it helps him put on weight and size, but not fat.

Often, the individuals that work out at the Life Care Center with Manny, ask him for suggestions on how to improve on what they are doing to stay in shape. He willingly shares what he has done and what has worked for his body building and body maintenance. He is a great encourager to people to not become a couch potato. Something that individuals tend to do as they get older.

Manny's co-workers at Del Sol are proud of his achievements and support him. He is motivating to the staff and gives them hope that as you mature, you can be active and attain the goals you have set for yourself and then focus on achieving them. Manny believes in never letting anyone tell you that you can not achieve success.

Manny Ballesteros has a list of accomplishments and trophies and medals from around the USA. This is a partial list of his recent winning endeavors:

2001:

- 1<sup>st</sup> place Natural Nationals Novice
- 1<sup>st</sup> place Mr. Universe Grand Masters
- 1<sup>st</sup> place Mr. USA Grand Masters
- 2<sup>nd</sup> place Mr. International Grand Masters
- 3<sup>rd</sup> place Team USA Grand Masters (only the top 5 go on to the next level)

2002:

- 2<sup>nd</sup> place Mr. USA Grand Masters
- 2<sup>nd</sup> place World Body Building Championships
- 2<sup>nd</sup> place Mr. Universe Naturals Grand Masters
- 2<sup>nd</sup> place Mr. Arizona Natural Grand Masters
- 2<sup>nd</sup> place Mr. International Grand Masters
- 4<sup>th</sup> place Mr. Olympia
- 5<sup>th</sup> place Team USA (which won him 4<sup>th</sup> in Mr. Olympia above in Las Vegas)

2003:

- 3<sup>rd</sup> place Mr. USA Open Class
- 3<sup>rd</sup> place Mr. Universe Open Class
- 3<sup>rd</sup> place Best of the West - Light Heavy Weight
- 5<sup>th</sup> place Best of the West - Over 50
- 2<sup>nd</sup> place Mr. USA Natural and took
- 1<sup>st</sup> place Mr. Universe Natural
- 2<sup>nd</sup> place NABA Copper Classic Open Class
- 2<sup>nd</sup> place NABA Copper Classic Grand Masters.

Manny is a very driven individual and continues to work hard at Del Sol as a nurse and in pursuing his bodybuilding goals. His next competition will be in Las Vegas in September 2003. He will again be competing for a place on Team USA. and at the International Natural Bodybuilding Championships.

