

JENNY TELFORD

FITNESS RESUME

PERSONAL PROFILE

I am an outgoing yet professional individual with excellent communication skills. I have spent the last 22 years of my life working in one customer service industry or another. I have worked with customers/patients/clients face to face and over the phone. I started in restaurants waiting tables and bartending. I've worked for a Medical Equipment provider from the ground up for 6 years. I started in an Intake position and left as a Billing representative to be a stay at home Mom. I returned to work for a Dermatologist and quickly became the Assistant Office Manager as well as Intake/Receptionist and Medical Assistant for 2 years.

I am very efficient and a fast learner. I love to work with people. I lead a very solid healthy lifestyle of following regular exercise and good nutrition practices. I love sharing my passion for fitness and nutrition with others.

SPONSORSHIPS/AMBASSADOR SHIPS:

CURRENT

- April 24, 2021 – Present “The Shoe Fairy” – Ambassador
- January 31, 2021 – Present “Angel Competition Bikinis – Ambassador
- December 31, 2020 – Present “CardoMax” – Ambassador
- December 22, 2020 – Present “Pro Tan” – Ambassador
- November 19, 2020 – Present “The Nutrition Corners” – Ambassador
- April 2018 – Present OnIE Clothing Fit Apparel, Virginia Beach- Ambassador

PAST

- January 2018 – January 2021 “Direct Performance Physical Therapy”, Virginia Beach – Ambassador
- October 2017 – September 9, 2020 “Strike Force Energy”, Virginia Beach – Sponsored Athlete & Ambassador
- August 2015 – April 2016 “J & A Racing”, Virginia Beach- Ambassador

CONTACT

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FEATURED IN ONLINE PUBLICATION:

November 28, 2017 www.WomensHealthmag.com -
"I Transformed My Entire Body by Entering A Bikini
Competition - Here's How" by Rachael Schultz

COMPETITIONS & AWARDS:

**2017 September 16, 2017 The WPA East Coast
Natural Muscle Classic, Virginia Beach**

- 1st Place - Bikini Open & IPE Pro Card Winner
- 1st Place - Bikini Debut
- 1st Place - Bikini Novice

**2018 February 10, 2018 OCB Body Sculpting Open,
Williamsburg, VA**

- 1st Place - Bikini Open Class B

July 15, 2018 NPC Lenda Murray Pro/Am, Norfolk, VA

- 1st Place - Bikini Novice
- 1st Place - Bikini Masters
- 2nd Place - Bikini Open Class A

September 8, 2018 OCB Battle for Tidewater, Virginia Beach, VA

- 2nd Place - Bikini Open Class B

September 22, 2018 IPE Gods of War (Pro Debut), Virginia Beach, VA

- 1st Place - Bikini Pro

2019 May 18, 2019 OCB No Gear Classic, Greensboro, NC

- 2nd Place - Bikini Open Class B

**July 17, 2019 NPC Teen, Collegiate & Masters Nationals,
Pittsburgh, PA**

- 10th Place - Bikini Class D

December 5, 2020 OCB Queen City Showdown

- 1st Place - Masters 40+ - Masters Pro Card Winner
- 3rd Place - Bikini Open Class B

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