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Knights KETO



[Knights Keto](#) is a question I get asked all the time and it's not an easy one to answer. In fact, the answer is (drum roll) yes and no. The person has to decide why they are competing in the first place to answer that question. For example, do you need to compete if your goal is to be a successful fitness model answer is no. Many of today's well-known fitness models have never competed, or they competed in a few small shows and it was clearly not part of their success as fitness models. However, competing does have its potential uses. One of them is exposure. At the upper level shows, there will often be editors, publishers, photographers, supplement company owners, and other business people. So, competing can improve your exposure. Also, competing can make sense if you are trying to build a business that is related to your competing or will benefit from you winning a show.

For example, say you have a private training gym you are trying to build. Sure, having the title of say Ms Fitness America, or winning the NPC Nationals and being an IFBB pro, will help your reputation and the notoriety of your business. There are many scenarios where it would help to have won a show for a business or other endeavors. On the other hand, it must be realized that winning a show does not in any [Knights Keto](#) way guarantee success in the business end (and it really is a business) of being a fitness model. The phone won't ring off the hook with big offers for contracts. Also, it's very important to realize that it's common that the 4th or 6th or 8th place finisher in a fitness or figure show will get more press than the winner. Why? Though the winner might have what it took to win that show, it's often other gals the editor, publishers, supplement companies etc, feel is more marketable.

I have seen it many times where the winner was shocked to find she didn't get nearly the attention she expected and other girls who placed lower have gotten attention in the form of photoshoots, magazine coverage, etc. Something to keep in mind when you ask yourself the important question "do I need to compete and if so, why am I competing?" Answer that question, and you will know the answer to the heading of this section. Winning a title of some sort can be a stepping stone, but it is not in itself any guarantee of success in the fitness industry. It's like a college degree; it's what you do with it. Ok, so after reading the above you have decided you are going to compete, or will compete again. If you don't plan to compete, you can skip this section. The biggest mistake I see here is so many gals have the right body for the wrong federation. Each federation has its own judging criteria and a competitor will do poorly simply because they didn't bother to research which show would be best suited for them.

I will give you a perfect real world example of this. Recently I judged a show whose criteria for the figure round was the women should be more on the curvy softer side with some tone, vs. being more muscular and athletic with less bodyfat than other federations might allow. At this show one of the most [***Knights Keto***](#) beautiful women I have ever seen came out. She was very proportional, great muscle tone, lean, and athletically shaped with narrow hips and waist and wider shoulders. How did she do at this show? She didn't even place in the top ten!

Why? Because she was not what we were instructed to look for and didn't fit the criteria. After the show I informed her that she looked great, but this may not be the federation for her. I told her she had much more of an NPC type body, where a little more muscle, athletic build, and less bodyfat is rewarded.

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