

My name is Jude Achu. I am 28 years old and was born in Nigeria, West Africa. Presently, I live in Hamden Connecticut. Life in the U.S.A has continued to be kind to me since I relocated from my country of origin. I have continued to work hard and aspire without setting any boundaries.

New York City is where it all started for me. I was eighteen years old and exposed to the good and bad NYC had to offer, but I quickly made the right decision. I enrolled in one of New York City's top technical institutes, T.C.I. College for Technology, where I earned an Associate degree in Industrial Technology.

Presently, I work at Precision Sensors Inc., a division of United Electric. I hold the position of manufacturing production supervisor at the facility in Milford, CT. I am also licensed by the State of Connecticut as a Bail Enforcement Agent, formerly known as "Bounty Hunter".

Bodybuilding and fitness are lifestyles I have a huge passion for. The ability to remain disciplined and motivated toward a healthy body brings better self-esteem in some people and, in others, an overall well being. I would also mention that I have, and would always, advocate natural bodybuilding. I've followed the lead of my mentors; the legendary Mike Katz and, my chiropractor, Dr. Mike Dusa. Together, these individuals have made natural bodybuilding a sport to be reckoned with.

Brian Cannone, show promoter of Musclemania Atlantic, has also initiated ways to promote a healthy lifestyle through bodybuilding and fitness. In April '05 Brian ran a show which used to be tested for banned substances by a polygraph expert. However, this time he had every athlete, including myself, give a sample for a urine test.

My goals and ambitions are to become more involved in fitness. I intend to further my pursuit of becoming a personal trainer. Working to help people reach some of those hard to believe dreams is my drive toward becoming a trainer. I mention to my friends and fans all the time that if I could do it, you too can do it. Not to sound cliché, but I was always a big guy and took the weight off and kept the weight off.

Movies and commercials are dreams of mine. With my education, up bringing, charisma, and body that is self explanatory through hard work and dedication, I look forward to being sponsored in any media capacity and guarantee to be a good investment.

In closing, I am proud to make public my personal accomplishments and would also use this media to state when I began my natural bodybuilding career.

CONTEST HISTORY:

NOV.-2003: N.P.C. CONNECTICUT AND NORTHERN STATES CHAMPIONSHIP

- 1ST PLACE HEAVYWEIGHT NOVICE

- OVERALL MEN'S NOVICE WINNER
- 1ST PLACE MEN'S OPEN CONNECTICUT HEAVYWEIGHT CLASS
- 3RD PLACE MEN'S OPEN NORTHERN STATES HEAVYWEIGHT CLASS

NOV.-2004: N.P.C. CONNECTICUT AND NORTHERN STATES CHAMPIONSHIP

- 1ST PLACE MEN'S OPEN CONNECTICUT HEAVYWEIGHT CLASS
- 1ST PLACE MEN'S OPEN NORTHERN STATES HEAVYWEIGHT CLASS

APR.-2005 MUSCLEMANIA ATLANTIC CHAMPIONSHIP (PRO QUALIFIER)

- 1ST PLACE MEN'S OPEN LIGHT HEAVYWEIGHT CLASS

JUNE -2005 NPC BEV FRANCIS ATLANTIC CHAMPIONSHIP

- 12TH PLACE MEN'S OPEN LIGHT HEAVYWEIGHT CLASS

2005 INBF CHAMPION

- MR CONNECTICUT