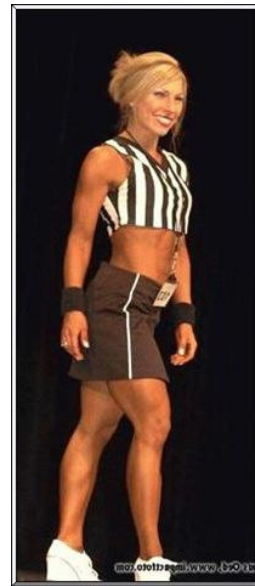




Professional Fitness Coaching Interviews

Fitness Model Jennifer Tedford-Zuba



KB-Jen, thanks for taking the time to answer some questions for my readers today. I have many female readers who will be interested in reading what you have to say about training and nutrition.

JTZ-Thank you, Kyle! My pleasure!

KB-First of all, can you tell me a little about yourself? What do you do for work? What are your hobbies, etc?

JTZ-Sure, first I will start w/ my career: I am a sales administrator for a software company in Portsmouth - I am also a Personal Trainer - NASM. Mostly I create

nutritional and training programs for women interested in competing in Fitness or Bikini. As far as fitness related hobbies: I am an avid Hiker in the summer - my goal is to complete all the 4k footers in NH by the end of next summer. I also run and bike. Lifestyle wise, I enjoy fashion, decorating and designing my new home, shopping!!!, I also enjoy spending quality time with my favorite people in the world - my wonderful friends and family.

KB-I understand that you are a successful fitness competitor. Can you explain exactly what a fitness competition entails?

JTZ-There are two rounds to competing in fitness: the first round is the routine round: Usually a fitness routine is theme based (mine themes have included Elvis and Gospel). A good routine is well balanced to included strength (one arm push ups, different press holds, dance, gymnastics, jumps, etc.....) You know if your routine is good and challenging if by the end of it you feel like throwing up! These routines are VERY difficult! The second round is a physique round - A competitor shows off their sculpted bodies in glamorous swimsuits and clear 6 inch heels! This is where the pageant part of fitness competitions come into play. Each routine is 50% of the score. In the physique the judges criteria are: body condition and overall appearance, poise, confidence, facial beauty, etc....The top 5 or 10 competitors compete in an interview round (20% of final score). The questions in this round are primarily fitness related.



KB-What made you decide to get involved with Fitness Competitions?

JTZ-Competing in fitness is a perfect marriage of all of my passions! Firstly, performing is in my blood! I have been dancing since age 4 and my grandmother was a renowned Vaudeville Entertainer! After college I wasn't dancing and felt a great void. I always watched the Fitness America Pageants on ESPN and have been totally inspired by them. I contacted a local choreographer and Fitness Coach, Cathy Savage of Walpole, Massachusetts and the rest is history! Fitness competitions give me a perfect venue to perform. Competing also touches upon a few of my other interests: my desire to attain a fit and feminine physique, a general competitive drive, and my desire to constantly challenge and better myself

KB-I understand you recently had a competition. Can you tell me about the competition and how you fared?

JTZ-Actually in the last 9 months I have competed in 5 competitions from South Beach Florida to Anaheim, California stopping in Connecticut, Toronto Canada, and Miami along the way! In the regional events (South Beach and Connecticut) I placed in spots from winning to the top 5. In world events (Miami, Anaheim, and Toronto). I have placed in the top 15 or better - out of over 60 women.

KB-Can you briefly describe how you prepared for this competition?

JTZ-I start about 12 weeks out focusing on nutrition and workouts. During this time I also select a theme, have my routine choreographed, and select my suits.

KB-How did you coordinate your training and nutrition?

JTZ-My workouts consist of cardio 2x/day (running sprints, spinning, etc) fast paced circuit training, killer routine practice, and stretching and flexibility. I don't follow the traditional "bodybuilding diet - protein emphasis" Instead I eat foods that come from the earth - mostly raw and plant based - fruits, veggies, good fats like avocado, flax, hemp seed, also some fish and chicken. Focusing on natural nutrition has helped me to heal a lot of ailments. It also makes me feel unreal!

KB-What body fat percentage did you recently compete at?

JTZ-I would estimate my lowest at 7 or 8 and highest competition BF at 12%



KB-What is the lowest body fat percentage you have ever been at in your life?

