

JOLANDA BEUVING OF THE NETHERLANDS - WOMAN OF THE MONTH FOR AUGUST 2012



Jolanda was born in Zaandam but grew up in the beautiful island of Texel together with her parents, twin sister Karin and brother Marc.

She was born on August 14th and women born in August are stunning, intellectual, magnetic, and attract others with their enthusiastic solar power. Women born in August are protective and dedicated mothers. The desire for fame could also make them overbearing while trying to live through their children's accomplishments.

The sun rules life and she may nurture a subconscious fear but nature gives her a strong mind and robust body. She loves animals.

She is happily married to Marcel Honingh who is her soul mate and having a beautiful daughter Roosje (little rose in English).

Jolanda Beuving wedding picture with her husband Marcel.

HOW YOU GOT INVOLVED IN BODYBUILDING SPORT?

"I gave a lot of aerobic lessons in the past Alfred van Dijk (a fitness friend) asked me to do a competition in fitness (Bikini, Bathing suit, aerobic routine and evening dress) and I won the title. This was the beginning of my career involving in the beautiful sport of fitness."

WHERE DID YOUR TRAIN?

"I did my weight training in the past in many different gyms in the Netherlands and then I found my "home" gym and a few later we bought this gym and we have it now for almost 10 years under the name of BEUVING SPORT."

DID YOU PARTICIPATE IN ANY BODYBUILDING COMPETITION OR FITNESS?

"Yes I participated in several competitions since 1996 till 2004 and I love it so much. It is a great experience and I gained confidence and respect all the way."

Results of my achievements in competitions:

1996 – I won the first competition in Bodybuilding

2000 – I won the Dutch Championship title

2004 – Participated in the Ms. Universe and placed amongst the top 6

2004 – Won the Couple Championships in the World Competition

2004 – World Champion

2004 – Overall Winner (Miss World)

WHY DO YOU LOVE THIS SPORT?

"I adore the sport of bodybuilding and fitness because it is for everybody."



World Champion in 2004



Mixed pairs champion in 2004

WHO MOTIVATED YOU TO THIS SPORT?

"I believe in myself and I have strong determination. Over the past years I had terrible back-pain and I could not walk without the support of a corset (back-supporter). I felt disgusted and frustrated to live like this, lying on my bed most of the time. I seriously made up my mind to exercise in a gym to strengthen my back. Amazingly it did wonders, I was super fit and active again. This motivated me to train bodybuilding and fitness through out my life till today."



AT WHAT AGE YOU STARTED TRAINING?

"I did jazz ballet (dancing with a group) twirlen' and swimming as a hobby. I started with fitness and aerobics at the age of 20."

HOW YOU WERE INVOLVED WITH NETHERLANDS FEDERATION?

"I am involved with the Netherlands Federation because of my good friends – Walter v.d. Branden, Eddy and Marcel."

WHAT POSITION DO YOU HOLD IN THE NETHERLANDS AND EUROPE?

"In Holland I am in charge for the women's competitions. I am also a Fitness Coach of the Dutch ladies team and actively engaged at the back stage during the competitions to assist the women competitors. I am the Chairperson of the Woman's Committee in the European Bodybuilding and Physique Sports Federation (EBPF)."

WHO ARE YOUR FAVOURITE BODYBUILDING ICON FOR MAN AND WOMAN?

"I have no special icon and I love everyone who is in bodybuilding and fitness. It is beautiful to see all these passion and motivation of the athletes."

YOUR OPINION FOR THE FUTURE OF MODEL PHYSIQUE, ATHLETIC FITNESS AND MODEL FITNESS, WHAT DO YOU THINK?

"I love them and these are fantastic sport for the ladies, they look elegant, fit, smart and beautiful. I am happy that this new trend is taking place for our women."



WHAT DO YOU THINK OF WOMAN BODYBUILDING, IS THERE ANY GOOD PROSPECT FOR THIS TO GROW WORLD-WIDE?

"I prefer Model Physique, Athletic Fitness and Model Fitness. This is more for the future and it is rapidly gaining popularity throughout the world. Woman bodybuilding was the past and it is gradually losing ground."

YOUR HOBBY?

"I love singing and dancing. I spend my time with my daughter Roosje, quality time with my family, exercising in my gym. Training people to look good and teach them proper diet and exercises for competitions and for some as a life style."

WHAT KIND OF MUSIC YOU LOVE TO HEAR AND WHO IS YOUR FAVOURITE SINGER?

"I love Enigma Music and good dancing music."

WHAT FOOD YOU LOVE BEST?

Carpaccio and Steak.

WHAT IS YOUR OPINION OF WBPF and EBPF?

"Keep up with the good work! The WBPF and EBPF are doing a great job and their judging process is honest and straight unlike with the other federations. They have a mix of all races from the continent to judge, no matter what color or race. Only the best can win. The WBPF and EBPF is a big family, and I love these federations."

WHY DID YOU DECIDED TO SUPPORT THE WBPF?

"We worked for years together with Walter v.d. Branden. When he started the NBPF we went along with him and Paul Chua for the betterment of the sport and good for the athletes. The feeling with the WBPF is a good karma and a positive feeling to join this group."





Jolanda with her Bodybuilding & Fitness Federation from Holland.

WHO IS YOUR MENTOR IN BODYBUILDING AND FITNESS?

"I have too many people around me who helped all these time (Marcel, Nico, Frank, Rinus, Diana, Michael, Rony, Yorick, Richie and friends and families) but most of all I rely on my own will power."

DO YOU HAVE ANYTHING TO SAY TO THE READERS?

"Love life, enjoy every day and be positive. Smile makes the world better."

DO YOU LOVE TRAVELLING?

"Yes I do love travelling with my family. I love to see the world, the people and their culture."



YOUR PROFESSION?

"I am a Personal Trainer and Personal Coach. I have my own gym with my husband Marcel and I love helping people to make their life much better, goals to realize and achieve. I am a fitness expert in Holland and Fitness Coach for the Dutch ladies. I teach cat-walk training for big events to prepare the woman for the competition."

WHAT IS YOUR FAVOURITE COLOUR?

Aqua blue and pink for my daughter Roosje.

I have a 5 year old daughter Roosje (Little Rose) and she is our gift from God. She is a funny girl and a real beauty. I am a fit mom and we are a happy family.



Roosje the adorable daughter of Jolanda