

(TC: 00:00:00)

Dr Hazel Wallace: Hello, and welcome back to another episode of The Food Medic podcast. I'm your host as always Dr Hazel. Today on the podcast we have CrossFit athlete Jamie Simmonds, formerly Jamie Greene. Jamie and I connected through Whoop fitness who I work closely with as their resident doctor and women's health advocate and who sponsor Jamie. We also have some mutual friends, Fraser Knox will not forgive me if I do not give him his shout out. So Fraser this one's for you. That said Jamie is a phenomenal woman and athlete and I could not be more excited to sit down with her today. If you've not come across Jamie before, Jamie is a four time CrossFit games athlete and two time podium finisher once in 2016 with Team CrossFit Yas and once in 2019 as an individual. She's been a national champion for six years and finished on the podium on prominent sanctionals such as strength and depth, and the Down Under CrossFit championship. Jamie started CrossFit only in 2013 but her background as a gymnast and rugby player certainly helped secure her as one of the top CrossFit athletes in the world. Jamie's journey to becoming the third fittest woman hasn't been easy, with her intense training schedule, injuries and just other set backs. Yet she still one of the most determined and committed athletes I know. And she always seems to do it with a smile. Ladies and gentleman, it's Jamie Simmonds.

[AD break]

So I'd just to love to start with kind of your journey into CrossFit and where it all started.

(TC: 00:03:17)

Jamie Simmonds: Yes I've always been, like, into sports, I think growing up in New Zealand there's not a hell of a lot else to do. So yes growing up I did, like, a lot of sports gymnastics, rugby, just pretty much anything to get outdoors and then I studied PE at Uni so I went to phys ed school and studied exercise prescription and management. And then that sort of led on to I did a bit of PT'ing, I worked at a gym at home, trained CrossFit and then ended up being a PT and that sort of led me to the CrossFit life.

(TC: 00:03:50)

Dr Hazel Wallace: Yes and I am I true in saying, or am I right in saying that you started CrossFit in 2013?

(TC: 00:03:57)

Jamie Simmonds: Yes. Yes, my mum actually bought me, like, a six-week pass. I think I was getting a bit lazy and sort of I was in the rugby culture of going out every weekend, maybe a bit much beer. So my mum was like, 'Here have this six week pass to a CrossFit gym and it might sort you out a little bit,' and low and behold it did.

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(TC: 00:04:16)

Dr Hazel Wallace: Oh my God that wasn't that long ago.

(TC: 00:04:19)

Jamie Simmonds: No I like the idea that I sort of still, like, trained before that and I've always done gymnastics that helped a lot but yes I sort of started and then sort of cranked straight, like, into wanting to compete and what not sort of a few months after I started I suppose.

(TC: 00:04:35)

Dr Hazel Wallace: Does your mum do CrossFit?

(TC: 00:04:37)

Jamie Simmonds: She did. She did, like, a women's class at home. She used to always do, like, the yearly things of them. But she's not-, like I wouldn't call her a CrossFitter at all.

(TC: 00:04:51)

Dr Hazel Wallace: That's still very cool. And so I mean you've had an incredible career so far and your last game so in 2019 you were given the title of the third fittest woman on earth which is a huge title to hold. But how was your experience of the games? What did you enjoy the most about it, and what did you find maybe the most challenging?

(TC: 00:05:12)

Jamie Simmonds: Do you mean in that specific year or just in general?

(TC: 00:05:15)

Dr Hazel Wallace: Yes in that specific year.

(TC: 00:05:17)

Jamie Simmonds: And that year, that year was very different to other years, so obviously that was the first year that you qualified through with when we had the sanctional season, so everyone was sort of, like, competing a lot more throughout the year because you had that option of all the sanctionals rather than just the whole regional road. So everyone was a bit more, like, I guess, competition ready and then it got to that point where there was, like, 150 of us so that was a bit crazy in the first event. But there was something about it that made it quite cool how there was, like, the cuts, so you sort of never really looked too far ahead in the competition you were like, 'Oh this may be my last event, so I may as well put everything into it because I might not make the next cut.' There was something like, yes, and it sort of kept everyone on edge but it was also a good way of looking at competing because, you know, how a lot of the time sometimes you're not really focusing on what you're doing at the time and you sort of miss the moment. I felt like it was a really good way to stay in the present moment and, like, compete as if it was like the last time you were competing for the weekend. So it was cool.

