

Sports

**They talk the talk,
but we walk the walk!**
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Reach The TIMES: Phone: 604-463-2281 • E-mail: editorial@mrntimes.com • Fax: 604-463-9943



Maria Rantanen/TIMES

Maple Ridge bodybuilder Mari-Ann Drevvatne works out in the gym.

Bodybuilder fourth, naturally

Mona Rantanen

mirantanen@mrntimes.com

When Mari-Ann Drevvatne got on a plane for Greece in November, she took along a cooler as hand luggage. She wasn't able to get any dry ice before she left, so she froze her organic chicken, bison, and turkey "to rotate my proteins," she explained. She needed protein every three hours.

Airline rules didn't allow her to take any real ice on the plane, so she asked the air stewardesses to fill up her cooler to keep her meat from thawing.

Drevvatne was on her way to her second bodybuilding competition of the year. After winning the nationals in Canada, she was off to the International Natural Body Building Olympia in Thessaloniki, Greece, and had been

on a strict regimen for six months, combining a high-quality protein diet with bodybuilding.

"Competitions are very extreme on the body," Drevvatne said.

"I don't think anyone should do them too often. Two competitions this year was brutal to my body."

Drevvatne took fourth place in the competition, and since then has let her body rest for a while.

"I'm proud of being a lifetime natural bodybuilder," Drevvatne said. To compete in natural bodybuilding competitions, athletes need to be five years without drugs and steroids, but Drevvatne said she's never taken any performance-enhancing substances.

Combining the right foods with a regimented training routine — back on Monday,

chest on Tuesday, legs on Wednesday, shoulders on Thursday, biceps, triceps and forearms on Friday — is needed to build up toned muscles for a bodybuilding competition.

Appearance is everything in bodybuilding competitions, Drevvatne said, and before going to Greece she went to All Seasons Tanning in Maple Ridge four times for aloe vera-based brush tanning sessions, which Drevvatne said were very gentle on her body.

Drevvatne grew up in Norway, which she described as an "amazing fitness experience" and starting running at a young age, working up to half marathons by her teen years.

She wishes parents in Maple Ridge would "lead by example" and show kids that fun family time can include

sports.

Drevvatne said working out not only gives her energy and stamina, but also makes her feel peaceful and empowered.

To get into shape, she recommends exercising first thing in the morning, which raises a body's metabolism for the entire day.

Drevvatne runs the B.C. Adventure Boot Camp at Harris Road Park. The boot camp will start up again in February when she'll have two morning sessions, one at 5:30 a.m. and the second one at 6:45 a.m. Her boot camps attract kids as young as 12 and adults up into their 70s.

Drevvatne has strict rules at her boot camps, and usually asks her group whether they owe her pushups — if they miss a session, come late or have had any alcohol

since their last session, the punishment is pushups.

"I keep them on their toes," Drevvatne said.

Drevvatne varies the routine at the boot camp, and only asks people to bring along an exercise mat, dumbbells, a water bottle and a good attitude. Swearing is not allowed. Some days she'll set up an obstacle course, other days, they'll work with a medicine ball, and other days they'll do functional training, working on core muscles, pilates, and plyometrics.

Drevvatne also plans to start evening Nordic pole walking on the dykes in February.

For more information about her boot camp and Nordic pole walking, check her website at www.bcbootcamp.com, or call her at 778-7738.