

Georgios Margaritis



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*Bodybuilding is a
lifestyle for
Georgios.*

Officer, gentleman and ... BODYBUILDER!

All athletes are passionate about bodybuilding but few could combine it with the rigours of military life. But Giorgios Margaritis does indeed represent both his country and his army. He is a true sportsman who epitomises all that is

good about our lifestyle so it was no surprise recently when he was recognised by the Greek Federation. His thank-you speech moved everyone who heard it in Nafplio.

Muscle & Health would like to tell readers more about him.



“Training alone, in an empty gym, on a Sunday; this is not unusual for Georgios in his quest for excellence.”

“Tightening up his legs for the first half of the season, during which he planned to compete in Nafplio, Malta and Corfu.”

Muscle & Health: How was the second edition of the President Santonja Cup?

G.M.: It was a great, well organised competition and it was an honour for any athlete to compete there. This year was even better, with more athletes taking part.

Muscle & Health: I imagine it was unforgettable for you, regardless of the result.

G.M.: Without doubt. To be recognised on stage by President Santonja and by Mr. Jordan Leventelis was an unforgettable honour. To be recognised not only for my results but also for my

sportsmanship with the rest of the athletes was fantastic.

Muscle & Health: That recognition was extended to all Greek fans.

G.M.: When I compete I represent the fans, my sport, my family and my country. All of them encourage

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“Posing in Nafplio, where he was the best of the 4 Greek athletes who competed in the tough Classic Open Bodybuilding category.”

me to be a better athlete and I want them to be proud of me.

Muscle & Health: You set a high standard. It must be difficult to keep improving...

G.M.: I try to improve in every competition; to be better and better. I combine bodybuilding with my army job, where I try to be a good officer and, of course, I also try to be a good father because I have a young son.

Muscle & Health: What are your goals for this season?

G.M.: I plan to compete in the Diamond Cup of Malta, the Greek Championships and the Balkan Championships in Corfu (Greece). I want to give my best because my main goal is to win an Elite Pro card. If I succeed, I will be the first army officer to achieve it, which makes it difficult, but a challenge.

Muscle & Health: It is apparent that bodybuilding is much more than a sport to you...

G.M.: Of course! It's a way of life and a way of expressing my feelings. I love to train and I love competing on stage, regardless of the result or position that the judges give me. I compete to improve, to live the lifestyle and to be the best possible athlete, on stage. **MH**

Recognised by the Greek Federation presided over by Mr. Jordan Leventelis (right), during the second edition of the President Santonja Cup in Nafplio. ▶