(TC: 00:06:18)

Dr Hazel Wallace: Yes, it was good. And what event did you find was your favourite?

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(TC: 00:06:23)

Jamie Simmonds: There was quite a few that year. I think, like, I always love the swimming ones and not that I'm a really good swimmer-

(TC: 00:06:28)

Dr Hazel Wallace: Really?

(TC: 00:06:29)

Jamie Simmonds: Yes, I'm not a really good swimmer or anything but it's just always like a good atmosphere to it because, you know, you're outdoors you get to swim in either the lake, or when it was in California in the sea, and it's just sort of, like, throws you in a harder workout that we're not all used to. So I really like that one. But also there's, like, the things like the sprint, I think that was just such a big one because that was, like, the field was cut in half and that was like, you know, make or break and so much can change in like a short sprint. So yes that was pretty cool.

(TC: 00:06:58)

Dr Hazel Wallace: And what about your least favourite of the events?

(TC: 00:07:01)

Jamie Simmonds: Oh, that year there's not anything that sticks out that year but the year before it was the marathon row. I can't say that was my favourite three hours of my life.

(TC: 00:07:11)

Dr Hazel Wallace: I completely forgot about that. And you had no idea it was coming?

(TC: 00:07:16)

Jamie Simmonds: No. I'd literally said, like, I think it was maybe two weeks before the games I was like there's literally not one workout that I mind coming up but the only one I don't want to do is a half-marathon row and that's happened before, and then a marathon came up. I was like, 'Oh, sweet just exactly what I didn't want.' So I think it was good for me because I hate rowing and just mentally I need to just suck it up and do it so I would, like, to try it again one day and maybe go in with a bit of a better mindset.

(TC: 00:07:44)

Dr Hazel Wallace: Yes of course. I would not want to try that at all.

(TC: 00:07:49)

Jamie Simmonds: Maybe the team one. The team one-

(TC: 00:07:50)

Dr Hazel Wallace: Yes maybe a team, like, tag team you go like-,

(TC: 00:07:53)

Jamie Simmonds: Yes, I could deal with that.

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Dr Hazel Wallace: But so this year you've unfortunately had a shoulder injury so you won't be competing in the 2021 CrossFit season but how are you dealing with that, that's tough.

(TC: 00:08:05)

Jamie Simmonds: Yes so it was, like, at the time so obviously, it was actually during the first stage of the opens so I think it was just before week three I was literally like just finish training, doing some accessory work, and my shoulder just dislocated which yes was a bit of a freak accident but obviously something waiting to happen. Like, I had this feeling that I might be able to get through the last week depending on what the workout was and then it came up and it was all gymnastics and I was like, okay this might not go too well. So I had to pull out then and at the time yes it was pretty rough since we had merged from the UAE back to the UK just to sort of focus on being athletes. It was, like, shoot what do I do now. But I think with the help of everyone around me and the good support system here of, like, physios, talking to a surgeon and stuff as well, that they really helped me sort of, like, stay on track and focus on rehab and sort of getting back for later in the year. So to be fair I've been pretty busy with all of that and yes it's just one of those things that happen in sport but now hopefully after all that rehab it's going to make me stronger for the years to come.

(TC: 00:09:16)

Dr Hazel Wallace: Yes, absolutely but you're totally right in that it will kind of help hopefully future proof your shoulder for more years to come. And so what does a normal day look like for you now in terms of your training? Are you still doing daily training like as you were before?

(TC: 00:09:34)

Jamie Simmonds: Yes, so the last few months it's been-, like I've done a lot of, sort of, just cardio sort of stuff in the mornings, and then rehab or lower body strength in the afternoons. But now as of, like, three days ago, me and Elliot just started a new training block and now we're on the same programme so we never have been before, we've always had different coaches, so three days ago we started on the exact same programme so that's been really (TC 00:10:00) fun so now we're just back to normal training sort of building up. I want to compete maybe later in the year if, like, Rogue or something goes ahead so at the moment it's still just strength training but still sort of, like, cardio and conditioning in the morning and then trying to build strength in Olympic lifts in the afternoon. But it's really cool training with El now.

