

Every bodybuilder's dream is to achieve perfection and become the best, exactly what Anth Bailes did when he became an IFBB pro after winning the overall trophy at the UK Grand Prix in September.

But with all the dedication, hard work and patience needed to achieve his dream, Anth had to deal with just a bit more than most bodybuilders' do, after being diagnosed with type-one diabetes in 2007.

The condition is a day-to-day difficulty for most people but especially for Anth, with the diet of high-protein and low carbohydrates bodybuilders' are required to commit to. Anth had to stick with this while preparing for competitions, making his achievements all the more impressive.

"Diabetes is difficult to manage without the bodybuilding; bodybuilding just makes it more difficult", he says.

Stressful training can sometimes lower or raise my blood glucose levels, similar with cardio and it takes a lot of monitoring, checking my blood glucose 6-8 times per day with a lot of planning alongside those checks".

Bodybuilding runs in Anth's family. His uncle was a competitive bodybuilder and he introduced his nephew to the gym when he was 15 and the potential was soon spotted.

"People thought I had good potential to compete, so I gave it a go and look where I am now. An IFBB pro, winner of Mr World and the owner of a successful gym and I'm still aiming for higher achievements".

After being introduced to the world of dumbbells and plates by his uncle, he managed to save up and open up his own gym, a dream Anth always wanted going back to when he was a young lad.

Subsequently, many careers after leaving higher education mainly in manual labour Anth managed to save up to fulfil his dream, opening up his own gym (MaxxMuscle) which celebrated its 10th year last November, in Hetton, near Sunderland.

"I wanted to own a gym since I was around 18 years old, took me awhile to achieve it working several jobs, but finally achieved it with my current work partner and Maxxmuscle gym was 10 years old in November".

All bodybuilders have their idols whom they look up to while they are climbing the bodybuilding ladder to success; Anth's main influence in his success was his respect for successive six times Mr Olympia Dorian Yates.

"Bodybuilding wise I have always admired Dorian Yates for his work ethic and dedication; he should be an inspiration to anyone trying to achieve success in the bodybuilding world".

Anth has now decided to take a break from competing after a few injuries in the past year and is now concentrating on getting back into training later this month. He is also promoting his new bodybuilding contest (UKBFF North Championships), his DVD and his new online coaching service. He is hopefully looking to make his pro card debut at the end

of this year.

“Firstly I definitely need to take it easy to the gym for a little while; I had quite a few injuries this year and have been working around for the most part. Hopefully, I’ll be back into full training February, all being well.

A few things are in the pipeline for the next year; I will be promoting my bodybuilding contest, the UKBFF North Championships, my DVD (currently in filming) and also launching my new online coaching service”.

Being a bodybuilder, either amateur or pro comes with the distinction and nerves of competing on stage in front of large and vocal audiences.

“I have to admit, this part of the bodybuilding isn’t one of the aspects I really like, I’m quite quiet and reserved and posing just isn’t my thing really. It’s all part of bodybuilding though so I do my best to try and enjoy it”, he says whilst chuckling to himself”.

Anth’s latest honour came when he won the overall trophy last September at the UKBFF Grand Prix and in so becoming the newest UK IFBB pro, thinking about his first ever pro show straightway.

“I would like to do a pro contest the back quarter of 2013; the goal is 4-5 lbs. of tissue and sharper conditioning”.

Adding to that tremendous honour, Anth also holds the coveted achievement of being the first individual from the UK to claim the Mr World title, which he won last June.

“My approach is very basic, the key is being consistent and this is where most fail. I weight train four days per week; do cardio daily and being wise change it up at different stages. My diet is your basic bodybuilding staples, five meals per day with turkey, brown rice, eggs whites, oats, protein powder and a little red meat”.

Anth will now enter the start of 2013 aiming to improve on what he achieved in 2012 and compete on an international level against some of the world’s best bodybuilders in the 212 class, including current champ James ‘Flex’ Lewis, David Henry and Kevin English.