

INTERVIEW WITH JODI BOAM

What do you like most about the bodybuilding and fitness industry?

Knowing there is always room to improve, so our goals are forever changing to continue challenging ourselves. Even earning first place at the Olympia, doesn't mean you're perfect. You can always find ways to improve, grow, learn, increase strength, etc. Our job as bodybuilding and fitness competitors is never done.

How did you get into coaching?

I started coaching at age 14 in gymnastics. I feel in love with teaching at such a young age, and it's just stuck with me ever since. If you're a driven and disciplined athlete, I will dedicate myself to your success. Coaching gives a sense of pride, both within myself and of my athletes.

Do you have any diet or training philosophies that you would consider unique? Or not utilized by other coaches?

I do find 90% of coaches don't take into consideration the likes and dislikes for their athletes. Most will give you a plan with fish and chicken with yams and rice for example, and their athletes will have to eat it regardless if they enjoy that meal or not. I personally create meal plans that my athlete will enjoy, so they feel satisfied and have less cravings. If you don't like yams, I will not give you yams. If you love Peanut butter, I will give you Peanut Butter. I create plans to fit specific macros with foods my athlete wants. They seem to be more successful this way, especially when it comes to offseason afterwards.



Do you have any tips in terms of nutrition or exercise for competitors and their “peak week” or the week leading up to their competition?

Plain and simple: Be ready for your show in advance, so you can walk onstage without any drastic changes. Cutting water, carb loading, etc, can be very risky, so I prefer being ready in advance, feeling confident with my physique having to change next to nothing before hitting the stage.

What are your top 2 pieces of advice you would you give to people looking to achieve an aesthetically pleasing physique?

1) Work on your weaknesses. Pay attention to what needs the most work, and hit it hard. This could be anything from a lagging body part, your endurance, discipline with nutrition, etc. Find your goal, acknowledge your weaknesses, and work your ass off.

2) You’ve heard it many times before: You cannot out train a bad diet. Your physique is created in the kitchen. “Train dirty, eat clean”.

If you had to select 4 nutritional supplements you think are most important, what would you pick and why?

1) BCAA’s. – Staying in an anabolic state during training and throughout the day. Nourish your body while your beating it up :P

2) Glutamine. – Recovery is just as or more important than the training itself.

3) Omega Oil. – Keep those joints healthy. Nothing worse than a set back from injury or sore joints.

4) Digestive Enzymes/Probiotics. – As athletes, we tend to eat more than the average person, especially our protein intake which is harder to break down. Adding a supplement to help the body break down the nutrients can be extremely beneficial.



Do you think most supplement companies are honest with their representation?

No. I will not name names, but many companies do not offer quality product. When buying any supplement, make sure to really read the ingredients and the amount of each in it. Many products have fillers, false advertising, or non-beneficial dosing. Choose wisely; even if it means spending that extra few dollars – it's worth it!

What has been your biggest accomplishment of your career?

Many would think it was the day I won my Pro Card. Of course this was a HUGE day for me, and took months to even sink in. However so much more has happened since, and it's hard to pin point just 1.

But if I had to, it would be earning a spot on the Olympia stage in my first year as a pro, after winning 1st place at the Toronto Pro is definitely at the top of the list. I cried on stage that day being overwhelmed with joy, and cried for weeks afterwards just mentioning my win. This was a very proud moment in my career for sure.

What other accomplishments are you proud of?

A lot of people actually think I was foolish for this, but something I was very proud of was competing on the Olympia stage, and the Arnold Europe stage just days after I tore my ACL (among many other things I destroyed in my knee). Maybe it wasn't the wisest decision, but having the mental strength to go through with it, and create a new routine just hours before the show, is something I do feel proud of. These shows meant too much to me to let it go.

Also, having such a supportive sponsor FUSION BODYBUILDING is an amazing accomplishment as an athlete. Not many have the opportunity to work so closely with a great company like Fusion, so for that alone I am extremely honoured and grateful.

Do you often get accused of using steroids?

