

the year.  
It's quite a compliment for someone who started volun-

get that in a list, I'm not done until the tournament is over," Forbes said.

said. "Geri really cares about her volunteers and about this tournament."

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# Doctor climbs ranks of fitness competitions

By MATT RYBALTOWSKI

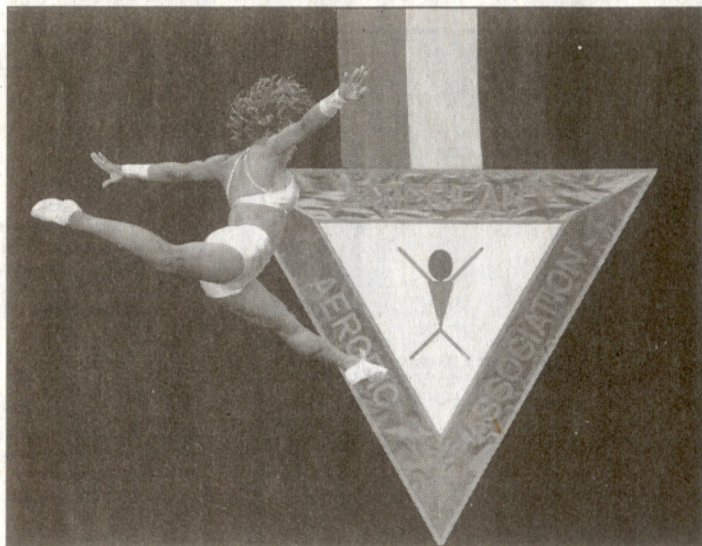
When Trina Wiggins attended the Ms. Fitness competition several years ago, her sister Tamara envisioned it as an event the former Stanford gymnast could easily take part in.

"We were at the Rio and my sister said 'you can do that,'" Wiggins said. "I went home and started practicing moves that day."

Wiggins, 45, has been competing in fitness competition for more than three and a half years and recently has produced her best results. She finished eighth at the Ms. Fitness USA and 16th at the Ms. Fitness World earlier last month.

Participants at the Ms. Fitness USA are judged for their performance in three stages — a swimsuit competition, an evening gown routine with a speech and a fitness routine. Wiggins attributed her success to placing a greater focus on showmanship than technique.

"It's different when you're going to perform versus going to compete," Wiggins said. "My routine wasn't as technically difficult as it has been in the past. It was more entertaining to the crowd, I was more of an entertainer than a competitor."



COURTESY PHOTO

**Pediatrician Trina Wiggins recently took eighth place at the Ms. Fitness USA contest.**

Meshelle Boyko, owner of Ms. Fitness, said Wiggins benefited by being less cut than she had in years past.

"Trina's a great competitor," Boyko said. "The problem with her in the past is that she's always been so muscular. She got her size down a tad and had a lot more entertainment value. Trina's always been a beautiful, well-spoken woman so she did well with that part."

Wiggins said she goes through a cardiovascular routine each day and takes jazz and hip-hop dance class-

es several times a week. She supplements that by working with weights to strengthen her legs and hamstrings and tries to average at least 15 of her competition routines a week.

As a pediatrician, Wiggins stresses proper nutrition on a daily basis. She said her emphasis on maintaining a proper diet has helped her in competition.

"For a lot of people in the sport they take a rollercoaster-type path," Wiggins said. "During competitions they maintain perfect nutrition

and then gain weight when not competing. I try to stay consistent, eat a healthy diet and not have my weight fluctuate."

She added her ascent through the fitness world has also motivated her patients.

"When the show comes on (it's being aired on Fox Sports Network in January) I'll tell them to watch me," Wiggins said. "It inspires not just the kids, but the parents too. If the parents are eating right and making the right choices they'll instill that into their kids."

Wiggins had two obstacles to overcome at the contest. First, she returned to the stage after sustaining a torn anterior cruciate ligament in her knee in January. She also was one of the eldest competitors at Ms. Fitness USA as Boyko said the average competitor is around 30.

Boyko said she can see Wiggins winning the Ms. Fitness USA competition one day with continued improvement.

"I think she has the potential to do it, but having the potential and following through are two different things," Boyko said. "If she cuts down, she's definitely one to watch."

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