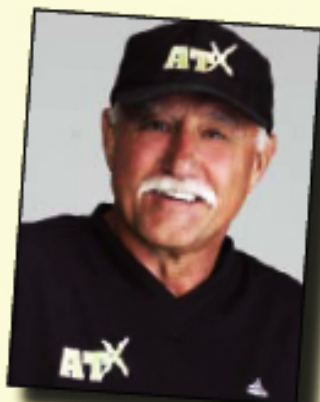


welcome to my world



Interview and photos by:
Dr. "Coach" Atherton



I am always enamored with and look for stories of mature athletes (mature, that's code for someone twice the age of most of the competitors). I love to shoot and write about those who have been around for a while because generally they have something to say that is worth the time to listen. And also, I am finding many of the youngsters (coded for those still green behind the ears, even if they don't think so!) really don't have much to say past the superficial. Honesty demands that I say when I was a youngster, I thought I was a lot smarter than I think I am now. Forthrightness (youngsters, that your new word) with humility marks most of fitness' mature athletes. Success, for them, is blended together with failure as equal teachers and truth learned is often most eloquent in their simplicity. Admittedly, I am preaching; but in short, in MY WORLD, I like the MATURE BABES!

Dena Anne Weiner impressed me for many of the reasons in my opening paragraph. She is beautiful, talented, dedicated and a MOM. It is easy to see between the lines that she was a champion long before the powers to be crowned her. Discipline and dedication came from parents and her coaches must have instilled a love for competition. Her athletic talent was honed at the national level in gymnastics -where walking the talk easily precedes talking the talk. 62 competitions completed mean I was intrigued to listen to her story. Dena in MY WORLD means I got to shoot her and spend some time with her. Now, all you youngsters and maturesters (new word) have the opportunity to find out if I speak truth. My rep is on the line and My Name is Coach A, Welcome to MY WORLD!

DENA ANNE WEINER

What do you consider your greatest triumphs?

- Top 1% in graduating class of 1980 – Mission Viejo High School
- USA Jr. Elite National Team 1977 to 1978
- Awarded an athletic scholarship to UCLA and SDSU 1980 to 1984.
- Giving birth to my three son's Kyle 1989, Brett 1990 and Justin 1991
- Being married to my husband Keith for the last 18.5 years and being together for the last 25 and considering him my BEST friend.
- Numerous fitness wins and meeting many beautiful people on the inside and out through my traveling and competing in fitness over the last 12 years.
- Starting my business Mortgage Processing Express Inc. in 1991.
- But my greatest accomplishment along the way has been motivating, encouraging and leading by example to my friends, family and those I come in contact with about the importance of being healthy and fit for LIFE!!! Making this a life style so we can live a quality of life and lessen the chances of disease and cancer.

How/Why did I get involved in fitness?

July 31, 1994, I went to college gymnastics reunion (10 year) with a bunch of my past teammates. We all talked about missed competing and also the training and discipline involved with competing in a sport. On a dare I was asked to sign up for a fitness show and just show up not knowing what I really needed to do.

That was an understatement because I showed up at the 1995 galaxy in Orlando Florida. Having been an athlete I was well prepared for the Obstacle course, I was in the top bunch of girls in this round. But in the physique round I was 143 out of 145 girls. I had no idea I needed tanning products to make me tan in the dead of winter in January. I was whiter than a ghost! I used a bathing suit I must have worn 1000 times to the beach – It was so washed out and stretched out: plain and simply ugly! I also didn't know that I had to wear make up and style my hair. I was a JOCK, an athlete and why did I need to doll up for a fitness show? Also, I thought I was in great shape after having three boys under the age of 5 at about 20% body fat. Rather than being discouraged the abysmal finish. I found myself fired up and re-motivated me. I was quitter a bit older than most of the girls as I started competing at 32 years old. I started training with women much younger than I. They helped me with the glamour thing and I helped them with the fitness routine round and obstacle course round.

Cheat foods?

My cheat food is chips and salsa the night after a competition. I also love bread in the off season.

Who influenced me most athletically or academically?

My parents: I was always stressed about good grades and

taking higher education classes to further my knowledge and education. My dad at 72 years old still snow skies and rides a road bike about 100 miles a week. My mom is a nutritionist and has always encouraged my family to eat healthy and live a smoke and drug free life.

