

MAN OF THE MONTH FOR DECEMBER 2012 - RUDY GETTEMAN OF BELGIUM



Rudy Getteman was born on 25th July 1960 in the city of Ninove (Belgium). He is married to Els Souffriau and has a son of 30 years named Bjorn who is a singer and guitarist.

By profession, Rudy is a sport nutritionist and sport consultant related to bodybuilding and physique sports.

Rudy is the President of WBPF Belgium and his wife Els is the Secretary-General of the Belgium Bodybuilding and Physique Sports Federation and she is his greatest supporter of all time. He and his wife are very happy to be part of the family of WBPF and Rudy feels that he made the right decision in crossing over from the IFBB to WBPF. “We are treated equal and with great respect by members of the WBPF and they are all amazing people.”

He was involved in Bodybuilding since 1977 at the age of 17 years, and from his first work-out at the gym at a place close to his home town, he was passionately involved in bodybuilding. To Rudy the most beautiful and healthy sport is bodybuilding which he adores. He use to flip bodybuilding magazines and upon seeing the photo of Arnold Schwarzenegger the greatest bodybuilder of all time, he was instantly motivated to bodybuilding.

From then on his journey in bodybuilding began and he participated in the National Competitions and won 2 silver medals and a bronze, and that was his best performance which he never regrets because it was great fun to be on stage with the top bodybuilders from Belgium.



President Rudy of WBPF Belgium together with Secretary-General Els Souffriau congratulating the overall winner of the Walter Open Dutch Championships - Flore Pascal of Belgium.

Who is the greatest bodybuilder you adore? “I love aesthetic bodybuilders, but my biggest idol is Flex Wheeler. He is an example how it should be in bodybuilding, small waist, wide shoulders and good legs, everything in proportion. The man who comes close to this physique is our WBPf champion Peter Molnar from Hungary.”

His hobby is bodybuilding. He spends most of his time in the gym or chit-chatting with bodybuilders but he is also fond of travelling to see the world.



His closest friend in Bodybuilding is Walter Branden of Holland and he also has another very good friend who is fully committed to the Belgian Federation, Patrick Van Lierde . He is not involved in the federation but a great helper and work for the Federation behind the scene and contributes a lot of his time whenever a competition is organized in Belgium.

Picture from left: Walter Branden (Netherlands), Datuk Paul Chua (Singapore) and Rudy Getteman (Belgium)

What is the future of Bodybuilding in Belgium? “I think we have a great future in Belgium. Within these two years we are the largest federation in our country, and we have our rival groups racing behind us. Many bodybuilders are very proud to represent WBPF Belgium and there is many more coming to us. Time will tell.”

My dream is to see bodybuilding included in the Olympics and I hope that one day our sport will be recognized and accepted in the Games.

Rudy’s favorite food is good beef steak with French fries and he enjoys listening music of the 60s and 70s and some good disco music.



Picture from left Rudy Getteman, President of WBPF Belgium and Axel Bauer, President of European Bodybuilding & Physique Sports Federation and WBPF Vice-President for Europe at the Congress Hall in Malacca, Malaysia.)