(TC: 00:10:19)

Dr Hazel Wallace: Yes, absolutely and for people listening Elliot's your husband and also a CrossFit athlete.

(TC: 00:10:24)

Jamie Simmonds: Yes. Yes.

(TC: 00:10:24)

Dr Hazel Wallace: Which is lovely, lovely to have the support.

(TC: 00:10:26)

Jamie Simmonds: Yes it's good competition sometimes.

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(TC: 00:10:29)

Dr Hazel Wallace: I was going to say I can imagine that would be, especially now that you're on the same programme.

(TC: 00:10:34)

Jamie Simmonds: Yes, it's funny. It's only been three days and we're both like, 'Oh my God, we're both so sore,' like, got to try and beat each other at those small things, you know.

(TC: 00:10:44)

Dr Hazel Wallace: And so what would be kind of, like, a typical morning routine for you then?

(TC: 00:11:19)

Jamie Simmonds: So normally Elliot's a bit more of a routine person so he sets the tone. But normally I just will get up, I'm really useless at a morning routine and getting up and, like, eating and things so sometimes I'll just have coffee, just go straight into the gym and do, like, a first session, and Liam at pH Nutrition, is like, 'No you need to start fuelling that morning session.' So at the moment, I'm building into, like, getting up, making sure I have breakfast, which means sometimes I have to wake up a bit earlier, get breakfast, then we head into Dragon here in Cardiff, Dragon CrossFit, and normally just do some either, like, you know, zone two, zone three cardio or some intervals and a bit of conditioning just to get the morning started. And then we sort of hang out at the gym for a bit, do a bit of work, then it leads us on to our afternoon session.

(TC: 00:12:12)

Dr Hazel Wallace: Wow, so a lot of training in a day.

(TC: 00:12:15)

Jamie Simmonds: Yes, it's not, like, too bad. It's sort of two-hour block windows throughout the day.

(TC: 00:12:20)

Dr Hazel Wallace: Yes, and you mentioned Liam from pH Nutrition. Is he your nutritionist?

(TC: 00:12:26)

Jamie Simmonds: Yes. So I've actually worked with Liam for, like, the last four years, four or five years. Yes, and he's awesome to work with and obviously, things change throughout the season, like you're in different-, you know, we're in a strength block, so nutrition is a bit different again. Also, when we're competing he's just so helpful making sure-, like, we've done it for years but you still forget things all the time making sure you stay on top of things and if say if I say to him like, 'Oh, I'm feeling like I don't have energy by the end of the morning session,' and he'll be like, 'You need to change this meal before you train,' and things like that. He's really good to work with.

(TC: 00:13:04)

Dr Hazel Wallace: Absolutely, it's good to have also, like, to hand that responsibility over to someone as well to help figure it out for you.

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Jamie Simmonds: Definitely, definitely.

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Dr Hazel Wallace: Because I guess when it comes to when you're competing, like, it's the difference between, you know, getting first place or coming second I guess. Those little tweaks.

(TC: 00:13:22)

Jamie Simmonds: And also, like, it's one of those things that it can prevent injury and help recovery and things like that and maybe that was something that was off for me as well. Like, you never know. Maybe during March with the move over and stuff I hadn't really done any habits or anything yet so maybe my nutrition was off a little bit and that also didn't help, you know, my shoulder just went for another reason. Who knows.

(TC: 00:13:43)

Dr Hazel Wallace: Yes, that's it, there are so many things to consider, like, stress and like you said a move, new environment, yes where we often we just put it down to the actual movement or the activity that you're doing before but like you said it was almost a freak movement. It was at the end, you were just doing an accessory exercise. So you obviously train very hard and recover hard, but how do you stay motivated to do the same thing day in day out?

(TC: 00:14:10)

Jamie Simmonds: I think this one comes down to a lot of obviously, like, it's been a lifetime habit for me just to sort of live this way but I think as well a big thing is who's around you. Like obviously everyone over here that we sort of hang out with is into the gym life so you're sort of, you know, you're motivated by them working hard, them training hard. So you're like, 'Yes I'll give it a go too.' But it was always like that at Yas as well. Like, we had maybe six coaches and us there at one point that would just, you know, work in the morning, train, work, train. And you just sort of get into that habit and you just sort of end up doing what everyone else is doing around you. So I think the more you can surround yourself with people that are living a similar lifestyle to you, or a lifestyle that you want to live, the more motivation you have to sort of keep up with that. So I think a lot of it is environment but then again as well also just like, you know, sitting down and being honest with yourself is this what you really want to do and then that in itself is motivation.

