

LAS VEGAS ATHLETIC CLUBS

LVAAC

LIFESTYLE MAGAZINE 02



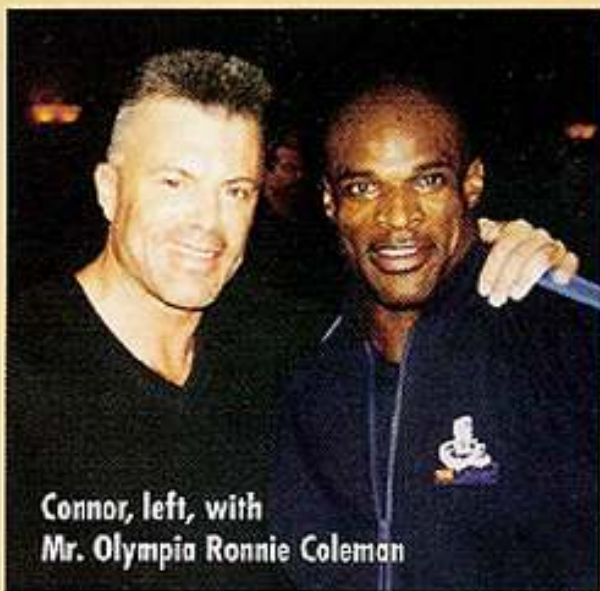
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LVAC MEMBER NEWS

LVAC MEMBER TAKES 1ST IN HIS FIRST COMPETITION



Connor, left, with Mr. Olympia Ronnie Coleman

LVAC member Rico Connor, 47, won the first bodybuilding competition he had ever entered this past May. Connor, a local businessman and author of, 'Total Health for Life: Mind and Body', walked away with the first place trophy in the Nevada State Bodybuilding Championships at the Hard Rock Hotel. Along with winning the Masters Class, Connor placed 3rd in the open division (all ages) as well.

Connor says, "The way I was able to win my first show was to adhere to my



ongoing program of optimal health, train hard, eat clean and consult experts like Diana Dennis."

The fact that Connor finished so high in the open class is impressive in that many of the competitors were 20 years his junior.