



ABOUT TENNILLE RAY

A professional trainer since 2001, Tennille trained clients at Bally Total Fitness and New York Health & Racquet Club. In both gyms she served as head trainer and Assistant Fitness Director. She also worked for CRUNCH, training staff on innovative, new techniques for clients. Tennille currently offers training services at the Dodge YMCA in Brooklyn, voted the Best Fitness Club with the Best Fitness Staff by Time Out New York. Tennille prides herself on working with a range of clients from ages 5 to 85. A founder of the Health and Fit Kids at the Dodge YMCA, Tennille is particularly proud of her work with young children and teens. In September 2008, she won both the Naturalmania and the Long Island Experience with the International Natural Bodybuilding and Fitness Federation (INBF) Competitions and Received her World Natural Bodybuilding and Fitness Federation Dual (WNBF) Pro Card for both Figure and Fit Body. She went on to win the Miss Universe title at the WNBF.



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Tennille

Ray



Tennille Ray, an instant success in professional natural figure bodybuilding, wins Miss Universe title at World Natural Bodybuilding Federation competition

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NEW YORK – In the bodybuilding world, competitors strive for an entire career and sometimes never accomplish what newcomer Tennille Ray did in under a year: Transformed herself from everyday athlete to the winner of the Miss Universe title at the Mr. & Miss Universe competition in Barbados.

Tennille was motivated through months of grueling workouts and disciplined diets by a desire to show others change is possible. She has been committed to helping people reach their fitness goals since struggling with weight as a child, and is an experienced personal trainer and fitness instructor working. She founded the Healthy and Fit Kids class at the Dodge YMCA in Brooklyn, where she teaches children proper exercise techniques and helps them balance meals and eat healthy.

“Sometimes, you have to change yourself to inspire others, they can change too,” she said. “Hard work and determination gets you to your goal.”

Her clients say she inspires them not only through her attitude, but also through her example. Tennille is in turn motivated by her clients: The better they do, the prouder she is, and the harder she works to be a better trainer and competitor.

“There's no greater trophy than helping my clients attain their highest goals,” she said. “Whether the client is a small child who forgets that active play is actually good for them, a new mom who finally fits into her favorite jeans, or someone who completes a first workout, I find daily sources of inspiration in what I do.”

Though she was in good shape when started training, her physique wasn't that of a figure bodybuilder, and it took about four months of sacrifice and discipline to sculpt her body enough to reach the required peak fitness level, and she created her work

Tennille chose to compete as a natural figure bodybuilder – where feminine curves are a must. She picked the International Natural Bodybuilding & Fitness Federation (INBF), an organization that does not tolerate drug use, a fact she's proud of. Competitors go through mandatory drug tests and polygraphs before each show.

“Tennille came in and kicked butt right off the bat.”

Her hard work paid off: She won her debut in September 2008 at the Naturalmania and the Long Island Experience competitions with the INBF in shows just days apart. She also was named overall Ms. Fit Body and Figure at Naturalmania.

With that initial win, she received her World Natural Bodybuilding Federation (WNBF) Pro Card and Pro Fit Body and started to compete with seasoned professionals. She placed ninth in her first pro competition in the November 2008 WNBF World Championships, and quickly moved to runner-up at the Natural North America in Maryland in May.

Then, in June, she flew to Barbados to the Mr. & Miss Universe Competition with athletes from around the world, winning the title at the Sherbourne Conference center.

“Tennille came in and kicked butt right off the bat,” said Charlie Carollo, ice President of WNBF and INBF. “She's very, very disciplined and it shows.”

Tennille is nowhere near done, and will continue her pursuit of personal fitness achievements, following her creed to lead by example, and will strive to help her clients with their own goals.

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