(TC: 00:15:03)

Dr Hazel Wallace: Yes, I completely agree. I think what you spoke to there about, you know, having a tribe of people around you who have similar values, similar behaviours and habits really does help shape your life and the habits that you want to create.

(TC: 00:15:18)

Jamie Simmonds: Yes, especially, like, I bet you see that in London, there are so many different groups or, like, lives to live in London that you want to make sure you get caught up with the right one.

(TC: 00:15:28)

Dr Hazel Wallace: Absolutely and I think, like, when I look at my own kind of friendship groups, you know, not all of them have the same interests so I've got, like, my group of friends who are very active

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into CrossFit and then my group of friends who are less into that and maybe, like, to go out a bit more and I think that's fine, you know, to circulate amongst these groups-

(TC: 00:15:49)

Jamie Simmonds: Have a good balance.

(TC: 00:15:50)

Dr Hazel Wallace: Yes, 100%. I spoke to James Clear on this podcast recently about that and sometimes there will be people in your life who you, you know, they're very close to you, you love them, but they may not share those values. They may not want to train. They may not want to eat in a certain way. That's fine, but finding people who do can also help take that pressure off you as well.

(TC: 00:16:14)

Jamie Simmonds: Yes, and then you can balance your time between everyone.

(TC: 00:16:17)

Dr Hazel Wallace: Between, yes, 100%. So, how has the pandemic affected your training? Were you in a lockdown at all? I guess when you moved over here, you were in a lockdown?

(TC: 00:16:29)

Jamie Simmonds: Yes, we've been pretty lucky to be fair. Obviously when we were in Abu Dhabi we were still actually working at the gym, because we had to do the live online workouts, so we were allowed in the gym. Also we had a gym at home, so it was hot, but we managed to still train. Probably more if anything because we weren't coaching as much. Then, when we moved here, we actually stayed at Elliot's mum's for ten days, for our quarantine. And she has all the equipment that you need at her house, so that was amazing. Then when we came to Cardiff, they actually had a rule, if you were a professional athlete, you were allowed in the gym. So, to be fair we've been pretty lucky, but I did notice the difference in motivation and like a quiet gym, like especially a cold quiet gym in the UK. Compared to a gym where there are classes and other people training and you just have that vibe to feed off from other people to keep you motivated.

(TC: 00:17:25)

Dr Hazel Wallace: Absolutely, I think that's one of the beauties of CrossFit or why I was drawn to it is the social, group training element of it.

(TC: 00:17:33)

Jamie Simmonds: Yes, definitely. Like, the people you meet, they're just, yes, everyone is so like minded. Everyone is just, yes, motivation is awesome.

(TC: 00:17:41)

Dr Hazel Wallace: Yes, so next I wanted to chat to you a little bit about your experiences as a female athlete specifically. I guess you just mentioned that you and Elliot are now on the same training programme. So, I guess you train the same and there is no difference? But have you come against any challenges specifically as a female athlete in the CrossFit world, essentially?

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(TC: 00:18:05)

Jamie Simmonds: Yes, so yes, we could go down two ways here. The inclusive thing of females and males in CrossFit, I've always believed that CrossFit is one of the only sports where there hardly is a difference between females and males. From an athlete competing at the games and things, I reckon the females almost get preference over the males, to a point. You see them almost like, in the media more, we get even prize money, all that sort of stuff. Work outs are meant to be similar, despite 70% difference in weight and stuff. I feel like CrossFit is really good in those terms. But I don't really think, training with Elliot, the difference there is, I always talk to him about monthly cycle and things like that. And he's like, 'Oh.' He doesn't get it, so you're coming up to your period and you're feeling a bit more tired and you don't want to push training as hard. He's like, 'Why are you not hitting the same numbers as you did a few weeks ago?' I'm like, 'Well, your body changes a lot within a month and you don't really get that.' It's funny just seeing from a male's point of view, they don't understand that it actually affects you quite a bit. Yes, all of the girls in the sport are dealing with the same thing, so it's not an excuse or anything, it's just that you need to know your body enough to understand when to push it and when to not.

