



Trina Wiggins practices for the Ms. Fitness USA Competition. She is preparing a Tina Turner dance routine after finishing in the top 10 last year.

JEREL HARRIS/NEWS STAFF PHOTO

# Fit for life

## Trina Wiggins, 46, competing in Ms. Fitness USA

By SEAN AMMERMAN

It's less than a week away from the Ms. Fitness USA show and Trina Wiggins is honing her routine at the Durango Hills YMCA.

With "Proud Mary" blaring from a pair of speakers, she tumbles on beat into a one-armed push-up with ease.

The theme for her two-minute routine is Tina Turner.

With an injury and a family to take care of, the 46-year old mother of two needed to take a leap of faith to make it to the finals of Ms. Fitness USA.

A few months ago, after having knee surgery, it seemed the goal of competing in a fourth consecutive Ms. Fitness show would be unlikely.

She spoke of these tribulations to the judges of the competition, which ran Sept. 4 to 6 at the Rio.

Ms. Fitness USA is a sport pageant operated under the supervi-



Wiggins, 46, competes in Ms. Fitness USA against opponents whose average age is 29.

JEREL HARRIS/NEWS STAFF PHOTO

sion of the International Fitness Sanctioning Body. Competitors are judged in three categories: cosmetic and public address,

physique and through a fitness routine.

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# Pediatrician trains six days a week for fitness competition

The winner receives \$5,000 and will be seen in the Ms. Fitness USA broadcast in January.

Last year, Wiggins took eighth place, which the average competitor age is 29.

"I'm just happy to be out there in the first place," she said. "I'm one of the oldest competitors and some of them are young enough to be my children."

While she doesn't let her age affect her, the Summerlin resident admits that time as taken its toll on her body after training six days a week.

"You still have to be flexible and do tricks and flips, it's demanding," she said

Wiggins was introduced into the sport by a challenge from her sister, Tamara Steele.

The two were eating lunch at the Rio when they noticed the competition in the auditorium.

"I said look at what they are doing, you can do that," Steele said. "Trina has always been passionate about health and fitness. What started out as a casual conversation soon turned into a serious challenge."

Wiggins countered by challenging her sister to run a marathon, which she would complete.

While in college, Wiggins was an Olympic hopeful in gymnastics. But a knee injury eventually ended her dreams.

With her athletic days seemingly behind her, she got her doctorate and moved to Las Vegas in 1997 to work as a pediatrician.

By the time she got into fitness competition she was

**'I'm just happy to be out there.'**

*Trina Wiggins,  
Ms. Fitness competitor*

already busy raising her children.

With help from Steele she entered the 2004 Ms. Fitness USA show the "low budget way," she said. To her surprise she qualified for the finals and landed in 11th place.

"I was thinking of how this was so perfect," Steele said of the first time she saw Wiggins perform. "Trina was always the one with natural talent. In my mind I was thinking this was like her Olympics."

Every year Wiggins has made her routine more complex. Last year, she enrolled the help of choreographer Lori Marshburn to improve her dancing and ended up with a "Mission Impossible" theme routine.

"She's come a long way, that's for sure," Marshburn said. "She has more confidence than ever that's because she's getting better."

Wiggins said biggest deductions from judges are not from her age but from her build. Even though she does not lift weights she is too muscular for some judges.

"My philosophy is if I have made myself happy and the crowd enjoyed it, then I have done my job," she said. "It's entertainment, a performance and judges just happen to be there."

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