Yes, way too often. I just want everyone to realize they too can accomplish anything with their physiques if they put the time and work into it. There is no easy way out. I know I have a physique that many feel they can't accomplish without steroids, however I know I also have the work ethic, dedication, and 'never give up' attitude that 80% of people don't have. I live and breathe bodybuilding. Please don't discredit the hard work of athletes by so easily judging with steroid comments.

There are tons of different opinions that people sometimes verbalize negatively on social networks towards others. How do you deal with any negative comments that you might have received from pictures displaying your physique?

I do receive negative comments almost just as often as the positive. I honestly will never understand why someone would purposely want to put others down for their hard work and dedication, so I've learned to laugh it off. Don't let others uneducated comments ruin your confidence or self esteem. Shrug it off, and know you're a huge inspiration to someone out there for the exact thing you're being put down for.

Natural bodybuilding, fitness, and figure competitions have increased dramatically in terms of popularity. Do you think natural bodybuilders and fitness competitors will ever be as popular or gain the same type of recognition as the athletes who use steroids?

As mentioned above, I know for a fact that natural athletes can achieve the same greatness and recognition. Of course it may take longer, but it can and does happen. Be patient with yourself, work your ass off, and never give up!

Do you think some competitors male or female, are too extreme with regards to competing or working out, and miss out on events or things going on around them because they are too busy working out or trying to eat a certain way?

Yes. In this sport, it can be very difficult to find the balance between 'prepping', and social life. Competitors crave and live a routine lifestyle, so it's extremely hard to break habit sometimes. I can't say what is right and wrong in ones lifestyle, but I do hope everyone can find balance, and surround themselves with those who understand and support them.



Do you see a lot of unhealthy practices from other competitors? And if so, what kinds of things do you see that are unhealthy?

Yes, way too often. This is talked about a lot more lately, which is great. Especially females need to realize that less carbs and more cardio does NOT get you where you want to be. It's extremely detrimental to your health in the long run. All I ask for any athlete, is do your research on coaches, ask tons of questions rather than just following what they say, and put health first.

That's just one example. Others would include going the extremes on peak week, taking supplements they are unsure of, following coaches orders without knowing the "why's", cutting out social life, binge eating on cheat days and after shows, etc etc etc. The list goes on. Put health first, be smart, and enjoy the process from start to finish.

Some people would say the sport of bodybuilding, fitness, and figure is very selfish. Do you agree with that? Why or why not?

Well it depends on the person from the outside looking in. Yes, we do take a lot of time to ourselves, do things independently, and at certain times avoid social settings, etc. However, it is only selfish to those who are not supporting your lifestyle and decisions. For the most part, it's temporary, and we do deserve the respect and support from those around us, and not be labelled selfish for having big goals and dreams.

On the other end, some athletes need to also take a step back and look at the bigger picture, and don't shut people or events out of their lives. Balance is the key.

There are clearly TONS of different opinions in the industry from what you should eat, how you should train, etc to reach a certain goal. Why do you think in the fitness industry compared to other industries, there is such a wide variety and varying degrees of opinions on how to be successful in your goals?

The way someone should eat, and train in bodybuilding is so independent. Everyone's body reacts differently to certain foods, and different training techniques to reach their personal goals. It's not like gymnastics where technique is technique – there is no way around it. Hockey – a goal is a goal, and specific drills are necessary for the sport. Bodybuilding has so many variables, it's impossible for me and you to do the EXACT same program and get the same results.

Who is your role model in the health and fitness industry and why?

Oksana Grishina and Mindi Obrien. Both have overcome so many obstacles to get where they are today, and I just admire their passion and dedication.

What is one thing you would want any person to know, before they decided to compete in natural bodybuilding, fitness, or figure?

Do it for yourself. Enjoy every minute of the process. It's going to be an extremely long and difficult road toward getting onstage, so stay mentally focused and prepared. Also know a natural event, and open event are NO different, other than the name. Take it seriously, and show everyone what you can accomplish naturally when you put your mind into it. Kick ass and leave nothing behind!!

What are 2 things you would like the bodybuilding and fitness community to know about Jodi Boam?

1) If I had a super power, I'd choose time warp.

2) If I could live anywhere in the world, it would be in Neverland.

Any additional comments you would like to add to this interview?

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