

A.M.O.R.'S ACADEMY MAGAZINE YOU HAVE BEEN WAITING FOR!

ELITE

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A.M.O.R.'S ACADEMY

Plans for running
farther & faster

**BEST FOOD
FOR RUNNERS**

CARBOHYDRATES
& PROTEIN MEAL

**ROBERTO &
PARKOUR**

EXCLUSIVE!

**LOOSE
15 KILOS
IN ONE WEEK**

**THE
ULTIMATE
MOVE FOR
POWERFUL
LEGS**

**MARTIN METODIEV
EXCLUSIVE INTERVIEW**



Our Perception On Body Image

Everyone cares how they look. But why is that important?

We started interviewing people after showing them 5 different photos with 5 different body shapes. You can see the images both for the girls and boys below.



NO. 1



NO. 2



NO. 3



NO. 4



NO. 5



NO. 1



NO. 2



NO. 3



NO. 4



NO. 5

The first question was “What would they cook for the opposite sex person on a date?”. As we noticed, when going out with “the better looking person” most of them would cook fancier and more sophisticated food. In contrast, when asked about the “less attractive” person, they preferred to either cook “nothing” or healthier food. Filip, one of the boys interviewed said that “I would cook salad. She really needs it. I’m thinking about her body”. Thus, there is still a hope that some people go over the body appearance. In order to sustain that more, 2 people affirmed that they would prepare exactly the same meals for both dates.

We were really interested to know what would people’s reaction be when waking up next to a specific person. As a result, we have picked the most and the less attractive individual from the ranking made in the beginning. Both genders felt “pretty cool”, lucky and happy, when put into the scenario of being besides the attractive person. On the other hand, the questioned people recognized that they would be shocked and disappointed if they were to

be next to the less attractive one. “OMG, again?!” – said Martin. Vera, a little bit more courageous, affirmed that she would kill herself. Therefore, there is clearly a difference between what people feel after a night with a good looking or a less good looking person.

To place them more into a story, we challenged our interlocutors to imagine themselves having a partner for 1-2 years. In the beginning, their boyfriend or girlfriend looks attractive. However, after 2 years, their partner is suddenly super fat. Our curiosity was whether or not they would break up with their lover if this happens. The opinions here differed. More than half of the people recognized that they would definitely leave their partner because they would not feel attracted anymore. However, a few of them lived with the hope that personality goes over body image and they would try to help their partner recover their initial look.

The last question was “How would you feel to be in no. 5 person’s shoes?”. All people agreed that if this was to happen, they would immediately start exercising and go on a diet.

Overall, we like it or not, the first thing people see is body appearance. Therefore, we should take care of ourselves.

Parkour in My Life

Parkour is a training method that gives you the chance of overcoming obstacles in an urban or natural environment. It was created by David Belle, a French guy, who believed that humans can be autonomous in every problem - "we train and when meet a problem, we know how to use in our favor".

Parkour is a form of art that gives us an advantage. When facing a simple problem, for example getting into the apartment without the key, you can just jump on the balcony. However, it is also a sport that is using rather the mental than the physical. For this reason, your mind has to be focused on 3 things: difficulty, courage and safety. In terms of the difficulty, you have to train step by step perseveringly to be sure that you can overcome the obstacles. Moreover, you have to be brave enough to make your mind believe that you can overcome all the challenges. This can be compared with the everyday life, where you inevitably are put in front of barriers. But all of us have to be brave to pass through them.

I chose this sport because you can train both your mind and body. Parkour taught me to never give up, to be aware of my fears and to eventually use them in my favor. When facing a problem, I always think: "Okay, I can do it! I will train in order to overcome this obstacle no matter what! I will be ready to sweat and to suffer!". I strongly believe this sport helps you to live a life better. You fall, you suffer but you never give up.

He Can. Can You?

Martin Metodiev is a student at National Sports Academy in Sofia, Bulgaria. He plays football since he was about 7 years old. At the moment he is preparing to be a coach. Our magazine had the chance of getting an exclusive interview!

A: Hi, Martin!

M: Hello there!

A: We, A.M.O.R.'s Academy Magazine, want to ask you some questions about your sport career.

M: Feel free to ask whatever you want!

A: How did you start to play football?

M: To be honest, I don't really remember. I have played football my entire life. When we were kids, we were playing outside, at school, in parks, everywhere... So this is how I started.

A: Did you start because you liked the game? Did you like the feeling of playing?

M: Yes, I did.

A: Who encouraged you?

M: My friends, my parents...

A: So were there a lot of people who believed in you?

M: Yes, I suppose so...

A: Was there a time when you wanted to quit?

M: Yes, of course. Throughout a sports career there are always difficult times when you just feel full and you know, you are just like: "Oh fuck this shit, I don't want this anymore. I just want to quit. But you only say that. You don't quit.

A: What made you continue?

M: Maybe the love for football. The way when I feel when playing. Maybe this...

A: What is the most interesting part about playing football?

M: Interesting question... A lot of things, but maybe being in a team, spending a lot of time together, sharing amazing moments – winning, losing... These emotions just cannot be described so easily. You have to feel them, to experience them.

A: To experience the team work?

M: Yes, the team work, spending time with your team mates, sharing every single moment.

A: What about the most difficult part?

M: Oh, definitely the precision. You have to prepare yourself for the next season, it is a lot of work – physically, mentally, technically and tactically. Everything... And yeah, this is really difficult.

A: What are your plans for the future?

M: For now, I am a football coach and I really enjoy it. So for this moment I will stay like that. But I have bigger plans for myself and my future – involving managing sports organizations, sports businesses. I think that I would go in this direction.

A: Could you tell us more about being a coach? You work with children, don't you?

M: Yes. I am goal keeper coach, which is different from a normal coach. I work only with the goal keepers, separated from the other players. We work in small groups, that is the main

difference. I work with the whole academy – from the youngest to the oldest. It is really difficult to find the right way because of these age differences. However, it is really nice to work with children. They are so pure and they really enjoy playing football and I think it is a really good experience.

A: And the most important question.. Will you remember us when you become famous?

M: Hahaha, of course I will, just show me that interview! Maybe that interview will make me famous! So how could I forget you?

A: Maybe you will be famous because of us! Remember that!

M: Of course, how can I forget that?

A: Thank you!

M: Thank you too!



Find as many sports as you can:

S	K	I	I	N	G	F	S	B	S
G	T	I	D	B	F	D	W	A	D
B	B	S	A	A	D	S	Q	S	G
F	C	G	P	D	Q	D	F	K	P
S	X	T	H	M	F	D	H	E	A
Z	B	E	F	I	J	R	S	T	R
P	L	N	H	N	N	L	K	B	K
L	K	N	D	T	I	V	A	A	O
T	U	I	R	O	Z	M		L	U
G	R	s	I	N	O	Y	D	L	R