

KIM ODDO - BIOGRAPHY

Kim Oddo has been a respected member of the health and fitness industry for over 20 years. He has established himself as one of the top trainers and nutritionists for competitive bodybuilding, fitness and figure athletes in the world today. His keen understanding of how to customize eating plans and training programs for each client has given him a special standing in the health and fitness community. Kim is the owner and operator of BODY BY O, a 3,000 sq. ft. personal training facility located in Temecula, CA. Kim has been interviewed for his views on nutrition, fitness and training for features appearing in such magazines and popular online fitness websites as MUSCLE & FITNESS, MAX MUSCLE, IRONMAN, OXYGEN, MUSCLE & FITNESS HERS, FLEX, GRAPHICMUSCLE.COM, BODYBUILDING.COM, HARDBODY.COM, FIT SHOW and Musculardevelopment.com. Because of his reputation for excellence and superior training skills, Kim's business has been almost solely built on referrals from extremely satisfied clients. Kim's main focus is to lead his clients to a fitness ideal they may have only dreamed was possible.

PROFESSIONAL EXPERIENCE

2009 OLYMPIA - Prepped 10 IFBB Figure Pros Qualified to compete in the Figure Olympia, 9 of which competed in the event including 2009 Ms. Figure Olympia Winner Nicole Wilkins-Lee
2008 OLYMPIA - Prepped 8 IFBB Figure Pros and IFBB Fitness/Figure Pro Nicole Wilkins-Lee
2008 ARNOLD - Prepped 3 IFBB Figure Pros including Gina Aliotti who won the 2008 Arnold Figure International
2007 OLYMPIA - Prepped 7 IFBB Figure Pros
2007 ARNOLD - Prepped 4 IFBB Figure Pros
2006 OLYMPIA - Prepped 7 IFBB Figure Pros
2006 ARNOLD - Prepped 4 IFBB Figure Pros
2005 OLYMPIA - Prepped 3 IFBB Figure Pros
2005 ARNOLD - Prepped 2 IFBB Figure Pros
2004 OLYMPIA - Prepped IFBB Pro Monica Brant-Peckham
2004 ARNOLD - Prepped 2 IFBB Figure Pros
2003 OLYMPIA - Prepped IFBB Fitness Pro Kelly Ryan & 3 IFBB Figure Pros
2003 ARNOLD - Prepped 2 IFBB Fitness Pros & 2 IFBB Figure Pros
2002 OLYMPIA - Prepped IFBB Fitness Pro Laurie Vaniman-Turner
2002 ARNOLD - Prepped IFBB Fitness Pro Laurie Vaniman-Turner
1999, 2001, 2001 OLYMPIA - Prepped IFBB Fitness Pro Kelly Ryan for these three years
2003 - USA Women's Fitness Team Coach/2003 IFBB World Women's Bodybuilding & Fitness - Santa Susanna, Spain
2002 - USA Women's Bodybuilding and Fitness Team Coach / 2002 IFBB World Women's Bodybuilding & Fitness Brno, Czech Republic
1999 - USA Women's Fitness Team Coach /1999 IFBB World Women's Bodybuilding & Fitness-Madrid, Spain
Certified Master Personal Trainer since 1986 - Owner and operator of BODY BY O, INC. since 1999

EDUCATION

Bachelor of Science Degree from Nicholls State University, Louisiana
Master of Fitness Sciences, International Sports Sciences Association (ISSA)
Member of the American College of Sports Medicine (ACSM)
Certified through Oasis Sports medicine Group / Sports Injury prevention
Certified through CME Obesity & Eating Disorders Management / Physical & Mental Challenges

AUDIO & VIDEO

THE FIT SHOW - multi episodes filmed with Laurie Vaniman Turner. The Chapman Media Group produced by Travis Chapman on Bodybuilding.com
Musculardevelopment.com-Shawn Ray interviews

SEMINARS AND PUBLIC SPEAKING

MONICA BRANT Annual F.E.M. CAMPS / from 2004 to Present
Director of the nationwide CHAMPIONSHIP SEMINAR SERIES with Hany Rambod on competition preparation
Guest Speaker / Presentation on Excelling In the Personal Training Industry - UCLA
Co-Director of Sports Injury Prevention, Strength & Conditioning Conference with Dr. Jerry Hizon (San Diego Chargers Team Physician)
Co-Director of OUCH Medical Clinic Personal Trainers Workshop

SAN DIEGO CHARGERS FOOTBALL TEAM

Consultant for Diet & Body Fat Analysis

CORPORATIONS AND GROUPS

GUIDANT CORPORATION, Temecula, CA
Set up and implementation of the Body By O Training System for Guidant's corporate gym in their Temecula and Santa Ana facilities in order to promote employee health and well being.

HIGH SCHOOL SPORTS

Kim has made a big impact when working with kids in high school sports. Whether its football, volleyball, wrestling, basketball or tennis, Kim's knowledge of safe and sensible training techniques insure that any young athlete will learn only proper training methods. His love of sports is a great motivational tool guiding your teen to be the best they can possibly be in the sport of their choice!