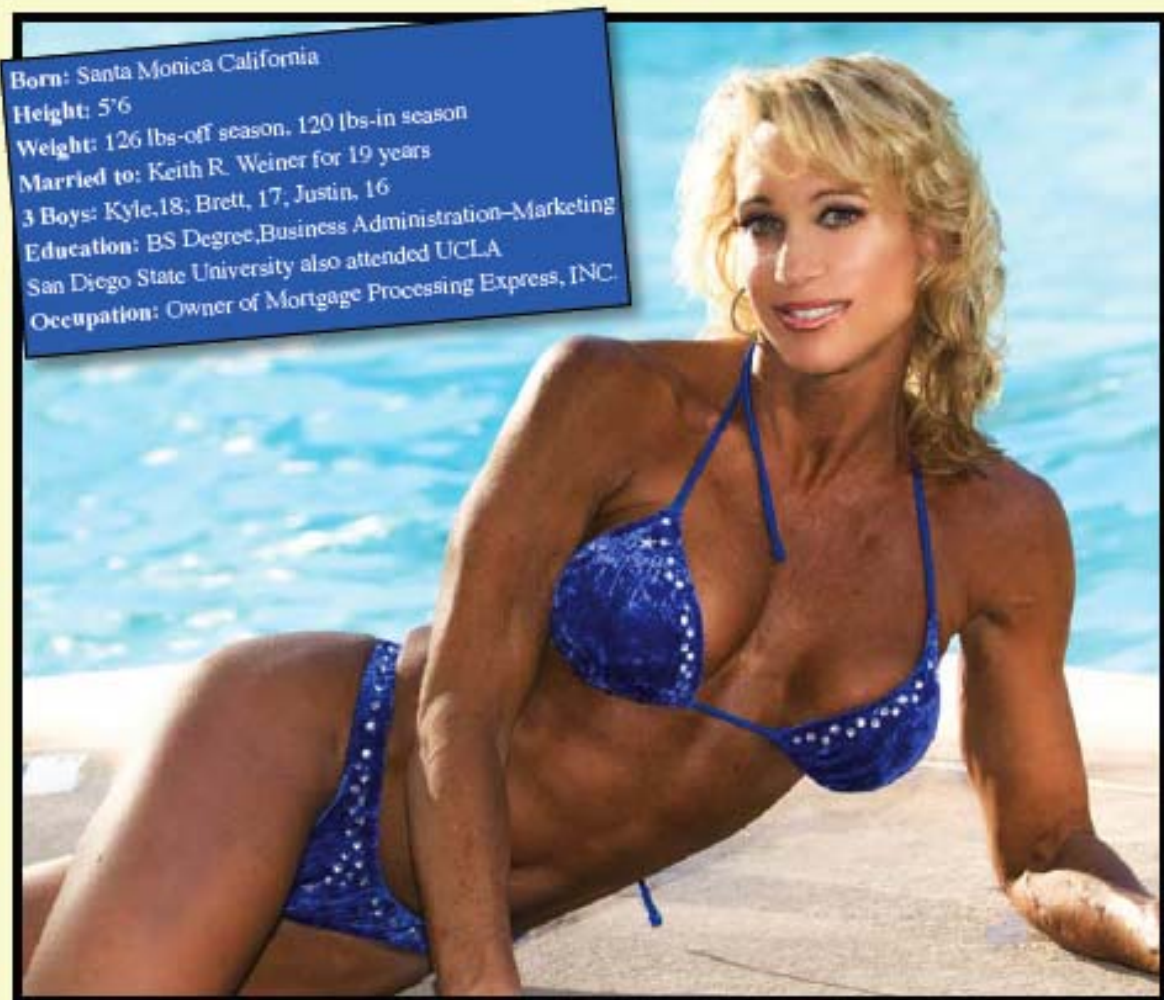
What did I think about my first competition?

As I said before, I was clueless! I had no idea what I was doing nor was I prepared. But the more I competed and learned from my competition the better I got. I learned more from my competition at shows than I learned from anyone else. I also learned how to prepare for competitions so I looked and performed better on stage.

strength and flexibility fitness routine when you are dieted down. Women are turning to the easier version of fitness, Figure or Bikini America. Most women have to be former athletes to place high in fitness competitions. Fitness competitors are prone to more injuries as well.

What do you want to say to readers of NMM?

* Follow your dreams: Never let an opportunity pass you by. Life is full of amazing and wonderful opportunities. Never use age as an excuse to not start or try something. Age is a number! It's all in the attitude and how well we take care ourselves as we age. I am 45 years old and in many cases I am competing against women half my age.



Born: Santa Monica California
Height: 5'6
Weight: 126 lbs-off season, 120 lbs-in season
Married to: Keith R. Weiner for 19 years
3 Boys: Kyle, 18; Brett, 17; Justin, 16
Education: BS Degree, Business Administration-Marketing
San Diego State University also attended UCLA
Occupation: Owner of Mortgage Processing Express, INC.

Who do I want to emulate?

I took John Elway, the retired Quarterback for the Denver Broncos, as an example as to why I retired from Fitness competitions. John won the super bowl and retired on TOP!!! After winning the biggest International and National Fitness show, the Fitness America Pageant in 2005 I decided to retire on top!!!

What do you see that is good in Fitness today?

Unfortunately, in my opinion, fitness is dying in all affiliations. Back in the late 90's Ms. Fitness and the Fitness America Pageant had 80 to 120 competitors each year at their Nationals. Today we are lucky to see at least 35 women competing. Fitness is an expensive sport. It is hard to diet for a competition. To look good in a bathing suit and also do a high-energy gymnastics, dance, aerobic,

* I want reader to know that being persistent pays off. It took me 8 Fitness America's and 50 fitness shows to finally win the biggest show of the year at 43 years old: the Fitness America Pageant.

If you had a magic wand and could instantly change something about your life, what would it be?

I would honestly change nothing! I love my family, married my best friend and husband, own my Mortgage Company, and I am still pursuing a healthy life style and leading a balance life

To contact Coach A for photography or training: steamt@patriot.net. You are invited to view Coach's Portfolio: <http://www.onemodelplace.com>