

Joey Dwight Webb

56 years old, Retired Paramedic/Police Officer
NPC Competitor, Wilson NC

My journey began back in high school playing football, wrestling and baseball. I started weight training to become stronger in the sports I was participating in, but then I set aside training to focus on my college education. I received certifications in Paramedics, Personal Training and Nutrition. Once I started working, I noticed my weight gain was getting way out of control, meaning I was 270 pounds with a body fat of close to 30%.

I joined a local gym and so began my journey. As I started seeing results, I gained confidence. I have never had a trainer, but I have met several IFBB Pro's that I contact from time to time and they provide me with good sound advice. After training for three years, the owner of the gym and several of my friends convinced me to compete. I decided to give it a try. When I stepped on stage for the first time, I was 162 pounds at about 7% body fat and I was hooked and knew I would definitely compete again. I competed up until 1996, when I became a father.

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Once again, I set aside training so I could be the best dad that I could be. I was blessed with obtaining full custody of my daughter Brianna Nicole Webb and all my attention was solely on raising her. On June 17, 2006 I married the love of my life Amanda Felton Webb and we have been blessed with 2 beautiful daughters, Ashton Gray Webb and Olivia Reese Webb.

In 2010, I restarted my fitness journey with the intention of improving my physical condition and health, but that didn't last very long; competing was running through my veins. I stepped back on the stage at 54 years old and surprisingly, I placed 3rd. I set my goal on making improvements and competing again in a couple of years.

In January of 2021, I started my competition prep. Everything was progressing very well until 8 weeks prior to my competition when I went to my doctor for a routine



Photo by NPC News Online

check up. I felt great and had plenty of strength thinking this was just another doctor's visit. Within a couple of days my results came back, with the doctor requesting that I return to the clinic. I was confused and curious. When I arrived at the doctors clinic, I was now feeling anxious and concerned. The doctor walked in and started talking to me about his findings, at which point, I was in tears and my heart sunk. I had been diagnosed with prostate cancer!

I was tested and had CT scans and MRIs. Two weeks later I was also diagnosed with kidney cancer! Being a very determined athlete, I sat in the gym, in front of the mirror and told myself that I wasn't a quitter and wasn't going to succumb to this disease. I continued my show prep with a tremendous amount of love and support from my family and friends.

I stepped on stage on my 56th birthday! I was beyond humbled with the support that I received from the other athletes and the spectators. I was pleased with my performance at the show, placing 4th in Men's Bodybuilding Masters 50+ at the 2021 NPC Charlotte Cup.

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Since June 2021, I have had major kidney surgery as well as removal of my prostate. I am still healing and progressing very well. Being a fighter, I am proud to say I’m cancer free. As I continue to go through the recovery process, as always with the love and support from my family and friends, my goal is to compete again, maybe even in 2025 at a young age of 60.

My advice to anyone who wants to start their own fitness journey is, first get medical clearance from your doctor, second, find a gym that fits your needs and third, start your training. If you’re new to training or it’s been a long time, I would also suggest you acquire a personal trainer and do your research.