So, I've been working with Liam a bit about this, because I don't know if you would've seen his something woman programme? So, I think that's a big thing that could be taught a bit more in CrossFit, because again, I think that's something that can lead to injuries. If you're at that point in your month where everything is not functioning as well, when you're not feeling as energetic. Then you might push it too hard there and that's when injuries occur as well. I'm learning now how to listen to my body and know when to push and when not to.

(TC: 00:19:59)

Dr Hazel Wallace: Yes, it's so important and it's so interesting (TC 00:20:00) in terms of the research that's coming out. And it's very early days but I think the message that you're leaving there, with listening to your body and what works for you. Because we do know that at certain times of the cycle, especially in the days leading up to your period, in that second phase, it may be more difficult for you to really push yourself. You may feel more lethargic, you're holding more water as well, you tend to burn more calories and things. So, there are nutritional considerations, but again, the practical implications for athletes, I think we're only starting to learn. But it's great to hear that Liam and other nutritionists are starting to take this on board. I think we'll soon see coaches starting to help programme around the menstrual cycle. (Advert played 20.51-21.21)

(TC: 00:21:21)

Jamie Simmonds: Definitely, and then also as well, it's like the other end of the spectrum, you're feeling good and it might be after your period or whatever, and Liam is really good at going, 'Do you know, if you feel good, just go for it. Your body is strong right now, just see what you've got.' So, it works both ways, doesn't it?

(TC: 00:21:39)

Dr Hazel Wallace: Yes, 100%. So, when it comes to your recovery, what kind of strategies are you using and do you take many rest days, or de-load weeks?

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(TC: 00:21:50)

Jamie Simmonds: Yes, so normally Thursday is either active recovery or rest day, depending on how I'm feeling. Sunday is normally a total rest day or I stay out of the gym, do something outdoors. So, yes, normally by those days I'm like, 'Yes, I can't wait for a rest.' And sleep a bit longer, but yes, otherwise normally I just see a physio every one to two weeks to keep on top of things. Active recovery I find helps a lot and for me I just find getting out of the gym is recovery in itself. Getting outdoors, especially here, the UK, after being years in Abu Dhabi, it's nice just to get out and go to parks, get out in the greenery to be honest. I feel like just giving your mind a break can sometimes be the best recovery for your body as well.

(TC: 00:22:36)

Dr Hazel Wallace: And do you include any specific strategies in recovery? Are you using any things like cryotherapy or hot and cold therapy, things like that?

(TC: 00:22:48)

Jamie Simmonds: Yes, actually when we were in Abu Dhabi we used to always use cryo, I feel like I don't need to here, I just go outside. But no, I try and keep on top of it with GOWOD, Theragun and things like that. And also I've always been a bit fan of the PowerDot, strap it on wherever you want and then just sit in front of the TV and try and recover there. Also, I go to a sauna once or twice a week and I feel like that's a good sweat out and I find that helps with recovery as well and just muscle soreness.

(TC: 00:23:21)

Dr Hazel Wallace: And also, on Sundays I know that's your day off because you always share the best food from various food markets in Cardiff. So, I guess food is a big part of your recovery as well, and getting the calories in.

(TC: 00:23:35)

Jamie Simmonds: Yes, like, because the big thing as well, I know when I'm training, sometimes I don't keep on top of getting all the food in that I need to. And it's something that I'm working on this year, so when it comes to recovery day, I'm fine and haven't got time training and so I can fill that time with eating and I feel like that fuels me for the rest of the week. Since coming here, I'm like, Cardiff has such good food and I've just become a food chaser. Any recommendations let me know.

(TC: 00:24:03)

Dr Hazel Wallace: Yes, I actually went to uni in Cardiff,

(TC: 00:24:06)

Jamie Simmonds: You did?

(TC: 00:24:07)

Dr Hazel Wallace: Yes, I loved it there. I guess for people who are wanting to try CrossFit, what advice would you give them? I know there are so many who are following my channel and now after this conversation will probably be thinking, 'Wow, I'd really love to give that a go.'