JTZ- About 7%.

KB-Can you describe how you felt at that really low body fat percentage?

JTZ-Fragile! Haha! I was so drawn in the face. I was tired and lethargic....and slightly moody!

KB-Can you share with my readers how your body fat percentage might fluctuate at various points throughout the year for you?

JTZ- People may look in fitness magazines and think that the models look that lean your round - it is an unrealistic goal for young women to attain. These photo shoots are usually based around a competition when a competitor or model is at their fittest. This is called the "on season " For me my on season is about 3 or 4 months when I am competing and dieting hard. I weigh 115 when I am competing and 125 off season. I don't eat poorly off season - I just don't workout 2x a day and restrict my calories. I actually feel best at 125 – I'm more energetic, happy, relaxed...etc.....

KB-At what body fat percentage do you feel you look the best at and feel the best at?

JTZ-I feel I look my best at in the low 120's this is where I feel the best as well. I estimate I am 17% BF at this weight.



KB-As of today, what are your current training and fitness goals?

JTZ-My training goals are to switch up my training variables. I want to do cardio for less time and more intensity. Also I want to focus on perfecting some more strength holds - also addressing Plyometrics so I can make my jumps higher and more powerful! This year I aspire to be top 5 in the world!

KB-Any special competitions you have your sights on?

JTZ-Yes I am looking at South Beach in April or Fitness Atlantic in late April.

KB-Can you share what a typical day of eating is like for you?

JTZ-I wake up and may have a piece of fruit. Then I hit the gym. After the gym on the way to work I may eat a half of pineapple or a half bag of grapes. My mid morning snack is either a bowl of corn, an oatmeal pancake made w/ chickpea flour, egg whites, and a bit of oats, lunch is a large salad w/ some avocado, flax oil, some beans or chicken and tons of veggies, afternoon snack may be a few dried figs or another protein veggie meal - dinner is another large salad w/ a bit of chicken or just veggies.

KB-What are some of the “tricks” you use to make healthy eating a part of your life?

JTZ-I don't have junk in the house - no fun food in my fridge! The most exciting thing you will find is some trail mix! Haha! I just focus on how I want to feel...I don't want to feel bogged down by eating salty or sugary foods! Another reason I like to eat naturally is because I can eat more VOLUME! I love to eat! I don't want to feel deprived. I eat a large mixing bowl of salad and grilled veggies every night - takes me about an hour! It is very enjoyable and I don't feel like I am depriving myself.

KB-In your opinion, how should women train and eat if they want to see noticeable results from their efforts?

JTZ-I think that answer is reflected in the previous questions. Women should take note how they feel after eating certain foods - if that food makes them feel lousy, even if it is considered "healthy" get rid of it! Training wise - I have always been an advocate of intense circuit training and cardio - these workouts "Shock" the body! I feel so alive and energetic after a 30 minute session of sprinting or a hard spin class. Participate in workouts that they enjoy! For me that's hiking, running, etc.....I am most likely to stick to working out if I am having fun! If a woman enjoys nature, get outside and walk or run. If they are social join an aerobics class...etc....

KB-Can you tell me how you fit in regular training sessions while still working a full-time job and having a social life?

JTZ-What Social Life?? Ha! Kidding! That's the only thing I hate while competing is not seeing my loved ones and friends enough. I get up and work out and workout after work....then return home around 8 and crash on the couch! Oh Yay! I am Sooo much fun! I try not to miss social occasions. I simply pack my food to bring with me.

KB-Can you tell me a little about your current weekly training schedule?

JTZ-I am up at 5 for cardio and lifting and return to the gym around 6 for either more cardio or routine practice. My favorite workouts are addressed above.....

KB-What do you feel most women are doing wrong with their training programs?

JTZ-They are not pushing themselves hard enough - or not changing their routines enough. A body gets used to a program after a short period of time. Be consistent and push yourself each time! Enjoy yourself!

-Jen, thanks for taking the time to share your experiences with my readers. Can I share your website address with my readers?

JTZ-PLEASE DO! My website is www.jentedford-zuba.com and they can e-mail me at jzuba@zwi.net. THANK YOU! ;)

Thanks again,

Kyle Battis