

WHITNEY WISER

IFBB BIKINI PRO & OLYMPIAN
NPC JUDGE & PROMOTER

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Whitney is passionate about EMPOWERING women to live their best life & has used fitness as an avenue to do just that! She is a Tennessee native who is an Entrepreneur, IFBB Pro Olympian, an NPC Judge, Expeditor & Promoter as well as the NPC TN Female Athlete Representative.

She has competed in over 30 Bodybuilding competitions, including the most prestigious stage in the world, The Olympia, to signing contract(s) with top Sports Nutrition companies to helping people transform their physiques and reach their overall health and fitness goals.

Her belief is that anything you want to achieve, physically or otherwise, starts with a strong mindset.

A resilient mindset has to be cultivated first because where the mind goes, the body follows.

She wants to help others overcome any self-limiting beliefs they may have in order to find success and create a life they want & live it to the fullest.



AMBER LARKINS

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"PICTURES, POSING, AND PERFECTION: THE IMPORTANCE OF PHOTOGRAPHY IN YOUR COMPETITION JOURNEY"

Amber Larkins, owner of Fitography Files Photography, is a published empowerment photographer, image coach, and visual brand storyteller. Although Amber has had an active role in the fitness industry for over 20+ years, she first began photographing fitness in 2012. Her desire is to capture the moment and bring clients' accomplishments and fitness journey to life.

Amber's passion has evolved over the years to not only photographing fitness, but also helping women draw out their confidence in front of the camera and help them see their beauty, power, authenticity, and discover their unique attributes.

With a background in marketing, her career expands over several industries including beauty, medical, fitness, and photography. Amber brings a unique combination of skills to help clients build their image and look their best through visual representation and personal branding photography.

BECCA SIZEMORE

IFBB FITNESS PRO & OLYMPIAN,
NPC JUDGE & STATISTICIAN

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Becca started competing in 2010 in the Figure division. She competed in several NPC shows in almost all the divisions actually - including Figure, Women's Physique, AND Fitness.

Becca earned her pro card in 2016 at the NPC Junior USA's. After Becca turned pro, she was on the fast track to success by winning her Pro debut, which qualified her for the 2016 Olympia! She was then invited to the Arnold Classic Fitness International as only her 3rd pro show!

"My mission is to help others never give up on their dreams and goals no matter how crazy they may seem. I love watching and helping others make their goals become reality!"
If anyone is interested in competing in Fitness, Becca is definitely the girl to talk to! She is also a huge part of the NPC in Tennessee!



CEDRINA CALDER

IFBB FIGURE PRO, MEDICAL
DOCTOR - PREVENTIVE MEDICINE

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*"THE HEALTHY COMPETITOR: TIPS FOR MAINTAINING
YOUR HEALTH WHILE COMPETING."*

Dr. Cedrina Calder, also known as FitDoc®, is a board-certified preventive medicine physician, health expert and IFBB Figure Pro who resides in Nashville, Tennessee. Dr. Calder started out competing in the bikini division in 2014 then moved to the figure division in March of 2015. She earned her IFBB Pro title only a year later at the NPC National Championships in 2016!

Cedrina completed her residency training in preventive medicine and earned her Master of Science in Public Health degree at Meharry Medical College in Nashville, Tennessee. She currently serves as a public health physician providing primary care for underserved populations. By utilizing a variety of media outlets and speaking opportunities, Dr. Calder's goal is to reach as many people as possible to empower them to take control of their health.

DUSTI WHITTINGTON

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"KINI KORNER WITH FITWHITTKINIS" COVERING ALL THINGS COMPETITION SUIT RELATED. CUTS, COLORS, SIZING, STONES.



Dusti Whittington is the owner of FitWhittKinis. Dusti started the suit company after having her daughter and trying to find balance in work, competing, and being a wife and mother. She created this company based on her love for competing and her awareness of how expensive different aspects of competing can be. With being a parent herself she knows that every penny matters. Dusti created FitWhittKinis with this in mind. Whether you are a mother, friend, wife, student; she is here to make you feel the best you have ever felt on stage. Dusti has been an NPC competitor for 6 years. She has assisted backstage at many shows and stays heavily involved in the NPC Tennessee family. Combining her background in pageantry, design, and sewing it has allowed her to bring you a product that is unlike the others. Quality at a price that you can afford. The Foxy Gang keeps you in mind.



HEATHER BARBEE

IFBB WOMEN'S PHYSIQUE PRO
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SURVIVING LIFE'S CIRCLE OF COMPETITIONS: "HOW COMPETING DELIVERED ME FROM DOUBT AND DESPAIR AND DEFINED MY PURPOSE IN LIFE"

Heather is a registered nurse practicing as an advanced nurse injector with over twenty years of experience in medical aesthetic nursing. She is the owner and founder of Lolli's Pop Aesthetics LLC located in Brentwood Tennessee where she continues to practice, educate and advance her knowledge in the field of medical aesthetics and the health & wellness industry. Adding to her broad professional aesthetic nursing portfolio, Heather also earned the prestigious IFBB title in 2013 at Junior Nationals in the Women's Physique division. Combining her passion and experience for medical aesthetics, health, wellness and fitness industry Heather works with athletes as they prepare for competitions to create an aesthetics protocol to minimize facial volume loss, loss of skin elasticity and prevent hair loss that can occur from stress on the body from aggressive training and diet regimens.

AMANDA SINK

IFBB FITNESS PRO

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Amanda Sink is in her rookie year as an IFBB Fitness Pro. She has been competing in the Fitness division since 2017 and earned her Pro card at Junior USAs in 2020.

Amanda spent her childhood as an athlete participating in gymnastics, cheerleading and volleyball. She was a part of the Coed cheerleading team throughout her undergrad years and went on to earn her Master's degree in Sports Management from University of Indianapolis.

Originally from Michigan, Amanda moved to Cookeville, TN in 2019. She is a proud mom to a very amazing boy named Gunnar Gabriel (5 years old) and one very sweet Pitbull named Coconut.

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PAULA ELINE

IFBB BIKINI PRO



Paula's journey of the art of the body all started in Rio de Janeiro, Brazil. After getting her degree in ballet, Paula embarked on an adventure with Ringling Bros and Barnum and Bailey circus where she danced for 7 years. She also toured as a dancer and performed in music videos for the Brazilian Pop singer Anitta!

Paula moved to Nashville in 2015 where she started expanding her horizons to include TRx, Xtend Barre and advanced Pilates comprehension. In 2018 Paula earned her IFBB Pro Bikini title winning the overall at NPC North Americans. In doing so she turned her dream into a reality! Though she can't compete currently, Paula takes a lot of pride in her ability to help other women achieve not only the best physique but also the most memorable and graceful posing that the stage has ever seen.

VANIA AUGUSTE

IFBB BIKINI PRO

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Vania is currently a French teacher, an IFBB pro athlete, and a posing coach. She competed in her first NPC show in October 2015 then turned pro at Jr. Nationals in June 2019. After turning pro Vania was ready to chase the Olympia Stage. Competing in 11 pro shows from July 2019 to August 2020 she came very close to qualifying for the Olympia and is more determined now than ever to get on that stage.

Posing and stage presentation is one of her favorite parts of competing as she is able to show her personality throughout her posing, and it reminds her of when she had dance performances in high school and college. Vania loves helping other competitors with their posing and stage presentation as she finds it rewarding to help other women feel confident and strong on and off stage.

"You will have good days and you will have bad days but giving up is not an option.
YOU CAN DO IT"