(TC: 00:24:23)

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Jamie Simmonds: Yes, so like I think if a big thing is, people look at CrossFit and they go, 'I'm not fit enough, or I'm not ready as such to do CrossFit,' and there is no such thing. I've said to a lot of people, just go in there and if you don't want to go in alone, find a friend who maybe is a similar fitness level. Take them with you, go in there and there is always an option for everyone. So, whatever gym you go to, just make sure it's one that you trust, like, the coaches and you feel like you're going to get the attention you need at the gym. But once you get in there, you'll realise that no one cares what fitness level you are. The coach should be able to give you options for whatever fitness level you are. So, even if you're injured, or there is something that you don't want to do, or you can't do, the coach, they won't make you do it if they're a good coach. They'll give you options of how you can finish the class and from there, you'll just grow and you won't mind getting in there and getting fit.

(TC: 00:25:15)

Dr Hazel Wallace: And I guess, you know, you mentioned the coaches and definitely, I've found that when I was about to join CrossFit, my biggest fear was that I'd just be chucked into this class and everyone would be just throwing around weights and I wouldn't know what was happening. But, like, it is, it's a structured training programme, which I think a lot of people aren't really aware of.

(TC: 00:25:36)

Jamie Simmonds: Yes, in theory it's safer than most normal gyms because a normal gym you're just showing how to turn the treadmill on and then do as you please. But whereas if you come to a CrossFit class, you're going to be coached, even two years down the track. Like, I'll go-, Saturday I went to a class at Dragon and we still got coached with the movements at the start. I'm like, that's fine with me because then you know, you get your warm up in and even if you know the movements, you're still, like, 'Oh yeah, it's nice to go over it again.'

(TC: 00:26:02)

Dr Hazel Wallace: Yes, 100%. I think also one of the things that comes up quite a bit when I talk about CrossFit online and a lot of my audience are female and I asked them recently, what was the biggest thing holding them back from weightlifting or doing CrossFit. A lot of comments that were coming back was the fear of getting bulky. I wonder whether you could speak to that and your take on this, this stigma around women and weights?

(TC: 00:26:30)

Jamie Simmonds: Yes, so that one has been around for years, hasn't it? I think a lot of the time, for a starter people will look at, you know, people who compete in CrossFit and go, 'Oh, I don't want to look like them.' It's sort of like, 'Yeah, but you'd have to eat a lot of food and train a lot of hours to end up like that for a starter.' Then I think it's just the idea that again, you only have to go on and do as much as you want. You don't have to go in there, and if you don't want to put more weight on the bar, don't put more weight on the bar. But normally, you get in there and you start getting competitive and you're like, 'No, I can do more, I can do more.' And I think that's when that mindset changes. But I think the biggest thing, and again, you'll know, it comes down to what you're eating anyway. So, whatever training you're doing, it's going to change your body a little bit but it's more in the nutrition that that bulkiness or whatever comes from. But I think if

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people can get around the idea that strengthening your muscles is more beneficial for you than trying to sit at home and not eat so much.

(TC: 00:27:25)

Dr Hazel Wallace: Yes, I think also CrossFit changes the narrative around how women should look. I know that my feelings towards my body changed once starting CrossFit, in that when I entered weightlifting, gym-based environments, I definitely had this mindset that I was training to look a certain way. Now, three years down the line of doing CrossFit, I don't ever really think about my body. I'm thinking about what skill I'm improving on, increasing the weights, performance. And being surrounded by women who aren't focused on being the smallest versions of themselves, but actually being more powerful, stronger, healthier. Just completely takes appearance out of the equation. Yes, it is still an appearance based sport, like with guys with their tops off all the time and things like that. But it's more about being the best version of yourself I think.

(TC: 00:28:25)

Jamie Simmonds: Yes, and I think as well, going into CrossFit gyms and stuff where everything is a bit more social. You learn a lot more about nutrition and things like that, whereas you're not just reading about it and trying to do these things yourself. Everyone sort of like, they have these nutrition challenges, or you learn what you eat effects how you train. So, all of a sudden people start eating so they can train well, rather than eating so they can look a certain way. I think that makes a big change on how you fuel your body.

(TC: 00:28:53)

Dr Hazel Wallace: I completely agree. So, what goals are you working towards now? What's next?

