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Denturist

Cliff Muzylowsky Bio



Name: Cliff Muzylowsky
Age: 50
Height: 5-foot-6
Weight: 145 lbs off-season
Hometown: Toronto, Ontario
Occupation: Denturist

Growing up I was fairly active playing seasonal sports with the other kids in the neighborhood. In high school I was on the cross-country running team and later took up cross-country skiing. I've always enjoyed cycling. I was active and my weight was not a problem. I could eat and drink anything and not gain weight.

As I devoted more of my time to my professional life as a Denturist, I spent less time on physical activity. Working directly with the public to make and fit dentures is a very gratifying and rewarding career. There is nothing like putting a smile on someone's face and changing lives for the better. However, peering into mouths can put a strain on the back and the detailed laboratory work of making dentures is sedentary. For the first time in my life my pants began to get tighter.

In addition to being less active and getting older, I became a vegetarian. I was eating foods with more carbohydrates and less protein. I started to lose muscle and put on fat. My pants got even tighter so I went up a pant size. When the larger waist size got tight and the back pain got worse, I decided it was time to take action.

After meeting George Stavrou, the President of Body Sculpting I made the commitment to start a training program. George helped me to identify my fitness goals, did baseline strength testing and took measurements before developing a weight and cardio program for me.

George identified discrepancies in some muscle groups between my left and right sides and recommended that I consult chiropractor Dr. Ken Kinakin D.C. Ken discovered a misalignment of my hips. As I adhered to my training program and attended the

chiropractor, the back pain started to subside and I began to build muscle. With a higher metabolic rate, I started to burn fat and build muscle mass and strength.

I am now pretty much back pain free, fit comfortably into my old clothes again and I feel more energetic. It has been more than two years since I started with Body Sculpting and my training program continues to evolve with the help of George Stavrou. I reap the day to day benefits of regular training. However, I know that the benefits of exercise will pay even greater dividends in good health, wellness and quality of life in my later years.

Family Physician

Larry Baker Bio



Name: Larry Baker
Age: 50's
Height: 5-foot-8
Weight: 200 lbs contest, 225 lbs off-season
Hometown: Toronto, Ontario
Occupation: Family Physician

Dr. Larry Baker is a licensed family physician that has been practicing medicine in Toronto, Ontario for nearly 30 years.

He has also been married for over 30 years and has 3 children.

Dr. Baker has been exercising for over 20 years with an emphasis on bodybuilding the last 5 years. In 2003 he won the Toronto Masters show. In 2004 he placed 3rd in a Level 2 competition in Ontario. He is currently preparing for his 3rd show taking place in June 2005.

Fitness Models

Darlene Boccia Bio



Born in Hamilton Ontario, Darlene states that at an early age she was very active. Gymnastics, diving, baseball, track and ballet, kept her pretty busy, but it was the love of kick boxing that brought her to where she is today.

In 1998 Darlene joined a Karate Studio for exercise, and found her love of Kick Boxing. Once certified and teaching classes for exercise, Darlene noticed she started to endure a few injuries.

“That is when I decided to join a gym and help build some muscle to protect my joints and the wear and tear on my tiny frame”.

Like anything else Darlene really excelled at weight training and decided that she wanted to teach others about the wonderful benefits of exercise and nutrition.

This is where her journey begins and keeps on growing!

Darlene’s versatility makes her highly marketable.

With her positive attitude and sparkling personality, and her personal commitment to health and fitness, Darlene is taking her career to new heights and is on her way to even greater success as a fitness model and fitness professional.

“More than a pretty package”, her intelligence professionalism, and her in-depth knowledge are blatantly apparent, Darlene has just opened her own training Studio in the comfort of her home.

Darlene has enjoyed success in participating in National competitions since the year 2000.

Darlene appeared on educational television programs and has modeled for several fitness apparel companies.

Clients always note her level of enthusiasm and professionalism on every job.

“I am very enthusiastic about where my future as a fitness model and trainer is heading” states Darlene. I love every aspect of my career and look forward to every possible business opportunity.

Licensing;

Certified Personal Trainer - 2001 to present

Kick Boxing Instructor- 1998 to present

Special Events & Appearances;

Discovery Channel – Sex Files Model

Sxe Fx Clothing Designs Model

Hard Wear Athletics Clothing Designs Model

New Training DVD/E Book Video Model & Marketer

Competitions;

Fame 2004 International

Fitness Model Search 6th

(168 competitors in the division)

WNSO – Fitness Model Search

(2003) 1st

WNSO – Winter Freeze

(Fitness Competition) (2001) 4th

Features;

Height 5'4"

Weight 112 lbs (competition) 115 lbs

Dark with blonde highlights

Blue eye's

Fit & athletic, with a very symmetrical physique.

Darlene will continue her journey as a trainer, fitness model, studio owner and would love to open a sports specific training centre for youths one day.

To find out more contact:

Darlene Boccia

Tel: 905 726-1938

Email: dboccia7@hotmail.com

Marta Mathews Bio



Name: Marta Mathews
Age: 29
Height: 5-foot-6
Weight: 125 lbs contest, 135 lbs off-season
Hometown: Oakville, Ontario
Occupation: Airfreight Export & Import Specialist

I was born and raised in a small Polish village called Kornagi. When I was sixteen years old, my family and I immigrated to Canada in pursuit of better opportunities. My life in Poland was very sheltered, but since I moved here, I've been fortunate enough to travel to numerous countries in Asia, Europe, Central America, and Australia and after seeing all of them; Canada is still my favourite place to be.

After few challenging years in Canadian high school, I went on to college and earned my diploma in International Business. Presently I work in the transportation industry, which I enjoy tremendously, but I also have a long-standing affair with fitness. In fact, I recently obtained a certificate in personal training so that I can help others enjoy a healthy and balanced lifestyle. I am a firm believer that fitness and a balanced diet should be included in everyone's life no matter what their age, ethnic, or professional background. Thanks to my certification I am able to communicate this message to others.

When I was a young girl my parents often had to force me off the playground in order to put me to bed. I guess it's fair to say that I was the most hyperactive member of my family and my love for sports always took precedence over homework and chores. It didn't take me long to figure out that I needed straight A's in order to have my parents let me play as much sports as I wanted. So I got them! I also learned that I had to stop beating up my friends for kicking my butt at soccer or else my sports privileges would be restricted. Sadly for me, I was born with an eye condition which prevented me from being as coordinated as I should have been to participate in the team oriented sports I loved.

As I got older, my eye condition did not improve, but it didn't prevent me from pursuing individual sports such as running and bodybuilding. I especially enjoyed the calmness and relief I achieved through these activities when I first moved to Canada. Although I

couldn't speak English, I had no problem communicating with the treadmill, dumbbells and barbells at a local gym.

With time I learned to speak English and I made lots of new friends, but my love for physical activity never died. As I continued training I noticed that my body began transforming into something I only saw in a movie called "Terminator 2". With my newly acquired muscles I began receiving a lot of attention from both men and women alike. I was in heaven because now I had something I never did before - boys that wanted to be with me and girls who wanted to look like me! This led me to research how I could keep and improve the muscles I had worked so hard for, so I could be healthy and continue to enjoy the positive attention I was receiving.

As I became more involved with training, I discovered the sport of fitness modeling. It stirred a competitive desire within me and drove me to elevate and refine my goals. To date, I participated in several fitness model competitions and I have learned something valuable every time I competed. I placed in some contests and I didn't in others, but since no one is a loser when it comes to fitness, I feel like I was a winner in all of them! I continue working hard to maintain a balanced life, a healthy body and a promising fitness-modeling career!