

# MASTERS ATHLETES



## CHARINA BAKER

*IFBB Bikini Pro, Georgia*

Wanting to take her fitness to another level after raising two kids, Charina began competing in the bikini category in 2013. Her first experience made her even more determined to create the shape the judges were looking for. Charina reached that goal earning her pro card at the 2016 NPC Teen, Collegiate, and Masters Championships, winning the Masters 40+ division.

Charina has learned that, "competing as an IFBB Pro is a humbling experience... you have to progress and continue to learn each time you step on the stage." Becoming an IFBB Pro has allowed her to make a new and successful career as a lifestyle and competition coach. Her company, TeamSlay, is based in Augusta, Georgia where she recently hired two more coaches to help with the business.



At 48, she is an inspiration to her clients, most of which are also masters age. As an IFBB Pro, Charina takes her role as a representative of the federation very seriously. She is passionate about the sport that has given her so much and strives to be a good example to others. After taking the year off to grow her business, Charina looks forward to competing in 2021. In addition, she is a strong supporter for more opportunities for master pros to compete. She explains, "masters athletes are a tight knit community and we will support more shows. We don't mind giving back and will even be a sponsor of masters pro divisions at a show, given the opportunity. We look forward to more opportunities to continue to compete in the future."

**“ Competing as an IFBB Pro is a humbling experience...you have to progress and continue to learn each time you step on the stage.”**