(TC: 00:28:59)

Jamie Simmonds: Well, at the moment now that I've started training again with Elliot, I think we just want to start, again, building up the base for the next season. So, obviously I want to compete and make it through the open next year. So, for the 2022 season, I would like to compete the full year, get to the games. For the back end of this year, I hope there are some in-person competitions, maybe like Rogue. I would love it if DFC went ahead again, so we'd head back to Dubai and compete there. But again, at the moment, just building that base because you don't want to plan too far ahead with how things have been the last few years. But just enjoy training as well, because that's why we do it in the end.

(TC: 00:29:39)

Dr Hazel Wallace: Absolutely, well, let's hope we get some more in-person events. I think everyone is hoping for that, but yes, like you said, right now you have to just take it day by day, right?

(TC: 00:29:49)

Jamie Simmonds: Yes, yes, definitely.

(TC: 00:29:51)

Dr Hazel Wallace: So, to wrap up, I've got some quick fire questions for you.

(TC: 00:29:54)

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Jamie Simmonds: Cool.

(TC: 00:29:56)

Dr Hazel Wallace: Which I actually consulted with Frazer on, on this.

(TC: 00:29:59)

Jamie Simmonds: You did? (TC 00:30:00) Okay. I hate to think.

(TC: 00:30:05)

Dr Hazel Wallace: They're really straightforward, for context to anyone listening, Frazer is a mutual friend of mine and Jamie's.

(TC: 00:30:13)

Jamie Simmonds: And he pops up everywhere.

(TC: 00:30:15)

Dr Hazel Wallace: He pops up everywhere, he knows everyone. Okay, so let's go, snatch or clean?

(TC: 00:30:23)

Jamie Simmonds: Clean.

(TC: 00:30:24)

Dr Hazel Wallace: Gymnastics or weightlifting?

(TC: 00:30:26)

Jamie Simmonds: Gymnastics, these are easy ones.

(TC: 00:30:30)

Dr Hazel Wallace: Bike or rower?

(TC: 00:30:31)

Jamie Simmonds: Bike.

(TC: 00:30:32)

Dr Hazel Wallace: Front or back squat?

(TC: 00:30:34)

Jamie Simmonds: Back.

(TC: 00:30:35)

Dr Hazel Wallace: Pizza or burgers?

(TC: 00:30:37)

Jamie Simmonds: Pizza.

(TC: 00:30:38)

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Dr Hazel Wallace: Watch rugby or CrossFit?

(TC: 00:30:40)

Jamie Simmonds: Rugby.

(TC: 00:30:41)

Dr Hazel Wallace: Really?

(TC: 00:30:42)

Jamie Simmonds: Yes. I see CrossFit enough, day to day.

(TC: 00:30:48)

Dr Hazel Wallace: Of course, of course. Cardiff or London?

(TC: 00:30:51)

Jamie Simmonds: Cardiff.

(TC: 00:30:52)

Dr Hazel Wallace: Night in or night out?

(TC: 00:30:55)

Jamie Simmonds: That depends on the mood. That one, I'd be right in the middle there, I'm not sure.

(TC: 00:30:59)

Dr Hazel Wallace: And finally, Frazer or Elliot?

(TC: 00:31:03)

Jamie Simmonds: Did he throw that one in there? That's terrible, of course Elliot. No. It depends on the day as well, that.

(TC: 00:31:12)

Dr Hazel Wallace: Yes, absolutely.

(TC: 00:31:13)

Jamie Simmonds: That depends if it's night in or night out.

(TC: 00:31:17)

Dr Hazel Wallace: That is so true, Frazer is always up for a night out.

(TC: 00:31:20)

Jamie Simmonds: Exactly. Exactly.

(TC: 00:31:23)

Dr Hazel Wallace: Amazing, well thank you so much for coming on the podcast today Jamie, it was a joy to speak to you.

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(TC: 00:31:28)

Jamie Simmonds: No, thank you for having me.

(TC: 00:31:32)

Dr Hazel Wallace: Okay guys, that was Jamie Simmonds, what an incredible woman, incredible story and such a source of inspiration, I am literally ready to go tear up the gym after that conversation. Again, you know the drill, if you enjoyed this episode, please do leave a rating, a review, hopefully five stars and share this podcast episode with someone who you think might enjoy it too. I'll see you again next time.

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