

| TRANG THỂ THAO

# Hoa Hậu Thể Hình Gyda Loveres

MISS FIGURE & MISS PHYSIQUE 2008 - AZ COPPER CLASSIC



**I**t was one December morning when I received the first email from Gyda Loveres. She sounded very excited. “Good morning! Neil [But Tre’s photographer] asked me to sing and model for the [Mekong Tet] event this coming February. I just thought I should email you personally to answer any questions you might have. I’m very excited and overwhelmed for the cover girl opportunity as well... Feel free to email me any time.” The message was sent from her iPhone. Her email sure put a huge smile on my face, but I was also puzzled. This gorgeous and talented lady is overwhelmed that her beautiful picture is on a cover of a magazine? I thought that would be a very common thing for her: to grace magazine cover pages. Now, I did not think that without justifications. Here are the many reasons why...

Gyda was not born in the United States. Her birthplace is Manila, Philippines. She was close enough to do Miss Philippines representing as Miss Manila but had to move to the US. Not only she possesses the figure of a super model, but she is also a “total nerd.” Translation: she is the complete package! Back in the Philippines, she received a full scholarship to college because of the good grades she earned. As a result, her parents didn’t have to pay for her education. Here, she graduated from Pima Community College with the highest honors with 3.8 GPA. Intelligence is one thing, but her competitive nature and willingness to do whatever it takes to achieve her goals also helped her accomplish many great things in life. For example, she talked about the possibility of doing a photo shoot with the Lamborghini and when I asked her whether or not it would be possible for us to use this picture for the cover page; she went to work right away. We received the cover page picture way before the given deadline!

Aside from her beauty and intelligence, Gyda’s on the cover page of this issue because she symbolizes health. Simply take a look at her biceps (smile) – the biceps and toned

body that earned her 1st place for both Miss Figure and Miss Physique in the 2008 AZ Copper Classic – a nationally recognized all-natural body building show. And since this is the Health issue, I had to learn about her diet. At first, I was jealous with her ability to “...love to eat!!! I eat just about anything and everything. My husband always tells me I eat twice my size. I love to cook also, so I make a lot of exotic Filipino dishes all the time.” But then I quickly learned, “On the contrary, I do workout a lot to keep in shape. I say about 5 to 6 times a week, 2 hours a day.” Her workout routine includes one muscle group a day 5x a week, with an hour of cardio 6x a week. Hmm... There goes my dream of having a body like Gyda’s.

Gyda’s profession seems a bit “all over the place,” although I read that as a sign of someone who is very capable of doing anything she wants. She excitedly shared, “I’m a singer and a dancer. I’m a personal trainer and a fitness show competitor. I teach kick boxing and dance...” So Gyda, what really earn you money and what are just hobbies for now? She replied, “I work as a personal trainer full time. My hobbies are working out and fitness.”

I’m excited to share that for the Mekong Tet event, Gyda will be a part of the Nina and Lee Fashion Shows. The chance of her wearing the stunning dress seen on the cover page is pretty high. She used to be a wedding singer so she will also sing a Filipino and a Spanish song (hopefully in her Filipino costume) for the event. Unfortunately, Gyda’s band won’t make it due to the festival’s budget constraints but if you ever want to catch her with her band, make a trip to Tucson (Arizona) where she has been living in for the last 9 years.

It would be my pleasure and honor to meet Gyda Loveres. You can catch her at the Mekong Tet festival on February 6th, 2010 at the evening show.

■ **Article by MT**  
**Pictures by Neil Peters**  
**Dress by Nina & Lee**

